

Dear Residents, Relatives and Friends

I hope you have found the last month to be a little easier with the relaxation of restrictions in movements and gatherings. I am pleased to advise that we remain free of any COVID-19 cases at Evergreen Life Care and we are not aware of any cases active on the Central Coast. However, we are watching the outbreaks escalate in Victoria and now closer to home in Sydney with some concern. Please take note of the following update and additional precautions for your safety.

NSW Public Health Alert

NSW Health have issued a number of public health alerts following a COVID-19 outbreak originating at the Crossroads Hotel in Casula, Sydney. We understand approximately 1000 patrons were potentially exposed to the virus between the 3rd and 10th July, and NSW Health is undertaking an extensive tracing and testing exercise. So far 34 people have been diagnosed with COVID-19 from this outbreak, and each of these has potentially transmitted the disease to others. The Department is regularly updating the list of hotspots arising from the incident and we are updating our screening process for visitors and staff accordingly.

COVID-19 Hotspots

Any visitors, staff or suppliers who have been in the following locations during the dates below are not permitted entry to the Lodge or Village for 14 days after they were last there. People who have been at any of the locations below should watch carefully for any symptoms and have a COVID-19 test at the slightest concern, remembering symptoms may take up to 2 weeks to appear.

Further to this, the Department of Health have instructed that individuals who were at the Crossroads Hotel, Picton Hotel or Planet Fitness at the dates below are considered to have been in close contact with a confirmed COVID-19 case. They must immediately self-isolate for 14 days after they were last there and have a COVID-19 test even if they have no symptoms.

Location	Date
Victoria (whole state)	24 June
Belmore: Canterbury Leagues Club	4 July
Caringbah: Highfield	5 July
Casula: Crossroads Hotel	3-10 July
Casula: Planet Fitness	4 – 10 July
Kurnell: Cook@ Kurnell	5 July

Merimbula: Merimbula RSL	6 July
Merimbula: The Waterfront Cafe	7 th July
Murrays Downs: Golf and Country Club	4-5 July
Narellan Town Centre: (Kmart, Target, Best & Less, H&M & food court)	6 July
Picton: Picton Hotel	4, 5, 9, 10 July
Pymont: Star City Casino	4 July
Villawood: Zone Bowling, Villawood	27 June

Visiting Hours

There is no change to visiting hours and guidelines at this point, however, we may need to respond quickly if the risk escalates. Please keep an eye on your emails and the notice board for updates and beware of the screening requirements.

Friends or family wishing to arrange a visit or video calls can contact reception on 4349 2301.

Our Visitor Guide can be found on our website by clicking this [link](#).

Resident Outings

The Department of Health have advised extreme caution for residents who are going on an outing. We have added a declaration page to our risk assessment for residents and families to complete if wishing to leave the facility (a copy is attached for your convenience). Residents and families have a responsibility to answer screening questions honestly under the visitor code of conduct.

Please be aware that any outings other than visits to the family home, a drive or a walk around the Evergreen campus will be considered as high risk until further notice, due to the contagious and unpredictable nature of the COVID-19 outbreaks underway. If conditions allow, we are aiming to re-open the Everbean Café at our community centre next week, to provide another safe outing option for residents and families. Please check with reception next week if you are interested.

Your Health

You may have seen the “Don’t distance yourself from your health” campaign run by the local Primary Health Network on NBN Television. It highlights the importance of continuing to look after our health during COVID-19. If you need to see a GP or health professional, please don’t put it off. They are offering face:face, phone and video options to keep you connected.

Tips for managing your mental health and wellbeing have been provided by the Department of Health. They encourage us to stay physically active, set a routine, and stay connected with friends and family. If you need help, support is available through a number of organisations including:

Beyond Blue Hotline:

- Phone 1800512348 or
- Click on the following link [Beyond Blue Coronavirus Mental Wellbeing Support Service](#)

Lifeline:

- Phone 131 114 or
- Click on the following link [Lifeline Support](#)

Aged Care Worker Day – Friday 7th August

Due to COVID-19, we won't be hosting a morning tea this year for Aged Care Worker Day. If you would like to encourage our staff, we are inviting you participate in the following ways:

- Send a thank you using the attached certificate which will be added to our Wall of Fame at Yallambee Lodge
- Record a message of thanks on your phone and send this through to us info@evergreenlifecare.org.au
- Write a message on a balloon and tie it to your chair.

If you have a positive story to share about an Aged Care Worker, we'd love to hear from you!

As always, please let us know if you have concerns or feedback.

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

Social Snippets

