

Dear Residents, Relatives and Friends,

I am pleased to report that we remain free of COVID-19 at Evergreen Life Care, and we are grateful for your assistance. As community transmission rates increase, however, our management team have undertaken a risk assessment and determined the need to take additional precautions from this weekend.

Rationale

The Victorian crisis started small and has grown exponentially, with 300 new cases diagnosed yesterday. This is having a significant impact on communities and tragic consequences in aged care.

Community transmission has now spread to NSW with 81 cases diagnosed in the last week across metropolitan and regional NSW. Each day we receive a list with more venues impacted, requiring people to test and isolate. We saw seven new cases diagnosed in the last day and it only takes one person with the virus to start a new outbreak. For example, the Thai Rock restaurant cluster is responsible for 52 cases; the Crossroads Hotel outbreak is responsible for 56 cases and a visitor to Port Stephens is responsible for an outbreak of three diagnosed cases so far. Many people have been travelling through school holidays and circulating in pubs, clubs, shops, sporting venues and workplaces, and a study of cases between end April and 22nd June showed that over half of the transmission occurred in family groups.

In response we have seen additional restrictions placed on aged care facilities located in major hotspots in Sydney and the Local Health District has instructed staff to wear masks from today.

Key messages from NSW government include to avoid non-essential travel and gatherings. Isolate and get tested if you have symptoms. Follow hygiene and social distancing guidelines. Use a mask indoors if you can't social distance.

Changes to Visiting Rules at Yallambee Lodge from Saturday 25th July

From tomorrow – Saturday 25th July:

- Visitors are encouraged to wear a mask. You will notice that staff and contractors will be wearing masks while on duty

From Monday 27th July:

- Visitors to the Lodge and will be required to wear a mask

- Outings are discouraged except for medical and essential appointments. Residents will be required to isolate for 4 days on return if they go on a social outing and come into contact with family, friends or other people not wearing a mask.

Unfortunately we do not have sufficient supplies to issue all visitors with masks. You can purchase surgical or cloth masks or you can make your own. Please note, three layers of fabric are required to be effective in home made masks. The Victorian Government instructions are attached to this email for your information. A small number of masks will be made available to visitors by for emergencies. If you are having difficulty sourcing one, please contact reception.

For information on how to use and clean a mask, click on the following link or past it into your internet browser: [Corona Virus Podcast by Norman Swan](#).

Please remember to book ahead if you are visiting the Lodge and follow hand hygiene and social distancing requirements. Please do not queue at reception, but wait outside or on markers if reception is busy.

As always, video calls can also be arranged by phoning reception.

We know it's a drag!

If we could change things we would, but there's only one way and that's forward. We thought we'd have a little fun. We will be running a competition for the funniest and the prettiest mask. To enter, please send a photo of yourself in a mask. Elle is setting the bar pretty high for us here!

In praise of the humble face mask

Much maligned
But smartly designed
They help keep COVID at bay.

Don't be too proud
To put on this shroud
When next you come out to play!



Can you help?

If you are handy with a sewing machine and would like to help by sewing some masks for others, please get in touch with Elle elenag@evergreenlifecare.org.au or 4349 2300.

Aged Care Worker Day

Friday 7th August we will be celebrating Aged Care Workers' Day – care workers, kitchen staff, cleaners, administrators – we are proud of the work they do and we hope you will join us in recognising them.

We will have balloons on the day where you can write a message. You can send through a certificate to a worker or workers that you would like to recognise. We are also collecting videos if you would like to record a message.

Meanwhile, stay safe and well.

A handwritten signature in black ink, appearing to read "Helen Wilson".

Helen Wilson
Chief Executive Officer

Social Snippets

Joan, keeping spirits up!



Malo

On Friday 17th July, our Care Manager Malo Kilander became an Australian Citizen! Congratulations Malo! Malo prepared a lovely video for us on why she loves aged care which is up on our Facebook Page. You can view by clicking control + this [link](#).

