

May 22, 2020

Dear Independent Living Residents of RiverWoods Exeter, RiverWoods Durham, Birch Hill,

As the state begins to open up we know that you are anxious to get “out and about.” That brings some risks. As more businesses and activities open more people will be exposed to one another. We don’t know everything we need to know about this virus, but we do know that the more people are out and around one another the higher the risk of virus transmission.

Last week I asked you to hang in there for a little longer... every four weeks seems to bring advances in testing and knowledge, and it brings us one month closer to having an effective vaccine. We want to delay your exposure to the virus until science has a little more time to catch up. It’s really that simple. It’s frustrating, but the world is making progress in terms of knowledge.

Your Executive Directors have been communicating with you regarding operational changes we are making on campus to allow for more activity and social interaction in a safe way. We are also developing a plan for allowing more opportunities to “exit” from campus, and what that would entail. Everything we read and hear indicates the following:

- Maintaining social distancing (6’ +) is key – it is an affirmative thing we can do (and we need to keep getting better at it)
- Wearing a mask when you cannot assure a 6’ distance is important
- Outside is better than inside for social interactions and activity
- Moving is better than stationary
- Isolation isn’t good for anyone

Using this thinking, we have developed a set of guidelines starting in June that we assume will be in place at least through June 30th, and likely later into the summer. Those guidelines are located in the attached chart and relate to activities external to your campus.

For the past 11 weeks we have all done a very good job of protecting our communities. That has allowed us to keep the virus completely out of RiverWoods Exeter and RiverWoods Durham, and out of the Independent living side of Birch Hill. While we are going to adjust some of the details going forward, the spirit of our philosophy does not change:

- You have a responsibility to yourself and to your neighbors to do what you can to reduce your risk of contracting the virus.
- Maintain proper distancing from other people. When you can't, make sure your mask is on.
- Do not allow yourself to be in a situation where you will be around people you don't know, or who may have been in places you don't know
- Keep your social circle *REALLY* small.

The spirit can't always be written out in exact words, but you get the idea. Any risk you take (personally) is a risk you take for your community, so every decision you make should keep that in mind.

UPCOMING CHANGES – additional detail next week for each of these changes.

Going for a drive

Many of you have asked about going for a drive off campus. Our IT friends have found us a few options for portable remote tracking devices. These would allow us to let you drive, but not put our community at any risk. Every time people leave campus they create a little bit of a risk, and we really don't want to take risk in big chunks. The devices should be in early next week, so as soon as we have the devices we will get information to you on how to access this option. We hope to have it available in the first week of June.

Doctor Visits

Some of you have essential medical appointments that have required quarantining for 14 days. We are working on a plan to allow us to drive you to the visit, or allowing you to drive yourself, with the tracker device, that would eliminate the need for quarantine. This will not be a foolproof plan, as the opportunity for transportation will be limited based on availability, but it is progress. Please note, these would only be for local medical appointments and at this time any appointment in Manchester or Massachusetts (based on the number of active cases) would still require the 14 day quarantine.

Other activities

There are certain outdoor activities that seem to pose a lower risk. These include hiking, golfing, external visiting of people who have been keeping a small social circle, and drive through food ordering. Combining these lower risk activities with the availability of testing (now available via drive through in Portsmouth and Manchester Rite Aide) allows us to reduce the quarantine period for these kind of activities (see chart).

This all adds a little complexity. Before, much of what we implemented was very black and white, and now we are starting to see more shades of grey as the State opens up and we are, too. It isn't like life is "back to normal" ... because it isn't. While we now have better access to testing, nothing is definite. Science is making progress, but we aren't there yet. There are risks to everything we do these days, and our goal is to find a balance between your quality of life, and the safety of the whole community. We realize you want some semblance of freedom in your life, and we all want to maintain healthy communities Taking these steps toward freedom require us to keep track, so that in the event of a positive case we can be timely in our actions and in contact tracing.

As we move through this last week of May and through June, we will continue to track case counts, active cases, our own experiences at each campus (staff and resident positive cases), the testing availability and validity, and the expectation of "what's next" in terms of science. Any changes to your community status (positive cases on the IL side) would result in a change in guidelines. This new reality is going to be with us for a while - at least until there is an effective antiviral treatment, and likely until we have a vaccine. It is not always going to seem "fun," but we have one another and we have a responsibility to one another.

This virus is teaching us many things. It is teaching us about supply chain, and science. It is teaching us about communication and leadership. But mostly, it is teaching us about the value of community, of being "all in" for one another, and for doing everything we can to keep ourselves and our communities strong.

Every four weeks science makes progress. We can do this.

Stay healthy my friends.

A handwritten signature in black ink that reads "Justine Vogel". The signature is fluid and cursive, with the first name "Justine" written in a larger, more prominent script than the last name "Vogel".

Justine Vogel
TRWG CEO

ITEM	Step	WHEN /HOW
Taking a drive – alone or with family you live with – not leaving car	A	No Quarantine period when using the Tracker Device (more details to come next week on how this will work)
Doctor visit – if you drive yourself without a tracker	A	Quarantine for 5 days IF <ul style="list-style-type: none"> • Promise to continue to monitor symptoms • No symptoms arise • Track personal interactions for the period through 14 days
Essential Doctor Visit If we drive you* OR if you drive you with the tracker *Based on availability of shuttle service – we will bring you more detail as we work out the logistics of this	A	No Quarantine
Hospital Stay / ER Visit	A	Quarantine period = 14 days
Doctor visit - MANCHESTER or MASSACHUSETTES (no matter who drives)	A	Quarantine period = 14 days
What if you go off campus for an extended period to a second home?	A	Test on day of return (no sooner) and Quarantine until negative results received IF <ul style="list-style-type: none"> • Promise to continue to monitor symptoms • No symptoms arise Track personal interactions for the period through 14 days

ITEM	Step	WHEN /HOW
<p>Outside the campus – but within appropriate activities (SEE BELOW)</p> <ul style="list-style-type: none"> • Outdoor only activities (going someplace for a walk, hike etc.) – maintaining social distance and group size maximum of 4 • Visiting family member or friend – outdoor only – maintaining social distance and wearing mask – group size maximum of 6 • Golf – no cart sharing, external only – maintaining social distance at all times <p>Drive through food ordering</p>	B	<p>Quarantine Period</p> <p>Test at Rite Aide or CVS on day 5 and if negative release from Quarantine IF</p> <ul style="list-style-type: none"> • Promise to continue to monitor symptoms • No symptoms arise • Track personal interactions for the period through 14 days <p>You will need to provide us with written documentation of your negative test</p>
<p>No plan yet for appropriate timing these things are still <u>STRONGLY</u> discouraged and would require a 14 day Quarantine period</p> <ul style="list-style-type: none"> • Restaurants (Outdoor or indoor dining) • Grocery Stores • Retail stores • Hotels • Movie theaters • Libraries • Museums • Visiting “inside” a family member or friend’s house • Riding in a car with someone you do not live with • Nail/hair salon off campus • Church Services <p>Being around a group of greater than 10 people (off campus)</p>	C	

(A) items = June 1 (ish) (B) items = Starting June 15 (C) is “no timing yet”