



August 28, 2020

Greetings everyone,

Friday is upon us and it's Art Hop Day! I have been watching out my office window as booths and tents are getting set up. We have many resident and staff artists who will be sharing their talents with the community today. It all looks so festive out there. I hope this becomes an annual event!

I again want to acknowledge that these unprecedented times can be incredibly stressful for us all. I spoke with a physician recently who shared that many of his older patients are experiencing sleep disruption and anxiety. I'm sure many of you are having similar reactions to the continued cautions in our everyday lives. We will be looking at our programming and our restrictions, especially as fall and winter are right around the corner, to hopefully lessen these stressors a bit for you. The resident committees have put in proposals to safely reopen indoor activities and spaces in the Community Center. I'm sure there will be more to report in the future. But again, please take care of yourselves as best you can. And ask for help if you need it.

A question came up yesterday in our Cup gathering about the latest \$5 COVID test you can administer to yourself at home. Dr. Moore wanted to do a bit more digging into it. Here's what he shared with me this morning:

I reviewed the five dollar COVID-19 test. This is an antigen test not a PCR test and in the appropriate situations it could be a game changer. However, similar to the antigen test that was used at the urgent care clinic in southern Vermont recently, this test has only been validated for symptomatic patients. If you recall there were many false positives when this type of test was used inappropriately for asymptomatic patients at that urgent care clinic. So I would strongly recommend against residents using this test if they are asymptomatic unless we hear otherwise from the Department of Health.

I would also remind residents that if they do a test on their own and it is positive they are obligated to share that result with us so that appropriate precautions for all can be taken for the entire community. Using this test inappropriately and getting a false positive result could inadvertently cause another disruption for the

entire community. On the other hand, this kind of test could be very useful for us if we have symptomatic residents in Linden or independent living.

And speaking of testing, we completed 126 retests of our direct care staff earlier this week. We sent them down to Massachusetts for evaluation. No results yet from the lab. We will retest all the direct care staff and Cedar and Juniper residents again next week per the Health Dept. requirements. Hopefully if/when all tests come back negative, we can resume visitation in Linden.

We continue to receive questions from residents about our air handling and filtration systems. In a recent webinar sponsored by the New England Journal of Medicine, Dr. Anthony Fauci was asked about the statement from 200+ scientists about COVID being transmitted in an aerosol. He said that they were beginning discussions with the scientists and that he did not know whether or not there was an infectious dose in a lingering aerosol.

ASHRAE, the organization of heating, ventilation and air conditioning professionals, has issued recommendations for maintenance of systems, use of filters and operating options. As Dr. Fauci noted, we don't have all the answers and **taking the usual precautions of distancing and wearing masks is important.** As we learn more, we will keep you all informed about our systems here at Wake Robin.

Our Wake Robin Board met on Tuesday and approved us starting a new strategic planning process. We will be working with a local consultant, Cortney Cahill, to lead the process. It will actively include residents, staff, board members and other stakeholders. More to come on that, but I am very excited to start the process. I expect it will give us all an opportunity to relook at our stated core values and reaffirm (or not) that these are still relevant in 2020 and beyond. I also hope there will be an opportunity to continue the discussion of "resident driven" and what the culture is/can be here at Wake Robin.

Yesterday I participated in a fascinating workshop looking at our industry out 10 years, especially in light of the COVID pandemic. Things that we thought were impossible (e.g. telemedicine, e-commerce) four months ago will likely become the new norm. Some industries have been successful in pivoting to accommodate what the new normal looks like. Other, not so much. We asked ourselves some very provocative questions to consider as we think about our future:

- What do we think the world will look like ten years from now through a: societal; technological; environmental; economic; political lens?

- What current assumptions do we hold for our business, customers, suppliers/partners, competitors?
- What assumptions do we hold today that allow for our business model to be successful?
- What NEW assumptions will hold true 7-10 years from now?
- What assumptions from today no longer apply 7-10 years from now?
- And finally, if we have some new assumptions for what our business might need to look like in the future, what do we need to do today to plan for those?

They gave us a fun “mad lib” to play with:

In the year 2030, our world will be marked by _____, _____ and _____.

My role will be _____ and my customers will be _____.

My customers will need _____, _____ and _____.

I/My organizations will need _____, _____, and _____ in order to

_____.

In order to make this happen, I will need _____, _____ and _____.

Fun to think about.

And finally speaking of fun, this link is worth a look. Some extremely clever puns!

<https://www.youtube.com/watch?v=d3A9wc2ZKtg>

- I lived in a houseboat for a while, and started seeing the girl next door. Eventually we drifted apart.
- A man tried to sell me a coffin today. I told him that's the last thing I need.
- 100 years ago, everyone had a horse and only the rich had cars. Nowadays everyone has a car and only the rich have horses. Oh how the stables have turned.

And ending with a song:

<https://enchantmentathamilton.org/20200601ForTheLongestTime.mp4>

Have a great weekend everyone. Stay safe.

Martha



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