

September 22, 2020

Dear All residents of RiverWoods Exeter, RiverWoods Durham and Birch Hill,

As you know, on Tuesday of last week we had a staff member at the Woods Health Center of RWE test positive for COVID-19. That information led us to begin widespread testing at all three RWE health centers for both residents and staff. That testing is still in process and has been done through a variety of sources so that we could receive results as quickly as possible.

Through today we have had 101 healthcare residents test negative and one health care resident from the RWE Ridge health center test positive for COVID-19. We have received a majority of our staff testing results (all negative except the initial staff member) but do await additional results. Health care residents at all three RWE campuses remain in quarantine until all results are received.

Monday and Tuesday the State of NH has/will retest all health care residents and staff at both the Woods campus and the Assisted Living staff and residents at the Ridge campus, so we anticipate receiving results throughout the week.

This is concerning for sure, but we are grateful for a strong team that has jumped into action to address the challenge. As Deb Riddell noted Sunday in a memo to RWE residents, "We have a plan. We have adequate PPE, we can provide consistent testing, and we have a team who is extraordinarily committed to residents, staff and families." Those are all good things.

But this is an ongoing reminder for us to remain vigilant in our fight against this virus. Over the weekend one of our residents sent me an article from *The Atlantic* which spoke to how we will best survive this virus during the upcoming winter. Among the recommendations were:

Accept reality – this virus is going to be with us for a while and we have to think about it like chess, not checkers. There will be no silver bullet; we have to group our good decisions so that we can be as safe as possible.

Plan for more shutdowns – think of our progress like a jagged roller coaster, not a straight line.

Live like you are contagious – wear your mask, wash your hands, keep your distance, keep your interactions shorter, do as much as you can outside, and reconsider holiday time traditions. This remains a weird time, but it's doable.

Hunt the virus – we need better testing with faster results that can be done with an easier process, and it is coming... think November.

We will keep you updated on the results we see from our RWE testing. In the meantime, wash your hands, wear your mask, keep your distance and stay attuned to everything you can do to keep your risk low. This isn't fun, but we ARE in a better place than we were in April. Now is the time to keep our eyes focused on long term success, even if it is harder (and our lives are still smaller) in the short-term.

More to come, and until then, stay healthy my friends!



Justine Vogel
TRWG CEO