

December 1, 2020

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

I read this morning that the current COVID-19 news is like a two headed dragon. On one hand we have very promising news on the vaccine front with both Pfizer and Moderna vaccines anticipated to be available prior to the end of the year, both of which have proven to be very highly effective in all clinical trials completed.

On the other hand, the number of cases in New Hampshire essentially exploded in November, and this “post-Thanksgiving” time period is a real risk for even more spread. New Hampshire has had 20,000 positive cases since March, and over 9,000 are from the month of November alone. That is a dramatic increase in both positive cases and positive testing percentage. While your safety has always been our primary concern, now is the time to ramp up our safety measures again.

As we noted in the 11/16/20 memo, you will need to self-quarantine if you:

- Traveled overnight, off-campus at any point during the Thanksgiving holiday (beginning Wednesday 11/25).
- Were around more than six people who do not live with you in your household.
- Were around others who traveled and did not quarantine, traveled via public transportation, or returned from college without a current negative test (within the past three days when you visited with them).

No matter what you did or where you were for Thanksgiving, we really encourage you to be very judicious about leaving campus right now.

In the early months of the pandemic, we provided you with many good options for contactless pickup for shopping or picking up restaurant take-out. We need to go back to that. Any locations where larger groups of people gather remain a *terrible idea*, and even though this is the holiday season it is better to be safe than sorry. Who likes the hustle and bustle of holiday shopping anyway? Stick to online

shopping this year: it's safer and you can purchase any gift you need right from the comfort (and safety) of your home.

In addition to our strong suggestion that you limit any off-campus exposure, for at least the next month we will:

- Not allow any outside speakers or performers on campus.
- Hold all marketing tours virtually (instead of on site).
- Ensure that all participants in fitness classes stay masked at all times (in addition to maintaining at least six feet distance). If you are not able to wear your mask during fitness we will ask you to take the classes virtually (new videos will be posted soon).
- Fitness equipment can be used unmasked, but must be at least eight feet from another piece of equipment in use. If you cannot keep that distance due to another resident using a machine, please wait until they have finished.
- We will be cancelling any planned "offsite" trips.
- We will eliminate any group card games such as Bridge, Cribbage, Mah-Jong, or others.
- The maximum number of people in any common area space, regardless if it can hold more with six-foot distancing, will be 10 people. As one resident said "count the people on your fingers, if you run out of fingers you have too many people!"
- Transportation requests will be for medical appointments or groceries only.
- While you can still grocery shop (and we strongly encourage contactless pickup) we will begin to add a few more items to our stores for purchase (as we did in the Spring).

Only emergency or high-priority work orders will be completed, but at this time we will maintain housekeeping and laundry at the current schedule. Please do your best to leave your apartment when the housekeepers are cleaning. There is always a chance that we will need to adjust the timing of these services over the next several months if we experience additional staffing challenges related to COVID-19. Finally, we are considering various plans for the holiday meal. How we handle that will be a combination of factors, including case counts, community spread, and our experience. More to come on that.

We have attached an updated chart that reflects all of the above in addition to what has already been in place.

We are very close to a vaccine becoming a reality, but we need to hunker down for a little while longer. This isn't fun, but it is necessary right now, with the virus spreading at a much faster rate throughout our state and region than it has in previous months. Remember when we thought two weeks was going to be tough? We've made it longer than that and now, with the vaccine in sight, we just need to make it a little longer.

So, wash your hands, wear your mask, keep your distance and please consider your community and your fellow residents when you make your "going out" choices. We will get through this, but we are not quite there yet. An end, or at least "reduced risk" is near, so until then, stay healthy my friends!


Justine Vogel
TRWG CEO

Item	DO	DON'T
Leaving Campus	<ul style="list-style-type: none"> • Stay in New England for travel • Visit only with friends/family/tight social circle • Stay masked at all times • Maintain six foot distance at all times • Go to Essential medical appointments only 	<ul style="list-style-type: none"> • Residents agree to avoid/not go to: <ul style="list-style-type: none"> ○ Restaurants ○ Bars ○ Movie Theaters ○ Churches ○ Other places where it is difficult to wear a mask if not able to socially distance. • Go to places with large gatherings • Dine outside of the campus (even at a family member home)-as this does not allow for maintaining mask wearing
Family & Friend Visits (on campus)	<p>Outdoor visits to continue Wear a mask at all times Maintain six foot distance at all times</p>	Currently not allowing indoor visits
Self-Monitor temperature and symptoms	<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>	Don't leave your apartment if you have symptoms without reporting them to the wellness clinic.

Item	DO	DON'T
In person resident committee meetings	<ul style="list-style-type: none"> Allowed, so long as you are masked AND are able to maintain 6- foot social distance, and the meeting membership does not exceed 10 people per room (or room capacity – whichever is smaller) Record meeting attendees for contact tracing. 	<ul style="list-style-type: none"> Exceed 10 people per meeting or the meeting room limit. Meet without proper mask wearing or appropriate distancing.
Cards/Games (with other residents)		Suspended until at least 1/1/2021 based on case counts and community spread
Activity Spaces	<p>Open – limit 10 per room or meeting room limit</p> <p>All participants MUST wear a mask AND maintain six foot distance</p>	Exceed the meeting room limit or 10 people (whichever is smaller)
In person Wellness Clinic Visits	<p>Available – provided all wear masks and Nurse Practitioner or Wellness Nurse uses proper PPE.</p> <p>REMINDER, IF YOU HAVE COVID SYMPTOMS PLEASE CALL THE WELLNESS CLINIC, DO NOT GO IN PERSON.</p> <p>IF YOU HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19, IMMEDIATELY LET YOUR COMMUNITY NP KNOW</p>	
Outside contractors in apartments (as hired by resident) ex. Comcast		Suspended until at least 1/1/2021 based on case counts and community spread

Item	DO	DON'T
Regular transportation by Community vehicles/buses for grocery and other errands	<ul style="list-style-type: none"> • Available but limited seating for distancing. • Masks required. • Go at “nonpeak” times (many stores open early for Seniors) • Use contactless pickup and stores that limit the number of people in the space (e.g. Trader Joes) 	Schedule for anything other than necessary medical appointments or groceries
In apartment services (housekeeping, maintenance, IT)	<ul style="list-style-type: none"> • Maintenance and IT will be available for emergency needs only • Housekeeping will be available on the current schedule • Residents must maintain a 6ft distance from staff member in apartment – leaving apartment while work is completed is preferred • Staff and resident (if in apartment) must wear masks 	Stay in apartment while work is performed unless completely necessary
Travel	Travel within New England states in your own personal vehicle	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
Visiting with other residents in apartments	<ul style="list-style-type: none"> • Maintain proper distancing (six foot) • Wear a mask at all times • Keep groups small (four or less) • Record attendees for contact tracing • Wash your hands and the area prior to leaving 	
Choral Groups		No, even with social distancing

Item	DO	DON'T
Dining with other residents in apartments		Please do not, as you will not be able to do this without a mask
External speakers or performers (non-singing)		Suspended until at least 1/1/2021 based on case counts and community spread
In-person Marketing Tours		Suspended until at least 1/1/2021 based on case counts and community spread
Outdoor Dining	Available on a limited basis while weather allows	
Shopping	<ul style="list-style-type: none"> • Use contactless pickup • Use stores with “senior only” hours • Use on-line shopping 	Go to a mall or other local store without contactless pickup or when open to greater public
Fitness classes	Will continue but with distancing between residents and mask wearing is required	
Fitness equipment	Mask is not required but equipment must be 8 feet from other equipment “in use”	
Staff Screening	To continue indefinitely.	
In-person Marketing events		No timing for when this will start
Public Transportation	Quarantine if you take public transportation (e.g. bus, plane, train, car share)	

Please wear a mask at all times, over your mouth and your nose, when you are not in your home.