



## **COVID-19 UPDATE**

***For Residents, Family Members, and Staff***

**Thursday, April 30, 2020**

Mixed in among the daily news reports of COVID-19 are those morsels of positive news. Stories about individuals recovering from this virus abound and there's certainly guarded excitement over communities cautiously "reopening" certain types of businesses and other services. In addition, announcements of promising COVID-19 treatments and vaccines under development are appearing almost daily. One particular virus treatment and one specific vaccine are worthy of additional note.

Yesterday, Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases and member of the White House COVID-19 task force, shared that data from trial testing of the antiviral drug remdesivir showed that it has the potential for setting a new standard of care for COVID-19 patients. He stated that the results of testing conducted so far among a group of hospitalized COVID-19 patients was "quite good news" and demonstrates a "clear-cut positive effect" in reducing patients' recovery time. The Food & Drug Administration (FDA) is in discussion with remdesivir's developer about making the drug available to patients as quickly as possible.

Also, Pfizer, one of the world's leading pharmaceutical developers and manufacturers, in collaboration with German company BioNTech, confirmed yesterday that it is prepared to start trial testing a COVID-19 vaccine in the U.S. as early as next week. Once approved by the FDA, testing could begin on approximately 200 individuals ages 18 to 55 and could increase to approximately 6,000 quickly. If the clinical trials are a success, Pfizer hopes to have millions of vaccine doses available for emergency use by the end of 2020, and hundreds of millions in 2021.

We will certainly keep you apprised of the continued development of these and other promising virus treatments and vaccines.

## **HELPFUL INFORMATION AND ANNOUNCEMENTS**

### **Artistry Florals**

A local flower shop, Artistry Florals, is now open and can provide arrangements for any kind of celebration, including Mother's Day. The store's telephone number is 704-892-9010.

### **Colorful Gardens**

Naming each a "Flower of Happiness," future resident Rick Dynesius sends along these photos. Thank you for sharing these beautiful images!



### **Internet Speed**

Some residents report difficulty with their Zoom video calls or other interactive computer applications. Delays or buffering may be due a resident's particular internet plan. The Pines' basic internet plan offers a speed that works well for e-mail and casual web browsing, but may not work as well for products such as Zoom. At very reasonable rates, Continuum can provide you higher speed internet. Please call Continuum's Customer Support Line at 704-660-3840 if you are interested in upgrading your internet speed. Be sure to let them know you are a resident of The Pines.

### **Telephone Issues**

Recently, The Pines has been having some intermittent trouble with phone lines and has been speaking with Continuum regarding these issues. If you have any difficulty reaching Health Care or Assisted Living when dialing their four-digit extension, please instead, use their 10-digit number. For example, for Health Care, dial 704-896-1463.

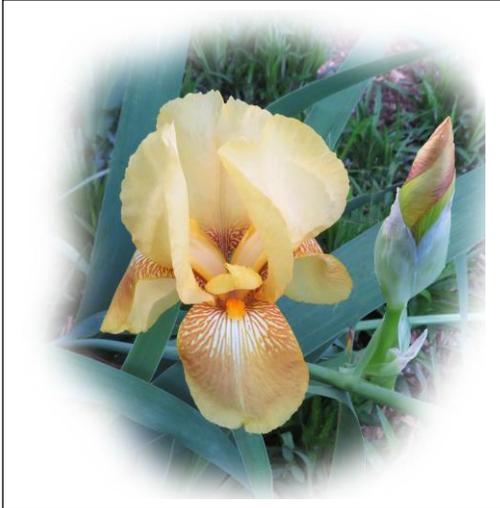
### **Newspapers**

Starting tomorrow, Friday, May 1<sup>st</sup>, newspapers will be delivered directly by the carrier to cottages and to villa lobbies. A list will be left in the lobby of each villa, noting who receives which newspaper. Newspapers for the apartment building will continue to be delivered by Pines staff.

## Tools for Resiliency

A recent *New York Times* article shared helpful ways of staying hopeful during these challenging times of physical distancing and quarantining. These tools include practicing self-compassion, finding pleasure in small, everyday activities, constructing meaning during a crisis, giving back or building community, and paying attention to negative feelings and letting them sit “side-by-side” with other feelings. Each of these areas is explored more fully in the following article: [How To Stay Optimistic](#)

## Closing Images



Thank you, resident Ken Pedersen, for these photos (from left: an iris, a cardinal and a clematis). Ken notes,

*“I’m attaching a picture of a cardinal who has been a regular visitor to our balcony recently. We call him “Richelieu” (or Louie, for short), a name which should resonate with Pines history buffs. We like to think he treasures our company, but suspect it’s all about the food...”*

*I particularly love the Iris and its bud, which captures both the beauty of today and the promise of tomorrow.”*