

Dear Residents, Families and Friends,

This week the Aged Care Visitor Access Code was finalised and we have seen further relaxation of restrictions on movement and gatherings across NSW and nationally. This was made possible by our collective efforts to control the spread of the virus. On behalf of Evergreen Life Care's Board and Management, I would like to thank you for the part you have played in keeping our residents, staff and visitors safe during this difficult time.

In the last 24 hours, 12,200 people were tested in NSW and only 8 new COVID-19 cases were identified. There have been no new cases diagnosed on the Central Coast and none amongst residents or staff, therefore current visiting arrangements will continue for the following week (see details attached).

It has been lovely to see some familiar faces visiting the Lodge again in person, and video conference calls remain popular!

As people start to socialise more in the community, however, health advice is that we must remain diligent in maintaining physical distance, cough etiquette and hand washing to avoid a second wave of infections.

Visitor screening at the Lodge will include monitoring of COVID-19 Hotspots and we will be asking families/friends who are living or working in these locations to use video conferencing or phone calls rather than visit in person. We would appreciate your assistance in monitoring and managing your own risk profile.

In addition to other measures already in place, extra cleaning is being undertaken after each visit.

Please note that visits may be cancelled at short notice if there is a local outbreak or significant escalation of risk in the home.

We have enclosed some social snippets and words of wisdom from our residents for your enjoyment. If you have any questions, concerns or suggestions, please let us know. Stay safe 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

Yallambee Lodge - Timing of Visits and Facilitated Video Calls

Monday to Friday	Visiting	11am -2pm
Monday to Friday	Video calls	4pm to 6pm
Saturday/Sunday	Video conferencing	11am – 12.30pm
	Visiting	1pm to 3pm
Length of Visits	Up to 1 hour, unless additional risks are identified	
Visits per Week	1 per resident unless exceptional circumstances	
Bookings Essential	Phone reception on 02 4349 2301	

Precautions

- ✓ Hand sanitiser on arrival and before touching things
- ✓ Temperature check ≤ 37.5 degrees
- ✓ Evidence of flu vaccination e.g. medical certificate, Medicare printout
- ✓ Completion of screening questions on entry
- ✓ Access to resident room only (or outside room by exception)
- ✓ Strict physical distancing – remain at least 1.5 m apart with no physical contact
- ✓ Try to limit your community exposure to the virus prior to visiting

We also recommend you download the COVIDSafe App, though this is not mandatory

Visitor Risk Assessment

Entry is not permitted if a visitor:

- X Has a fever – Temperature check > 37.5 degrees
- X Has a respiratory or other infectious illness
- X Has been diagnosed with COVID-19 (until medical certification of full recovery)
- X Has been in contact with someone suspected of or diagnosed with COVID-19
- X Has travelled overseas in the last 14 days
- X Cannot provide evidence of current flu vaccination

Additional precautions may be required if the visitor

- Lives in a large household that is actively moving in the community
- Works in a setting where they are exposed to large numbers of people eg health care or grocery store
- Recently spent time in a hospital

Social Snippets

Surf's Up for Cathy and Bill.....!



Tea Anyone?

Margaret and Joyce are looking beautiful for Afternoon Tea!



International Nurses Day



Evergreen Life Care staff and residents gathered (at a suitable distance) to celebrate International Nurses day yesterday on the 200th anniversary of Florence Nightingale's birth.

We asked our staff why they choose to work here at Evergreen and they told us:

They serve because of who they are: They care and they love making a difference.

They serve because of their respect for our residents. They told us: "This generation shaped our values and our lives".

They serve with their hearts

We're very proud of our team and we're grateful to residents and families at Evergreen Life Care for the trust you place in us. It's our privilege to care.

Special Care Vegetable Garden

Our vegetables have really taken off!

