



June 30, 2020

Hi everyone,

Well it is finally feeling like summer. Those sunny, hot, humid days. Our lawn is finally starting to green up a bit. It was looking like hay! Hope you all find some time to get outside each day. The campus looks beautiful!

I wanted to share a recent message from Health Commissioner Dr. Mark Levine:  
**Don't Let Up on COVID-19 Prevention**

Health Commissioner Mark Levine, MD, reminded Vermonters on Monday that some U.S. states are hitting single-day records of COVID-19, with the result that their hospital resources are being stretched, and re-opening plans have come to a halt. "This is why we take such pains to reinforce our four core messages," Dr. Levine said. "Stay home when you're sick, wash your hands a lot, keep a physical distance of at least 6 feet and wear a face covering when around others."

It appears people in the states seeing an increase in cases have not followed this guidance strictly, particularly social distancing and wearing masks, said Dr. Levine, calling it a lesson for Vermonters to keep up our prevention efforts. "The virus is still here, and it really preys upon the ability of human beings to spread it through the air we all breathe and share."

Addressing the recent outbreak and cluster investigations, Dr. Levine said there have been no new cases associated with those situations but contact tracing and related efforts continue.

Reading this message from the Commissioner, I was reminded of a wonderful suggestion from a resident earlier this week that we should change our language (and hopefully our mindset too) that while we still need to *physically* distance from each other, that does NOT mean we can't socialize safely. Can we all start talking about **physical distancing** meaning staying 6 feet apart, and not social distancing which implies we shouldn't be social with each other? Let's challenge each other to use this new language! Wonder how long it will take to catch on around here?

### **So, what does socializing look like while still physically distancing?**

I heard a lovely story of a group of residents who got together - four couples and a single neighbor outside on the grass behind their homes after dinner one evening to chat and look at the stars. Appropriately distanced and masked, I was assured. I heard someone else ask if a bridge game could be arranged while still physically distancing. Why not? If everyone agrees to back away from the table after their

turn and you are in a lounge or outdoors wearing masks, that would be fine! Plein Aire painting is getting underway outdoors! The lawn games are out! Groups of 10-15 are ok if all the safety precautions can be adhered to and people have been adhering to our campus rules. I know you all are super creative people so I am confident you can find ways to stay social while staying safe. So put on your thinking caps and let's find new (or dust off old) ways to stay connected to each other. This is so critical during these difficult times when we can be feeling so isolated. Send me your stories so I can share your ideas with others.

**How we are encouraging our staff to stay safe when they are not at work:**

While we can't control what they do when in their homes and communities, I know our staff take their responsibility to stay safe and avoid unnecessary risks very seriously. We remind them regularly. They often will share stories of how they avoided attending events and gatherings to avoid potential exposure. We have made sure that our policies for staff require quarantine when they think they might have been exposed, and we compensate them for that time off so they don't need to make the difficult decision of coming to work vs. losing some critical income. We also have spoken to staff about vacation plans, and if they are going to be in a non-green zone they will be required to quarantine before returning to work.

**Some other clarifications, in no particular order:**

**Yes, it is fine to go berry picking.**

According to their website, The Charlotte Berry Farm will be opening for **blueberry picking** around July 10<sup>th</sup>.

Mazza's website lists:

**STRAWBERRIES:** Approximately June 15<sup>th</sup> – July 1<sup>st</sup>

**BLUEBERRIES:** Approximately July 15<sup>th</sup> – August 30<sup>th</sup>

**RASPBERRIES:** Approximately July 15<sup>th</sup> – August 30<sup>th</sup>

And in case you were wondering, blueberry muffins are a personal favorite of mine! Just sayin'.

Also, I have been getting some questions about **when we ask you to quarantine if you are heading to a camp/summer home/vacation that is out of state.**

Regardless of whether the location **out of state** is Green, Yellow or Red per the Governor's approved places, we ask that upon your return to Wake Robin, you quarantine for 14 days (or 7 days and then get a COVID test).

**BUT** if you are visiting a camp/summer home or vacationing **in Vermont**, you do not need to quarantine upon your return to Wake Robin. We do ask that you take the same safety precautions no matter where you are.

The **only exception** to this **in Vermont** rule will be if you are entertaining people from out of state (family/friends) who have not quarantined upon their arrival to Vermont per the Governor's orders. We don't want you hanging around with people from away who are living in high-risk areas, coming to VT and then not quarantining. Clear as mud? Call me with questions.

### **What does it mean to self-quarantine?**

Essentially, you need to stay away from other people.

- No participation in any group activities of any kind. This includes tennis, billiards, group exercise classes, group yoga, informal gatherings, etc.
- Stay out of the Community Center. Please call the front desk and ask for your mail to be delivered.
- Do not leave campus unless it is for an urgent medical need.
- You may walk outside, either alone or with your spouse/partner who is also under quarantine. As always, we ask that you wear a mask when outdoors.

### **And finally, today's humor...**

- Funny video on career paths in Venn Diagrams  
<https://www.youtube.com/watch?v=cuvbRkTDMD8>
- What's worse than raining cats and dogs? Hailing taxis.
- So in retrospect, in 2015, not a single person got the answer right to "Where do you see yourself 5 years from now?"

In case I neglected to say this, I have been back in the office full-time for the past several weeks. Look forward to seeing you around!

Sincerely,

Martha



Martha E. Maksym  
President and CEO