



April 17, 2020

Just heard from some friends with friends (60+) in Paris who just signed a “refusal to accept health recommendations” form releasing the government from liability if they decide to leave their apartment before DECEMBER! Ooh la la! It will be interesting to see how Vermont handles the lightening of restrictions. Heard from many of you this week that you are comfortable with our current status and caution against loosening too soon. I appreciate that feedback very much. I am cautiously optimistic that next week, there will be some opportunities for you all to get outside a bit more and to get your hands dirty in the soil. Stay tuned for more info on that from the Gardening Committee. That’s all I’m going to say...

Finally, I want to express my thanks and appreciation to all of you - our team here at Wake Robin - residents and employees alike who have been rallying so beautifully these past weeks. I talk about “our team,” but sometimes neglect to specifically include residents. And you are part of my team. I feel that so strongly. You offer advice, historical perspective, wisdom, humor, clarity, some appropriate criticism and always show kindness to me. In case I haven’t said it enough, I am very grateful.

Advanced Directives/COLST:

Meagan Buckley will be hosting a presentation from Dr. Moore and Nick Fredette, DNP to review updates on COVID-19, current management and treatment, and how to make changes to your advanced directives or your orders for life sustaining measures (COLST) on Tuesday at 10:30 am via Zoom.

This is limited to 100 attendees, and we are looking into the ability to record this to share with other community members that cannot make this presentation.

We are asking that you send questions ahead of time to Meagan Buckley via email at mbuckley@wakerobin.com by Monday, April 20 at noon.

We will have the ability to take a few questions at the end of the presentation via the chat window in Zoom, but not verbally in order to manage such a large group.

More about masks

Clean cloth masks, as well as bandanas, etc., can be kept in individual clean ziplock baggies. Put the mask on, adjust it so that it's fitted well and not gaping anywhere. From that moment on do not touch your face/hair etc., and do not adjust the mask under any circumstances, no matter how itchy or uncomfortable or hot. Never put your mask in your pocket or purse etc where it will contaminate everything else. If you have to go to more than one place, keep your mask on.

When you get home, remove the mask with one hand by the elastic band, and open doors with the other hand using a bleach wipe. Drop the mask directly into a container where you put hot soapy water and scrub it, or put it into the washer. Do not touch your face! Wash your hands like crazy!

It's important for people to understand that a mask is for a specific purpose - to protect other people: if you have the virus but no symptoms it helps prevent you from giving it to others. The mask will also help to stop you from touching your face!

Two final (well, for today, anyway) points:

Do not talk on cell phone while wearing masks and/or gloves! And please only take one mask at a time from the box in the Community Center vestibule. They are going like hotcakes!

Wake Robin Archive:

WRRRA has an archive committee that wants to keep up with our many responses to this Pandemic. The following was sent out by the Vermont Historical Society and sets an example of what we need to do for our Wake Robin Community. So, send your special memoirs, jokes, correspondence, photos, etc. to wrraarchive@gmail.com for inclusion in the archives of this extraordinary time in our history.

COVID-19 Archive: Images and Stories from Vermont

Culturally not a talkative bunch, Vermonters have otherwise done a remarkable job recording the stories of their lives and the lives of those around them utilizing journals, diaries, artwork, photographs, and more. Since 1838, the Vermont Historical Society has collected and preserved this varied material, documenting Vermont for a better understanding of past, present, and future.

As Vermonters navigate this new and unfamiliar world of restricted movement, social distancing, and remote learning as well as working while supporting family, friends, and neighbors through anxiety and uncertainty, VHS strives to preserve this time for future generations.

Through the [Vermont Historical Society's COVID-19 Archive: Images and Stories from Vermont](#) initiative and digital collecting tool, we aim to document Vermont's response to this crisis in the most thorough way possible. In order to complete this task, we need your help! Please "think like a historian" and save those images, journals, poems, and artwork for the benefit of future generations. Our online tool gives you an opportunity to upload your stories to the Vermont Historical Society Archive, making it available to the public immediately and researchers in years to come.

Linden Pen Pals:

Just heard today that 59 (!!!) Linden residents have pen pals in IL. Thank you everyone who is volunteering to connect with our Linden neighbors. They LOVE it! And thanks to the Transitions Committee members for organizing this terrific activity.

Have a nice weekend everyone. Stay safe!



Martha E. Maksym
President and CEO