



November 18, 2020

Dear all Residents of RiverWoods Exeter, RiverWoods Durham, and Birch Hill,

We are really in an interesting time. There is good news (vaccine) and bad news (virus spread) and they are both coming at a time of year when we are more naturally inclined to be around other people due to the holiday season.

The daily number of positive cases in New Hampshire has averaged 335 for the past seven days, and the average positivity rate has increased from the 1% range to more than 3.5%. It is safe to say that we have more people moving around in our state and region and spreading the virus right now. That isn't good for us.

In addition, the upcoming holiday seasons increase the chance that we will be around more people who are not in our normal small social circle, which leads to us being exposed to more and different people. For many of us this season leads to college kids coming home (yay!?), more people, more family, more exposure.

Thanksgiving poses an unusual threat for our nation, our state, and our community. Normally the most wonderful time of year for reconnecting, this year the seasonal "getting together" with family that is not part of our regular social circle, with people who may be travelling from outside of our region, or just even with a larger group than normal, all increases the risk of the virus spreading. That's not good. And any risk that you take is a risk that you also take for your community.

We have received several questions about our guidelines for Thanksgiving, and the Executive Directors or dining teams will provide information related to the exact details of meal service on the day, but our general guidelines to follow:

DO:

- Enjoy the day here within your community and the chance to dine with other residents who have been a part of your social circle. OR
- Partake in a small gathering (six or less) outside of your RiverWoods/Birch Hill community with people who have either been in your small social

circle, or who have self-quarantined leading up to the day, if they have traveled.

You will need to self-quarantine for seven days if you:

- Travel overnight for Thanksgiving
- Are around more than six people who do not live in your household.
- Are around others who have travelled and did not quarantine, traveled via public transportation, or are returning from college without a current negative test (within the past three days).

You can “test out” of quarantine by testing on day seven and receiving a negative result (Usually received within 24-48 hours). We can provide that test for you (via the wellness clinic) or you can consult with your PCP.

In considering the rising case counts and percentage of positivity in our state, the seasonal risks (more things happening inside / flu season overlap / holiday season), and the fact that many school systems are fighting the risk of the “thanksgiving impact” by going remote, we considered quarantining the entire campuses post-Thanksgiving. We have chosen these more restrictive “Thanksgiving measures” in an attempt to balance the need to stay safe and the need to stave off social isolation. Please be strict with yourself and your family regarding who you are around, for how long, and adhere directly to the quarantine guidelines.

DON'T

- Do “thanksgiving as usual” – large groups and travelers are a danger to you and increase the risk of the virus spreading – locally and within our communities.
- Be afraid to ask questions of those who you may be dining or visiting to understand where they have traveled from or who they have been around.
- Travel without quarantining
- Forget that the decisions you make you are making for your entire community

This really is the right year for you to hang at home, eat a delicious turkey (cooked by us) and watch football and a parade (apparently the Macy’s Day parade is still

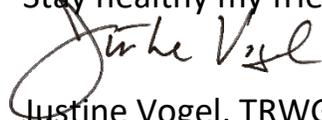
happening, but like us, with many restrictions, limits, and alternative approaches so the spirit is still there, but the safety is, too). Right now, the less we do the better.

So, that's a little depressing right? But the news isn't all bad. For months we have been saying that science will catch up, and it is. We continue to be actively on the hunt for BinaxNOW test kits, which give an accurate and very inexpensive way to test people on a very regular basis. We did receive a very small supply from the Government and are seeking more in the commercial market. Additionally, both the Pfizer and the Moderna vaccines are reported to have around 95% efficacy. Both our health care workers, our health care residents, and hopefully, our independent residents will have the vaccination opportunity in Phase 1-A or Phase 1-B. That is good news. We have partnered with the state to be a point-of-dispensing and have also signed up to be part of the distribution through CVS. We will use whichever method makes the most sense, based on the actual vaccine, timing and logistical details. This will be intricate, with multiple vaccines and a two-shot regimen, but (A) they work and (B) they will be here soon.

Now isn't the time for us to let our guard down. I know you want your family to visit and you want to get out and enjoy the regular holiday past times. But we are close to having real weapons that will keep you safe. We have been sacrificing for nine months, and I think we are all sick of it – but if we hang in there for a few more months it will be better for all of us.

And it wouldn't be a Thanksgiving memo without saying how grateful I am for all of you. Thank you for trusting us with your community and peace of mind. The full range of our staff is committed to providing that for you, and we appreciate your confidence and commitment to the community. I know I speak for all of us when I say this year has been like none other, but we are very happy to be in this together, with you. We are here, we are together, and even with this craziness we are grateful for one another.

Stay healthy my friends, and Happy Thanksgiving.



Justine Vogel, TRWG CEO