



COVID-19 UPDATE
AND OTHER HELPFUL INFORMATION

For Residents, Family Members, and Staff
Thursday, October 29, 2020

Cumulative Active COVID-19 Cases at The Pines at of: 10/29/2020

No cases

The CDC Updates Its COVID-19 Guidance on What Constitutes “Close Contact”: The U.S. Centers for Disease Control and Prevention recently issued new guidance that changes its definition of “close contact” is designed to further inhibit the spread of COVID-19.

In previous guidance, the CDC had defined a “close contact” as an individual who spent at least **15 consecutive minutes** within six feet of another individual who had tested positive for COVID-19 or who had a high probability of having the virus.

The **new, updated guidance now defines a “close contact” as an individual who spent a total of 15 minutes or more over a 24-hour period** within six feet of someone who tested positive for COVID-19 or who had a high probability of having the virus. The definition includes multiple brief encounters with the same individual for even one or two minutes at a time. Public health officials now emphasize that cumulative exposures can be as hazardous as 15 minutes of sustained continuous minutes of exposure. This is new definition is now the guidance public health departments will rely on as they conduct contact tracing to stem virus spread.

This new guidance reinforces the fact that people with or without COVID-19 symptoms can be highly infectious. It is especially timely as the number of confirmed COVID-19 cases and hospitalizations have increased dramatically across the country over the last 14 days and as we move into the colder months when indoor activities will be more the norm.

It may be challenging for all of us to try and keep track of the kinds of contacts the CDC is now spotlighting. Since many individuals can harbor the virus without any apparent

symptoms and not know it, the CDC reminds all of us of the continued importance of wearing masks, maintaining a safe distance of at least 6 feet in confined spaces both indoors and outdoors, and keeping up with hand hygiene.

ADDITIONAL HELPFUL INFORMATION

Potential Benefits of Living in a CCRC

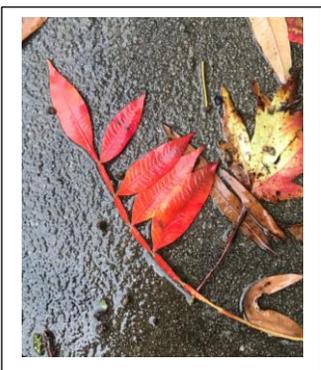
A resident recently asked us to share an interesting [article](#) from a blog that describes the potential benefits of living in a Continuing Care Retirement Community, such as The Pines.

The author describes a U.K. study that compared the wellbeing of senior adults who lived in CCRC's to those individuals who remained in their homes. The research noted that residents of CCRC's had fewer hospital stays (due to unexpected accidents); were up to 75% more physically active, and reported to be 'never' or 'hardly ever' lonely than those individuals who opted to age-in-place.



The article notes that while U.S. retirement communities are somewhat different (with additional benefits such as a pool), comparable studies in U.S. have had similar findings. A 2018 Age Well Study conducted by the Mather LifeWays Institute on Aging in conjunction with Northwestern University, for example, noted that CCRC residents “tend to have greater emotional, social, physical, intellectual, and vocational wellness than a demographically similar control group.” It acknowledges that particularly during a pandemic, “remaining physically active and socially connected to others,” are benefits that a CCRC can offer residents.

Spotted While Walking in the Windy Rain



Closing Image: Boo Buddies

Thank you, Nancy and John Griffith, for sharing this photo of your jack-o-lanterns, each with such delightfully mischievous smiles. Happy Halloween to all!

