



COVID-19 UPDATE

For Residents, Family Members, and Staff

Tuesday, July 21, 2020

We want to share with you that an Assisted Living resident has tested positive for COVID-19. This individual is showing no symptoms and will be transferred to Huntersville Oaks soon. Also, a non-Health Center staff member has tested positive for COVID-19 and is recuperating at home. Joanne Rawson, who tested positive for COVID, will be discharged from the hospital soon and will be receiving treatment at Huntersville Oaks.

To minimize the spread of this virus among residents and staff, The Pines repeatedly reminds staff to follow safety guidelines when they engage in person with residents or staff – wear a mask, stay six feet or more away and keep interactions brief (less than 15 minutes). We strongly encourage residents to adhere to these guidelines including wearing masks when speaking at length with fellow residents, even outside, and not to touch (hug) each other. Many individuals are carriers of COVID-19 before they show symptoms, so please act wisely during any interactions with neighbors and friends on campus and anyone you might encounter off campus.

If you are at all concerned about any interactions you may have had that might have put you at risk for contracting COVID-19 or if you are exhibiting suspected symptoms, please self-isolate and contact your medical provider to discuss your individual circumstances and testing.

We would like to share some good news evolving in response to the COVID-19 pandemic:

- **Anyone hungry?** Only a few months ago, our food industry and food supply chain seemed on the verge of collapse. While the nation's biggest food suppliers were struggling due to the challenges faced by the wholesale food and grocery distribution systems and restaurant industry, small to medium-sized farms raising livestock and growing vegetables and fruit in regions all across the U.S. began to thrive. Consumer demand soared at a rapid pace when families sheltering at home returned to preparing homecooked meals. And, when restaurants began to reopen for carry-out service, they too realized they could maintain their much-needed food supply by turning to local suppliers and relying less on the agriculture giants. Such a pivot in a relatively short

period of time has resulted in unexpected positive returns beyond just a sizeable boost in revenue. The variety of products offered by smaller suppliers have helped to vary restaurant menus and home cooking alike; coalitions and cooperatives of local and regional farms have been created; and these smaller scale operations are less susceptible to unexpected market changes. Hopefully, valuable lessons will grow out of this otherwise challenging time including how large food suppliers can diversify more, adapt to market changes easier and stimulate stronger food equity and improved public health through **healthier eating**.

- **Catch a cold!** We're kidding, of course. But it does appear, according to a Harvard University professor, that those important "t-cells" we may have acquired from past coronaviruses, like the common cold, may in fact help us ward off our current coronavirus, COVID-19. These t-cells help our bodies remember they have built up antibodies which are needed for immunity.
- **A more palatable COVID-19 test?** That same Harvard U professor shares some welcome news that a rapid, low-cost saliva test for COVID-19 diagnosis is on the horizon. It's easier (certainly easier than the nasal test), and can be administered at home with quick turnaround results. And, it's very inexpensive!
- **And more good news on the COVID-19 vaccine front.** As we have recently shared with you, the National Institutes of Health and Moderna biotechnology company expect to begin Phase 3 trials of its vaccine under development on July 27. Locally, Tryon Medical Partners will serve as a Phase 3 trial testing center. In addition, Oxford University in partnership with pharmaceutical company AstraZeneca and Pfizer in partnership with BioNTech are reporting positive results from their vaccine trials and expect to move forward soon with their late-stage trials as well. As development of potential COVID-19 vaccines continue, attention is turning to the manufacture and distribution of the many hundreds of millions of doses that will be needed to provide global protection.

New COVID-19 Cases at The Pines as of: 7/21/20

Health Center Resident (Assisted Living): 1 case

Non-Health Center Staff: 1 case

Cumulative Active COVID-19 Cases at The Pines as of: 7/21/20

HC Resident (Assisted Living): 1 case

Independent Living Resident: 1 case

Non-Health Center Staff: 2 case

ADDITIONAL INFORMATION

Celebrating in Style

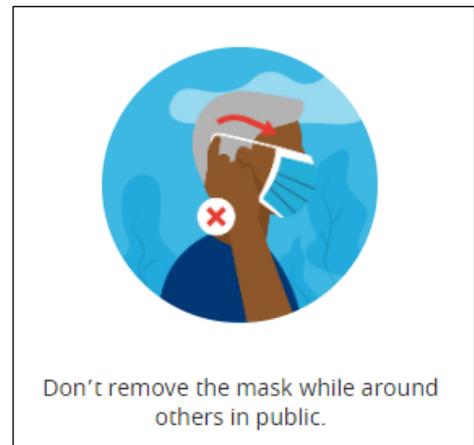
Sandra Hoyt sent a photo of the celebratory card and cake pops she and all residents received last Saturday, July 18th, in celebration of The Pines' 32nd Anniversary.



Helpful Infographic

Sheila Englebardt, co-chair of the Residents' Association Health Services Committee, shares a helpful Johns Hopkins University infographic regarding mask wearing, which includes the image on the right. Click here to see the entire infographic: [Hopkins](#)

There is always something new to learn about keeping ourselves safe from COVID-19. Thank you, Sheila.



A Poem

Duane Christianson kindly shared this poem, which he wrote recently:

In Quarantine

Nothing's moving in the woodland,
but heat pours up at you
from the parking lot.
Car windows stare into naked sky
with bright and blinding eyes.

Heat Advisory

As you may know, there have been daily heat advisories for Mecklenburg County recently. When walking outdoors, please be sure to stay hydrated, wear a hat and emergency response button, and stop to rest when needed. To learn if there is a heat advisory for our area, please click here: [Accuweather](#)

COVID-19 Cottage in Dogwood Court

As you may know, Cottages #403 and #404 in Evergreen Court have been serving as a temporary accommodation for residents returning from a medical facility so that they can be cleared for COVID-19 before returning to the Schramm Health Center. Cottage 419 in Dogwood Court has also been prepared to accommodate such residents, should the need arise. No residents are occupying this cottage at this time, but equipment has been installed and potential staffing support is in place so that The Pines can address any need promptly. Cottage #442 in Cedar Court has also been identified for this use though there is still some interior work that remains to be done there. We don't expect this cottage would be used before August 3rd, should the need arise.

Closing Images

Thank you to the staff member who shared these photos of one flower but from three different perspectives!

