

CURRENT WAKE ROBIN RULES AND FAQ'S FOR
INDEPENDENT LIVING
PLEASE POST ON YOUR FRIDGE FOR REFERENCE

NOTE: The Linden Health Center falls under the regulations of the Vermont Department of Disability, Aging and Independent Living (DAIL) and Centers of Medicare and Medicaid Services (CMS). State healthcare facilities must follow strict healthcare licensing policy to protect DAIL and CMS will guide areas of operation regarding opening or lifting of restrictions in the Health Center.

ACTIVITIES:

LOW CONTACT, SMALL CROWD Off campus activities that ARE allowed (as of 5/22): (those activities you can do alone or with another person who resides in your household), outdoors, where there are likely to be no crowds.

- Medical appointments (allowed as of 5/18)
- Car maintenance
- Veterinary visits
- Community gardening
- Off campus low contact recreation: examples include kayaking, Shelburne Beach, walking at Meach Cove
- Golf (please no larger than a foursome and all must wear masks and physically distance), tennis, biking, fishing, trail walking at Shelburne Farms
- Marinas to go out alone (or only with spouse/partner) on your personal boat
- Opening camps/second homes alone (or with spouse/partner; please no large family gatherings, unless you plan to stay there for the entire summer)
- Drive-thru banking
- Drive-thru pharmacy
- Curb-side takeout only from restaurants or stores
- Meeting friends or family to walk with you off campus
- M,W,F family or friend (small group) **outdoor visits only** on campus until 8 pm
- In-store **grocery or pharmacy shopping only** (effective 7/10/20). Please ***always*** wear a mask, ideally shop during times reserved for older adults, if available,

and avoid places with limited/poor COVID safety precautions (eg. recommending but not requiring masks)

HIGH-CONTACT, HIGH RISK Off campus activities that are NOT allowed:

- No going into banks, post offices, restaurants (inside or outside), stores (except grocery and pharmacy), malls, hardware stores, etc.
- No going over to friends' or family's homes for indoor visits or having friends/family in your home
- No public parks or outside vendors where large crowds can gather with no effective physical distancing.
- No carpooling. Vehicle owner and household member in the car ONLY. No additional riders in the vehicle. If you need transportation assistance, call 734-0273.
- No participating in indoor Spiritual services (as noted in 5/29 update).

ACTIVITIES RULES:

The standards we ask each other to commit to and abide by in order to ensure that these activities remain “low-risk”, and therefore relatively safe:

- Activity must guarantee low or no exposure to other individuals who do not live with you or on campus.
- There can be no risk of exposure to a close crowd that cannot physical distance (4-6 individuals at 6 ft.)
- Residents must pledge to wear your masks at all times when not alone with anyone other than your spouse/partner.
- Your destination must ensure limited exposure, i.e. short visits during a time of day when the general public would not be drawn to the location.
- The destination must have solid “COVID” practices in place (no long lines at snack bars, no parks where large groups can gather).
- All destinations should be, as much as possible, within a 10-mile radius of Wake Robin (intention is to minimize highly populated regions/areas).
- Residents will keep a “contact journal” with trip data sufficient to support contact tracing if they become COVID +. This will help our community, as well

as the greater community in terms of contact tracing should that become necessary.

Residents who feel they must violate any of these rules must commit to voluntary 2-week quarantine in your home upon return to campus.

COVID-19, TESTING, and SYMPTOMS:

Symptoms:

If you start experiencing any of the following symptoms, please call the Wellness Center as soon as possible:

- A new dry cough other than baseline
- Shortness of breath or other respiratory concerns

OR two of the following symptoms:

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

DINING:

Menu delivery and pick up:

The Dining Room will remain closed and dinners/Sunday brunches will be delivered to you nightly. Starting on July 15, the weekly dinner menu will be delivered to your internal mailbox every Wednesday by 12:00 pm. Your packet will have menus for the whole week - Friday through Thursday. Please complete the entire packet and clip it to the outside of your door. The packets will be picked up every Friday by 9:00 am. You must have your completed menus filled out and in place by that time to have your food delivered.

Your meal will be delivered to your door between 5:00-6:30 pm every day.

Missing dinner orders:

We keep staff on the clock to adjust for missing items, so please call 264-5122 before 6:00 pm for dinner and 12:30 for brunch and they will be delivered to you.

Dining phone numbers:

Menu line: 264-4282

For missing items: 264-5122

Dinner Paper Bags - Clean bags can now be brought back to Maple dining room to be reused. Please put bags with food spills in the compost.

GROCERIES:

While residents are now permitted (effective July 10, 2020) to go into grocery stores or pharmacies only, we still encourage curbside pick-up, Instacart ordering or ordering through our grocery system with Shelburne Supermarket whenever possible to minimize risk of COVID exposure.

Grocery Shopping Transportation (NEW July 28, 2020)

Effective immediately, independent living residents who can't drive themselves can call Transportation and schedule a grocery shopping during senior shopping hours. Reservations can be made by calling the Transportation line at 734-0273. At this time, we are only using the Wake Robin cars and taking one person/couple per trip. The options for senior shopping include:

Market 32 7am-8am

Trader Joes 8am-9am

Hannaford's 7am-8am on Tue/Wed/Thu

Grocery order form: The order form is available to fill out electronically on the Portal and on Touchtown: <https://forms.gle/ZV9HD3TBLgYJeJeT8>

Printed order forms will be in the Community Center lobby for those without computers. There is also a drop box for completed forms in the lobby of the Community Center; please return them there.

Grocery orders must be submitted by Mondays at 8:00 am. The form will be shut off at 8:00 am on Mondays and will re-open on Thursdays at 6:00pm.

Other grocery items: Please refrain from adding notes for items not listed on the order form; this is causing confusion in product counts and when packing orders and will not be fulfilled. We have limited space and are trying to meet the basic needs. You may call Kinney Drugs, place an order through Instacart (not affiliated with Wake Robin) or have a friend/family member purchase something for you and deliver.

All grocery orders will be delivered no later than 2:00 pm on Thursdays. If you do not receive your order by 2:00 pm, if you received an item you did not order, or if you have missing items, please call Dawn at 264-5126.

Specialty items:

Beer/Wine/Spirits - Route 7 Liquor will deliver beer, wine, and spirits to campus for deliveries to your home on Mondays and Wednesdays. Call Meagan (not our Meagan Buckley) at 985-3332 Monday through Friday between 9:00am and 11:00am to place your orders.

GROUPS and GATHERINGS:

“Group” definition: Groups would include spending time with anyone other than your household.

Resident gatherings in lounges/common spaces:

Indoor spaces for gathering in small groups are now available in the apartment lounges in Independent Living neighborhoods. Any residents from any neighborhoods can use lounges; they do not need to be residents of that neighborhood or building. You will need to reserve those spaces through the Front Desk and will need to provide the names of individuals invited to your gathering, so we know who is present (in case we need to do contact tracing at a future date). Please be mindful of the size of your group and keep it to six or fewer depending on the size of the space. Again, safe physical distancing and masks are required. We ask that you manage disinfecting these spaces and use good hand hygiene and sanitizer. Please, **NO FOOD OR DRINK at any indoor group gatherings** as you still need to wear a mask.

Resident gatherings outdoors (NEW August 4, 2020)

You are also free to gather in outdoor spaces, on porches, etc. in IL spaces. ES has been are getting those set up around campus for your enjoyment. Again, groups of ten or fewer people outdoors, physically distanced and always wearing masks.

Starting August 4

IL residents in groups of no more than 4 people may:

- Socially gather with other Wake Robin residents with food and/or drink. Eat, Drink and Be Merry. **Outside Only.**
- This is not limited to just gathering around a meal, but includes gathering over a cup of coffee in the morning, or having a cocktail with a new residents or neighbor in the evening time.
- **Outside only**, spaces may include individual resident outdoor porches/decks *if there is direct outside access*. Size of the space determines number of guests, if you cannot accommodate 4 residents 6 feet apart than limit attendees to the number that you can safely host.
- You can use common spaces around campus to gather or on communal decks in residence buildings (such as Maple outside deck).
- However, we ask that you **not** use the Community Center front porch.
- Residents must bring own food, drink and utensils- no sharing.
- Hand hygiene is an important area of prevention, please wash your hands or use hand sanitizer before and after.
- Physical distancing must be maintained, 6ft.
- Masks must be worn except when eating or drinking.
- Organizers must feel confident that invitees have been compliant with campus rules. And if you are not comfortable accepting an invitation to eat/drink with others, respectfully decline. Any resident that should be Quarantining must not participate.
- Organizers must keep track of who they eat/drink with for contact tracing purposes.
- If you are using a common outdoor space, please leave it in the condition you found it in, including any furniture you may have moved. Please sanitize all furniture before and after you use it.

NOTE: Public spaces in Linden are not allowed for IL residents at this time.

HOUSEKEEPING:

We are now resuming biweekly housecleaning. Residents must vacate their home while housecleaning is taking place.

LEAVING CAMPUS FOR EXTENDED PERIOD:

Please complete an absence form as you normally would. When you are getting ready to return to campus, please connect with Gretchen at 264-5196, preferably two weeks prior. We should know then what precautions we may ask you to take upon your return.

MASKS:

We ask you to wear masks/face coverings whenever you are with anyone who is not your spouse/partner. A scarf, bandana, or cloth mask all will suffice. They don't need to be medical grade masks. **Masks/coverings should cover your nose and mouth** when around others including when outdoors and in common areas of the campus, and in the Community Center.

Effective August 1, 2020, there is a statewide mask mandate. Masks must be worn in all public spaces and in retail/restaurant/business/recreation/etc. establishments.

MEDICAL PROCEDURES and RISK:

Appointments: As of May 18, we are no longer be pre-screening/approving medical appointments; you will be free to leave campus for your medical appointments. You will need to stop at the checkpoint and share the destination location, and you will need to keep this information for future contact-tracing. Doctors' offices are still offering tele-medicine visits for many needs to reduce your risk of exposure.

Transportation to medical appointments: If you are unable to drive yourself to any medical appointments, please contact Transportation at 802-734-0273 to

schedule a ride. We are hoping to have appointments between 8 am and 3 pm. We ask that you provide as much notice as possible to allow for this coordination; we may need to request adjustments to times if a conflict occurs.

Risk: Please see Meagan Buckley's and Dr. Moore's PowerPoint slides from May 19 to help you determine the risk of contracting COVID-19 during different medical appointments and our recommended precautions you should take post-procedure when you are back in the Wake Robin community. Please feel free to contact Meagan or the Wellness Center if you have any questions.

PHARMACIES:

Kinney Drugs - delivers for free: Snack foods, pharmacy, pet, health and beauty. For the non-pharmacy items, call 985-0008 and press 4 for Customer Service. A staff member will take your order - but it is not same day delivery. They will deliver to Security at the bottom of Wake Robin Drive. ES will deliver.

Walgreens: For those with prescriptions at Walgreens, Nick Morse, Linden transportation, will pick them up on Tuesday and Thursday afternoons if you call your prescriptions in by Monday and Wednesday afternoons. You must let the Wellness Center know you would like him to do that; call 264-5139.

PHYSICAL DISTANCING:

We ask you to maintain physical distancing with anyone who is not your spouse/partner at all times. Please adhere to the six-foot physical distancing recommendation from the Center for Disease Control and Dept. of Health. This includes when you are outdoors as well as in common areas, including the Community Center.

SECURITY CHECKPOINT / SCREENING QUESTIONS:

Expect to be screened by Security at the bottom of Wake Robin Drive when you leave campus and again when you return. You will be asked where you are going/where you have been, and the series of screening questions all staff/contractors/visitors are asked. You will also have your temperature checked. Please be patient with our Security staff.

Screening Questions:

Your visitors will need to be screened at the bottom of Wake Robin Drive as well. Just as we do for staff, we will be taking everyone’s temperatures and asking the following questions:

1. Have you been outside of Vermont in the last 14 days?
If yes, your visitors cannot come on campus.

2. Have you been to a gathering with a people from a red or yellow county or state in the last 14 days? If yes, your visitors cannot come on campus.

3. Have you been to a walk-in clinic or emergency room for any reason in the last 14 days? If yes, your visitors cannot come on campus.

4. Have you had one of the following in the last 2 weeks?
Cough
Shortness of Breath or other respiratory concerns
Fever Muscle pain New loss of taste or smell
Chills Headache Repeated shaking with chills
Sore throat

Please share these with your family members so Security doesn’t need to turn people away unnecessarily. It will be important that we minimize your exposure to people who may have been exposed to the virus. These screening questions are, at the moment, our best way to assess that risk.

VISITORS:

Family and Friend visiting days: As of Monday, May 18, we are now excited to welcome Independent Living residents’ family members or friends **from Vermont** (or from out of state but who have been in Vermont for more than 14 days and completed the quarantine) to campus for OUTDOOR visits with you on Mondays, Wednesdays and Fridays until 8pm. We do ask that masks be worn at all times, and that you gather in groups of 6 or fewer people, practicing physical distancing. Every visitor will need to be screened at the bottom of Wake Robin Drive.

Updated August 3, 2020

Linden resident outdoor visits with family are being scheduled on Mondays, Wednesdays and Fridays. Kim Surprenant is the contact for these visits. These visits must be scheduled in advance. She can be reached at 264-5120.

Restrooms for visitors: Visitors may use the staff restroom that is just inside the staff entrance downstairs off of the parking lot (outside of HR, and down the hall from ES). You would need to swipe them in to unlock the outside door. The restroom is on the left when you walk in the door, right next to the vending machine.