



April 27, 2020

Hi everyone,

I hope you all had a chance to get some fresh air on Saturday! I came to campus to do a few things and saw all the daffodils blossoming along the hill up the drive. It was a pleasant surprise to see the bunches planted in some unexpected places! I also saw many of you out and about which was lovely. Bravo to the musicians who found a way to stay apart but to enjoy some music together (pictures will be included in this week's Cup).

As we settle into this new, albeit hopefully temporary, way of life, there is less and less I need to be reporting to you daily. I think this week, I will reduce my updates to every other day - Monday, Wednesday and Friday - until the need arises again for daily communication. Obviously if there is something urgent to pass along, I will do that whenever required. My updates will continue to be recorded on the info line (802-264-4263) for those of you who prefer listening to them.

As Governor Scott continues to open his proverbial "spigot" little by little, we are assessing what that means for life here at Wake Robin. Some of you have asked about farmers markets, golfing, and leaving campus for individual activities that do not put you in contact with others. Believe me when I say we are discussing these every day to determine if, when, and how we can allow more options for you. But we have neighbors in this community with the most common risk factors for COVID-19, including hypertension, obesity, chronic lung disease, diabetes, and cardiovascular disease. We have immune compromised residents and staff as well. All of you, by virtue of your age alone, are obviously at risk; therefore, individual actions can impact your neighbors. My focus needs to be on the whole community's safety, and sometimes that means individuals may be asked to refrain from something for the common good. We can and we will preserve our community spirit together as we address a risk never before seen in this community. Thank you all again for your kindness and your cooperation. It really means a lot to me and the staff.

Two links for your enjoyment, and a beautiful poem sent to me by a resident to end today's update:

I sent this to my minister niece and said this could be her sermon on Sunday. So beautiful! <https://abbeyofthearts.com/blog/2020/03/19/praise-song-for-the-pandemic/>

This might be a fun way to pass some time every day as well. Any scrabble players in the house? <https://www.merriam-webster.com/words-at-play>

And finally,

“My grandmother once gave me a tip:
In difficult times, you move forward in small steps.
Do what you have to do, but little by little.
Don't think about the future, or what may happen tomorrow.
Wash the dishes.
Remove the dust.
Write a letter.
Make a soup.
You see?
You are advancing step by step.
Take a step and stop.
Rest a little.
Praise yourself.
Take another step.
Then another.
You won't notice, but your steps will grow more and more.
And the time will come when you can think about the future without crying.”
Elena Mikhalkova

Thanks all. Stay safe.



Martha E. Maksym
President and CEO