



May 4, 2020

Hi everyone,

Happy Monday! Hope you were able to enjoy the lovely weather we experienced this weekend.

May 4th! For all you Star Wars fans out there, may the 4th be with you! We watched the newest Star Wars movie, The Rise of Skywalker, this weekend. Pretty good! We have now officially watched them all! I remember just having finished my freshman year in college when the first movie came out. Boy that franchise has stood the test of time! We got in the habit of watching all those movies when our son was smaller. Nothing like a light saber to keep a small boy occupied. The movies and the LEGO Star Wars sets were constant companions for years around our house!

There were thirteen new cases of COVID in Vermont reported on Friday, seven new cases of COVID reported on Saturday and one new death. There were eleven new cases reported on Sunday and one additional death. Clearly, the virus is still a great risk in Vermont. So far, we are successfully keeping COVID out of Wake Robin, at great sacrifice to you all, but with an excellent result! And I know patience is wearing thin, but please continue to cooperate with us. While the Governor may be starting businesses for economic reasons, older adults and people with preexisting conditions continue to be at greater risk of contracting the virus. A poster that is circulating states it best: "Measures to restart the economy do not mean the COVID crisis is over. It only means we now have room for you at the hospital."

From the Vermont Dept. of Health's latest update:

Gov. Scott emphasized that the virus does not respect borders, and that surrounding states are still confronting massive outbreaks — highlighting the need for all of us to be smart, cautious and disciplined as we continue taking steps to move forward.

Acknowledging the progress that we have made so far has been steady, but is fragile, Health Commissioner Mark Levine, MD said. It is important that we avoid a rush to resume close in-person contacts, which could allow the virus to thrive. The state is closely monitoring the data and trends for how soon we can start to safely reconnect face-to-face.

Dr. Levine also noted that the CDC has expanded its list of COVID-19 symptoms to watch for.

In addition to fever, cough and shortness of breath, symptoms may include:

- ***Chills***
- ***Repeated shaking with chills***
- ***Muscle pain***
- ***Headache***
- ***Sore throat***
- ***New loss of taste or smell***

If you have these symptoms, call your health care provider and the Wellness Center at Wake Robin. It is vitally important that you be monitoring how you are feeling and report any changes. Thank you!

As I shared on Friday, the Directors will be meeting on Wednesday to discuss what, if any restrictions, we can start loosening up. I will share any changes as soon as possible.

I got asked the question about someone who has a summer home and wants to go to check on it and then come back to Wake Robin. Will that person then be asked to quarantine for 14 days?

The answer: If that were to happen today, then theoretically yes. But since no one is leaving campus at the moment, it is not an issue. We do ask anyone who leaves campus for a doctor's appointment to discuss with Meagan where they are going and their risk of exposure so she can determine whether or not they need to quarantine for 14 days.

I also got asked the question: If a person away at their summer place were to become ill with COVID-19, where would they receive their medical care?

Answer? Like everything here at Wake Robin, it's complicated. The best case is: if you get ill while at your summer home, you stay in your home and weather the illness. You should let us know at the Wellness Center so we can check on you regularly by phone. We always want to know if you are or have been sick.

If you are ill enough to need acute care, you should go to the ER nearest you. If you get stabilized at the ER and then need to be discharged, but you can't take care of yourself, you would likely come back to Wake Robin. Our staff would discuss discharge and transfer with the hospital.

Shelburne Museum:

Just received an update from Shelburne Museum about summer plans there. Here's a video of CEO Tom Denenberg sharing his decision:

<https://vimeo.com/413611262>

Don't Forget! 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. 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. Mother's Day tulip bouquets are available for delivery as well.

Somewhat of a downer update today, except for the chocolate ordering opportunity. So, wanted to leave you with a few moments of laughter. Enjoy!

2019: Stay away from negative people

2020: Stay away from positive people

Ran out of toilet paper and now using lettuce leaves.
Today was just the tip of the iceberg.
Tomorrow remains to be seen.

So my husband and I were sitting on our couch watching TV yesterday.
Suddenly I hear that I got a text on my phone that I left in the kitchen.
I go to the kitchen to check it, and it's a text from my husband:
"Please bring the chips on your way back."

Thanks everyone,

A handwritten signature in cursive script, appearing to read "Martha E. Maksym".

Martha E. Maksym
President and CEO