



COVID-19 UPDATE

For Residents, Family Members, and Staff
Wednesday, April 29, 2020

We Are Not Out of the Woods Yet!

Additional symptoms of COVID-19 – new information we all need to know...

Recently, the Centers for Disease Control and Prevention (CDC) updated their list of COVID-19 symptoms based on clinical observations and reports from thousands of virus patients. Having studied this new virus for months now, it has become clear that individuals with COVID-19 experience a wide range of symptoms from relatively mild to severe illness, including:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

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

If you develop any symptoms listed above, please call your primary care provider AND call the Wellness Clinic (ext. 1467) or the Charge Nurse (ext. 1463). In addition to the symptoms listed above, if you have any symptoms listed below, please seek immediate medical attention by pressing your emergency call button or pulling an alert cord, **and** calling 9-1-1.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

It bears repeating that, in terms of the spread of COVID-19, we are nowhere close to being out of the woods. While efforts to “re-open” the business community and other services are

underway, new confirmed cases, hospitalizations and deaths being reported daily are still at very high rates. While Mecklenburg County has been successful so far in flattening the all-important curve, a leveling off is NOT a decline – far from it. It may mean our healthcare system is better able to care for additional new cases, but *individually we remain at high risk.*

As you know, older adults - *the entire population at The Pines* - are at high risk of severe illness and even death if infected by the novel coronavirus. It is heart-wrenching to read and hear daily, the stories of major outbreaks at nursing homes, rehabilitation centers and other congregate living communities, including some nearby. There may be underlying factors that gave rise to these unfortunate outcomes, but one thing is a constant – the populations being served are all among the most vulnerable.

Every day that The Pines remains free of COVID-19 is a day to humbly give thanks. We recognize it is only a matter of “when,” not “if,” our Pines community will experience its first case. We remain fully prepared for when that happens, and active resident and staff participation is a crucial part of the response. This means continued adherence to the restrictions and guidelines The Pines has in place. No matter what our state and county officials deem appropriate for the broader population, remaining steadfastly resolute here in heeding the guidelines is essential for the safety of every resident and staff member.

We truly understand everyone’s eagerness to resume some measure of normal activity. We ask you to *please be patient*. Continue to allow Pines staff to assist with your delivery and pick up needs, let your hair get a bit longer, maintain at least six feet of physical distance from others and don a mask in public. We’ve been hunkered down now for less than seven weeks. Thankfully, the glorious weather has made enjoying the outdoors a daily respite. Surely, we all understand the high stakes if we give in too quickly to the urge to be out and about or allow others to encroach on our personal six-foot circle of wellness.

HELPFUL INFORMATION AND ANNOUNCEMENTS

Blue Ribbon Heroes

As we shared in a recent Update, the online *News of Davidson* invites the community to tie a blue ribbon around a tree to recognize health care workers during this time. Here is their article: [Blue Ribbon Heroes](#). If you would like to tie a bow on your balcony or a tree near your home, please call the Reception Desk at ext. 1100 and we can provide you with some blue, outdoor ribbon.



Thanking Our Staff



Today, two new signs greeted our staff at the entrance of the employee parking lot and at the intersection of Pine Road and Avinger Lane. Members of our health care team and other essential staff have described how uplifting it was to see these salutations as they came to work.

Reception Desk: Dropping Off Items for Family

Beginning on Thursday, April 30th, residents with items they want picked up by family or friends must leave the labeled items on the tables in front of the Reception Desk. Staff will then take the items to Screening Station #1. Residents approaching Screening Station #1 with items for pick up will be re-directed to the Reception Desk. The Pines is making this change to alleviate safety concerns that had developed throughout the day near Screening Station #1.

Spring@Hickory Crest



Thank you, residents George and Sue McFarland, for this lovely photo of the fountain and flowers in the island of the Hickory Crest Villas. Describing its landscaping, George writes,

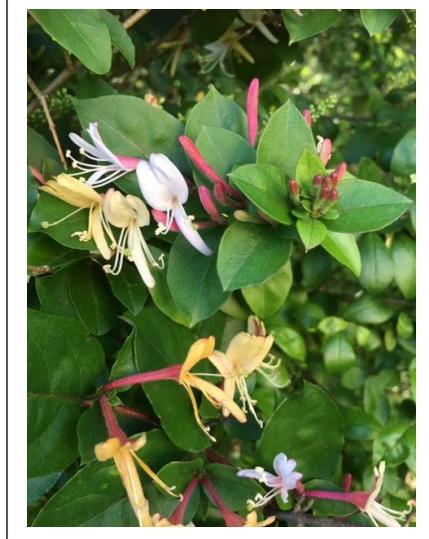
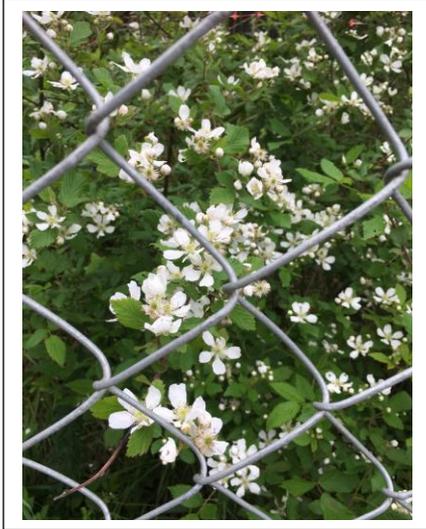
"This is what helps make Spring so nice around the campus."

WDAV Invites Requests

Our local classical music radio station, WDAV, invites requests from its listeners. The following is a link you can use to share the name of a composer and piece you would like to hear:

[Listener Requests](#)

Closing Images



Thank you, resident Eileen Mason, for these photos of “Wildflowers in Bloom” on our campus, including a Hawthorn at our Avinger Lane entrance (third photo on right). She writes:

(The photo on the left was) captured at the construction site. I may not have discovered this gem had we not been “fenced in.” I can’t wait to print all that nature has to offer on this beautiful campus. I grew up as a child roaming the woods with an abundance of Hawthorn and Honeysuckle.