



## **COVID-19 UPDATE**

### **AND OTHER HELPFUL INFORMATION**

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

**Thursday, October 22, 2020**

Predictions by public health experts that the spread of COVID-19 will continue to increase during the Fall and Winter months are already coming true. Virtually all the key metrics are going in the wrong direction both here in North Carolina and across the country.

The daily news digest is hard to escape these days – much as we may want to. But the cautions and warnings offered by trusted public health sources regarding the colder months ahead bear attention from all of us.

Our Pines population is that vulnerable group so often highlighted in COVID-19 related information, and we are no less vulnerable to the more serious health effects now than we have been throughout this public health crisis. We ask you to take note of the advice and guidance being given to keep yourself and those around you safe. And, in the interest of your health and that of our Pines community, please be assured that Pines staff will do its utmost to welcome the holidays with your welfare at the core of our efforts.

Together, we can enjoy the spirit of the season – maybe not as we have in years past, but safely and under the protective shelter of The Pines until safe and effective vaccines are available.

**Cumulative Active COVID-19 Cases at The Pines at of: 10/22/2020**

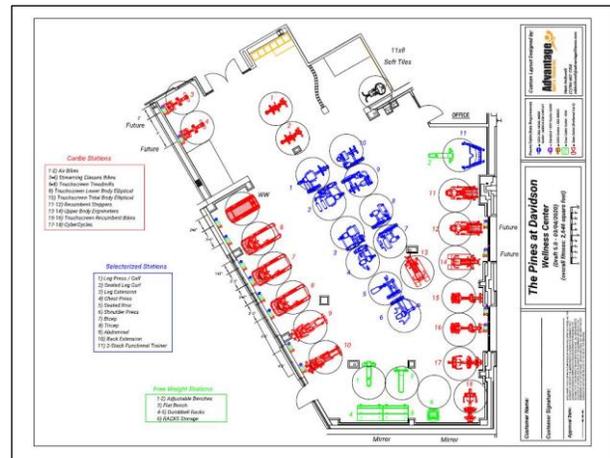
No cases

### **New Fitness Room Preparation**

We are looking forward to reopening the fitness room, in its expanded form, in the coming months. In addition to including existing equipment that residents enjoy, such as the CyberCycle, The Pines is adding new equipment. For example, the Woodway Treadmill

(pictured below left) provides a more asphalt-like walking experience. New strength equipment will not be hydraulic but will utilize pins and weight stacks.

The fitness room layout (below right) and illustrations of some of the new equipment, can be seen by clicking on this link: [Fitness Layout and New Equipment](#) or call the Reception Desk at ext. 1100 to request a paper copy.



### Cottage Construction Caution

We ask residents and staff to please heed the “*sidewalk closed*” signs and follow the alternate route signs to avoid Kimbrough Circle near the cottage construction area. We urge residents and staff not to walk on the road near this construction site. Earlier today, a tree was improperly taken down by workers and fell onto the road, nearly missing a staff member on a golf cart.

The contractor should have had a worker stopping/directing traffic at this time. The contractor assured The Pines that this absolutely will not happen again. Management is grateful to the residents and staff who made it aware of this troubling situation and was able to immediately address it.

### Continuum Upgrade

Some residents may have recently received an email or letter from Continuum regarding upgrades to their service soon, which involves the purchase of a set-up box. Please do not respond to this Continuum request since their communication does not pertain to Pines residents. The Pines is currently working with Continuum to learn how their upgrades will affect residents. We will be sure to provide you with this information once it is available.

## En plein air

Nancy Waite-Kahn shares this photo of Ginger Johnson, taking advantage of a beautiful fall day to paint outside.

We look forward to seeing the completed artwork someday!



## Housekeeping Reminder

We ask residents to honor our housekeeping guidelines: please leave your residence 20 minutes before your assigned housekeeping time, leave a patio or balcony door ajar, and leave a bathroom exhaust fan on. This procedure can help reduce viruses that may be present. If you are self-quarantined, please follow these guidelines as well. Please also wait 20 minutes after the scheduled completion of your housekeeping before returning to your home. We appreciate your following these guidelines for your safety and our staff's.

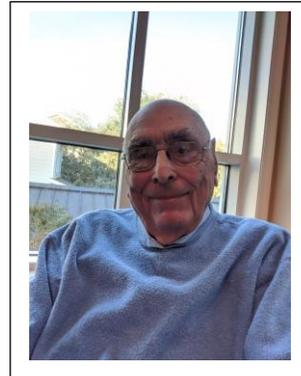
## Senior Games

Thank you, Cathy Baily and the Recreation Committee, for encouraging residents to participate in recent Senior Games. Three residents were winners in the NC Virtual State Finals for Silver Arts. Adrienne Pedersen won two golds: one for Acrylics for 'Annapolis', (pictured below left) and a second for Watercolor for "Aix en Provence" (picture below right). Tony Abbott won bronze for his poem titled "What I Would have Told You."



### Snapshot(s) of Waited Service Dining

Thank you, Art Englebardt (pictured right), for sharing these photos of your recent dinner at The Pines with friends.



### Entrance Work

The Pines will be moving Screening Station #1 and shifting the entrance/exit road to the right (as you enter The Pines) because Rogers Builders will be designing this portion of Avinger Lane and completing the second portion of the Entrance Island. A rendering of this area is pictured right.



**Closing Images:** Dahlias in the morning sun.

