



COVID-19 UPDATE

For Residents, Family Members, and Staff

Thursday, August 13, 2020

Many residents have shared with us how uplifting the reintroduction of certain activities has been to the community. Small group exercise classes, group viewings of the musical Hamilton and National Geographic documentaries as well as the reopening of the pool have all provided a great boost in spirits. More services and activities will be reintroduced in the coming weeks.

We know that exploring new activities, especially those involving physical activity, can help reduce stress, which is especially important in these times. Here is a reminder of several activities that can help lift spirits and leave us feeling reinvigorated:

- Talking through feelings of uncertainty with others can provide a powerful boost. Sharing feelings openly with friends and family helps to put these thoughts into perspective. A regularly scheduled conversation with a friend might even be a great way to jump-start the day. Consider reaching out to fellow residents you don't know well. Organize a small group conversation at a gazebo on campus with newer residents.
- Choosing activities that provide a sense of accomplishment – in addition to exercising, drawing, taking photos, listening to music, birdwatching, for example, help us focus and enjoy the here and now. Consider selecting a new activity to take part in regularly.
- Engaging in online opportunities: DavidsonLearns, for example, has opened its enrollment for virtual classes. To learn more about classes offered and to register, click here: [DavidsonLearns](#). There are many outstanding virtual travel sites around these days, which can take us to places we cannot visit in person right now. Click here for a list of links to museums: [Travel](#)

Active COVID-19 Cases at The Pines as of: 8/13/20

No cases

ADDITIONAL INFORMATION

Self-Quarantine Policy Update

Members of The Pines administration, along with a few residents with professional backgrounds in health care and officers of the Residents' Association, have met a couple of times in the past few weeks to review The Pines' current protocols regarding quarantine, and to consider whether any modifications might be appropriate and, if so, how and when to modify them. Residents have expressed some interest in the development of a pledge, so that those who leave campus on day trips commit to taking certain precautions while out, in order to protect fellow residents (and staff) when they return. A draft pledge, along with other materials, will be shared with the Residents' Health Services Committee this week for feedback. We expect there will be more to report in next Tuesday's Update.

Welcome New Residents

We were delighted to greet two more new residents to The Pines this week. Barbara Kochalka from Plainfield, IL and Charlotte Vaughan from Greensboro have moved into their third-floor apartments of the main building. Also moving to the third-floor next week is Karen Fratello from Denver, NC.

Please be assured that during these move-ins, our Plant Services staff members are taking special safety precautions. Please join us in greeting your new neighbors (though from a safe distance) during these residents' first two weeks at The Pines. We are delighted to welcome these newest members of The Pines' community!

Amidst the Leaves

When walking on campus, one can sometimes spot brilliant seeds and berries, bejeweling the branches and leaves. Here are two such features spotted this summer on our grounds. Can you identify where these can be found?



Beauty/Barber Shop Update

Starting on August 19th, Health Center residents will be receiving Beauty Shop services from one of The Pines' hairstylists, Bao Hannah Lee. Soon after next week, Beauty Shop services will become available to Independent Living residents. Two other Pines hairstylists, Tammy and Nolena, will be available for these appointments. These visits will take place either at a resident's home or, weather permitting, at an outside location that is still being determined (possibly, the gazebo in Azalea Court.) Independent Living residents who would like to schedule an appointment could email Stephanie Clontz, Director of Resident Services at sclontz@thepinesatdavidson.org or call her at ext. 1454 with the following information: name and phone number; what type service and what frequency desired.

Pizza Night

Look for information soon from the Activities Department regarding a special pizza night at The Pines: residents will be able to order pizza for an evening meal that will be delivered to their door.

Resident Survey Reminder

Earlier today, all residents who have shared their email address with The Pines received an email inviting them to take a survey. A paper survey was delivered to residents who receive Pines' communications by paper or who cannot open email attachments. This survey is being conducted by the Executive Director Search Committee to help develop a position description that reflects the skills, experience, and leadership attributes that the Board of Directors will look for in a successful candidate. Please contact the Reception Desk at ext. 1100 if you have not received an online or paper survey.

Closing Images

Though at times camouflaged, various small, busy creatures can be found on campus or in staff yards. Here are two examples.

