



COVID-19 UPDATE

For Residents, Family Members, and Staff
Wednesday, May 27, 2020

The Pines staff is very excited about offering activities on our campus that were effectively suspended in early March, and we share the first of these below.

We will seek to strike a balance between the resumption of activities and our continued “extreme vigilance” to the danger of COVID-19. The highly contagious nature of this virus is now well known, and public health officials have offered clear guidance regarding how you can maintain your personal safety, even as you become re-engaged with activities at The Pines, and as well during those times when you simply must leave The Pines campus, out of necessity, for essential services.

As we studied the virus and gathered more knowledge, we came to understand that the greatest risk for spreading the virus from one individual to another is through contact with respiratory droplets. Wearing a mask serves as a barrier to prevent your respiratory droplets (from a cough, sneeze or even talking), from potentially exposing others. Likewise, remaining at least 6 feet apart from others not wearing a mask helps protect you from droplets they could expel. We have come to learn, however, that in some situations respiratory droplets can actually remain in the air for more than ten minutes after being expelled. So, even when nobody is near you at the time, there is still risk of inhaling someone else’s virus-laden aerosol droplets. Your mask provides some protection, but it’s far safer to be where you have some control over your surroundings and where those around you are also wearing masks and conscientiously practicing physical distancing.

It is certainly fair to question why we feel it so necessary to provide frequent COVID-19 safety reminders. With the increased activity level of Phase 2 all around The Pines, potential virus exposure has significantly increased. And, as much as we might like to put one giant mask across the entire outside world, that of course is simply not possible. Instead, the safety of all our residents and staff is largely in **your** hands through **your** practices. **Please stay safe.** We want nothing more than for residents and staff of The Pines to enjoy the new activities to come and for our community to thrive, in spite of the virus.

And so, with June right around the corner, we are pleased to share that we will begin offering a number of activities, albeit in a modified format. Beginning June 8th, Renee Sanders, The Pines' Fitness Specialist, will offer 8 classes a week in the Jetton Community Center's Living Room. Each class will accommodate 8 people, and signup details will be available soon. We are also exploring additional fitness classes via Zoom, led by familiar instructors. Outdoor recreation opportunities are being planned as well, including fun with giant, outdoor Jenga and Connect Four sets. And lastly, the residents' Recreation Committee will be assisting with BINGO games that incorporate appropriate physical distancing.

We recognize that many residents would like a change of scenery – even just to see other neighborhoods and the local countryside. Our transportation team is finalizing plans for weekly bus trips (tentatively beginning June 15th), accommodating up to 7 socially distanced residents per trip. Trips would include areas with particularly attractive landscaping and other points of interest. The Pines is also preparing to re-introduce limited restaurant delivery, responding to residents who would like a little culinary change of pace and those eager to support local businesses. We look forward to updating you soon regarding additional activities being planned (several related to the arts), so that residents can again *be active together* throughout the summer.

No New COVID-19 Cases

Active COVID-19 Cases at The Pines as of 5/27/20*

Health Center Residents:	6 cases
Health Center Staff:	2 cases
Non-Health Center Staff:	3 cases

* Reduced numbers reflect currently active COVID-19 cases.

Helpful Information

Kudos to our Chef

The National Culinary Review recently profiled The Pines' Executive Chef Jamie Bostian, with a special focus on how he adapted culinary offerings and delivery during the current COVID-19 crisis. Jamie's close relationship with small businesses in the area, including local farms, is also noted. "Chefs are not typically profiled", notes J. Paul Keiser, Director of Culinary Services, and it is a great honor to be included in this magazine. You can read the article, which is produced by the American Culinary Federation, here: [National Culinary Review](#)

Reminder: Laundry Room/Mask Wearing

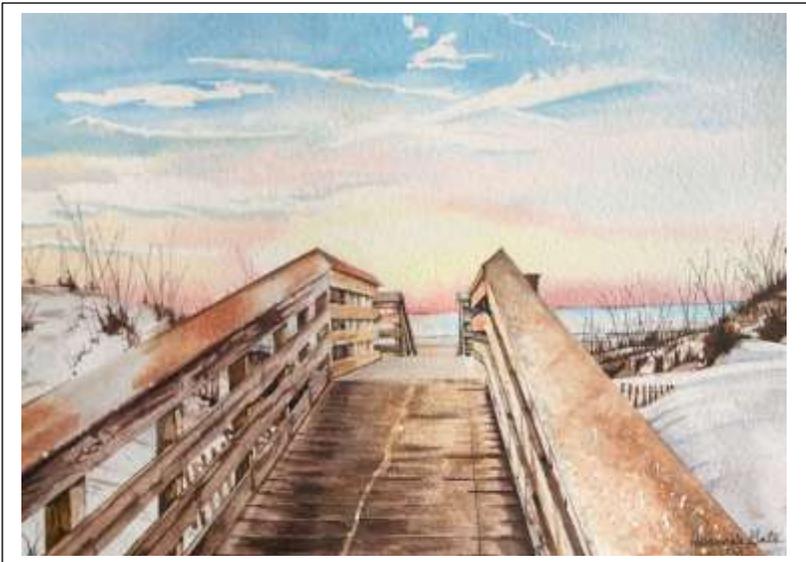
Please heed the request for only one person in the laundry room at a time (as posted on the doors of and inside the laundry rooms). Also, please wear masks whenever you are in the hallways of buildings. Several residents have expressed concern about fellow community members not honoring this way to protect others at The Pines. We **deeply** appreciate how many residents **are** protecting all in our community by consistently wearing face coverings.

Kimbrough Circle



While some neighborhoods in Mecklenburg County had massive trees uprooted due to recent storms, our campus has thankfully been spared thus far. Sarah Dyer sends along this picture of a tree along Kimbrough Circle that sustained some damage, reminding us of the invisible power of the wind.

Closing Image



Thank you, John Griffith, for another wonderful watercolor, evoking delightful memories of summers by the North Carolina shore. Enchanted by the image, one can almost hear the waves crashing!