



August 31, 2020

Hi everyone,

From today's *USA Today*:

“Seven months and 10 days have passed since the first U.S case of COVID-19 was reported on January 21.

Today, the number of positive tests eclipsed 6 million- the highest count in the world by a wide margin.”

Some sobering numbers to reflect on as we enter September. My Update is a day early this week, but I had some good news to share. **As you know, we COVID retested all of the direct care staff in Linden last week and this weekend got the results- all negative!**

I just want to take a minute to reflect on this. Our staff take their responsibilities to our residents extremely seriously. Most have lived by the same restrictions we ask of you all and have limited their shopping, their gatherings, their vacations, and their children's interactions to make sure they are not putting you and the entire Wake Robin community at risk. This has not been required by the Administration. This has been done voluntarily and without complaint. I just want to take this opportunity to say thank you to the staff. This is yet another example of what makes this community so special and so unique. And it's certainly worth the occasional shout out!

**A few updates from ES:**

We will be conducting fire hydrant flushing starting Tuesday morning. Water may appear cloudy (and may include sediment), but It will be safe to drink. We suggest you run the tap a few seconds until the water is clear before drinking, cooking or bathing.

Also to continue the HVAC system in the Community Center discussion, we received this explanation from Mike Simmonds, Associate Principal and Mechanical Dept. Head from Alderson Engineering about our current systems:

*The Linden Health Center ventilation system (ERU-1, ERU-2) is designed in accordance with ASHRAE Standard 170 - Ventilation of Health Care Facilities. ASHRAE 170 has higher air exchange rate requirements (i.e. more fresh air) than the standard mechanical code due to the vulnerable population. One of the purposes of the higher ventilation rates in ASHRAE 170 is to help reduce the transmission of viruses and other airborne pathogens. One of ASHRAE's recommendations to reduce the spread of coronavirus is to increase ventilation levels above IMC requirements, which we are already doing by complying with ASHRAE 170. The LHC ventilation system also currently includes the following, which ASHRAE recommends to help limit coronavirus transmission:*

- *Dehumidification and humidification to keep the humidity levels in the optimum range for human health and well-being (i.e. limiting virus, bacteria, etc.)*
- *MERV 13 (enhanced) air filtration*
- *Ventilation of spaces at 100% of ventilation rates, 24/7/365*
- *Direct fresh air and exhaust in almost all spaces to better ensure air exchanges*

*The Community Center ventilation system (ERU-1) is designed in accordance with the International Mechanical Code as the building use is classified as an Assembly Group, not healthcare. Dining rooms, activity rooms, multi-purpose rooms are all high occupancy spaces and as such require high ventilation rates. We designed the ventilation in these spaces to run at 100%, 24/7/365 for full space occupancy. This means that when the spaces are at part occupancy there is more ventilation (i.e. more fresh air) than is required by code. One of ASHRAE's recommendations is to turn off any systems that limit ventilation at part occupancy, which we are already doing. The CC ventilation system also includes the following, which ASHRAE recommends to help limit coronavirus transmission:*

- *Ventilation of spaces at 100% of ventilation rates, 24/7/365*
- *MERV 13 (enhanced) air filtration*
- *Direct fresh air and exhaust in almost all spaces to better ensure air exchanges.*

*There are various systems on the market (UV, bi-polar ionization, HEPA filtration) that are being proposed in buildings to help mitigate pathogen transmission. All of the systems have their pros and cons with varying abilities to be implemented as retrofits. Evaluating the implementation of other systems would be a separate, more extensive exercise. The costs to implement the systems are high and none are proven to completely eliminate the transmission of the virus. We have seen operators find that the money would be better spent on increased cleaning efforts, preventative disinfection, sanitization stations, social distancing, etc. One HVAC item that would be pretty straightforward to implement would be portable room air cleaners with HEPA filters. Carrier makes a model (OptiClean) that plugs into standard outlets. I can get more info if needed.*

As more research becomes available about this issue, we will continue to explore ways to ensure the air systems are the most effective they can be. But one of the ways to ensure safety is to follow the mask-wearing, handwashing, physical distancing protocols in place.

### **and He Did Ride!!**

In case you hadn't noticed, the green pottery frog perched on the frog swale went missing several days ago. He was discovered Sunday afternoon, nose down in the gravel run-off stream under the Sycamore Path wooden bridge. Must have been quite a wild ride! M-hm, M-hm....

Two interesting NYT articles residents' shared with me:

<https://www.nytimes.com/2020/08/28/opinion/coronavirus-schools-tradeoffs.html?smid=em-share>

<https://www.nytimes.com/2020/08/11/health/coronavirus-aerosols-indoors.html?smid=em-share>

### **FOR THOSE WHO ENJOY THE ENGLISH LANGUAGE:**

Those who jump off a bridge in Paris are in Seine .

A backward poet writes inverse.

A man's home is his castle, in a manor of speaking.

Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

Shotgun wedding: A case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Does the name Pavlov ring a bell?  
Reading while sunbathing makes you well red.  
When two egotists meet, it's an I for an I.  
A bicycle can't stand on its own because it is two tired.  
What's the definition of a will? (It's a dead giveaway.)

Have a good week. Stay safe.  
Martha

A handwritten signature in cursive script, appearing to read 'Martha'.

Martha Maksym  
President & CEO