

Dear Residents, Families and Friends,

While we remain free of COVID-19 infections at Evergreen, the NSW Ministry of Health has cautioned us due to a resurgence of cases developing in parts of Sydney over the holidays. NSW Health are in the process of tracing the movements of the infected people, so we are waiting to learn the extent of the spread.

In the meantime, we will continue with precautions in place.

Visiting Arrangements

A copy of Yallambee Lodge Visiting Guide can be access by clicking on this [link](#) (hold down the control button).

Face:face, window visits and virtual visits can be booked through reception.

Access Restrictions

Access is not currently permitted for people who have been in Victoria or in Liverpool or Campbelltown local government areas in the last 14 days. Note these locations may change at short notice.

A list of venues on alert due to known Covid-19 cases can be found by clicking [this link](#) (hold down the control button).

Exceptions

Compassionate exceptions may be granted by the Facility Manager (Ann Young) or Care Manager (Malo Kilander)

Social Outings

We understand that some residents wish to undertake social outings from the facility, and we continue to recommend a range of safer options including: a walk around the village gardens, a visit to the Everbean Café (Mon-Friday 9.00 – 2.00pm), a drive or short trip to the family home.

Masks, physical distancing and hand hygiene are essential.

Outings will be risk assessed and additional precautions may be required in some instances. We are not recommending visits to clubs, shopping centres or busy restaurants at this time.

Capital Works

We have attached an update on the electrical works planned for next week. Unfortunately, there will be some noisy periods and our team will endeavour to minimise the impact on residents as much as possible. Please contact management if there are any concerns arising.

Warm Regards



Helen Wilson

Chief Executive Officer

Fun and Fitness at the Lodge

Residents of Yallambee Lodge are participating in Guide Healthcare's Tokyo Marathon 2020 during the month of October. They have enthusiastically taken up the challenge to see how many marathons they can complete within 30 days. Each marathon is 42km, and they can choose from several circuits around the home, passing key virtual landmarks such as Tokyo Tower and the Imperial Palace.

You can watch the progress of the Evergreen Team Enduring Evergreen Energetics and others on the LIVE scoreboard on the [Guide Website](#).

Exercise benefits both physical and mental health. With a touch of competition and fun added, it is a great way to get people moving this spring!



A challenge to all those other aged care providers – our residents are aiming for GOLD!!

Photos: Stuart and Finni on the course!