



COVID-19 UPDATE

For Residents, Family Members, and Staff

Thursday, July 30th, 2020

Personal note from Steve Jewell, CEO, Part II

In Tuesday's COVID-19 Update, I touched on how **hope** and **faith** can help sustain and guide us through the weeks and months that lie ahead. Today, I want to touch on how feelings of grief and the process of grieving can be important steps towards healing.

Grief is painful. No mincing of words here! It hurts to feel the loss of a loved one... a cherished friend... the abrupt loss a few months ago of routine and that sense of freedom we were so accustomed to. We don't want to let go of what and whom we hold so dear, and when we feel that loss deeply, that is grief. There is no right or wrong way to grieve and the timetable for this process is profoundly personal. That's just the way it is, and the way it should be.

Grieving, however, is essential to the healing process. When we allow ourselves to truly experience that profound sense of loss, we may also, at the same time, feel and accept the need to adapt to the resulting changes. And the inner strength we've drawn on during other times of deep loss is there for us during this period as well. Other emotions may also rise to the surface – we may feel even more grateful for the relationships we have and for those who have lifted us up. We may feel a desire to help others, to give back. We may find comfort in maintaining connections with other people, and in making new connections, and we may find healing in new activities and in new routines.

And that brings us back full circle to **hope** and **faith**, because in the process of grieving we can have hope that humanity will unite to bring an end to suffering for all time, for all people, and faith in knowing that better days lie ahead as we put our collective knowledge and experiences to work, overcoming today's tribulations around the globe.

Together, **hope** and **faith** are empowering, and they can and do guide us through our grief.

Cumulative Active COVID-19 Cases at The Pines as of: 7/30/20

No cases

ADDITIONAL INFORMATION

Reflecting on Faith during COVID-19

Some of you may already be familiar with resident Jerry Hancock's YouTube "Men in Motion" interviews. Recently, he spoke with Jody Seymour, former Senior Pastor of Davidson United Methodist Church, on issues related to faith during the COVID-19 pandemic. Rev. Dr. Seymour reflects on how the challenges of this "humbling" time can cause many to examine their spiritual assumptions, think more deeply about their relationship with others, and find new ways of looking at the larger universe. He offers perspectives that can be helpful to individuals from various faith traditions. To watch this 25 minute interview, click here: [Jody Seymour interview](#)

Library Update

The Library Committee met recently and has the following request:

Please return any PINES' library books you are holding onto by Friday, August 7th. You may return books by placing them in a bag with "PINES LIBRARY" written on it and leaving outside your door for pick-up by a staff member or placing them into the marked bins outside the library door. Once the books have been collected, they will be "in quarantine" for several days (which de-activates any Coronaviruses in that time) and then re-shelved. Additionally, the 47 books recently purchased will be processed and readied for check-out.

Look for communications from the Library Committee on how residents will be able to access books in a few weeks. In the meantime, we appreciate your help in returning books.

A Friend for Cutie

Thank you, Sue and George McFarland, for sending along this photo and note,

"We want to introduce Cutie to Charlie! He was on our balcony last year and back again this year."

What wildlife have you spotted recently?



National Geographic Screenings

Next week, the Activities Department will provide TV screenings of National Geographic documentaries. Topics will include ancient civilizations as well as space exploration. More detailed information, including ways to sign-up, will come your way very soon.

Appeal to Congress

LeadingAge, an advocacy and educational organization representing nonprofit organizations engaged in aging services (including The Pines), provides the following information and invites residents of continuing care retirement communities to contact their Senate and House representatives through the helpful link provided below:

The House and Senate are busy negotiating the next big coronavirus relief package. We have been advocating this summer for our 5 essential actions and it is time to get it over the finish line. The COVID-19 relief package released July 27 by Senate leadership does not do enough for aging services providers. There are critical pieces missing and Congress needs to hear that many LeadingAge provider communities are struggling to obtain enough personal protective equipment, sufficient testing, and resources to keep the older adults they serve safe and healthy.

Tell Congress that our critical “asks” must be included in the final relief package. Send a personal message to your U.S. Representative and U.S. Senators asking for crucial resources and immediate relief today. To contact your Congressional representatives, click here: [Action Alert Link](#)

Closing Image

Thank you, Adrienne Pedersen, for sharing your most recent artwork of a canal in Amsterdam. She notes, “It is cooler there.” Indeed, this *watercolor* provides a refreshing view during these last days of July!

