

Dear Residents,

I'm pleased to report that we remain free from any diagnosed cases of COVID-19 in our Lodge and Village. While there have been 115 cases in Gosford postcode and some residents and staff have had to go into quarantine as a precaution, no-one has tested positive to date.

Update on COVID-19

The Easter Weekend took on a very different character for many of us, not least of all for members of the police force who were on the roads enforcing travel restrictions! Thankfully there are early signs that the rate of transmission in Australia is slowing as a result of the governments' current suppression strategies. Further to this, the prime minister's address yesterday indicated that they are working on a number of initiatives that may enable an easing of restrictions in the next 4 weeks including:

- Expanded testing for COVID-19
- Enhanced ability to trace the spread of the virus
- Greater ability to respond to local outbreaks

I hope you are finding pleasant or productive ways to pass the time during this period of isolation. Remember, it is important that we continue to stay home unless we need to go out for work, exercise, education, medical appointments or care giving.

It's even possible to have a GP consultation over the phone now to avoid the risk of infection!

Ways to Stay Connected

Although visitors are not allowed, it is still important to stay connected.

Phone

Most people enjoy a phone call if they are spending most of their time alone at home.

Veranda Dates

You can't visit your neighbour, but you can be on your own veranda at the same time as your neighbour is on theirs. Why not arrange a time to sit outside and have a cup

of tea or a drink together? Perhaps you can water your gardens at the same time (but stay in your own yard).

Pen Pals Anyone?

Some families have re-discovered the art of letter writing (or perhaps you never lost it!). This is a real novelty for some of the grandkids – and they get to walk to the post box to post it!

Video Calls?

If you have a smart phone, tablet or computer with a camera, you could try using WhatsApp, Facetime or Messenger to have a video call with your family or friends.

If need help to set it up, perhaps a family member could come and assist you to set this up, as part of care arrangement for your mental health. Of course, stay 1.5 m apart and no hugging if you decide to try it...

Facebook

You might also like to have a look at our Facebook Page where we are publishing some good news stories <https://www.facebook.com/EvergreenLifeCare/>

Netflix, Online movies

If you have the internet connected, you can set up a Netflix account or similar to access a wider range of movies and tv programs. If you don't have the internet, but would like to set up an account, call reception for information.

Community Centre Library

Although the Community Centre library is closed, staff are happy to select some books for you to borrow. We are taking special precautions with wiping surfaces and quarantining books for a week before they can be re-borrowed.

Anzac Day Initiative

We would like to invite you to participate in a rather unusual Anzac Day celebration this year at sunrise or sunset.

You could set your alarm for 6am on Saturday, make a cup of tea and watch the sunrise while honouring those who fought for our country.

If that's too early, perhaps you could relax with a drink and watch the sunset while remembering our diggers.

Susan and Lynne from Broadwater Day Club have made ANZAC Day poppies (enclosed in this letter). We'd love for you to display them on your front doors or windows.

Vanessa will be setting up red poppies at the Memorial Water feature and around the Community Centre Gardens. You are welcome to walk around and view them during your exercise on Anzac Day!

Please remember, the NSW restrictions on travel and gatherings remain in place for everyone. Furthermore, if you or your partner have been in hospital, you will be required to self-isolate for 14 days even if you don't feel sick. It may sound silly, but the virus is often transmitted by people who don't have symptoms!

Please don't hesitate to send through feedback or suggestions and thank you for helping to keep our community safe.

Stay well and best wishes.

A handwritten signature in black ink, appearing to read "Helen Wilson", with a long horizontal flourish extending to the right.

Helen Wilson

Chief Executive Officer