



May 1, 2020

Greetings everyone,

May 1<sup>st</sup>! My first update to you was on March 16<sup>th</sup>. How time flies! I am starting to see that green hue on the trees around. One morning we are going to wake up and the leaves will be covering all our trees and bushes. I always think that is so miraculous. And the daffodils around campus are glorious! Two bushes/trees outside my office window are filled with beautiful white blossoms! It's joyous to see. Peek over the hedge by the front entrance (to the right) to catch a glimpse of them.

Got some great dance tune favorites from you all for our post-COVID gala. They included:

Mustang Sally

Blue Moon

In the Mood

Billie Jean

Long Ago and Far Away

Moonlight in Vermont

I bet you have already started humming a few of these tunes now, right? One resident shared that after reading the update, he just started dancing around his home, but the furniture kept bumping into him! Picture that! Keep your ideas coming. I'll be making our party playlist.

There are always reports of wildlife in the area, and it seems our local animals are enjoying the quiet that has come with the stay at home order. We've heard reports of a nearby bear and her cub. The checkpoint crew have seen more deer than usual this Spring. Coyotes have been heard at night, a bobcat has been sighted, and we have our own fox family near the dog park. Let's not forget raccoons, porcupines, opossums and all the other critters living here or nearby. This is all exciting and one of the reasons we live in Vermont. It also requires us to enjoy our wildlife responsibly. Please do not feed or fauna. This includes bird feeders. Feeders attract not only birds, but offer goodies to raccoons, mice and other animals that then become a nuisance. The consequence for those animals is never good. And we ask that you do not try to get close to the wildlife that is on the property. The pleasure of those moments can quickly be eclipsed with negative consequences. We certainly don't want any residents or pets injured because Mama didn't like

how close you got to her baby. Let's be good neighbors so our wildlife can be good neighbors too.

The Directors will be meeting early next week to begin discussing what restrictions will look like when the Governor ends his Stay at Home order on May 15<sup>th</sup>. We want to make sure we have a good, transparent plan to share with you all that outlines the thoughtful and methodical loosening of restrictions, while also planning for if and when we might need to tighten up again because of a new outbreak in the county. So stay tuned for more information on that.

Hopefully some of the WRRRA activity committees have come up with ways to start some additional enrichment activities for you to enjoy under the current guidelines for gathering. I know this has been hard for many of you, and a few new things to do might really make a big difference. If you have any ideas, share them with the committee chairs!

### **Moving to your summer homes:**

I have been asked about moving to summer homes. We expect that many of you are starting to think about that. It's fine to move to your summer place, but you will not, at least for the moment, be allowed to come and go. For now anyway, we'd ask that you plan on just going, and not spending weekends there and weekdays here. Also, I was asked what residents should expect upon their return in the fall. At this point, I have no idea. We'd ask that you start communicating with us about a month before your return. We will know more then and will be able to explain what, if any, restrictions you might have upon returning (self-isolating for example). But at the moment, I have no sense of what it will be like come fall. Sure wish I did!

### **Navigating Stress and Mental health resources:**

<https://www.dartmouth-hitchcock.org/patient-education/mental-health-webinar-series.html>

### **Webinar 5: Focus on Adults, Navigating Stress and Mental Wellbeing**

May 20, 2020 at 12:00 pm noon EST

Featuring Robert Brady, Ph.D., Director of Anxiety Disorders Service, Dartmouth-Hitchcock, William Torrey, M.D., Professor of Psychiatry, Dartmouth Geisel School of Medicine, and Ken Norton, Executive Director, National Alliance on Mental Illness, New Hampshire (NAMI NH), who will address managing mental health, staying informed, and staying connected and productive.

## **Webinar 6: Focus on Seniors**

May 27, 2020 at 12:00 pm noon EST

Panelists will address managing anxiety surrounding the pandemic and staying connected to loved ones.

You may be interested in this blog post from UVMHC about Grief and Resiliency in this time of COVID: <https://medcenterblog.uvmhealth.org/behavioral-and-mental-health/resilience-grief-covid-19/>

## **Mother's Day chocolate delivered right to Wake Robin!:**

**Nu Chocolat** in Burlington has agreed to a **one-time delivery** to Wake Robin! You can order directly from their website, [nuchocolat.com](http://nuchocolat.com). You will need to enter your address in the "shipping" section. Then under "shipping options" choose "local curbside pickup" and in the "additional information" section add "Wake Robin delivery." Your order must be placed by noon on Thursday, May 7 for delivery the morning of Friday, May 8, just in time for Mother's Day! Residents who are not able to order off the website may call directly at (802) 540-8378. Ask for Virginia and mention you are from Wake Robin so it can be included in the Friday delivery. Flowers will be available for delivery as well; the website will be updated with available flowers by Monday morning.

**Next week's Happenings Calendar is attached!** Enjoy. Have a lovely, peaceful weekend.



Martha E. Maksym  
President and CEO