



April 29, 2020

Hi everyone,

Today is National Dance Day! Who knew? So, here's what you need to do. STOP reading this update for a second. Go put on your favorite dance tune, and shimmy/twist/bop/frug/jitterbug/whatever around your living room to that favorite song! Have a moment of crazy, dancing fun! I just asked my husband what his favorite dance tune is - "Wooly Bully" by Sam the Sham and the Pharaohs. We just danced to it! Led Zepplin's "Stairway to Heaven" was always one of mine for slow dancing at the school dances. What's yours? Share it with me and I'll compile the list. It will be our playlist at our big post-COVID-19 gala.

Phew! I'm winded! Now back to the update...

I was responding to an email yesterday and used the verb "zooming" in my response. It got me thinking of all the new words or uses of words we have invented since this pandemic began! Zooming...social distancing...COVID-19...any others you can think of?

All right, enough of that...on to the real news and updates!

The **Wake Robin Board** met yesterday evening. I updated the Board on how beautifully you all are weathering this pandemic. I shared that this has not been easy, but residents have been incredibly kind and accommodating during our shut down. The Wake Robin audit was presented and approved by the Board. Copies will be made available to you as soon as we have them. Two Board members, Theresa Hyland and Bob Duncan will be stepping off the Board in June. We are in the process of recruiting two new Board members to fill those spots. The annual meeting is in June and new members and officers will be voted in at that time. Eric Hanson will be completing his term as Board Chair, and Katie Hawley will be stepping in to fill that role.

From Meagan Buckley, Director of Health & Resident Services:

While we have all been busy prepping and planning for COVID-19, residents in Linden too have made some significant adjustments to their daily routines. They have gracefully managed many of the same challenges of "staying home" as all of

us. A number of them showed their commitment to the greater Wake Robin community by assisting us in the creation of our isolation area on Cedar. These residents were asked by our team to relocate their homes and comfort to create this space. We are *very thankful* for their willingness to accommodate the whole community during this challenging time.

Use Cleaning Products Safely:

The Centers for Disease Control has reported that calls to U.S. poison centers about cleaner and disinfectant exposures have increased by 20%. Please make sure you are using cleaning products and disinfectants safely. The EPA has issued guidance about disinfectant product use. Always follow the product's directions.

Do not ingest disinfectant products, and never apply them to yourself or others. See the CDC's Cleaning and Disinfection for Households guidance.

You can also chat with the Northern New England Poison Control Center on their website, call 1-800-222-1222 or text POISON to 85511.

Recycling Dinner Bags:

We received a request to remind everyone that we can recycle the brown paper bags used for dinner deliveries. If they are clean, you can leave them neatly in piles in the Green Rooms. ES will pick up and give to Shelburne Food Shelf. They are using them to pack groceries for folks in need of food during this time. A suitable number will also be reserved for the Tag Sale. Bags with food spills should just go in the trash.

Mask Wearing:

Just a reminder to please wear a mask when you are outside of your home and could interact with others, especially when coming to the Community Center. If you bump into folks and you want to chat for a bit, please be sure to don a mask. The exception is when you are with your spouse/partner; no need then. Otherwise, when conversing with others, please wear your masks. Here is a link that has some good guidance on wearing a mask.

<https://www.healthvermont.gov/Help-Slow-the-Spread-of-COVID-19-By-Wearing-Cloth-Face-Mask-April-23-2020>

Tick Season:

Just a reminder to residents that tick season is in full swing. Some tips to help protect yourself while outdoors:

- Avoid wooded, brushy areas when possible.
- If out, wear long socks, long-sleeve shirts and pants. Attempt to cover up any exposed skin.

- Use an EPA-registered tick repellent - Those including DEET are found to be most efficacious.
- Check your skin and your clothing before coming indoors.
- Try to shower within 1-2 hours of being outdoors.
- Dry your clothing on high heat in the dryer for 10 minutes after wearing them outdoors.
- Make sure to check your pets too!

Anyone with questions or concerns about ticks, or those who might have been bitten by a tick should contact the Wellness Center.

Advance Directive Addendum for COVID-19 Care:

Attached is an addendum to your Advance Directive specifically related to your care wishes should you contract COVID-19. Dr. Moore asked that I share it with you all.

Today's bit of humor...

- Anyone else's car getting three weeks to the gallon?
- And just like that: Having a mask, rubber gloves, duct tape, plastic sheeting and rope in your trunk is ok!
- The drop in petrol price during this lockdown is like a bald man winning a hairbrush!

After Isolation:

Where's your husband?

In the garden.

Where? I don't see him.

You need to dig a little.

That last one makes me laugh every time I read it! Have a good evening.

Stay well.

Martha



Martha E. Maksym
President and CEO