



April 16, 2020

Hi all,

Well, I dropped by Wake Robin this morning and it definitely felt like I was coming home! Didn't see very many folks but saw LOTS of grocery bags filled to overflowing and ready for delivery, and lots of spirits boxes as well. And of course all the ice cream in the freezer.

I was happy to check in with some staff too. So far so good on their ends as well. And then, much to my dismay, it snowed my whole trip home, with temps hovering between 33 and 38. What is up with that???

Please take a moment to review yesterday's notice about how we would manage a COVID-19 case in Independent Living. If you have any questions about this information, please shoot them my way and I'll get the document updated.

### **Grocery Update:**

Hopefully you were home when your groceries were delivered today. I'd hate to think of all that ice cream melting! Dining hopes to keep deliveries to Thursdays from 11:00-1:30, but this will depend on the sheer number received. Your order may be delivered slightly earlier or a touch later.

Many of you will notice that the item you ordered was substituted with another brand. In a perfect world I'd be able to list exactly what I'd be delivering, but due to the fickle nature of grocery shopping these days popular items run out quickly. So you'll see that the soup may be chicken rice instead of chicken noodle, your pasta shape may have shifted slightly, and the brand of your item may have changed due to shortages at Shelburne Supermarket and what they can provide to us.

When dining was discussing options for a partner in this endeavor, the larger chains were already swamped with their own deliveries and couldn't take us on. I'm glad to work with Shelburne Supermarket, but they are a small business so don't carry the variety or bulk of a larger chain store. Dining did set up a system that pulls groceries from them on the day they are most fully stocked.

For questions or issues with your order call Dawn Lyman-Muzzy at 264-5126.  
Thank you.

### **Car Insurance Helpful Hint:**

Many insurers are offering reduced auto insurance rates during this low driving/low mileage time. A resident called their insurer and not only got 20% off, which they are giving to all customers, but when it was explained the campus travel prohibition, there was a significant further reduction through a storage rate.

### **Loneliness, Anxiety and Isolation during the Pandemic:**

Reminder that our good friend Sally Young is available for sessions during this time. Sally is a Clinical Psychologist who regularly works with Wake Robin residents. She is happy to set up a telephone or Zoom appointment for any individual or couple at Wake Robin who are recognizing that this level of stress is proving difficult and might be looking for outside help with coping and support.

### **Memory Quiz:**

And now, what I am sure you have all been waiting for...here are the to yesterday's quiz.

1. The Lone Ranger left behind a silver bullet.
2. The Ed Sullivan Show
3. On Route 66
4. to protect the innocent.
5. The Lion Sleeps Tonight
6. The limbo
7. Chocolate
8. Louis Armstrong
9. The Timex watch
10. Freddy, The Freeloader and ...'Good Night and God Bless.'

How did you do???

### **If memory serves... A test for older kids (aka 65+) - Part 2!**

11. Some Americans who protested the Vietnam War did so by burning their \_\_\_\_\_.

12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? \_\_\_\_\_ & \_\_\_\_\_.

13. In 1971, singer Don MacLean sang a song about 'the day the music died.'  
This was a tribute to \_\_\_\_\_.
14. We can remember the first satellite placed into orbit. The Russians did it. It  
was called \_\_\_\_\_.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we  
twirled around our waist. It was called the \_\_\_\_\_.
16. Remember LS/MFT \_\_\_\_\_ / \_\_\_\_\_ ?
17. Hey kids! What time is it? It's \_\_\_\_\_!
18. Who knows what secrets lie in the hearts of men? The \_\_\_\_\_ Knows!
19. There was a song that came out in the 60's that was "a graveyard smash." Its  
name was the \_\_\_\_\_!
20. Alka Seltzer used a "boy with a tablet on his head" as its logo/representative.  
What was the boy's name? \_\_\_\_\_

(Answers tomorrow!)

Have a peaceful evening!

Martha



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President and CEO