



## COVID-19 UPDATE

### AND OTHER HELPFUL INFORMATION

*For Residents, Family Members, and Staff*

**Thursday, November 12, 2020**

#### **Cumulative Active COVID-19 Cases at The Pines (11/12/2020)**

Health Center Staff (Nursing): 1 Case

With the holidays right around the corner, today's UPDATE focuses on Thanksgiving activities and how you can protect yourself and others from COVID-19 transmission - whether you choose to remain at The Pines or if you are planning to be off campus.

Our staff is planning a lovely holiday right here, including special menu choices and other holiday cheer. Please be on the lookout for specific information from our Dining Services team. If you elect to remain at The Pines, we are certain that your decision will be rewarded with great food and the security of The Pines campus, as well as the company of good friends and neighbors. If you are traveling away from The Pines, please remember there are associated risks, including spending extended time with others who are not part of your day-to-day household. Even small gatherings pose a greater risk than if you remain at The Pines.

The emotional hold the holidays have on us, including the joy of sharing traditions and the fulfillment of connecting with family and friends, is understandable. Unfortunately, the rapid spread of the virus nationwide is very real and, at this moment, the high rate of community spread poses a very real danger. In order to balance the strong desire for in-person contact with others against the spectrum of risk we could face, it is important to plan carefully, to control what we can, and to avoid what is out of our control.

- First, it is important to accept that every Pines resident is included in that "most vulnerable" age category. Knowing how to protect yourself and helping others in your group plan a safe gathering improves your chances of enjoying the holiday safely.
- If you are planning to travel off campus, you do yourself and people you may socialize with a huge service if you **self-quarantine** prior to the upcoming event and if you also

encourage others to do the same. While a 14-day self-quarantine is ideal, shorter periods of quarantine also have some benefit. Everyone attending your gathering should also get a flu shot ahead of time, and no one should participate in any gatherings if they exhibit any COVID-19 symptoms or just don't feel well.

- Is there a chance any college students will be visiting from a state on a COVID-19 "travel advisory" list? If so, the student should self-quarantine ahead of the event and guests, especially you, should keep a safe distance away.
- There's no question that an outdoor, open-air event - if at all possible - carries far less risk than any indoor event.
- If the weather on the day of your gathering isn't conducive to an outdoor event, public health guidelines strongly encourage keeping indoor gatherings small (less than 10 people) and short in duration. And it's important to hold those indoor gatherings in settings where guests can remain at least six feet apart with good outdoor air ventilation. For you, that might mean shortening your visit and ensuring that you are able to stay at least six feet from others, even if other guests have closer contact with one another.
- You can also help the host of the gathering you are attending with some of the planning, such as having extra masks on hand. Avoid pot-luck meals so that the number of people preparing food and the use of common serving pieces and utensils are kept to a minimum. Cleaning and disinfecting commonly touched surfaces before guests arrive and during the gathering, including door and faucet handles, bathroom surfaces, handrails, etc. will help keep everyone safe. Using paper towels for hand drying, instead of cloth towels, helps prevent the spread of infection.
- Although challenging, avoid handshakes and hugs, and wear a mask when not eating or drinking, even if you are outdoors.
- If you plan to travel overnight, here are some additional considerations:
  - Wearing a mask at all times (except while eating, drinking or sleeping) when you are in any new setting is key to staying healthy.
  - Staying even further than six feet away from others will help you avoid inadvertent contact.
  - Limiting the number of guests in any setting will also help you keep your surroundings free from unexpected exposure. Ask that all guests wear their masks throughout the entire visit.

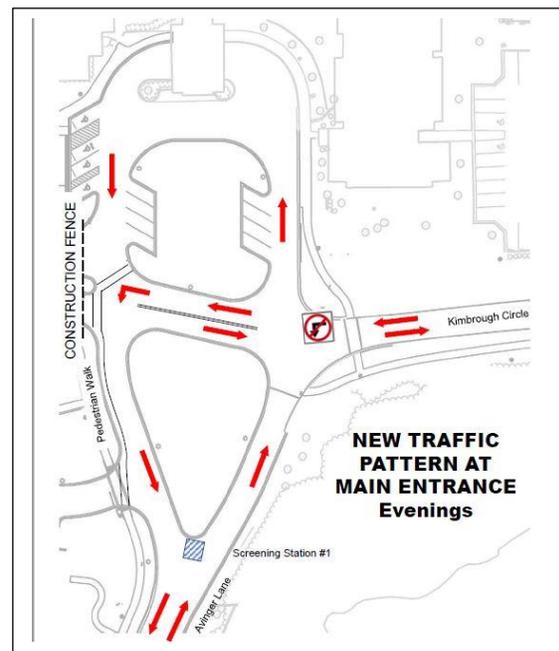
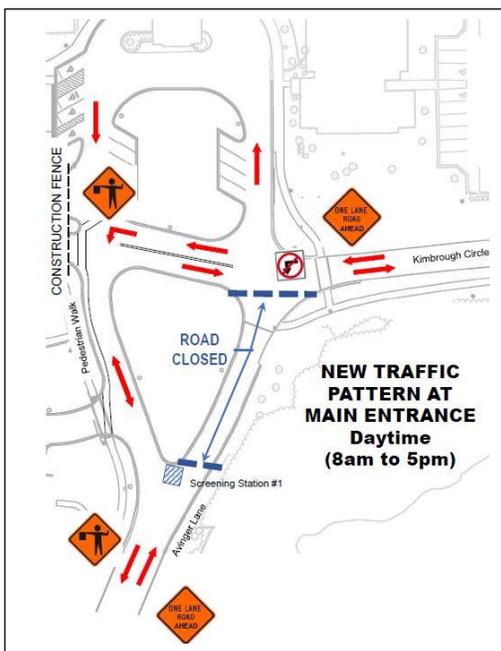
Again, the best way to reduce your risk of contracting COVID is to limit your travel in or out of town and to limit contact with anyone outside your household or immediate bubble. While virtual gatherings with family and friends are not quite as satisfying as in-person gatherings, for now they can be the better alternative.

## Construction Cautions

Rodgers Builders recently took down a safety fence between the new Nursing Wing construction site and the sidewalk along the Employee Parking Lot and dumpsters. **Please do not walk onto the construction site near the Nursing Wing including the new portion of Kimbrough Circle where construction vehicles are parked.** Please do not go through the fenced gate, even if it is open. This is still a very active construction site.

Next week Rodgers Builders will begin constructing a traffic circle at the busy section near the Health Center (scaffolded) entrance, the loading dock, and edge of Poplar Hill Villa #2. Heavy construction equipment will be used to cut pavement in the middle of this intersection to create this traffic circle. Please avoid walking or driving in this area. If you must pass through, please cautiously follow signs or directions of construction workers.

On Monday, November 16<sup>th</sup>, Rodgers will begin constructing the north side of the outer landscape island at The Pines' entrance. For about a week, this section of Avinger Lane will be closed to traffic from 8:00 a.m. to 5:00 p.m. During these hours all traffic will be shifted to a single lane controlled by flagman at each end of this short section of roadway. Each evening the traffic pattern will revert back to normal. Please be cautious and mindful of signals from workmen and staff as you adjust to this new pattern.



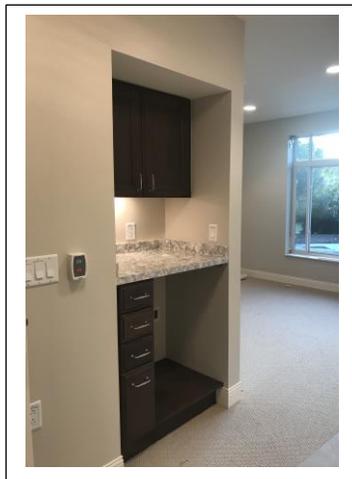
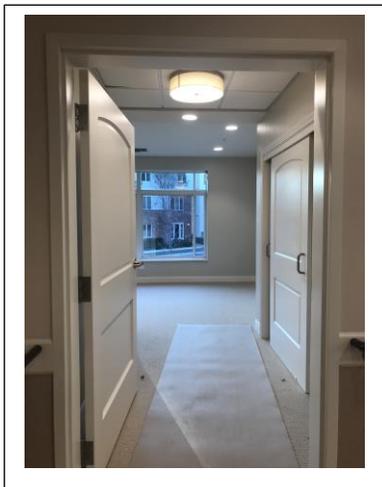
And, for yet another project milestone, Rodgers will remove **"The Graffiti Wall"** early next week. Now is the time to take a final, fond look at this wonderfully creative expression of community sentiment and thinking that emerged organically at just the right time. Enjoy!

## New Nursing Wing Resident Rooms

Opening of the new nursing wing is on the near horizon. In the coming days, Rodgers Builders will “hand over the keys” to The Pines. Many current nursing residents are preparing to move over by the end of November. Every room on the first floor of this wing has been reserved, as well as several rooms on the second floor.

Following are photos of the room selected by resident Lois James, who recently celebrated her 100<sup>th</sup> birthday and has lived at The Pines for 32 years. Mrs. James was especially delighted by the wonderful view from her window, noted an administrator who accompanied her when she chose her residence. Windows will feature two separate blinds, providing greater flexibility for the view a resident would like to have depending on the time of day. One set of blinds rises from the bottom, and the second descends from the top.

“I am really impressed,” Mrs. James said recently, adding, “I think the building is an outstandingly beautiful place.”



### **Update on Masks**

As you may have read recently, studies have shown that in addition to reducing viral particles leaving an infected person, masks also protect a wearer from respiratory droplets coming from an infected person. The Centers for Disease Control and Prevention (CDC) recently published a piece regarding this, available by clicking here: [Masks Protect Wearers](#)

### **Continuum Cable TV Service Upgrade**

As we shared in Tuesday's Update, Continuum will send information soon to all Independent Living residents about the company's upgrade to all-digital service. Continuum will also offer Zoom calls to explain the details of changing to this new delivery format for cable TV services. Scheduled to begin on December 7<sup>th</sup>, this change will require installation of a set-top box for each television. The Pines is currently coordinating with Continuum the steps for this process. Continuum employees will need to install all set-top boxes. Please know that The Pines is working closely with Continuum to ensure that this work is accomplished as safely as possible.

### **Closing Image: "Thanksgiving" Cactus**

George and Sue McFarland shared this photo of their cactus in full bloom this week. What a remarkable sight!

