



November 5, 2020

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

## **GENERAL**

Over the past several weeks the case counts in New Hampshire, and in our local areas, have begun to grow. During the summer we were averaging statewide case counts in the range of 25 cases per day. That has now ticked up to about 130 cases per day. Some of this has to do with increased testing (over the summer the state was testing about 2,500 people per day and now that average is about 9,000) but we are also seeing an increase in the percentage of people who are testing positive each day and the number of people being monitored (as a close contact of someone who tested positive). This is likely a product of a combination of the fall weather with more people inside, schools opening, and more people going to restaurants and having other larger social interactions. This trend is in the wrong direction, and is definitely concerning, but we do not see a reason to change our procedures for now.

There is no exact right answer to how “open” or “closed” we are in terms of operations. We do worry about the case counts and the spread in our counties. We also worry about the health impacts that are caused by the isolation that folks can experience without the ability to leave campus and visit family and friends. There is not one good right answer for any of this. No matter the guidelines of the community, you have the ability to keep your personal circle tight to reduce your personal risk and the risks of others. Our goal, as we adjust and evolve in this timeframe, is to balance the needs and desires of many different viewpoints.

## **DINING**

For the past two months your very creative Dining Directors have been working on a plan for a phased reopening of the dining services. Unfortunately, the current increase in cases and community spread has forced us to shelve those changes for now. We have engaged an air quality engineering firm to evaluate the airflow in our dining rooms and multipurpose rooms. This will give us a better sense if there are safer ways to have people gather, and/or if there are external devices (e.g. air purifiers) that will help in

that regard. We expect to have a plan by early December.

The Dining team is working very hard to provide a Thanksgiving meal that will be fun and delicious. For those of you staying on site for Thanksgiving, please look out for more updates from the Dining team or your Executive Director. For those of you who will celebrate the holiday outside of your community, please remember a few important reminders:

- Keep the size of your family gathering small – the more people the more risk, for you and your community
- Ask whoever is hosting to open windows in their home – airflow matters – just bring a sweater or turn up the heat!
- If you are traveling outside of New England please know that you will need to quarantine for 14 days upon return.
- If you will be around family members who are travelling from outside of New England, they should quarantine for 14 days prior to coming. This is a State of NH rule, not specifically ours.
- As always, wear a mask when you can (maybe not when you are eating), keep a six-foot distance from others, wash your hands frequently, and continue to self-monitor for any symptoms.

Thanksgiving is my favorite holiday, as I am a big fan of food, family and (generally) football. But this year is the time to do things a little differently; smaller, tighter and with less risk to all.

## **TESTING**

The state has changed the way they provide testing for our health centers, so we are now engaging a private lab to provide the standard testing. The state now requires (and pays for) a testing of 100% of the health care staff once per month, and 10% of the health care staff three times per month. We do not believe that is quite often enough and will test 100% of the staff twice per month and at least 10% of the staff twice per month.

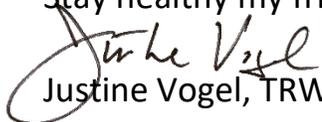
Additionally, we continue with the passive testing done through wastewater twice per week. UNH has been very helpful to us in providing the testing and the analysis. To date there have been no results that would suggest we have active cases in our communities.

If a time comes when we have a positive IL resident, we will have that individual quarantine and establish further community testing based on contact tracing. Hopefully that provides you with another important reminder to keep maintaining the contact tracing logs we have been asking you to fill out. If you need one, please contact your Community Life Director.

We are also researching and actively seeking the BinaxNOW tests. This is a 15-minute test that costs \$5 per test. It is not currently commercially available (the federal government purchased the first 150 million tests produced) but we expect that it will be available in the December/January timeframe. We are using all resources possible to order these tests and may receive some before the end of the year as part of a state distribution. This test may also become available to the general public and would be a convenient way for safer family visitation.

The past eight months have been trying for all of us, and the reality is that we are not at the end. While things were better for a while, the virus is still spreading in our region. **Things are not back to normal**, and they won't be until we have a vaccine that is widely distributed and even more access to rapid testing; but they **are** better. Let's be clear, normal will look different going forward, and based on what we have learned these eight months, some things may never return. There is a chance, with all of the testing we do, that until there is a widely distributed vaccine, we will have residents and staff test positive for COVID-19. If we do, we have a solid plan in place for quarantine procedures, communication, and testing. We've been saying this for a while, but every four weeks things adjust, and science is catching up. We now have rapid test machines that are very accurate for persons with symptoms, we have 24 hour turnaround on our PCR tests (these are the "gold standard" of tests), and we will be a point of dispensary for vaccines when they are available for our residents and staff. We are working very hard with the state to ensure that independent residents are able to receive the vaccine in the first wave of availability. These are all things we didn't have two months ago; they are progress. It's a reminder that somethings really are getting better, but we need to stay diligent for a while longer. Wear your mask, stay out of restaurants, wash your hands, keep your social circle small, stay away from large gatherings and thank you for your patience.

Stay healthy my friends!

  
Justine Vogel, TRWG CEO

| Item  | DO   | DON'T  |
|---|--|--|
| <b>Leaving Campus</b>                         | <ul style="list-style-type: none"> <li>• Stay in New England for travel</li> <li>• Visit only with friends/family/tight social circle</li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Residents agree to avoid/not go to:</b> <ul style="list-style-type: none"> <li>○ Restaurants</li> <li>○ Bars</li> <li>○ Movie Theaters</li> <li>○ Churches</li> <li>○ Other places where it is difficult to wear a mask if not able to socially distance.</li> </ul> </li> <li>• Go to places with large gatherings</li> </ul> |
| <b>Family &amp; Friend Visits (on campus)</b> | <p>Outdoor visits to continue. Guidance to come for limited indoor visits by early December (campus specific)</p>  | <p><b>Currently not allowing indoor visits</b></p>   |
| <b>Self-Monitor temperature and symptoms</b>  | <p>Residents check daily for symptoms and report any symptoms promptly to the wellness clinic.</p> <p>Symptoms to monitor: fever; new or change in: cough, runny nose, nasal congestion; shortness of breath; chills; muscle pain; severe fatigue; new loss of taste or smell; nausea; vomiting; diarrhea; and/or sore throat. (Not related to a known or diagnosed medical condition such as allergies, asthma or chronic lung disease such as COPD/emphysema.)</p> | <p><b>Don't leave your apartment if you have symptoms without reporting them to the wellness clinic.</b></p>   |
| <b>In person resident committee meetings</b>  | <ul style="list-style-type: none"> <li>• Allowed, so long as you are masked or are able to maintain 6- foot social distance, and the meeting membership does not exceed room capacity.</li> <li>• Record meeting attendees for contact tracing.</li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Exceed the meeting room limit.</b></li> <li>• <b>Meet without proper mask wearing or appropriate distancing.</b></li> </ul>  |

| Item  | DO   | DON'T   |
|---|--|---|
| <b>Cards/Games (with other residents)</b>   | <p>Allowed – provided that residents:</p> <ul style="list-style-type: none"> <li>• Wash hands before, after and during playing (alcohol-based hand rub will be provided in common rooms).</li> <li>• Wear a mask.</li> <li>• Log people who are participating (for contact tracing if necessary).</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Meet without proper mask wearing</b></li> <li>• <b>Exceed the meeting room limit</b></li> <li>• <b>Share food/snacks</b></li> </ul> |
| <b>Activity Spaces</b>  | <p>Open – capacity to be determined based on room size and proper distancing – each community to determine a “per room” number.</p>  | <p><b>Exceed the meeting room limit</b></p>   |
| <b>In person Wellness Clinic Visits</b>   | <p>Available – provided all wear masks and Nurse Practitioner or Wellness Nurse uses proper PPE.</p> <p><b>REMINDER, IF YOU HAVE COVID SYMPTOMS PLEASE CALL THE WELLNESS CLINIC, DO NOT GO IN PERSON.</b></p>  |   |
| <b>Outside contractors in apartments (as hired by resident) ex. Comcast</b>             | <p>Allowed provided that contractor screens in and is escorted to room where he/she will be working. <b>Prior approval from the Director of Facilities, Community Life Director (RWD), or Executive Director is required.</b></p>  | <p><b>Allow contractors access to your apartment without a “screening sticker” or Accushield sign in badge,</b></p>   |
| <b>Regular transportation by Community vehicles/buses for grocery and other errands</b> | <ul style="list-style-type: none"> <li>• Available but limited seating for distancing.</li> <li>• Masks required.</li> </ul>   |   |

| Item   | DO  | DON'T   |
|--|---|---|
| <b>Shopping/errands offsite</b>                        | <ul style="list-style-type: none"> <li>• Wear a mask.</li> <li>• Go at “nonpeak” times (many stores open early for Seniors)</li> <li>• Use contactless pickup when available</li> </ul>   |   |
| <b>Travel</b>  | Travel within New England states in your own personal vehicle   | <b>Travel outside of New England States AND/OR travel in public transportation (e.g. bus, plane, train, car share) will REQUIRE 14-day self- quarantine</b> |
| <b>Eating Meals with other residents in apartments</b> | <ul style="list-style-type: none"> <li>• Maintain proper distancing (6ft)</li> <li>• Keep groups small (four or less)</li> <li>• Record attendees for contact tracing</li> <li>• Wash your hands and the area prior to leaving</li> </ul>                                       |   |
| <b>Choral Groups</b>                                   |   | <b>No, even with social distancing</b>  |
| <b>External speakers or performers (non-singing)</b>   | <ul style="list-style-type: none"> <li>• Allowed, provided that performer/speaker screens in.</li> <li>• Capacity for in person events on the grounds of our communities will be based on spacing and location.</li> </ul>  |   |
| <b>In-person Marketing Tours</b>                       | <p>Prospective residents to screen in and receive a hosted tour. These tours will not include residents as a part of the tour, the prospective resident will not be allowed to bring family members, and the tours will not include dining.</p> <p>Limit to 2 tours per day</p> |   |

| Item                              | DO  | DON'T                                     |
|-----------------------------------|---|---|
| <b>Outdoor Dining</b>             | Available on a limited basis while weather allows   |   |
| <b>Bus capacity</b>               | All riders must wear a mask. Bus capacity based on bus size and distancing. Campus services will log all travelers for contact tracing. |   |
| <b>Staff Screening</b>            | To continue indefinitely.   |   |
| <b>In-person Marketing events</b> |   | <b>No timing for when this will start</b> |
| <b>Public Transportation</b>      | <b>Quarantine if you take public transportation (e.g. bus, plane, train, car share)</b>   |   |

**If you cannot maintain a six-foot distance between you and others wear a mask.**

**If you can maintain six-foot distance a mask is still preferred and recommended.**