



COVID-19 UPDATE

AND OTHER HELPFUL INFORMATION

For Residents, Family Members, and Staff

Thursday, October 15, 2020

New Developments Regarding COVID-19 Vaccine and Therapeutic Research:

The constant spotlight on research and development efforts currently in hyperdrive to produce viable COVID-19 vaccines and therapeutics is novel, but this is not surprising given the stakes that we are all aware of. That spotlight, however, which highlights the careful steps and protocols that developers must adhere to – and the challenges that can occur along the way – ensure that both effective and safe results should not be taken lightly.

Here's a summary of the current vaccine and therapeutic progress (and the "blips" that have occurred):

- Vaccines currently in Phase 3 trials:
 - **AstraZeneca's** Phase 3 trials that were set to begin in the U.S. were placed on a "clinical hold" several weeks ago after safety concerns were discovered in the trials underway in Europe. For now, no additional participants are being enrolled and there is no date certain for when the trials could be restarted.
 - **Johnson & Johnson's** Phase 3 trials have been "paused" (which is not as serious as a "clinical hold") due to an unexplained illness of a trial participant. A "pause" during research of this type is not out of the ordinary. It is possible, that once carefully evaluated, the trials could continue, or a more serious "clinical hold" could be placed on the trials.
 - **Moderna's** Phase 3 trials in the U.S. continue and the company has now applied for regulatory approval in Canada and through the European Union. If approved, the Moderna vaccine candidate would require two doses each about four weeks apart. The vaccine has shown effectiveness with older adults – one of the few vaccines under development that has included older adults in its trials. The company recently announced it would not seek FDA approval until late first quarter or second quarter 2021 after it earlier announced a much faster timeline.

- **Pfizer** announced just this week that it has expanded its Phase 3 trials and will be seeking FDA regulatory review before the end of 2020. Pfizer also announced this week that it will be expanding its trials to include adolescents ages 12 and up.
- Other vaccines are also in different stages of development but are not as far along as the four summarized above.
- Front-runner therapies under development:
 - Recent news coverage effectively captured three categories of COVID-19 therapies that are demonstrating effective results. Here's a snapshot of current R&D efforts:
 - **Anti-virals** – these are particularly targeted for patients with serious lower respiratory tract symptoms – among the most dangerous side effects of the virus. **Remdesivir**, which has been administered to hospitalized COVID-19 patients for several months, received FDA Emergency Use Authorization in May. A significant research study report on the drug recently released concluded that it can shorten recovery time by as much as five days and is effective at reducing mortality rates as well.
 - **Monoclonal antibody treatments** – This class of drugs is designed to block the severe effects of COVID-19 the way a person's own antibodies do in response to an infection or to a vaccine. Among the agents currently in trials is one being developed by Regeneron that was administered to the President under the FDA's "compassionate use" provision during his recent battle with COVID-19. The FDA continues to study the effectiveness of this treatment and has not authorized it for "Emergency Use" as of yet, and it is administered in only limited situations. Trials of another monoclonal antibody treatment being developed by Eli Lilly have been put on "pause" due to an unexplained side effect.
 - **Steroid treatments** – These are anti-inflammatory medications that are showing effectiveness in treating the most serious COVID-19 patients by suppressing the body's immune system which can actually go into overdrive from the effects of the virus. One in particular – **dexamethasone** – received much attention recently when it was administered to the President in concert with other treatments. Dexamethasone is only recommended for use with patients on supplemental oxygen or on a ventilator.

We will continue to provide vaccine and treatment updates as new, important information is available.

Cumulative Active COVID-19 Cases at The Pines at of: 10/15/2020

No cases

Schramm Health Center Indoor Visitations

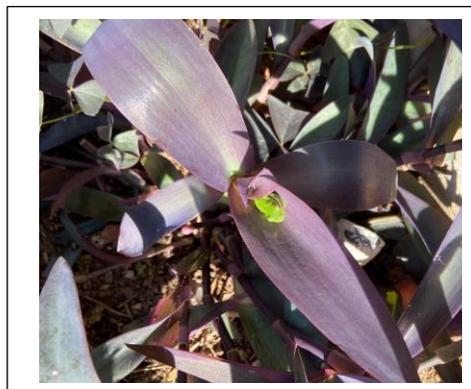
In addition to its current outdoor visitations, The Pines will be providing Schramm Health Center residents opportunities for routine indoor visitations (for reasons other than end of life or special care needs evidenced by a physician's order) in the existing staff training room (located near the Health Center entrance lobby) beginning this Friday, October 16th when outdoor visitations are not practical due to unsuitable weather. Visits in this staff training room will help protect other Health Center residents from potential exposure to the coronavirus by visitors. Routine indoor visitation is prohibited by the State of North Carolina for two weeks after the date of a positive COVID-19 test among staff or residents who work or live in Nursing and Assisted Living.

Screening Station #2 is being moved from the Health Center entrance lobby to the Community Center (near the Plant Services offices and loading dock), in order to limit foot traffic near the staff training room.

For detailed information regarding The Pines' Schramm Health Center Visitation Handout, please press this link: [HC Visitations](#). This handout reflects requirements that are imposed upon The Pines by the State of North Carolina with respect to visitation in Nursing and Assisted Living. You can also call the reception desk at ext. 1100 to receive a paper copy. To schedule a time for a visit with your loved one, please contact the Health Center Activities Department at 704-896-1499. All visitors, including Independent Living Residents, must go through Screening Station #2 before their visit.

Nature Visitor

Jackie Rushing shared this photo of a brightly colored little frog, recently visiting on a patio plant.



Instacart Challenges

Instacart deliveries continue to be a great challenge for our staff. While some Instacart drivers are cooperative, others are unwilling to leave items at Screening Station #1.

Difficulties often relate to alcohol deliveries: Instacart drivers insist on the need to scan a driver's license in order to leave alcohol deliveries but The Pines' staff is not legally permitted to have their personal driver's license scanned for a resident's alcohol delivery.

The Pines has repeatedly tried to work with local Instacart managers to remedy the situation, but these efforts have been unsuccessful. Unless a resident is available to come to Screening Station #1 at the time of delivery (which can be unpredictable), Instacart may, depending on the driver, elect not leave the delivery at The Pines. Please be prepared for this. We will continue to try to work out a solution with Instacart.

Activity Update and Reminders

Here is some helpful information from the Activity team:

- Beauty/Barber Shop: Haircuts have been going well. Stylists will be available at The Pines every 2 weeks. The next date for hair appointments is Thursday, Oct 22. Please contact Wendy Tobin at ext. 1450 if you would like to schedule a session.
- Pizza Night Returns! Marco's Pizza will be delivered to residents (who complete an order form) on October 26 and 27, depending on where they live.
- A shredding event will take place on Thursday, October 24th for residents who would like to rid their homes of all the papers they have accumulated from cleaning out closets! Details will be in the Friday Activity Bulletin.
- A fall outdoor concert is being planned for the afternoon of Saturday, October 24th. Featuring classical violin and piano, the concert will be performed by Duo Amabile from Cary, NC. More information will be available soon.

Closing Images

Please enjoy these bright colors (in reverse). The first photo is a bee at The Pines' front entrance; the second photo is of a katydid on a canna flower in a staff member's garden.

