



In Touch

SCC Monthly NEWS

Issue 55: **APRIL** 2020



Prayer for a Pandemic

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.

May we who settle in for a quarantine at home remember those who have no home.

As fear grips our country.
Let us choose love.

During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our neighbours.

Amen



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GROWING OLDER GRACEFULLY

In 1624, the English poet, John Donne, wrote "no man is an island", meaning that we are social beings, naturally connected with each other.

In the 1960s, the Canadian communications theorist, Marshall McLuhan, Professor of English at the University of Toronto became famous world-wide for his studies on the effects of mass media on thought and behaviour.

In 1964 or thereabouts he coined the term "global village", encapsulating the idea that in the modern world, people are connected by easy travel, mass media and electronic communications such as television and the internet.

We now take for granted that we can watch events on the other side of the world in real time, we can connect with people anywhere, at any time through email and we can chat on skype.

In the global village, the sky is the limit or so we thought until the arrival of the coronavirus, COVID-19. Suddenly, our very connectedness, renders us vulnerable. We are told that social distancing must be the new norm if we are to avoid COVID-19. This does not come easily or naturally to us.

The World Health Organisation has declared a pandemic. COVID-19 is more than a health crisis on a universal scale. It affects national and the world economies, industry, travel, education, sport, every human activity. Those test-

ed positive for the virus are quarantined, contacts must self-isolate and all of us have to step up our hygiene to prevent transferring the virus. We are forced to recognise that we are keepers of our brothers and sisters.



Sadly the pandemic has brought out the worst in some as panic buying and hoarding strip supermarket shelves. Fear can cause us to do terrible things, regardless of the needs of others. We are being brought face to face with our capacity for good or evil. We can embrace the Golden Rule, namely, we can do to others as we would that they would do to us or we can be driven by blatant selfishness.

In 2020 we are living day-to-day as TV screens bring the plight of the world into our living rooms. What lies ahead? The Persian Sufi poets had a saying: "This too shall pass". Meantime, in the words of Pope Francis: "The future is, most of all, in the hands of those people who recognize the other as a "you" and themselves as part of an "us." We all need each other."

Soon we will celebrate Easter, the season of new life, of hope. As St. Augustine said in the fourth century: "We are an Easter people and Alleluia is our song". Let us celebrate Easter 2020 in faith, hope and love. Alleluia!

Sr. Anne Henson

ECOLOGY CORNER Banksia - House 2

There are 173 Banksia species, and all but one occur naturally in Australia. Banksias were named after Sir Joseph Banks who, in 1770, was the first European to collect specimens of these plants.

South Western Australia has the greatest diversity of banksias, with 60 species recorded. They are also an important part of the flora of Australia's eastern coast. Few banksias are found in the arid regions of Australia or in the rainforests of the eastern coast.

The flower heads are made up of hundreds (sometimes thousands) of tiny individual flowers grouped together in pairs. The colour of the flower heads usually ranges from yellow to red. Many species flower over autumn and winter. The fruits of banksias are hard and woody and are often grouped together to resemble cones. The fruits protect the seeds from foraging animals and from fire. In many species the fruits

will not open until they have been burnt or completely dried out.

Banksias usually grow best in well drained soils in a sunny position. Most respond to light pruning, and those which form a woody rootstock can be heavily pruned. Only low phosphorus fertilisers should be used.

Banksias range from low-growing shrubs to trees up to 25m tall. Some species, for example *Banksia ericifolia* and *Banksia menziesii*, are known for their spectacular flower heads. The flower heads produce large volumes of nectar and attract many birds and small mammals to feed on them. Banksias are excellent plants to encourage native animals to the garden.

Source – Australian National Botanic Gardens

Australian National Herbarium

Frank Kennedy



MATT'S MUSINGS

STAYING CONNECTED

As the talk of isolation and lockdowns circulated last week, I found my dusty copy of The Decameron on the bookshelves. It is worthy pandemic reading!

Giovanni Boccaccio lived through The Plague as it afflicted Florence in 1348. It affected him deeply, and as a result, he wrote The Decameron, which was published in 1353.

As The Plague ravaged the Italian countryside, ten young people retreated to a deserted villa outside Florence to sit out the pandemic. Each day, each person told a story to the group. The stories are of adventure, love, tragedy, humour, and morals. The resultant book is the collection of these hundred tales.

In the midst of a pandemic and the need for physical distancing, the characters of The Decameron realised that they needed one another. They needed encouragement, hope, faith, challenge, distraction, reassurance, spiritual support, social and emotional contact. In short, even in isolation the essential parts of life needed to continue.

Roll on six centuries and we are in a similar situation. In physically distancing ourselves, we need to be sure not to isolate ourselves socially, emotionally or spiritually.

Fortunately we have many means of communication available to us that were not

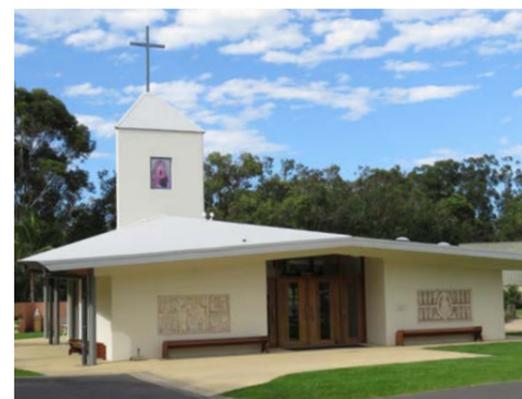
possible in Florence in 1348. To stay healthy in mind and body, we need to keep checking in on and talking to each other on the phone, facetimeing, skypeing, texting, zooming, using any means

possible to stay in contact with each other. On Friday, Pope Francis stood in an empty St Peter's Square, a solitary figure offering a blessing for Urbi et Orbi, (the City and the World). The images that flashed across the world screamed that even though we are physically distant, isolated or quarantined, we are not alone. He reflected on the story of Jesus in the storm.

The Lord asks us and, in the midst of our tempest, invites us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. The Lord awakens so as to reawaken and revive our Easter faith ... It means finding the courage to create spaces where everyone can recognize that they are called, and to allow new forms of hospitality, fraternity and solidarity.

Matt Digges

Director of Mission



Our Lady of the Way Chapel

In compliance with government regulations, all services are suspended until further notice owing to the COVID-19 Pandemic. Please contact Matt Digges for further information regarding services.

ACTING DIRECTOR OF NURSING REPORT

INTRODUCING MERCY

I have been here at Mater Christi for 3 years now starting as a Senior Registered Nurse, then Nurse Educator and recently Acting Deputy Director of Nursing and now I have taken over Catherine's role as Acting Director of Nursing. Catherine has gone on maternity leave and we wish her all the happiness at this stage in her life. My name is Mercy. I am here with my lovely husband and our three beautiful kids.

I have been nursing for over 20 years, working in Zimbabwe, New Zealand and now here in Australia. My diverse background covered operating theatre nursing, acute care nursing, general nursing before I fell in love with aged care nursing. So why Nursing? For me it is simply a calling. I am so fortunate to work alongside a supportive management, a very capable Mater Christi team and our lovely residents and their families and friends. I just want to say thank you to all the families, friends and our residents for your understanding through these challenging times. We will get through this. Management and all staff are working tirelessly as a team to ensure we uphold our standards and



minimise risk to our residents during this period.

We cannot emphasise enough:

- Thorough hand washing using soap or hand sanitisers
- If you are unwell, avoid contact with others, practise social distancing of 1.5m.

For any questions/concerns, please do not hesitate to contact me,

Email- mercykurinyepa@scca.net.au

Mercy Kurinyepa

ADON



CAFE NOTICE

As of Thursday 26th March our Cafe is closed until further notice.

This is in accordance with government regulations for COVID-19.

Thank you kindly for your understanding and patience over this time.



MARIAN GROVE VILLAGE NEWS

MG Travel recent trip, MG Travel new bus.
March Concert. Coming up.

All activities at Marian Grove have been placed on hold until further notice owing to the COVID-19 pandemic. There will be no luncheon in April, no monthly BBQ, no movie afternoon or bus trips. For ongoing advice on the COVID-19 coronavirus pandemic and updates relating to Marian Grove please call MG reception 66531241. The safety of our residents and our employees is our highest priority.

Thank you



Our Marian Grove Leprechaun Tom McGinnity turned 80 on 17 March. We celebrated his birthday at the Toormina Hotel. Had a lovely lunch with a nice cake for afternoon tea. Lovely man and a wonderful way to spend a day with friends, with lots of fun and laughter. What more could you want on your 80th.

ORCHESTRA AT SCC

On Saturday 29th February we were fortunate to have the Coffs Harbour City Orchestra play in the Marian Grove Rec Hall. A great afternoon enjoyed by everyone.



MARIAN GROVE VILLAGE NEWS

Marian Grove Residents Luncheon February 2020,
Note from the Workshop.

MARIAN GROVE COMMUNIQUE

Much has happened since we last reported. Thanks to Management for keeping us up to date in these difficult times.

The new units are looking very impressive and the gardens will set them off nicely. Michael Darragh informed us that he will invite interested residents to express their thoughts, suggestions about the redevelopment of the Community Centre and surrounds. He is hoping this may take place sometime after Easter. Barbara Lott gave us to understand that "The Mouth of Truth" near the chapel will be relocated, perhaps to the Links Development. This will not be in the immediate future.

The Bush Walk will remain closed until its safety can be assured. It will be a large

and expensive task, at present being worked on by a group which includes resident representatives.

Our AGM is set down for May. As this could be influenced by the current situation, watch this space for an update after our April meeting. In the meantime all residents should be aware that the seven positions will all be vacant, so you might give consideration to either nominating yourself or some one else. A special thank you to those who volunteered for the luncheon roster, more are always needed and welcome. In spite of the fact that April luncheon has been called off already, an updated roster is in the glass noticeboard in the hall.

The Committee.

MEN OF MARIAN GROVE

Some of our wonderful men (and ladies) of Marian Grove enjoying the March luncheon.





MATER MATTERS

Clive Moon's 100th Birthday Celebration,
St Patrick's Day

CLIVE MOON'S 100th Birthday

Clive Moon celebrated his 100th birthday on March 17th and we held a celebration morning tea in Mater Christi's Community Room. Clive's family, friends and many Mater Christi residents, were joined by our Senior Leadership Team and Coffs Harbour Member for Parliament, Mr Gurmesh Singh.



ST PATRICK'S DAY

On 17th March Mater Christi enjoyed special entertainment from the Marian Grove Ukulele Group, followed up by a special St Patrick's day themed happy hour.



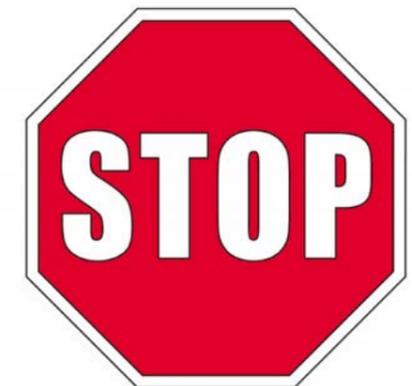
MATER MATTERS

Lifestyles adapting to the times.
Mater Christi lockdown information.

Our lifestyles team are thinking on their feet (in this case sitting down) tailoring our programs to suit the latest restrictions as they evolve over the course of the COVID-19 pandemic. Well done to Bec, Cheryl and the team.



Thank you to all of the people who bought raffle tickets. We raised enough money to purchase 8 booster seats for our bus. This means our friends at Toormina Pre School can now be picked up in our bus rather than waiting (sometimes hours) for taxis to bring them to play with our residents when it's safe to do so.



MATER CHRISTI LOCKDOWN NOTIFICATION

Please be advised that Mater Christi will be in lockdown as from Friday 03.04.2020 at 4.30pm. This date may be brought forward depending on ongoing Government advice. This means that as from Friday and until further notice there will be no visitors to our home unless there are compassionate circumstances or the visitor is providing an essential service.





NOTES FROM THE LIBRARY

Sister Chris Library Coordinator

LIBRARY NOTES

SPECIAL LIBRARY NOTICE

PLEASE no more DONATIONS of books, CD's or DVD's until further notice.

EFFECTIVE IMMEDIATELY

We have simply run out of space on the bookshelves!

Local charity shops will often take books.

Residents who would like to use the library

are advised to contact Marian Grove

reception to find out current status

regarding access.

Sr Chris

Library Coordinator.



FREE E BOOK ACCESS

Members of all Coffs Harbour Libraries are entitled to access E Books/E Audio and E Magazines via the libraries website. You will need to register as an online user using your library card details.

You can do this online - or alternately call the library on 6648 4900 - or email coffs.library@chcc.nsw.gov.au

Links to online books can be found at <http://libraries.coffsharbour.nsw.gov.au/books/Pages/e-Books.aspx>



Coronavirus Australia 12+
Official Government Info
Australian Department of Health
#1 in Health & Fitness
4.4, 685 Ratings
Free

COVID-19 APP

The Australian Government has released a mobile app that can be downloaded for FREE (app store/android) with government advice and updates, a symptom checker, news + media and more.

TEMPORARILY CLOSED

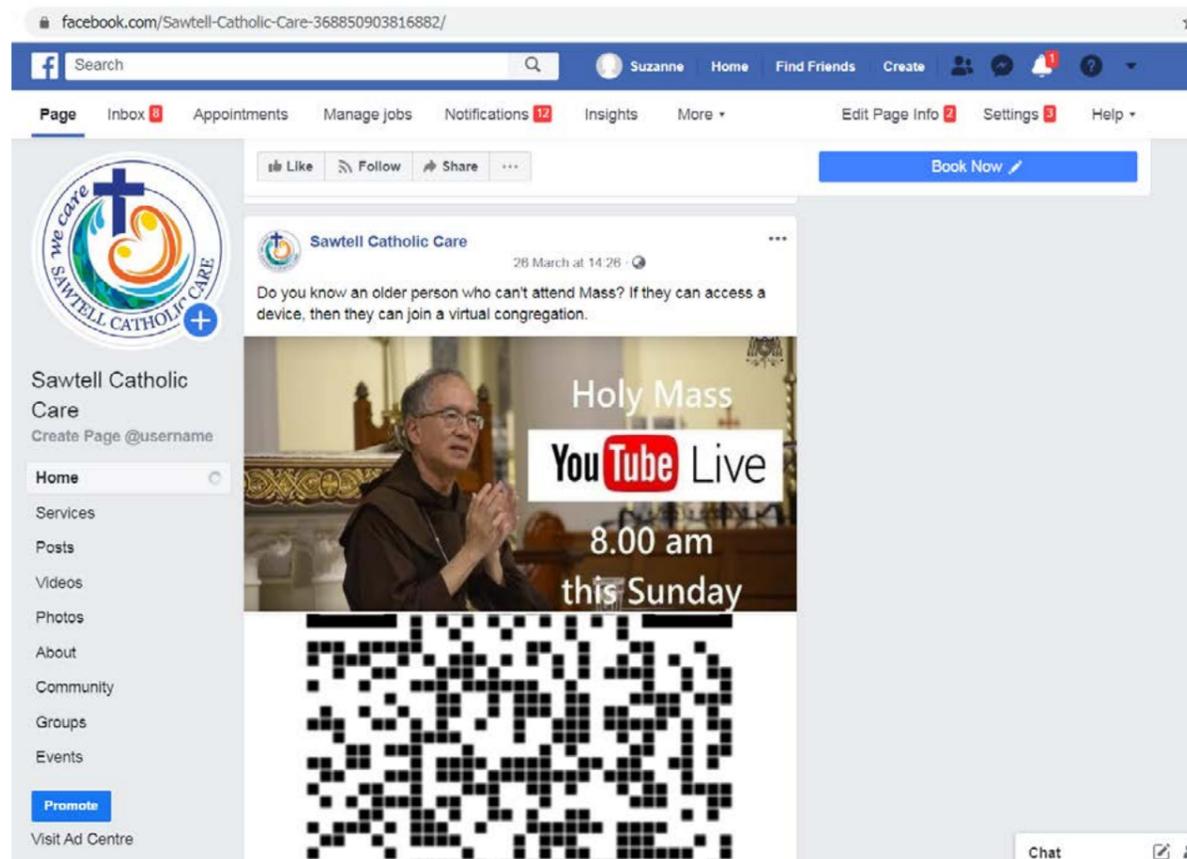
Owing to COVID-19 Coronavirus regulations and restrictions, the Diamond Rose Hair and Beauty Studio will be closed until further notice.

DIAMOND ROSE
Hair & Beauty Studio



ACTIVITIES + EVENTS

Online links, updates, activities and events



SCC FACEBOOK

As some of you are already aware, we have a Sawtell Catholic Care Facebook account.

We do regular updates relating to activities and events that affect our SCC community. Currently we also are adding links to websites that can be helpful for isolated residents to connect with the wider community. Some examples of these are links to 'virtual' Catholic Mass, local businesses offering delivery services for older residents, and links to virtual art gallery/museum/concerts for you to enjoy from your own home.

Michelle Royce

SCC WEBSITE

You can visit scc.net.au and click on



Here we post information and regulations as they come in, relating to the aged care sector and COVID-19, as well as general blog posts and links for residents and their families. If you have direct questions you can 'contact us' via this website or call Mater Christi 66586133 or Marian Grove 66531241

Michelle Royce



COVID-19 INFORMATION

From the Department of Health NSW

COVID-19: IDENTIFYING THE SYMPTOMS

Coronavirus (COVID-19)

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about Coronavirus (COVID-19) visit health.gov.au



VILLAGE NOTICES

Village notices and numbers for Marian Grove Residents

MAINTENANCE ISSUES

Management has completed an annual risk review and we have been advised by experts on the best way to implement and improve the following procedures for maintenance/care requests in Marian Grove.

Maintenance Request

A resident must be at home whilst the maintenance/trade work is being completed. In the event of an emergency, two SCC Maintenance staff are permitted to enter the property to allow us to complete your request. Please advise reception when logging the job if there are specific days or dates you will not be home so this can be recorded with your job request.

Key Safe

Provision of individual key safes for residents are available for purchase from Marian Grove Reception. Cost is \$24 with free installation by SCC Maintenance.

After Hours

For all after hours maintenance emergencies, including unit lock outs - please contact 0417 468 043.

SPEEDING IN THE VILLAGE

This is a reminder that the village has speed limits for pedestrian safety. The area from the Recreation Centre to the front gate is restricted to 10km per hr with the remainder of the village having a 20km per hour speed limit.

IMPORTANT INFO

Marian Grove Resident Details located on the back of your Front Door!

Why do we have these details on the back of your door?

If you activate your medical response pendant and the ambulance is called, then the ambulance staff know to look behind your front door to access vital information - and will take this with them to hospital.

This provides the Hospital Staff with your Name, Date of Birth, Medicare and Health Information as well as a list of current medications and a phone number.

Please take the time to check that this information is correct (as Medicare numbers expire), and your family members can change addresses and phone numbers.

If you need these details updated - please call 6659 6603 and one of the Village Services Team will call in and see you, or you can drop this into reception and they will update for you.

Please also remember to test your pendant on a regular basis by calling the office on 6653 1241; advise them that you are testing the pendant and then press the button. To ensure we are able to record the test, please do this during office hours (8.30am - 4.30pm)



SCC NOTICES + NUMBERS

Handy numbers. SCC notices for all residents

HANDY CONTACT NUMBERS

MG Office: 6653 1241

Maintenance

Office: 6659 6621

After Hours Maintenance:
0417 468 043

MG Village Transport:
6659 6603

Mater Christi Reception:
6658 6133

Police, Fire or Ambulance

In the event of an emergency
press your safetylink pendant.
Alternatively please dial 000.

RESPONSIBLE SCOOTERING

Management is concerned to ensure the safety of all our residents. Please take care when using motorised scooters around the village and ensure they are not being used for joyrides.

We have had complaints that some residents are feeding birds in the village. Hand fed birds become a nuisance. Within a short space of time, many can descend which can be a frightening experience for some. For this reason we ask that birds, along with any other wildlife, are not fed. Thank you. Village Management.

MATER CHRISTI LAUNDRY LOST PROPERTY

Families and Residents of Mater Christi

Please be advised the laundry will keep lost property items for three months at a time.

If you have missing clothing please visit the laundry and they can show you the current items.

In an effort to minimize lost property, Mater Christi offer a labelling service for residents, up to 200 items are labelled using a heat seal for a small cost of \$40.

This service can be arranged at Mater Christi Reception. If you do not wish to use this service we ask that you clearly mark all items with a laundry grade marker.

Tools for the Cedar Men's Shed Museum

The small Men's Shed Museum at the back of Cedar House is a place for residents to see tools that they may have used and remember the skills of their working life. We are seeking donations of hand tools that will be secured behind Perspex in the shed. Old fishing or hunting gear may be useful as well.

Please contact Bec Graham at Mater Christi or Matt Digges.



COMMUNITY CLASSIFIEDS

Please contact the communications team if you have something to sell
mardidavies@scca.net.au michelleroyce@scca.net.au

CLASSIFIEDS

Letterbox at the Office is cleared at 4pm Monday to Friday

Other services available from the office are:

Photocopying 10c per copy.

Faxing \$1 per page. **Stamps** \$1.

FOR SALE

Harley Scooter \$5000 only 4.9 ks on the clock
2Wheeler Walkies \$50 each
Phone Hazel Earnshaw 6653 1715



Wheeler Walker

Black - Standard type.
Used in village only for last 2 years.
Good Condition.
\$50 or best offer.
Ph 66531022



Ellipse Superlite Carbon Fibre Rollator Walker (120kg).

Extra light 4 wheeled walker folding carbon fibre frame height adjustable handles weighs just over 5 Kilograms, The walker has never been used.

Original purchase price \$695 will sell for \$350 ono.
PH Janelle 0431 686 007



Princess Electronic Recliner with tray Excellent Condition Suit adult up to 160cm. \$550 Phone Joanne 0407051396

SONARIS Bathmaster Powered Bathlift Excellent Condition Helps bathe independently. AS NEW STILL IN BOX \$250 Phone Joanne on - 0407051396

King Single Electric bed Excellent condition. Memory foam mattress RRP was \$3000. Sell for **\$1600**. Contact Sandra Tuthill on 0439926011

Quantum 600 Electric wheelchair with electric tilt.

Fully adjustable for passenger, including gel seat insert. Hand control can be moved to back of chair for carer use. \$1000 ono Contact 66532701

Aidacare AC3 bed with near new mattress:

The Aidacare AC3 bed is a three function. Reliable and safe. Comfortable. Cost \$2,650 Asking \$1,300 negotiable Phone Julia on 0435786714



Pride Celebrity Deluxe XL 2017

Only used twice. High performance mobility scooter. High back swivel seat, with headrest and arm rests. Cost \$3,600 Asking \$1500 negotiable Ph Julia on 0435786714



FREE WOOL Fiona Scott MGUnit 55 has free wool to give away. Please contact her if you are interested.



STAGE 7 UPDATE

Marian Grove New Release

Isn't the New Release looking great! This welcome rain has held our external finishes trades up a little bit, but the interiors are 95% finished, with landscaping and exterior painting and tiling well underway. The next stage will be operationalising the building before occupation, once the project is handed over. So there are only a

few months to go until we can look forward to new residents joining our Village community. Thank you for your continued patience and cooperation through the building process.

Steve Laidley
Assets Manager



COMMUNITY CORNER

COVID-19 Update for MARIAN GROVE RESIDENTS

Dear Residents of Marian Grove,
The NSW response to the COVID-19 pandemic is changing daily. At SCC we will try to keep all residents informed of the latest advice of the Chief Medical Officer, and actions that we will take as an organisation to mitigate risk and stem the spread of the Coronavirus.

To date, the response of Marian Grove residents is praiseworthy. Residents have displayed patience, understanding, and care for FELLOW residents in the face of this health threat.

If you feel the need for support please access Village Support Services via the Village administration team or ring Matt directly on 0427 715 853.

Updated precautions and guidance to residents:

- All public gatherings within or on behalf of the Village are suspended until further notice.
- The Grove Cafe is closed to residents and the public.
- We ask that you continue to safeguard yourselves and others by:
- Knowing the symptoms; fever, cough, shortness of breath and sore throat. Contact your GP if you have symptoms.
- Focusing on good hand hygiene: Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.
- If you have a cough, cough into the crook of your elbow not into your hands. Dispose of tissues and use alcohol-based hand sanitiser.

- Keep a social distance from others of at least 1.5. wherever possible.
- If you are unwell, avoid contact with others and please reconsider whether you need to go to any environment where vulnerable members of our society are.

Further updates from the Department of Health can be found at this web address and it should be checked daily: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Kind regards

Barbara Lott
Village Manager (Acting)

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts

health.nsw.gov.au/coronavirus



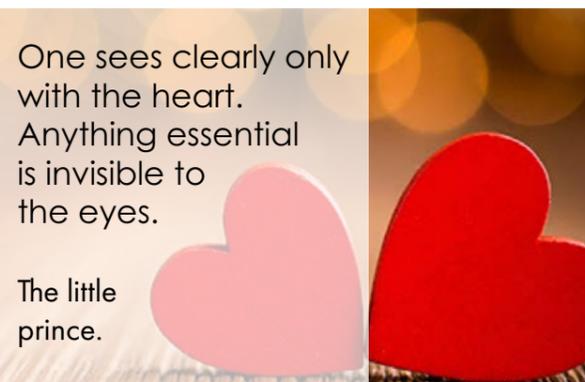
JUST FOR FUN

Autumn

AUTUMN QUIZ

1. The Romans believed Autumnus was the bringer of what?
2. What is the full moon closest to the Autumn Equinox called?
3. True or False; The Autumnal Equinox is the two times of the year when day and night are of same length. It happens when the sun is exactly above the equator.
4. The ancient Etruscan word "Autu" means?
5. United States and Canada refer to Autumn as?

Answers 1. Fruit and Nut Harvest. 2. Harvest Moon. 3. True 4. Passing the year 5. Fall



EASTER QUIZ

1. The ancient Etruscan word "autu" means:

- A** Season of Harvest
- B** Passing the year
- C** Daylight began to fade



2. Finish this sentence. Poison dart frog parents...

- A** Surround their nests with a poisonous liquid that kills any intruders as large as parrots
- B** Kiss their froglets every morning to increase their poison levels
- C** Carry their tadpoles to the tree canopy where they develop in little ponds in plant leaves.



Answers 1. B. 2. C.

APRIL FIND A WORD



P	T	E	N	L	C	W	T	Y	A	O	M	Q	H	H
U	J	M	I	O	S	R	A	Q	V	I	U	W	B	S
X	G	R	O	A	S	D	I	C	Q	Z	J	S	I	U
O	P	L	B	U	C	A	R	S	X	X	S	W	S	O
A	E	V	D	A	I	M	E	D	P	T	E	E	P	U
R	S	Y	Z	H	E	F	D	S	Z	C	C	K	A	D
M	L	N	A	Z	V	M	O	Y	X	M	Z	V	S	I
J	A	D	H	D	D	A	U	L	Q	J	K	L	E	C
A	W	B	O	T	I	Y	G	C	I	I	H	E	L	E
O	C	O	L	O	U	R	F	U	L	A	Q	A	P	D
R	E	T	S	A	E	L	F	V	L	P	G	V	P	X
T	Y	S	V	B	Y	D	P	D	X	D	Q	E	A	J
E	Y	N	T	H	D	Q	T	M	O	A	P	S	B	E
S	N	U	B	S	S	O	R	C	T	O	H	P	K	J
L	L	A	E	E	D	M	A	R	C	H	G	Q	R	Z

ANZAC DAY
 APPLES
 APRIL
 COLOURFUL
 COOLER

CRISP
 DECIDUOUS
 EASTER
 FOLIAGE
 GOOD FRIDAY

HOT CROSS BUNS
 LEAVES
 MARCH
 MAY
 SEASON

CEO REPORT

Dear friends,

Re: Coronavirus COVID-19, SAFETY and PREVENTATIVE MEASURES

We are taking direction through the regular updates from Prime Minister Scott Morrison and the National Cabinet. Please note the following important and urgent information. There will be further updates to come.

Restrictions on entry into Marian Grove

No one is permitted to enter or visit

Marian Grove:

- who have returned from overseas in the last 14 days;
- who have been in contact with a confirmed case of COVID-19 in the last 14 days;
- with fever or symptoms of acute respiratory infection (e.g. cough, sore throat, runny nose, shortness of breath)

Please be advised that Mater Christi will be in LOCKDOWN from FRIDAY 3/4/2020

Yesterday the Prime Minister Scott Morrison delivered an updated situation briefing on the Coronavirus COVID-19, along with new measures directed by the Chief Medical Officer, Professor Brendan Murphy, for the protection of vulnerable persons in aged care facilities.

Restrictions on entry into Mater Christi Aged Care facility

- **As of 4:30pm Friday 3rd April, 2020, The Mater will be closed to visitors**
- **From Monday 27th April visits will be re-instated** under the following conditions (conditional on no further restrictions imposed by the Department of Health in the interim):

Visitors – Initial Restrictions/arrangements from 27th April

- Visits will be permitted Monday-Friday, 9am – 3:30pm, by appointment only.
- **Limiting visitors** to only one (1) person per week, per resident, for 30 minutes, at the direction of resident or their nominated representative as per our records.
- **Visits will be conducted in a resident's room/unit**, outdoors, or in a

specific area agreed by our staff, rather than communal areas where the risk of transmission to other residents is greater.

Visitors will be required to practise hand washing social distancing behaviour, including maintaining a distance of 1.5 metres from other people at the facility.

- Proof of current vaccination for influenza is mandatory after May 1st for all visitors.
- The restrictions and visiting allowances from April 27th are subject to change at the direction of the Department of Health.

Advice for Senior Australians including those with existing health conditions

Coronavirus has more serious impacts on older Australians, those over 70 years of age and Australians with existing health conditions or comorbidities.

National Cabinet's strong advice is for self-isolation at home to the maximum extent practicable for Australians over 70 years of age or over 60 years of age who have existing health conditions or comorbidities

These groups should limit contact with others as much as possible when they travel outside.

National Cabinet's strong guidance to all Australians is to stay home unless for:

- shopping for what you need - food and necessary supplies;
- medical or health care needs, including compassionate requirements;
- exercise in compliance with the public gathering requirements

We will endeavour to handle these directives and restrictions with sensitivity and on a risk management basis, working together with our residents, families and staff accordingly.

Wishing you a peaceful and healthy Easter

Kind regards
Michael Darragh
CEO

