

**CURRENT WAKE ROBIN RULES AND FAQ'S FOR
INDEPENDENT LIVING**
PLEASE POST ON YOUR FRIDGE FOR REFERENCE.

NOTE: The Linden Health Center falls under the regulations of the Vermont Department of Disability, Aging and Independent Living (DAIL) and Centers of Medicare and Medicaid Services (CMS). State healthcare facilities must follow strict healthcare licensing policy to protect DAIL and CMS will guide areas of operation regarding opening or lifting of restrictions in the Health Center.

Independent Living does not fall under these guidelines. At this time we ask all IL residents to remember that we are separating communities for the safety of our Linden residents needing high-level services. This includes prohibiting visits between communities outdoors, even socially distanced.

ACTIVITIES:

LOW CONTACT, SMALL CROWD Off campus activities that ARE allowed (as of 5/22): (those activities you can do alone or with another person who resides in your household), outdoors, where there are likely to be no crowds.

- Medical appointments (allowed as of 5/18)
- Car maintenance
- Veterinary visits
- Community gardening
- Off campus low contact recreation: examples include kayaking, Shelburne Beach, walking at Meach Cove
- Golf (please no larger than a foursome and all must wear masks and physically distance), tennis, biking, fishing, trail walking at Shelburne Farms
- Marinas to go out alone (or only with spouse/partner) on your personal boat
- Opening camps/second homes alone (or with spouse/partner; please no large family gatherings, unless you plan to stay there for the entire summer)
- Drive-thru banking

- Drive-thru pharmacy
- Curb-side takeout only from restaurants or stores.
- You are welcome to invite a child or one good friend to walk with you off campus.

HIGH-CONTACT, HIGH RISK Off campus activities that are NOT allowed:

- No indoor shopping at all (includes grocery shopping, Costco, Trader Joe's, the mall, pet food stores, etc.).
- No going into banks, post offices, pharmacies, workplaces, restaurants (inside or outside), stores, etc.
- No going over to friends' or family's homes for indoor visits or having friends/family in your home
- No public parks or outside vendors where large crowds can gather with no effective social distancing.
- No carpooling. Vehicle owner and household member in the car ONLY. No additional riders in the vehicle. If you need transportation assistance, call 734-0273.
- No participating in indoor Spiritual services (as noted in 5/29 update).

ACTIVITIES RULES:

The standards we ask each other to commit to and abide by in order to ensure that these activities remain "low-risk", and therefore relatively safe:

- Activity must guarantee low or no exposure to other individuals who do not live with you or on campus.
- There can be no risk of exposure to a close crowd that cannot social distance (4-6 individuals at 6 ft.)
- Residents must pledge to wear your masks at all times when not alone with anyone other than your spouse/partner.
- Your destination must ensure limited exposure, i.e. short visits during a time of day when the general public would not be drawn to the location.
- The destination must have solid "COVID" practices in place (no long lines at snack bars, no parks where large groups can gather).
- All destinations must be, as much as possible, within a 10-mile radius of Wake Robin (intention is to minimize highly populated regions/areas).

- Residents will keep a “contact journal” with trip data sufficient to support contact tracing if they become COVID +. This will help our community, as well as the greater community in terms of contact tracing should that become necessary.

Residents who feel they must violate any of these rules must commit to voluntary 2-week quarantine in your home upon return to campus.

COVID-19, TESTING, and SYMPTOMS:

Symptoms:

If you start experiencing any of the following symptoms, please call the Wellness Center as soon as possible:

- A new dry cough other than baseline
- Shortness of breath or other respiratory concerns

OR two of the following symptoms:

- Fever
- Muscle pain
- New loss of taste or smell
- Chills
- Headache
- Repeated shaking with chills
- Sore throat

DINING:

Menu delivery and pick up:

The Dining Room will remain closed and dinners/Sunday brunches will be delivered to you nightly.

We will place a double-sided menu (for 2 days, e.g., Monday and Tuesday) on your door on Sundays, Tuesdays, and Thursdays by 9:00 am. Fill out your choices for both days. Double check that both sides of the menu, your name and apartment number is legible and filled in correctly. Leave your completed menu on your door for pick up.

Completed menus will be picked up on Mondays, Wednesdays, and Fridays at 9:00 am. You must have your completed menus filled out and in place by that time to have your food delivered. Your food will be delivered to your door between 5:00-6:30 pm every day.

Missing dinner orders:

We keep staff on the clock to adjust for missing items, so please call 264-5122 before 6:00 pm for dinner and 12:30 for brunch and they will be delivered to you.

Dining phone numbers:

Menu line: 264-4282

For missing items: 264-5122

Dinner Paper Bags - Clean bags can now be brought back to Maple dining room to be reused. Please put bags with food spills in the compost.

GROCERIES:

Grocery order form: The order form is available to fill out electronically on the Portal and on Touchtown: <https://forms.gle/ZV9HD3TBLgYJeJeT8>
Printed order forms will be in the Community Center lobby for those without computers. There is also a drop box for completed forms in the lobby of the Community Center; please return them there.

Grocery orders must be submitted by Mondays at 8:00 am. The form will be shut off at 8:00 am on Mondays and will re-open on Thursdays at 6:00pm.

Other grocery items: Please refrain from adding notes for items not listed on the order form; this is causing confusion in product counts and when packing orders and will not be fulfilled. We have limited space and are trying to meet the basic needs. You may call Kinney Drugs, place an order through Instacart (not affiliated with Wake Robin) or have a friend/family member purchase something for you and deliver.

All grocery orders will be delivered no later than 2:00 pm on Thursdays. If you do not receive your order by 2:00 pm, if you received an item you did not order, or if you have missing items, please call Dawn at 264-5126.

Specialty items:

Beer/Wine/Spirits - Route 7 Liquor will deliver beer, wine, and spirits to campus for deliveries to your home on Mondays and Wednesdays. Call Meagan (not our Meagan Buckley) at 985-3332 Monday through Friday between 9:00am and 11:00am to place your orders.

GROUPS and GATHERINGS:

“Group” definition: Groups would include spending time with anyone other than your household.

Resident gatherings in lounges/common spaces:

Indoor spaces for gathering in small groups are now available in the apartment lounges in Independent Living neighborhoods. Any residents from any neighborhoods can use lounges; they do not need to be residents of that neighborhood or building. You will need to reserve those spaces through the Front Desk and will need to provide the names of individuals invited to your gathering, so we know who is present (in case we need to do contact tracing at a future date). Please be mindful of the size of your group and keep it to six or fewer depending on the size of the space. Again, safe physical distancing and masks are required. We ask that you manage disinfecting these spaces and use good hand hygiene and sanitizer. Please, NO FOOD OR DRINK at any group gatherings as you still need to wear a mask.

Resident gatherings outdoors: You are also free to gather in outdoor spaces, on porches, etc. in IL spaces. ES has been are getting those set up around campus for your enjoyment. Again, groups of ten or fewer people outdoors; no food or drink at any group gatherings as you still need to wear a mask. And no gathering on individual home porches/decks at this time.

NOTE: Public spaces in Linden are not allowed for IL residents at this time.

HOUSEKEEPING:

Housekeeping continues to be on hiatus.

LEAVING CAMPUS FOR EXTENDED PERIOD:

Please complete an absence form as you normally would. When you are getting ready to return to campus, please connect with Gretchen at 264-5196, preferably two weeks prior. We should know then what precautions we may ask you to take upon your return.

MAIL and PACKAGES / DELIVERIES:

Mail Pick Up: Any time that is convenient for you.

Outgoing Mail: The Front desk staff can assist you in sending your outgoing mail and packages. We can use our postage meter and your account will be billed for the postage. For other mail questions, please contact the Front Desk.

Packages and Deliveries: All packages/deliveries will be dropped off by delivery services at the Security checkpoint at the end of Wake Robin Drive. ES will deliver them to your door that day.

Packages/mail for Linden residents: If you have an item to be delivered to a resident that lives in Linden, please do so via the Front Desk (not via the resident's window).

MARTHA'S UPDATES:

Martha's COVID-19 updates are currently sent at the end of business day each Tuesday and Thursday. They are sent by email, uploaded to the Portal and TouchTown, and printed copies are in the vestibule of the Community Center in a specially marked holder for "Those without Computers." You can also call to hear a recording of Sherri reading the update on the Wake Robin Information Line at 264-4263.

MASKS:

We ask you to wear masks/face coverings whenever you are with anyone who is not your spouse/partner. A scarf, bandana, or cloth mask all will suffice. They don't need to be medical grade masks. Masks/coverings should cover your nose and mouth when around others including when outdoors and in common areas of the campus, and in the Community Center.

There is a box on the table in the Community Center vestibule where cloth masks may be available. Please help yourself to one and wash it before using it. Masks should be laundered daily, even if only worn for short periods of time.

MEDICAL PROCEDURES and RISK:

Appointments: As of May 18, we are no longer be pre-screening/approving medical appointments; you will be free to leave campus for your medical appointments. You will need to stop at the checkpoint and share the destination location, and you will need to keep this information for future contact-tracing. Doctors' offices are still offering tele-medicine visits for many needs to reduce your risk of exposure.

Transportation to medical appointments: If you are unable to drive yourself to any medical appointments, please contact Transportation at 802-734-0273 to schedule a ride. We are hoping to have appointments between 8 am and 3 pm. We ask that you provide as much notice as possible to allow for this coordination; we may need to request adjustments to times if a conflict occurs.

Risk: Please see Meagan Buckley's and Dr. Moore's PowerPoint slides from May 19 to help you determine the risk of contracting COVID-19 during different medical appointments and our recommended precautions you should take post-procedure when you are back in the Wake Robin community. Please feel free to contact Meagan or the Wellness Center if you have any questions.

MENTAL HEALTH RESOURCE:

Sally Young, Clinical Psychologist: Reminder that our good friend Sally Young is available for sessions during this time. Sally is a Clinical Psychologist who regularly works with Wake Robin residents. She is happy to set up a telephone or Zoom appointment for any individual or couple at Wake Robin who are recognizing that this level of stress is proving difficult and might be looking for outside help with coping and support. If emailing her,

please write "Wake Robin Resident" in the subject line of your email. Sally is not Medicare reimbursable and does not take other insurance.

NOTARY and WITNESSES:

Notary: If anyone is in need of a notary during this time, you can reach out to Sherri (srigby@wakerobin.com), Teri (tlobrien@wakerobin.com) MaryBeth (mbdudley@wakerobin.com), or Gretchen (groberge@wakerobin.com) who are all notaries.

Witnesses: Now that you can be in groups, it is fine to ask a neighbor or friend to witness your document. They can watch you sign. Then you can back away, and they can sign as witness.

PHARMACIES:

Kinney Drugs - delivers for free: Snack foods, pharmacy, pet, health and beauty. For the non-pharmacy items, call 985-0008 and press 4 for Customer Service. A staff member will take your order - but it is not same day delivery. They will deliver to Security at the bottom of Wake Robin Drive. ES will deliver.

Walgreens: For those with prescriptions at Walgreens, Nick Morse, Linden transportation, will pick them up on Tuesday and Thursday afternoons if you call your prescriptions in by Monday and Wednesday afternoons. You must let the Wellness Center know you would like him to do that; call 264-5139.

PHYSICAL DISTANCING:

We ask you to maintain physical distancing with anyone who is not your spouse/partner at all times. Please adhere to the six-foot physical distancing recommendation from the Center for Disease Control and Dept. of Health. This includes when you are outdoors as well as in common areas, including the Community Center.

SECURITY CHECKPOINT / SCREENING QUESTIONS:

Expect to be screened by Security at the bottom of Wake Robin Drive when you leave campus and again when you return. You will be asked where you are going/where you have been, and the series of screening questions all

staff/contractors/visitors are asked. You will also have your temperature checked. Please be patient with our Security staff.

Screening Questions:

Your visitors will need to be screened at the bottom of Wake Robin Drive as well. Just as we do for staff, we will be taking everyone's temperatures and asking the following questions:

- Have you been in Vermont for the last 14 days?

If no, you will not be able to visit.

- Have you been in contact with a person who is being monitored or tested positive for COVID-19?

If yes, you will not be able to visit.

- Have you been to a health care facility where people infected with COVID-19 are treated (eg, hospital, walk-in clinic, emergency room, nursing home, correctional facility)?

If yes, you will not be able to visit.

- Have you had one of the following symptoms in the last 2 weeks?
 - A new dry cough other than baseline
 - Shortness of breath or other respiratory concerns

If yes, you will not be able to visit.

- Have you had two of the following symptoms in the last 2 weeks?
 - Fever
 - Muscle pain
 - New loss of taste or smell
 - Chills
 - Headache
 - Repeated shaking with chills
 - Sore throat

If yes, you will not be able to visit.

- Do you have a mask with you?

Please share these with your family members so Security doesn't need to turn people away unnecessarily. It will be important that we minimize your exposure to people who may have been exposed to the virus. These screening questions are, at the moment, our best way to assess that risk.

VISITORS:

Family visiting days: As of Monday, May 18, we are now excited to welcome Independent Living residents' family members from Vermont to campus for OUTDOOR visits with you on Mondays, Wednesdays and Fridays until 8pm. (Unfortunately, state regulations prohibit us from extending this to Linden residents' families at this time.) We do ask that masks be worn at all times, and that you gather in groups of 6 or fewer people, practicing physical distancing. Every visitor will need to be screened at the bottom of Wake Robin Drive.

Restrooms for visitors: Visitors may use the staff restroom that is just inside the staff entrance downstairs off of the parking lot (outside of HR, and down the hall from ES). You would need to swipe them in to unlock the outside door. The restroom is on the left when you walk in the door, right next to the vending machine.