

April 20, 2020

Happy Monday everyone,

I started walking again this weekend. A little sore as a result, but not as sore as I was expecting! So I grabbed the pup and we even went again at lunch today. Colder than I imagined but gorgeous.



A robin has made a beautifully crafted nest in our lilac tree and yesterday laid three beautiful robin's egg blue eggs. It's an eye-catching color, especially sitting in the brown twig nest. And now mama bird sits and waits. I'm pretty excited to watch the process unfold. The nest is quite exposed at the moment with nary a leaf or even bud yet on the bush. But it's in a secluded corner of the house that gets the afternoon sun so hopefully no other critters will bother her. Spring has sprung!

A couple of reminders: A mama bear and her cubs have been spotted in Charlotte. Just a reminder not to put out bird feeders yet, in case the bear family finds its way to our beautiful back yard! Also, it is now tick season. We reminded you a few weeks ago, but never hurts to do it again. Be careful if you are out walking in the woods. Cover up. Check yourself when you get home. Lyme is a terrible disease to catch, so better to be safe than sorry!

**Advanced Directives/COLST:**

Just a reminder, Meagan Buckley, Director of Resident and Health Services will be hosting a presentation with Dr. Moore and Nick Fredette, DNP to review updates on COVID-19, current management and treatment, and how to make changes to your advanced directives or your orders for life sustaining measures (COLST)

**TOMORROW, Tuesday April 21st at 10:30 am via Zoom.**

This is limited to 100 attendees, and we are looking into the ability to record this to share with other community members that cannot make this presentation.

We will have the ability to take a few questions at the end of the presentation via the chat window in Zoom, but not verbally in order to manage such a large group.

### **Groceries and Instacart:**

By setting up the grocery ordering system with Shelburne Market, your ESSENTIAL grocery needs can be met. Our goal was to limit the number of strangers that our staff needs to interact with once we closed the campus to visitors for deliveries. However, several of you have emailed requesting certain items that are not included in the Shelburne Market list. So, rather than try to accommodate every individual special order, we decided today that you are welcome to order and get deliveries through Instacart. Remember, Wake Robin has no sway over Instacart, so any issues you have with being able to order are not questions that Wake Robin staff can answer and will need to be addressed to the market you are ordering from.

If you missed the weekly cutoff for the Wake Robin grocery deliveries from Shelburne Market and there's something you absolutely need, your kids can drop it off with Security. But please, folks, make it essential. Again, for campus safety, our goal is to limit the exposure to strangers for our staff. The more people who drop off deliveries, the more exposure our staff have, not to mention the more work to make individual deliveries to your doors. I appreciate your cooperation. Grocery orders for Shelburne Supermarket were due this morning at 8 am for delivery to you on Thursday. The link to order and the deadlines are included in the Essential Facts sheets I put together (attached here) if you forget any of the details.

**More on masks** From US Surgeon General... excellent video demo:

<https://youtu.be/tPx1yqvJgf4>

For proper mask use: <https://youtu.be/p7w5teakz-o>

**From the New York Times yesterday:**

3 ingredient cookies!

[https://www.nytimes.com/2020/04/15/dining/three-ingredient-cookies-coronavirus.html?campaign\\_id=9&emc=edit\\_nn\\_20200419&instance\\_id=17774&nl=morning-briefing&regi\\_id=114088725&segment\\_id=25500&te=1&user\\_id=0ac5262ec414f15e8aea16eaa8b33400](https://www.nytimes.com/2020/04/15/dining/three-ingredient-cookies-coronavirus.html?campaign_id=9&emc=edit_nn_20200419&instance_id=17774&nl=morning-briefing&regi_id=114088725&segment_id=25500&te=1&user_id=0ac5262ec414f15e8aea16eaa8b33400)

**And Today's Laughs!**

At 7:45 today at a grocery store that opens at 8 am for seniors only:

A young man came from the parking lot and tried to cut in at the front of the line.

But an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again.

But an old man punched him in the gut, then kicked him to the ground, and rolled him away.

As he approached the line for the third time, he said, “If you don’t let me unlock the door, you’ll never get in there!”

- Until further notice the days of the week are now called thisday, thatday, otherday, someday, yesterday, today and next day!
- Just asked a 6 year old if he understands why there is no school. He said yes, because they are out of toilet paper.
- On the bright side, I am no longer calling this shelter-in-place. I am an artist-in-residence.
- After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn’t the reason.

Let me know if you have any other questions.  
Stay safe.



Martha E. Maksym  
President and CEO