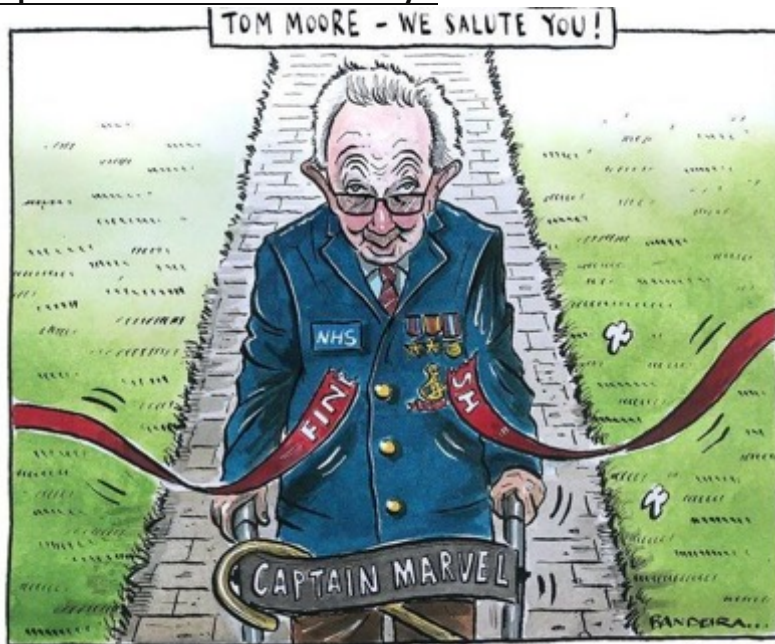


COVID-19: NEWSFLASH #22: THURSDAY 30 APRIL 2020

LEVEL 5 LOCKDOWN: DAY 21+14=35

Captain Tom Moore is 100 today!!



We featured this remarkable man in the Newsflash of Friday 17 April 2020. Since then, more remarkable things have happened in this man's life, and worth sharing:

- Today there will be a military "fly over" of his home by ex-RAF Spitfire planes, to salute the man
- The Royal Mail created a special postmark, and all UK stamped post up until tomorrow will be marked with: 'Happy 100th Birthday Captain Thomas Moore, NHS fundraising hero 30th April 2020'
- When we last reported, his fundraising had generated 18 million Pounds; the fund hit 30 million GBP today!!
- He has said he will continue walking up and down his garden for as long as people keep donating
- The money raised is being spent on 'wellbeing resources' for health care workers, such as counselling, care packages, and 'wobble rooms' for them to express emotions in during traumatic shifts. Some of the funds have also gone towards electronic devices for patients whose families cannot visit them, to help them stay in touch
- More than 140,000 birthday cards have been sent to the school which Captain Tom's grandson attends, and have been spread across the Great Hall floor there
- The popular song "You'll Never Walk Alone" has become an anthem for UK medical staff during the Coronavirus pandemic. Capt. Tom's duet with Michael Ball (Phantom of the Opera etc) and the NHS 'Voices of Care' choir, recently recorded, is the fastest-selling single of 2020, and he is the first centenarian to ever get to Number 1. This new version features an introduction from Capt. Moore, who speaks the lyrics: "When you walk

through a storm, hold your head up high and don't be afraid of the dark. At the end of a storm there's a golden sky and the sweet silver song of a lark."

- Guinness World Records has recognised Capt. Tom with two separate world records; as the largest fundraiser ever in an individual charity walk, and as the oldest person to have a number-one single on the UK charts (he beats previous record-holder Tom Jones by over 30 years!).

We salute Capt. Thomas Moore; he is an example to us all, especially now, but also forever.

Lockdown Level 4: some of the changes:

We received this e-mail from our CEO Hein Barnard this morning:

Greetings to everyone. I trust that you are all keeping well. Your tolerance and patience is commendable!

I am so proud of what our President has done during the Lockdown period. I am, however, perplexed by some of his subordinates' vague announcements; there are more questions than answers.

Via today's Newsflash I would like to address some of the Lockdown changes announced last night on TV, and effective midnight tonight (but please note that some of these may change in the days to come):

- *Wearing of masks is obligatory when outside your residence (within the complex or in public)*
- *A strict curfew applies between 20:00 and 05:00 (you must be in your home)*
- *There is a limit of three people per private vehicle (all must wear masks)*
- *Church meetings or other public gatherings (other than <50 at funerals) are still not permitted*
- *'Hot cooked food for home delivery' is allowed (but you will need to go to Village gate to receive/pay)*
- *Sale of alcohol and cigarettes is still prohibited*
- *Yesterday's announcement said that citizens are allowed to walk, cycle and run between 06h00 and 09h00 daily, within a 5 km radius of their home. CovidCom is urgently analysing that, as there are conflicting views, so please await a further announcement from CovidCom before venturing out.*

I also want to bring the following to your attention:

- *Exercising at any time (other than 20h00-05h00) in your Complex' grounds remains "business as usual", as previously indicated. Enjoy!*
- *As from tomorrow, residents may mow their own lawns (or your neighbour could do it for you)*
- *No recreational/personal visits to another cottage are allowed (it's the law)*
- *Part N of the gazetted change to the Disaster Management Act (Level 4) states that: "Live-in staff, and staff providing care to the sick, mentally ill, elderly, people with disabilities and children" will be allowed to work". CovidCom has decided not to allow domestics and gardeners to return to work, under Level 4.*
- *Only emergency repairs will be undertaken*
- *No hairdressers will be allowed onto any MHA premises*
- *Libraries and Community Halls within MHA Villages will remain closed. Stay safe*

Hein Barnard/CHIEF EXECUTIVE OFFICER

Okay; enough serious stuff for today! Let's welcome the long weekend in with these wise words:

**MAKE SURE YOU TEST POSITIVE FOR FAITH
KEEP YOUR DISTANCE FROM DOUBT
ISOLATE YOURSELF FROM FEAR
TRUST IN GOD THROUGH IT ALL. AMEN**

**COVID-19: NEWSFLASH #21: WEDNESDAY 29 APRIL 2020
LOCKDOWN: DAY 21+13=34**



Is anyone else out there feeling sad at times and needing a good cry? Anyone else with that sinking feeling in the pit of one's stomach called anxiety? It happens when one sees so much sadness in the world!

Note to self:

- Missing the physical presence of children, grandchildren, those we love, dear friends and worrying about their safety, is understandable
- The social isolation that is becoming more difficult as one longs for the freedom of movement to walk and talk with friends and to worship in Community are basic human needs
- Thinking about the possibility of contracting this virus oneself is real. Will I survive? I might die! Am I ready for this? Are my affairs in order? Am I doing enough to stay safe?
- Hearing of the pain of people dying alone, loved ones not able to be present to say goodbye, is heartbreaking
- At this time of the Covid-19 pandemic, sadness, anxiety, fear, even anger, are understandable human responses.

What to do?

- I need a listening ear, someone who cares enough to not judge me, just hear me, not give me false assurances
- I need to give myself permission to cry, to shed heartfelt tears. Even cowboys cry!
- And to know that screaming and raging can be prayers.

One of my favourite quotes, from Joyce Rupp, is helpful: " May you welcome the tears you shed as friends of your soul, gifting you with an opening to release your pain"
When the "storm" passes, as it does, and I begin to feel that release, I am free to feel gratitude, an attitude of the heart, count my Blessings and watch them grow.
I need to remind myself....."This too shall pass".

(This heartfelt and encouraging article was written and submitted by Sr Lesley Lawson, who serves on the MHA Board, is our Community Services Director, and is also Chairperson of St. Francis Hospice, where she continues a 34 year involvement)

Urbi et Orbi:

Below is the first part of Pope Francis' address during the Urbi et Orbi ("To the city and to the world") blessing he delivered from the steps of St. Peter's Basilica at the Vatican on 27 March 2020 (coincidentally the start date of our SA lockdown), while praying for an end of the coronavirus.

"For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel, we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat....are all of us. Just like those disciples, who spoke anxiously with one voice, saying 'We are perishing', so we too have realized that we cannot go on thinking of ourselves, but only together can we do this".

Reaching out to others:

MHA has received some approaches from residents about what they, and their communities, could or should do to reach out to others during these trying times, when hunger and desperation is everywhere. In particular, those kind-hearted folk are concerned about MHA employees, or those people employed privately to help clean cottages or maintain gardens and who cannot currently work, or the indigent aged beneficiaries of our Nikithemba outreach project. This concern for others is laudable.

However, this really is a Catch-22 situation. Providing food parcels to staff or contracted workers could place them at significant risk when they walk home after dark with a bag of groceries. The five Carers employed to deliver concentrated fortified food packets to the sixty Nikithemba beneficiaries (who each receive four packets per week) are also unintentionally being put in harm's way, by delivering the food. The parcels get taken to Gqebera township by MHA employees using a MHA vehicle, and they too are being exposed to danger. Giving cash to vulnerable people also creates problems.

The Nikithemba challenges are work in progress for MHA. That project will be under review when time allows, and when those involved can meet together again. Nikithemba as a ministry has served a wonderful purpose for fifteen years, and we need to continue with it, perhaps in a changed format.

Regarding gifts to non-MHA employees, MHA regrettably cannot offer advice or guidance with that.

Woolworths at Access Park:

As of yesterday there were ten positive Covid-19 cases at that store, which many nearby MHA residents frequent. The entire workforce there has been substituted, and the premises sanitized, as a precaution.

CovidCom does not believe that this should be cause for alarm, or that MHA residents or staff should avoid shopping there. It is like every other retail store across the City, across the

world; anyone, whether staff or customer, could enter the store when carrying the virus. You should all be practising the obvious safety precautions anyway: sanitize as you enter the store, maintain a safe distance from everyone, and sanitize once you have unpacked at home. Also, PLEASE wear a face mask whenever you are away from home. As from Friday 1 May 2020 it is going to be mandatory, so get into the habit NOW!!

COVID-19: NEWSFLASH #20: TUESDAY 28 APRIL 2020

LOCKDOWN: DAY 21+12=33



We all deserve a pat on the back, and a medal pinned to the front; we have survived Lockdown Level 5, and only “three more sleeps” before we go to Level 4! Then moving to Level 3 will depend on the spread or containment of Covid-19, and on how the public responds to the restrictions and safe behaviours which must be part of our daily lives. Poor discipline or non-compliance could land us back at Level 5.

Level 5: life under lockdown:

Level 5 is the hard lockdown South Africa has come to know: only essentials may be bought, and only essentials may be made. We will be moving to Level 4 on Friday 1 May (but probably not Durban)

Level 4: essentials, and a little bit extra (but including a nightly curfew 20h00 to 05h00):

As from 1 May we'll be able to buy even non-essential stuff from stores already open to sell food, including tobacco products, but not alcohol.

Postal delivery will resume, and we will be allowed to exercise more than just to/from the postbox!

E-hailing and taxis will be allowed at any time, but with limits on how many passengers each may carry.

Industries to re-open include: agriculture (including wine-making), open-cast mining, and all financial and professional services.

Level 3: takeaways, alcohol, and clothes:

Some domestic air travel will return, but with limited flights per day, and authorization required to travel.

You'll be able to buy takeaway food and order from Uber Eats and Mr D.

Online stores will be allowed to sell and deliver.

Clothing stores will be open, and you'll be able to buy hardware even if you aren't a plumber.

Alcohol will be on sale again, albeit during restricted hours.

Also back on sale: stationery, cellphones and computers, and books.

Industries to re-open include: carmakers, chemicals, and Transnet.

Level 2: you can fly, and domestic workers return:

Domestic workers will be allowed to return to work, and informal waste-pickers will be

allowed on the street.

You'll be able to fly without an excuse, albeit only within South Africa.

All retail, manufacturing, and construction will be allowed, with no capacity limits for miners.

Also back: all government services, and installation and maintenance workers.

Level 1: 'restrictions' on international travel:

Besides hygiene requirements for public transport, the only limitation at Level 1 would be unspecified "restrictions on international travel". This needs to be clarified, nearer to the time.

CovidCom will try to keep you all informed of changes and provide more detailed information per Level, but we recommend that you monitor changes which may affect or interest you, via the media.

Viva MHA nursing and caring staff, Viva!!!

This Newsflash edition is dedicated to our Nursing and Caring staff, five of whom appear on our masthead for this week. Many staff leave challenging circumstances behind in order to get to work on time; they work tirelessly in carrying out their calling to care for the elderly, and then they go home at night or in the morning to a household which needs them and has missed them. Our private taxi service does help.

We thank them and praise them for the work they're doing; showing great courage as they work in an environment with an unseen enemy; attending to the various personal daily needs of frail people, administering medication, monitoring and managing and training, making sure that the facilities are clean, sanitized and compliant with laid-down procedures; counselling, and offering care and love, and stimulation to prevent boredom; preparing and serving meals, and keeping our kitchens hygienic and tidy. God bless all of you, and your families.

Yesterday was Freedom Day in South Africa!!!



As Apartheid was dismantled, a non-racial Constitution was adopted in 1993, and came into effect on 27 April 1994, the day the nation cast its vote in the first democratic election in the country. The ANC was voted into power, and Nelson Mandela was inaugurated as the President of South Africa on 10 May, making him the country's first black chief executive.

The elections were the first in which citizens of all races were allowed to take part. Millions queued in lines (remember the images, like above, of the snaking queues of patient people, waiting to cast their vote?!). Altogether, 19,726,579 votes were counted. The date 27 April is now an annual public holiday: Freedom Day. We didn't enjoy much "freedom" yesterday--crazy times!!

It is healthy to reflect. Which "snaking queue" did you stand in, more than a quarter of a century ago? Was the mood sombre or jubilant, or a bit of both? What were your thoughts, fears and expectations on that momentous day? Fast forward 26 years: we have so much to be grateful for, as South Africans.

**THE WORLD HAS FLIPPED
UPSIDE DOWN. OLD FOLKS
ARE SNEAKING OUT OF THE
HOUSE AND THEIR KIDS
ARE YELLING AT THEM TO
STAY INDOORS!**



COVID-19: NEWSFLASH #19: FRIDAY 24 APRIL 2020

LOCKDOWN: DAY 21+8=29



TGIF!! You probably all listened to our President on TV last night. The phased scaling down of Lockdown is going to be increasingly frustrating, but it's the sensible and cautious route to follow, especially as South Africa is nowhere near witnessing, or even comprehending, the full fury of the Covid-19 monster.

The shocking and unacceptable lack of health-related readiness and leadership within our Metro and our Province, as exposed during our Health Minister's visit to the City on Wednesday, must not go unpunished. It is criminal that our hospitals are not ready; they are

understaffed and under-equipped, there is a huge demand for personal protective equipment (PPE), and they are way behind what is needed in terms of testing and screening. If MHA could get its house in order by early March, and constantly improve and expand on what it needs to do in order to protect its citizens (the residents and staff), why can't the provincial Health Department get it right? You all know the answer!

We share an important message with you all on page 2, but first a bit of funny and some reflective stuff!



The Dalai Lama said this: “Wherever you have friends, that’s your country; wherever you receive love, that’s your home”

The following piece is attributed to Sonya Renee Taylor, an American author, poet, public speaker and educator:

“We will not go back to normal. Normal never was. Our pre-Corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of

humanity and nature”

MESSAGE FROM YOUR LIBRARIAN: Post-apocalyptic Fiction section has been moved to Current Affairs

Our Nursing Services Manager, Sanet Marx, has received enquiries from some residents about what they should do if they show symptoms which they suspect is Covid-19. This is her message to all of you:

Follow this procedure should you suspect infection with Corona virus:

1. If you have a medical aid: contact your doctor or go directly to the nearest Ampath or Pathcare. They have safe and secure drive-thru facilities for testing
2. If you don’t have a medical aid: go to your nearest clinic or to the Central Community Health Centre. Screening will be done there. If further investigation is needed, they will refer you to Livingstone Hospital where testing will be done
3. I encourage you to make use of the Whatsapp number below. They go through the screening questions and, depending on your answers, will recommend what should be done (eg. you are at low risk of having COVID 19 and won’t need to complete the risk assessment for the next 7 days)

CORONA VIRUS (COVID-19) 24-HOUR HOTLINE NUMBER: 0800 029 999

CORONA VIRUS (COVID-19) WHATSAPP NUMBER: 0600 12 3456

Step 1: Save the number to your Contacts on your mobile

Step 2: Send the word "Hi" to Covid-19 Connect and start chatting

I have tried both these numbers and they are active and working.

These are the screening questions you will be asked:

- Have you noticed any recent changes in your ability to taste or smell things?
- Have you been in close contact to someone confirmed to be infected with COVID-19?
- Do you have a pre-existing medical condition eg. lung disease, heart disease, diabetes with complications, TB, HIV?

- Do you have a cough that recently started?
- Do you have a sore throat, or pain when swallowing?
- Do you have breathlessness or difficulty breathing?
- In the last couple of days, have you experienced pain in your body, especially your muscles hurting more than usual?
- Do you feel very hot or cold? Are you sweating or shivering? Do you have a temperature?

We need to close off with a reminder about socializing:

1. Lockdown prohibits a resident from visiting another resident in his/her cottage or room
 2. Similarly, a resident cannot leave his/her village and pay a social visit to another person
- This is currently the law of the land; it's not just MHA's rule. There are unfortunately a few serial offenders in this regard; the consequences of breaking the law are yours, not ours. We ask all residents to comply.
- Enjoy the long weekend. Planning anything special?!!! Back on Tuesday!!

COVID-19: NEWSFLASH #18: THURSDAY 23 APRIL 2020

LOCKDOWN: DAY 21+7=28

The Covid-19 vaccine

It is a scientific certainty that a vaccine will be produced within the next 9-18 months, which we all hope and pray will rid the world of the Covid-19 scourge. How much damage globally the virus will cause until then, in terms of health and economy, is anyone's guess. We must remain confident in the knowledge that the best scientists on the planet are constantly in their laboratories, seeking the magical cure. There is obviously a humanitarian end-goal at play here but, let's face it, the first pharmaceutical company across the finishing line will make a tidy profit too!

Vaccines have been with us for a long time. Some of the significant inventions were:

Smallpox	1796	Tuberculosis	1922
Leprosy	1873	Yellow fever	1930
Cholera	1880	Poliomyelitis	1952
Typhoid	1880	Measles	1953
Diphtheria	1891	Poliomyelitis (oral)	1955

Almost every present MHA resident was alive during WWII (some born well before then!), and so were alive when Poliomyelitis caused so much devastation and heartbreak during the 1950s. Many parents were so scared of the Polio epidemic which occurred each summer that they kept their children away from swimming pools, or sent them to stay with relatives in the country, as they waited for a vaccine. When the Polio vaccine was licensed in 1955, the world celebrated, and Jonas Salk, its inventor, became an overnight hero. Do you remember lining up at school, or at a clinic, to be administered your sugar cube with a dose of the vaccine placed on it with a glass dropper?! Or was it given via a painful injection?! Edward Jenner, known as "the father of vaccinations" invented a method to protect against Smallpox in 1796. The method involved taking material from a blister of someone infected with Cowpox and inoculating it into another person's skin; this was called arm-to-arm inoculation.

Science, and the fight against life-threatening diseases, has progressed so much since the dark days where there was just no cure. Smallpox is estimated to have killed up to 300

million people in the 20th century, and around 500 million people, including six monarchs, in the last 100 years of its existence.

So, Smallpox was eradicated, thanks to the Cowpox disease affecting the udder of cows, and transmitted to other cows and to humans (like milkmaids and farmers). Can you just imagine the joy, and the blessing to the environment, to nature and to the world, if an animal disease called Rhinopox emerged, and if science needed to rely on a huge supply of healthy Rhinos in order to create a Covid-19 vaccine?!

There is no egotistical intent on the part of CovidCom, collectively or individually, when we occasionally feature e-mails of thanks (sometimes edited, for space reasons) which are received daily via the covid.concern@methomes.co.za link. We believe that they help spread joy and appreciation for what we, the MHA family, are experiencing in these challenging and often worrying times. Here is one from a couple resident in a MHA village (they requested anonymity):

Dear all the CovidCom,

We are so very, very thankful for all your guidance and caring that you are giving to all at Methodist Homes. We are so inspired and encouraged by your daily interesting and encouraging messages, not forgetting the essential laughs; surely they do help to keep us on the right path!!

For all of us, it was disappointing that the Lockdown had been extended, but we do know that it is for our own good and, as the prayer says, to remember those who are less fortunate than we are, and there are many. We are also thankful to our beloved Father God, that He is hearing the prayers and cries of all His people, for the hungry and the marginalised, and we continue to pray that all the money that is being raised will in fact feed the desperately hungry, and help those who are unable at this stage to earn money to put bread on the table. How blessed we are indeed.

I attach a poem, which was my Dad's favourite poem, and we grew up with these words. I think that it will also help us to remain in the right state of mind and be bold in doing the right thing, and to continually praise and thank God for His Fatherly goodness and kindness to us all.

THINKING

*If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world we find,
Success begins with a fellow's will,
It's all in the state of mind.
If you think you're outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself,
Before you can ever win a prize!
Life's battle won't always go
To the stronger or faster man,
But soon or late the man who wins,
Is the man who thinks he can!!!*

COVID-19: NEWSFLASH #17: WEDNESDAY 22 APRIL 2020

LOCKDOWN: DAY 21+6=27

The state of the nation:

Our President, Cyril Ramaphosa, continues to inspire a nation in distress and in grave danger. Guided and supported by his Cabinet and others, including the best financial, medical, strategic and organizational minds in the country and across the world, he continues to make bold, calculated and necessary decisions, in the best interests of all South Africans, but in particular those who are vulnerable in so many ways. Last night's message to us was proof of this, even though he didn't specifically mention "the elderly".

Yes, some citizens (probably including some within the MHA family) may disagree with these sentiments and/or with the President's decisions and leadership, but he certainly cannot be accused of pussyfooting around at a time when bold decisions have been required, or in denial about what has already been proven and experienced in other countries, or engaging in peurile political game-playing, finger-pointing and bickering with "the opposition", while Rome is burning.

Our President has demonstrated, again and again, strength, courage, humility, a deep concern for all fellow South Africans across all strata, and he has personified Churchill-style uncompromising, focused, and strong leadership. Can you imagine where we would be today if Covid-19 had struck our beloved country during his predecessor's tenure?

The President will be addressing the nation again tomorrow night (Thursday 23rd), and he will be focussing on if and how Lockdown laws and restrictions can be relaxed in some or other way, to get our economy ticking over again, and getting people back to income-generating work. One thing is certain: Lockdown will not be lifted overnight, neither will normality return. Let us not speculate now; cancel the social arrangements you have made for tomorrow night, and watch TV!!

We hope to unpack some positives with you on Friday.

Our CEO Hein Barnard was told this by a friend of his:

"I have sanitized my hands so much that I can actually read the crib notes I wrote on my hands thirty years ago, as a student"!!

It's all about timing!

We have received material from two resident couples which describe instances of what timing is all about. The first story is about good timing; the second is a combination of both good and bad timing!

Good timing (a new couple, who wish to remain anonymous):

"We would like to express our great appreciation for everything that you are doing for all of us here in our village. It is great to receive the Newsflashes, keeping us up-to-date of the positives of what is happening in the MHA complexes and the wonderful work that is being done to care for everyone's needs.

We were so lucky that everything worked out well for us to move here just before lockdown - what a blessing! It has given us time to settle and unpack at leisure.

We felt so at home from the first night that we slept here, and know that this is the right place for us and that we are going to be very happy here. We look forward to the time when things will be back to normal."

Bad timing, but balanced with providence, joy and beauty (John and Liz Machin of Cassia Gardens):

The Machins left for New Zealand on 14 February to visit their daughter and her family in Tauranga, North Island. In order for John and Liz to explore that beautiful country, they purchased a Toyota Hi-Ace with a high roof, to use as a “campervan”. They visited their best man for the first time since 1966, and then took the ferry across the Cook Strait from Wellington to Picton, South Island. In terms of beauty and splendour, South Island was everything that they had imagined, and hoped for.

Nine days into the trip the weather was getting colder; too cold for warm-bodied Seffricans! They hadn’t even reached the planned highlight of Milford Sound, or Christchurch. In John’s words: “At that point the Lord took charge of our trip and our decision-making, and turned us around to return to the north of South Island forthwith. It was quite a disappointment to us but, in terms of what was about to hit us, it could only have been the Lord’s providence for us, and for our safety” They got to the ferry point in Picton, and eventually secured a booking to get themselves and the vehicle back to North Island, and to family. The ferry terminal was jammed with people and vehicles trying to get on what turned out to be the last ferry trip from South to North. They got back to Tauranga in the nick of time, before lockdown was declared nationally. As John puts it: “Had the Lord not turned us around we would most likely have spent most of the Southern winter living in our van in a very cold campsite”.

So, John and Liz are reunited with the family there, which certainly has its blessings. When they left for New Zealand they were totally unaware of the impending pandemic, or how it would affect their lives. They have no idea how long they will be there, as they obviously cannot return to SA/Cassia Gardens as planned. They are safe, warm and happy, which is what is most important right now. They will return!!

To close off, we received this positive message from a resident couple, who asked for anonymity:

Good morning to the CovidCom,

Your daily Newsflashes are becoming part of our lives; each day something new and different lifts our spirits, and gives us a connection with you that is, for most of us, a great plus; the efforts to ensure our safety and protection, from private taxis to extra bedsitter meals, and all the efforts in between is mind blowing. How fortunate we are to part of this great family. Take good care of yourselves; you are very special people. God’s richest blessings on all your efforts.

COVID-19: NEWSFLASH #16: TUESDAY 21 APRIL 2020

LOCKDOWN: DAY 21+5=26



When fishermen cannot go to sea, they repair their nets

One dictionary defines “repair” as “to restore something damaged, faulty, or worn to a good condition”. Here’s a personal challenge which we risk sharing with you; what are you doing to repair yourself during Lockdown? With our diary pages currently blank, with our not being able to say “I’m just popping out for a bit” in order to avoid having to do something urgent around the house, and with our being forced to stay at home almost all of the time, this is perhaps the ideal chance to get stuck into some jobs, tasks or even the touchy-feely challenges which we have been putting off for far too long? The exercise might prove to be cathartic, or even an unburdening, or maybe just as simple as

reducing clutter in cupboards, drawers, or in the garage? Maybe you would like to consider some of the following:

- Get all of your personal documents, papers and affairs in order (in time, others will be grateful for that)
- Do all the necessary filing (it’s the worst kind of job, but it will pay dividends when you/others need it)
- Go through all of those old photo albums (books and/or digital). Enjoy; keep the best; tear up the rest!
- Write your “life story”, even in point form (there is much about you that loved ones deserve to know)
- Phone/e-mail someone you care about, but haven’t expressed that for far too long. It’s never too late
- In some way, make a difference in the life of someone less fortunate than you are at the moment
- If you haven’t used it for six months (whatever “it” is), use it now, or consider finding it a new home
- Make a list of people where saying “I’m sorry” might be appropriate, and then make that call
- Prepare a formal “Action Plan” for say ten “fun” things you are going to do when Covid-19 is behind us
- Challenge yourself to make a few desirable changes in your life by the time Covid-19 is gone.

There’s a useful analogy in the above title, lurking just under the surface! The fishermen and women (the MHA residents) cannot go to sea at present (Lockdown forbids that), and so it is a gift given to us (not being able to go to sea to fish, perhaps because of a storm coming our way) that we are confined to the safety of the harbour and our home (our beautiful MHA villages, bedsitters, and frail cares) until it is safe to launch our boats again (resume a

measure of normal life, once the Covid-19 storm has passed). In the meantime, get out your netting needles, your shuttles and twine, and get stuck into fixing the holes in your nets; consider some tasks on the list provided, or tackle your own "To Do" list which is maybe beginning to get frayed around the edges! Here's wishing you "Tight Lines" en "Stywe Lyne" with this.

Safety and security:

During this Lockdown period it is easy for us to be lulled into a false sense of security: no one is allowed to walk around, day or night, the army and police are out in force, and the incidence of crime is down so Atlas/ADT/others have more time to patrol. This picture is distorted; criminals don't observe Lockdown or any other laws, the absence of people and vehicles makes it easier for them to move around, and the fact that people are in their homes for most of the day and night means that valuables (laptops, mobile phones, wallets/purses etc) are concentrated in one place.

It gets worse. Hunger and lack of money is everywhere amongst the really poor people in our country, and they will go to desperate measures to put a bit of food on their tables. Those living with substance abuse will steal what they can, to convert into cash and then into drugs. History across the world tells us that the hungry poor will do anything to be fed; widespread stealing and looting will then be inevitable. This is a formidable challenge for our President, for national/provincial/local government, for civil society, and even for communities like Port Elizabethans and MHA family. We will get through this together, as a united nation. We are resilient and loving people; we must just work together.

Here are a few tips for sharpening your Safety & Security protection:

- If you have Trellidor or Xpanda-type protection over your front/back doors, lock them every night
- Lock your front and back doors, your garage door and side door, and any sliding doors, every night
- Make sure that your Atlas panic button is within arm's reach 24/7, especially at your bedside
- Keep a fully charged mobile phone at your bedside at night, and have a list of Emergency numbers
- Do not hesitate to push the panic button; if you hear a noise at night, and you know it's not your neighbour, or your spouse snoring or your joints clicking or tummy rumbling, push the button!
- Do not go outside of your unit to investigate a noise or movement; leave that to Atlas
- Do not leave valuable items in plain view (eg. laptop, mobile phone, radio, camera, handbag)
- Lock all windows at night, other than one in the bedroom (Autumn is here, so it should be easy)
- Beware of pickpockets when you go shopping; only carry what is essential in your bag or pocket
- Where possible, only use an ATM situated in a busy shopping centre. Don't accept offers of help
- Before leaving your village, make sure that all car doors are locked (and on your return trip too).

Keep yourselves, and your neighbours, safe.

BREAKING NEWS!!!!!!!!!!!!!!!

Following a meeting with his Cabinet on Monday, President Ramaphosa will be addressing the nation on TV tonight; at this stage the time has not been announced. It will definitely be interesting, but probably full of news that we would prefer not to hear just before going to sleep, or at all Δ

Our President and our Health Minister have been clear and regular in their communicating to the nation, and we should all be hugely grateful for that.

COVID-19: NEWSFLASH #15: MONDAY 20 APRIL 2020

LOCKDOWN: DAY 21+4=25

We would like to start the week by sharing with you some of what MHA has been doing over the past month to prepare ourselves for the potential Covid-19 onslaught. We believe that we have done a lot!!

- On Friday 20 March 2020 MHA locked down its two Frail Care units, its 3-bed Recovery Room and its two Bedsitter units, fully a week before Government implemented the national Lockdown
- The MHA Infection Control policy was updated, and strictly enforced via staff training and awareness. This includes the outsourced catering staff, and is ongoing throughout MHA
- Sanitizer dispensers are positioned throughout MHA's facilities, and use of these by staff and any outsiders is enforced
- A dedicated private taxi service was hired, in order to collect all staff from their homes, bring them to work, and then take them home again after their shift. This too is ongoing
- Visitors are banned, and entry by staff is strictly controlled. This continues to be strictly enforced
- On arrival for their shift, all staff have a mandatory thermometer check, which is recorded
- On Friday 17 April a specialist cleaning firm sprayed both Frail Care units and Bob Zeiss Bedsitters with a high-level disinfecting and sanitizing agent, and this will be repeated every fortnight
- During these two procedures all residents, staff and even two pets were moved to the exterior of the buildings; it was a beautiful morning, and everyone soaked up the sun and the relative freedom!
- Regarding personal protective equipment (PPEs), all nursing/caring staff have been issued with a material mask (mouth/nose), as well as a full-face mask, as used in hospitals and operating theatres. Use of these is strictly enforced. Gloves are always available
- A dedicated 4-6 bed Isolation Ward has been established adjacent to CP Bradfield frail care, if and when it is required. Specialized PPE barrier suits are available for use by staff there
- The Matrons of both Frail Care units meet daily, in order to swap notes regarding safety and procedures, and to plot the way forward. The CEO is kept fully informed in this regard, and he informs the rest of CovidCom and the Board where necessary
- Occupational therapy has taken on a new emphasis, in order to avoid boredom on the part of residents. All staff were trained by our OT practitioner in this regard, prior to lockdown, and are actively involved in stimulating residents physically and mentally, as much as possible

- A dedicated mobile phone with Skype has been introduced at CP Bradfield, to enable residents and their families to communicate with/see one another, where this service is requested
- Bedsitter residents continue to enjoy breakfast and supper in addition to the lunch which is provided in terms of their monthly Levy. MHA continues to absorb the cost of these additional meals.

The MHA Board, Management, CovidCom and staff are most appreciative of the many messages of thanks, praise and affirmation which are being expressed daily by residents, their families, and by others. It certainly motivates those entrusted with your safety and protection to be proactive, alert, and on guard. The covid.concern@methomes.co.za e-mail link has certainly helped with communication, in this regard.

We want to share this one with you (the author/resident asked for anonymity):

“I want to thank you so much for the positivity and encouraging daily updates as well as the wonderful work you and the CovidCom team are doing in keeping all our residents safe and up to date. The lockdown instituted by MHA has definitely been very well worthwhile and commendable, as well as the rules for our safety and wellbeing. The Managers, staff and carers in our frail care facilities and Gillian are certainly doing a wonderful job from all accounts, and are definitely to be commended for being so ready to help where needed.

Our own Manager and his wife are a shining example of this and very special caring people.



Your Newsflash of Friday 17th is very heartwarming indeed. There is definitely something very special about World War veterans, not only for their efforts and sacrifices during the War but in their spirit. On my recent visit to the UK to visit my sick brother I was “taken under the wing” of (or as my husband jokingly called it “picked up” by) one of the veterans who was on his way to

attend the 75th Anniversary of the Normandy landings at the time. What an amazing gentleman and one of the kindest people I have ever met. Having recognized that I was terrified of flying, let alone going all that way on my own for a particularly sad reason, he never left my side until we were seated on the plane, with him in first class thanks to the War Veterans Society who had invited him to attend and paid for his ticket, whilst I was in the “cheap seats” i.e. economy! He had some really amazing memories and stories which he shared with me, I suspect to keep my mind occupied while we waited to board our plane for the next leg of the journey. A reminder that out of terrible adversity came some truly fantastic, heroic people, and here we are again with adversity paying another visit to the world! Let’s hope we emerge with the same indomitable spirit those wonderful men and women did.

Keep up the great work and thank you again for your and CovidCom’s efforts to protect us from all this sadness and madness in the world right now.”

(The above cartoon tribute to Captain Tom, depicting a dapper, upright nonagenarian using his walker, and wearing his medals, appeared in a British newspaper. It says everything!)

COVID-19: NEWSFLASH #14: FRIDAY 17 APRIL 2020

LOCKDOWN: DAY 21+1=22

At present, Captain Tom Moore is one of the best known and most loved people on the planet! He has seemingly risen from nowhere to the status of near national treasure.

So, who is this man?

- He is a 99-year-old war veteran (India and Burma in WWII) who has raised more than £18m (that's R420 000 000 as at yesterday's rate!) for the NHS in England, and has been hailed as a "one-man fundraising machine" by the Duke of Cambridge, who is also quoted as saying: "It's amazing, and what I love also is that he's a 99-year-old war vet. He's been around a long time, he knows everything, and it's wonderful that everyone has been inspired by his story and his determination. Who knows what the final total will be. But good on him, and I hope it keeps going."
- Capt Tom, as he is affectionately known, began raising funds to thank NHS staff who helped him with treatment for cancer and a broken hip. It has now been expanded to embrace all those NHS workers who are currently on "the front line", as he puts it
- He originally aimed to raise just £1,000 for "NHS Charities Together" by completing 100 laps of his garden before his 100th birthday on 30 April 2020. With the aid of a walking frame, yesterday he completed the 100 laps of the 25-metre loop in his garden in Bedfordshire, in 10-lap chunks, well before he has hit his century!
- As he finished the final lap he said: "I feel fine; I hope you're feeling fine too"!
- More than 890,000 people have now made donations to his JustGiving fundraising page
- Half a million people have so far called for Capt Tom to be knighted, in a petition to the Honours Committee
- He has given these words of advice about coping with the Coronavirus lockdown: "You've all got to remember that we will get through it in the end; it will all be right. For all those people finding it difficult at the moment, the sun will shine on you again, and the clouds will go away"
- His daughter said: "He's a beacon of hope in dark times, and I think that we all need something like this to believe in, and it's for such an amazing cause".

What a pity that Capt Tom doesn't live in South Africa, in one of our MHA villages; he would certainly fit in perfectly!!

Raise a glass to this inspirational man!

SOUND FAMILIAR?!

Last night New Yorkers across the city lovingly belted out "New York, New York" from their windows, in a giant singalong meant to boost morale, and honour the city's essential workers.

Led by the all-volunteer Peace of Heart Choir, everyone in the "city that never sleeps" was invited to sing Frank Sinatra's classic song for the event, dubbed "New York Sings Along," starting at 7.02PM. New Yorkers were encouraged to lean out of their window, or head out to their terrace, and raise their voice!

Andrew Dykeman, the co-chairman of Peace of Heart Choir, said in a statement: "Today, our communities are disrupted—we cannot gather as we normally do to rehearse and perform,

talk and discuss, drink, eat, practice yoga, meditation, exercise, or even work. At the same time, while so many of us are sheltering in place, others are New Yorkers tirelessly fight the global pandemic and help maintain essential services, laboring in the city's hospitals, supermarkets, subways and buses, and more. As choir members, we know that singing brings people together. This is our way of sparking a greater sense of community, while still maintaining appropriate physical distance. We can raise our voices together to honor those who risk their lives every day to keep us safe and cared for. We welcome other choirs and singers of all ages, and from every neighborhood, to join in."

In future weeks, the choir, which performs in the city's nursing homes, hospitals and shelters, may choose different songs for the citywide performance.

This is wonderful, New Yorkers; great stuff; inspiring. Your President and your impressive Governor should be proud of you. Seriously.

But if only you could have heard what members of the MHA family have been doing since even before SA's official lockdown, and what they still do; when night falls you'd have heard pots and pans being clanged together, glasses clinking, singing, shouting, clapping, whistling, shouts of encouragement and thanksgiving; even one crazy Manager running around making huge noise with her Vuvuzela!

Now THIS is how you raise morale, honour, celebrate, spark a greater sense of community, to quote Mr Dykeman.

As always, you need to learn from the "old and wise", especially those who are part of the MHA family!!!

Have a wonderful weekend. To our own "essential workers", especially our nursing and caring staff, we give thanks each and every day for who you are, for what you are, and for the magnificent work that you do.

Back on Monday!!

COVID-19: NEWSFLASH #13: THURSDAY 16 APRIL 2020

LOCKDOWN: DAY 21



Well, midnight tonight was going to be cause for celebration, as the twenty-one day Lockdown ground to a halt. All South Africans have been instructed to put the fireworks back in the cupboard, and the champagne back in the fridge, and stay home, as we now have a fortnight's extension to endure.

The disturbing images on TV, in the Herald and elsewhere are real; there is so much misery, hunger, frustration, fear, abuse, misinformation, denial and desperation "out there"; except that this time it is not in a Syrian refugee camp, or other community or country on which the world has turned its collective back. This time it is in our own back yard, not just "out there" somewhere, in a far-off land. Turning off TV or turning to the Sport page doesn't make it go away.

We, the members of the MHA family, are so blessed in so many ways. As a community, Port Elizabethans have always rallied together in times of crisis, and the rest of 2020 will require us to again come together as one, to do whatever we can to ensure that it's not just the passengers travelling First Class who survive this disastrous trip. We will be called upon to open our hearts and our minds, and even our wallets, to be a part of the solution. There is truth and substance in the saying "Charity begins at home". There are many MHA residents who are technically destitute, and MHA must and will respond to their plight. CovidCom and the Managers are in earnest conversation about this. For 2020, at least, "home" means the MHA community, but also the wider PE community. Where and how we are able to, we must all play a part (more on this soon).

A friend of Margaret Kennedy (Annesley Gardens) shared this beautiful prayer, which we now also share:

Our Heavenly Father, amidst all the sadness, worry and desperation that we are witnessing, across our country and the world, there has been plenty of time for silent reflection and so much to be thankful for.

Our beautiful and diverse country; our mountains and our magnificent coastline; our wild life reserves and the open land of the Karoo.


During these days of isolation we notice more readily the birds that feed in our gardens, the myriad of butterflies that pepper the air at the present time. You have blessed us with the wildlife big and small which brings us so much joy and entertainment, not only for us but the thousands of visitors to our shores annually.

Lord we are so aware that all of nature in its magnificence is of your hand, and we are blessed to be part of your creation. Help us to look after our world better, to be better custodians, to be more respectful and caring, and to practice the best environmental principles as we move on and out of these difficult times. In all the world's beauty we see your image; a reminder, dear Lord, of how great you are and how blessed we are to have you in our lives. Amen

NOT EVERYTHING IS CANCELLED!

- Sunshine is not cancelled
- The Four Seasons are not cancelled
- Love and Relationships are not cancelled
- Reading is not cancelled
- Naps are not cancelled
- Devotion is not cancelled
- Music is not cancelled
- Dancing is not cancelled
- Imagination is not cancelled
- Kindness is not cancelled
- Conversations are not cancelled
- Waving is not cancelled
- Hope is not cancelled

Can we please
get another
chance to buy
alcohol... We
weren't ready
the first time
👩 Also, what
wine goes with
Weetbix?



IF DONALD TRUMP HAD
CAPTAINED THE TITANIC

- There is no Iceberg.
- We won't hit an iceberg.
- I knew it was an iceberg before anyone else knew.
- No one knows icebergs better than I do.
- The penguins brought the Iceberg here.
- No one could have predicted the iceberg.
- We cannot allow an iceberg to stop our ship.
- The crew is spreading fake news about icebergs.
- Some of you have to drown.
- I am the best captain, ask anyone.

COVID-19: NEWSFLASH #12: WEDNESDAY 15 APRIL 2020

LOCKDOWN: DAY 20



Good day, everyone.

At a CovidCom/Managers meeting held this morning, there was a lot of positive feedback about what residents feel about the daily Newsflash editions, in general. We try to balance helpful information with some uplifting bits and pieces, and with some amusement thrown in! We try!

Martin Schäfer, German Ambassador to South Africa, wrote a column published in News24 on 12 April 2014. It was full of praise for our President in making bold decisions, and also in facilitating the repatriation of 5000 German and other EU tourists who were stranded in SA. It is lengthy, and deals mainly with the repatriation mission ("Home is the best place to be,

in such a dramatic crisis”, he said), but also contains encouraging general comments. Here are some excerpts from his article:

- They say that times of crisis reveal our true character. My personal experience in these challenging last few weeks confirms that
- In the midst of deep feelings of fear, anxiety and uncertainty, as well as understandable frustrations about the limitations brought about by the strict lockdown rules, there have been so many encounters of kindness, solidarity and humanity
- We can choose whether we act with resolve and courage or whether we procrastinate and dither. We can choose between repression or our unwavering trust in enlightened citizens. We can choose whether we indulge in selfishness, nationalism and fear or whether we strive to help the weaker, and live in a spirit of solidarity and empathy
- All of these choices will shape our lives; not only during the crisis, but far beyond
- Leadership is not about pleasing everyone; it is about vision, it is about the right balance, about taking informed and measured decisions, after scientifically-based advice by experts; it is about finding the right timing and the willingness to be bold and resolute, if necessary
- The virus doesn’t care about the colour of our skin, the passports we hold, or the country we happen to live in. It affects us all
- Enlightened citizens do not need to be forced to do what is needed; they understand that it is the right thing to do, and that these (lockdown) measures are necessary to save lives, and work to their own good.

It is most encouraging when one reads or hears words of praise about leadership shown, hard decisions taken, early actions put in place, and the support for all of that by the population. We are blessed as a country to have a decisive President and Health Minister, and everyone marching behind them, to lead us forward into battle. So too is the MHA family blessed to have a decisive CEO and Nursing Services Manager, and everyone marching behind them, to lead us forward into battle. God bless them all.

This is a wake-up call, and a plea, to humankind (author unknown):

“And just like that, money, fame, power and beauty are worthless.

Mother Nature’s message to us all:

You are not necessary.

The air, earth, water and sky without you are fine.

When you come back, remember that you are my guests, not my masters”

Hygiene:



Being clean is a sign of spiritual purity or goodness, as in “Cleanliness is next to godliness”. This phrase was first recorded in a sermon by John Wesley in 1778, but the idea is ancient, found in Babylonian and Hebrew religious tracts.

There was a classic piece of graffiti in Dublin in the 60s; on a wall was lavishly painted “Cleanliness is next to godliness”, and underneath someone had scribbled:

(yes, but only in the Irish dictionary) !!

Covid-19 has made us fanatical, almost insanely obsessive or paranoid at times, about cleanliness,

washing hands, avoiding contact with others, social distancing, wearing a mask when shopping, or wiping down every imaginable surface with a nuclear-powered germ-killer. Most of this is essential, as the Coronavirus is spread primarily through droplets generated when an infected person coughs or sneezes; generally you can catch it if you are within a two metre range, or by touching an infected surface or object.

Is it any wonder, then, that Sanitization and Sanity are next to one another in the English dictionary?!

COMING UP-----

We’ll be focusing on what is happening in those MHA facilities where living independently or with some assistance is not a choice. We will share with you what we have been doing within our Frail Care units and our Recovery Rooms, even before the official Lockdown and since; how we have geared ourselves up to cope with the Covid-19 enemy; how our residents and staff are being protected; how we are keeping the facilities as germ-free as we possibly can; and what we are doing to keep loved ones in touch with residents there. The scenario changes daily, even hourly, and there is plenty going on in the engine room!

Malcolm Stewart (who reminds us all to Stay---Spray---Pray)☺

CovidCom Chairman (and on behalf of the Board, Management, our staff, and CovidCom)

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COVID-19: NEWSFLASH #11: TUESDAY 14 APRIL 2020

LOCKDOWN: DAY 19



Since the Newsflash issued last Thursday, quite a lot has happened.

Firstly, the good news: Christ is risen. He is risen indeed!! We hope that you all had a Blessed Easter, albeit in circumstances probably unlike any other since WWII (a lovely nonagenarian resident in a MHA village recently shared that Easter 2020 would be the first one in over 90 years of her life where she wouldn't be able to celebrate in a church). Secondly, and as you know all too well, Lockdown has been extended to 30 April 2020. As individuals, as communities and as a country, we are being tested and stretched in every way. We have to remain compliant, courageous, and together; more on that subject in the days ahead.

For those residents who did military service, you will know what this means: VASBYT, MANNE!!!

Members of your CovidCom, together with the Complex Managers, swapped notes over the weekend, around the merits or otherwise of re-opening the libraries in our six villages. There are compelling arguments for and against, and some requests and input have been received from individuals, for which we thank you, but this is what has been decided by the CEO, supported by his Managers and by the Board:

- The libraries must remain closed, at least while Lockdown remains
- The Disaster Management Act, which gave effect to the President's declaration of a national state of disaster, is specific about what amenities may remain open, and which ones must close during lockdown. Libraries of whatever description must remain closed, and MHA cannot and will not contravene that ruling
- Three of our villages (Aldersgate, Wesley Gardens and Annesley Gardens/Sheariton) are bisected by public roads, which MHA residents should not cross. It would be unfair to open the library in any of those villages, as each village only has one hall/one library.

MHA Management are keenly aware of the great value, entertainment, companionship and escape which books bring to residents. We regret that there is no alternative, at this time.

Here is a saying, author unknown, which beautifully and simply highlights what we, as members of the MHA family, should try our hardest to embrace in this time of the Coronavirus pandemic:

"It is in the midst of change we often discover wings we never knew we had"

Thanks go to the ever cheerful, positive and community-minded Syd and Sheila Corbett of Cassia Gardens for contributing this piece (author unknown):

WHAT CAN WE LEARN FROM THE PENCIL MAKER?

A pencil maker taught a pencil 5 important lessons:

1. Everything you do will always leave a mark
2. You can always correct the mistakes you have made
3. Most important is what is inside you
4. In life you will undergo painful sharpening which will make you a better pencil
5. To be the best pencil you can be, you must allow yourself to be held and guided by the Hand that holds you.

Our Nursing Services Manager, Sanet Marx, sent us a World Health Organization poster, containing excellent advice. The poster was in shades of blue, and wouldn't look good in this photocopied Newsflash, so we have picked out the best bits to share with you here:

- Check the sources of anything you read; be careful of misinformation and fear-mongering
- Practice social distancing, but not social isolation. Keep in contact with loved ones as far as you can
- Speak about your anxieties, connect with friends over Whatsapp, and call your family
- Do what you can, and then let go. So much of this is out of your individual control now
- Take a social media and news break when you feel overwhelmed. It is important to sometimes limit the information you receive, until you are able to respond to it without panic
- Deep breaths; again, and again, and again
- Continue practicing self-care. Do what you can with what is available.

And here is one which didn't appear on the WHO poster, but it is hugely important to remember:

- **YOU ARE NOT ALONE** in this time of Covid-19 crisis, even if at times you feel that this is so. Please turn to your neighbour, to your Manager, to our Professional Nurse/Counsellor; you will be amazed at how many people are in your circle who will offer you love, comfort, protection, direction, strength, or a listening ear (you just won't get that badly needed hug or social visit at the moment!).

To end off, this silly piece has been doing the rounds lately. If it doesn't make you smile, you have a problem.

Be careful; people are going crazy from being locked down. Actually I've just been talking about this to the toaster and microwave while drinking coffee, and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything; and certainly not to the fridge because he is acting cold and distant. In the end the iron calmed me down as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic; told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over. The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to---yes, you guessed it---pull myself together.

Malcolm Stewart (who reminds us all to **Stay---Spray---Pray**)

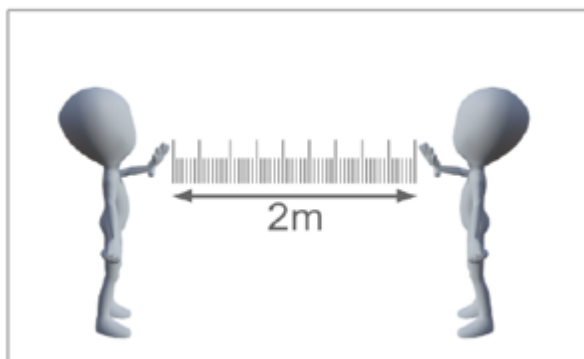
CovidCom Chairman (and on behalf of the Board, Management, our staff, and CovidCom)

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COVID-19: NEWSFLASH #09: WEDNESDAY 08 APRIL 2020

LOCKDOWN: DAY 13



We have all heard the expression “The show must go on”. It means that the proceedings (whatever they might be) must continue, no matter what unfortunate event has occurred. This expression is also a theatrical credo dating from the 1800s and was transferred to other situations in the first half of the 1900s. Here endeth today’s

history lesson!

The first quarter’s edition of our Newsletter, “MHA on the Bay” has always reached readers before Easter. We are living in extraordinary times, which could produce pretty ordinary excuses, but this won’t apply to your Easter 2020 edition of MHAOTB; it will be delivered to your door (or, in the case of staff, into your hands) during the course of tomorrow, in time for Easter! Yes, the show must go on!!

You will, we hope, forgive us when you discover that edition #29 (Easter 2020) is in fact “MHAOTB Lite”! Printers are closed during Lockdown, and in any event your editorial team believes that this is not the appropriate time in history to present a Newsletter crammed full of the usual feel-good material, covering events and happenings within our MHA world. So Edition #29 will be different, and shorter! It only has two articles, and we hope that you will still find them helpful, at a time when we need all the help and encouragement we can. We are grateful, as always, to Michele at CopyShop for her assistance with layout and printing.

In last Thursday’s Newsflash #05 we quoted Rev Robin Wright of Annesley Gardens/Sheariton. The ever erudite Robin writes an editorial piece in his Village’s monthly Newsletter; his recent contribution was that good that, with his permission granted, we want to share it with all who read these Newsflashes (and here’s a “shout out” to all the readers from overseas and around the country---we know you’re out there, and we appreciate your positive feedback!!). This is what Robin wrote:

“I have just read that William Shakespeare may have written some of his best plays during a period of isolation due to the plague. With that in mind who knows how this effort of mine

may turn out? Perhaps it will still be avidly read 400 years from now? If you would like a signed copy, for posterity, please bring me a printed version after lockdown is over, and I will oblige [cost to be negotiated].

Much ado about nothing: Methinks not! There are people dying out there and some of us could join them, as we form one of the most vulnerable groups, the elderly, aged, mature, whatever. Northern Italy should be a sobering lesson for the likes of us. They have [had] an older community. So don't write off the measures taken by MHA. I think at one stage we, MHA, were way ahead of Mr Trump and his casual 'it will go away' attitude. Our Management team were already busy making provision for our protection. It seems that the world agrees with what has been done – the lockdown is for our own good.

As you like it: So let's do what many of the inmates of Maximum Security facilities [prisons] do. They read, exercise, study, they learn trades and skills. I'm going to get back to playing my guitar, and if anyone wants to borrow my trumpet you are welcome [as long as you live at the other end of Annesley Gardens or in Sheariton]. My model railway needs a lot of attention, and there are some appliances that need fixing. I have a number of tuits in my garage which might be of help to someone. They are the very rare round ones and are so useful for getting things done; you know, all those little jobs that you will do when you get a round tuit.

All's well that ends well: This is certainly the hope of all of us, and is far more likely with co-operation from everyone, and minimal Taming of the shrew required from our Management or the State authorities. Minister of Police Bheki Cele has threatened 'if you go to church on Sunday you will be jail on Monday'!

Hamlet: It has the well-known soliloquy 'to be or not to be, that is the question'. We are all encouraged to reduce risk to ourselves and our neighbours, to take responsibility for ourselves and others, to stop and think how our actions might affect someone else. To be the channel through which another became ill would be a terrible thing. How best can we avoid that? That is the question!

CovidCom has wise counsel for us all, carefully and thoughtfully compiled by people who care, but they can only suggest and encourage. We have to respond: it is not in the stars to hold our destiny but in ourselves!!"

Who remembers, and listened to, "Test the Team" on SABC radio, from 1957 until the early 80's? The team comprised Prof Arthur Bleksley, Eric Rosenthal and Grant Loudon. They were a formidable team, with prodigious general knowledge, and nicknamed "the three wise men". In each weekly episode they were given entertaining brain-teaser questions submitted by listeners, which they had to answer, or be stumped.

My favourite, which had the three wise men stumped, went like this:

A man walks into his neighbourhood hardware shop (do you remember those, the mom & pop stores like Walmer Paint & Hardware cnr Main Rd/9th Ave, run by Vic and Joyce Hoxley?!), he points to a product, and the conversation goes:

Customer: "How much are those?"

Shopkeeper: "They are R5.50 each, sir"

Customer: "Fine. I'll have 87, please"

Shopkeeper: "Thank you. That will be R11.00, please"

What was the customer buying? You will have to wait until tomorrow's Newsflash for the answer!

We're into Day 13 of Lockdown; the Terrible Teens. A psychiatrist said: "It's normal for teens to get moody, frustrated, and irritable from time to time." Please don't behave like a teenage brat today

Malcolm Stewart (who reminds us all to **Stay---Spray---Pray**)

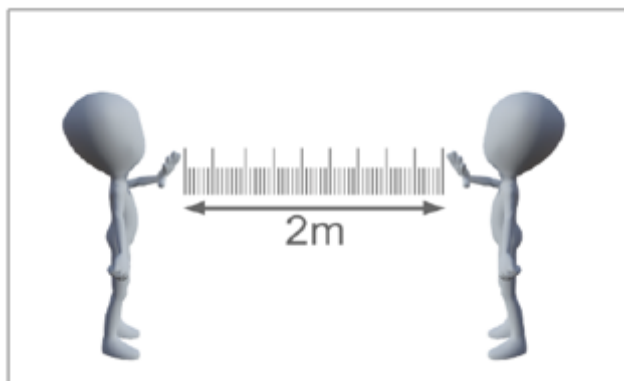
CovidCom Chairman (and on behalf of the Board, Management, our staff, and CovidCom)

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COVID-19: NEWSFLASH #08: TUESDAY 07 APRIL 2020

LOCKDOWN: DAY 12



PLEASE TAKE NOTE:

CovidCom has received reports from Managers that some residents either do not understand what Lockdown means, or are flouting the rules which are in place. PLEASE understand that the rules which MHA has imposed are in accordance with the Disaster Management Act, which actioned the President's declaration of a national state of disaster. We have to comply. It's the law.

We therefore draw your urgent attention to the following:

1. MHA turns a blind eye to your occasionally walking around the inner roads of your complex, individually or as a couple, because we believe that, as elderly folk, you have a fundamental right to exercise, to keep yourselves physically, mentally and emotionally in shape, to the best of your ability. Being in touch with nature, and waving at neighbours, is good for your spiritual health too!
2. As far as possible, keep clear of the gates and the paths alongside the perimeter fences (we don't want your walking to attract attention from nosey, jealous or vindictive outsiders!)
3. Do NOT walk in groups, whether organized or not, and do not gather around in groups, chatting. Don't convert occasional walking into social occasions; the risk of spreading the virus is there

4. A cottage resident MAY NOT visit someone in another cottage, for whatever reason and in whatever circumstances, even if you think that keeping a 2 metre distance is okay
5. You MAY NOT organize or hold a gathering in your cottage or on your patio, for example to play cards, hold a prayer meeting/bible study/church service, or for any other purpose. Likewise, you are not allowed to use any of the common property beyond your unit for these or other purposes
6. NO VISITORS are permitted to enter any MHA facilities. There are a couple instances where residents' family bring food. This is allowed, BUT those visitors are NOT permitted to enter a cottage to drop off the food, or to pay a visit, however brief. As tough as it is, respect the 2 metre social distancing
7. LOCKDOWN means being locked down in your own home, physically distancing yourself from other people, and venturing out only to make essential purchases at your nearest supplier, or to go to the chemist or the doctor. That is the law, and is being practised almost worldwide right now.

Please forgive the "lecture", but complying with Lockdown is a serious, literally life-or-death matter. Consider this: if you get infected with the virus (for example, via someone in a shop) and you unwittingly pass it on to another person, then that's two of you infected. You each infect one other person; that's four infected. Then it becomes 8; then mathematically it becomes 16---32---64---128--- and on. Before you know it, a whole community or a city is infected. Yes, it is that serious. Please take it seriously.

Hats off to the Hawtreys!!!

Basil and Joan Hawtreys of Aldersgate are a gregarious, noisy, fun-loving couple. They are a valuable part of the social fabric of their village. Memories of the food and fun enjoyed at the "Basil's Bistro" evenings will live on in history!

On 18 February 2020 they set off on holiday to visit their microbiologist daughter in Phnom Penh, capital city of Cambodia, little knowing what lay ahead for them. While there, the Covid-19 pandemic was in full swing in China, but Cambodia was really not affected (there were 9 confirmed cases while they were there, and even now there are only 116 cases). Inhabitants and tourists moved about freely, most without face masks. Life was pretty normal in Phnom Penh, and for the Hawtreys.

That was all about to change, as they prepared for their return to South Africa. At OR Tambo airport, before anyone disembarked, the SA Department of Health checked the temperature of every passenger on their flight from Hong Kong. In their absence overseas, MHA had locked down its Frail Care units, and partial lockdown of the villages had commenced. By the time that they landed in PE on 24 March, MHA had already been in touch with them, breaking the distressing news that they would have to return to their cottage in complete self-isolation, not even being allowed to venture out for a stroll, or go to the shops. So they were quite prepared when the country-wide lockdown came into effect on 26 March.

Some of what they faced on their return to their cottage was:

- Aldersgate Managers Susan and Jannie Bosch kindly put some initial supplies in the kitchen
- Neighbours and friends kept them in supply of the basic requirements, and some meals
- Contact with the outside world was via phone, or chatting with their neighbours over the wall
- They couldn't go beyond their stoep or back garden
- Joan got stuck into a 1500-piece puzzle, not yet finished. Basil lost 2kg!!

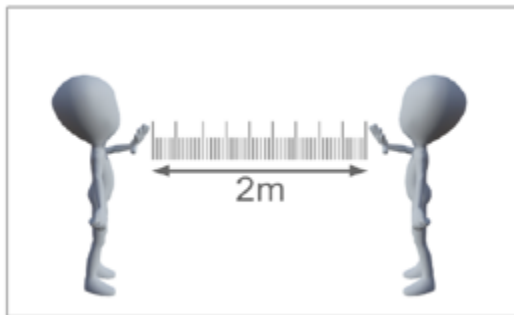
- They were stoic, accepting and courageous in dealing with fourteen days of complete isolation.

Basil and Joan were “released from jail” yesterday; the first thing they did with their new semi-freedom was to hit the shops. They have stocked up on the essentials they had missed, and need. Joan expected some flowers, but instead Basil bought himself some chocolates and chips!

Well done, Basil and Joan; you were cheerful and uncomplaining, and you are an example to us all ☺

COVID-19: NEWSFLASH #07: MONDAY 06 APRIL 2020

LOCKDOWN: DAY 11



Today we pay tribute to our Managers.

For some while now MHA has engaged the services of Charné Eaton, who is a Social Worker in private practice. One of the principal functions Charné performs for MHA is to provide supervision to our Managers, those who spend their waking hours caring for others. In simple terms this means that she engages with the

Managers, individually or in a group, to provide them with a safe space in which to “offload”. Charné obviously can’t engage face-to-face with our Managers during Lockdown, so we share below, with her permission, what she recently communicated to all of them. It is inspiring and motivating, and worth sharing with the wider MHA family, as it contains lessons and wisdom for all of us!

“I am pleased that I was able to connect via telephone/WhatsApp call to hear from each of you.

It’s during these very strange and unprecedented times especially that technology can really work for us as we try to maintain connection.

It is wonderful that you have such clear direction and clear expectations from Management who so regularly keep you informed and updated. I have no doubt that this must help tremendously to ground each of you as you navigate this very different situation.

Choosing to be alone versus being forced to be alone are such different scenarios, and one in which different personalities will start presenting with unique ways of coping in this time of crisis. The part that brings a sense of hope is to remind ourselves, and fellow residents, that we are still in this TOGETHER even though they have to be APART.

I have used the following two words, “Together Apart” as acronyms to convey some of my practical recommendations for my clients and supervision groups during this time. I hope this will be helpful to you as Managers.

TOGETHER

T= Continue to TALK to people using the telephone, email, WhatsApp voice notes etc

O= OFFER emotional support and understanding during this time

G= Practice GRATITUDE and express what you are grateful for

E= ELIMINATE negative information overload

T= TAP into your individual inner strengths and the strengths of those who care about you

H= Try to stay in the HERE and now. Ask yourself: what can I do that will give me a sense of

calm now?

E= Acknowledge your EMOTIONS. It's ok to be feeling confused and fearful, it's ok to feel angry, it's ok to feel lonely, it's ok to feel frustrated... you are adjusting to very different circumstances

R= RENEW your mind with God's Word

APART

A= APPRECIATE that being physically apart is protective

P= Give yourself and others PERMISSION to express themselves. Understand that we are all different and have different needs and different coping styles when we are in crisis

A= ACCEPT the things you can't control and the wisdom to know the difference

R= Be REALISTIC by recognizing this situation is necessary for now, and comply with the regulations

T= TRUST God and keep your faith, knowing that this is TEMPORARY.

Your roles as Managers are essential in reassuring residents, remaining calm within the storm. Remember to rest and let go of those things you can't control. I encourage those of you who need to debrief, to make use of telephone calls or e-mail me. The sense of responsibility to keep residents as safe as possible is weighing heavily on all of you and especially when we consider the frail care staff.

I will be in touch via email with some tips on managing loneliness and sadness during times of lockdown. I invite you to let me know what your supervision needs are during the weeks that follow. Take care and keep safe".

Thank you, Charné, for the fantastic, supportive work you do amongst our hard-working Managers!

A poem was written in March 2020, specifically about Covid-19, by Catherine (Kitty) O'Meara of Wisconsin USA. It has been inaccurately attributed to Kathleen O'Meara who was a writer during the late Victorian era; but she did not write a poem "And the people stayed home" about those who suffered during the Irish Potato Famine of the mid-1800s. That sets the records straight!

Crediting "spirit" with the writing process, Kitty apparently matter-of-factly said: "I just kind of sat down and wrote it. I saw the maps of the receding pollution over China and Europe, and I thought, 'There you go. There's something of blessing in all suffering.' And I thought with my passionate love for the Earth, maybe that's one good thing." This is Kitty's inspirational poem, her dream of a better tomorrow:

And the people stayed home

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Malcolm Stewart

CovidCom Chairman (and on behalf of the Board, Management, our staff, and CovidCom)

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COVID-19: NEWSFLASH #05: THURSDAY 02 APRIL 2020

LOCKDOWN: DAY 8

Ideally this Newsflash should herald the arrival of Fantastic Friday or even Frivolous Friday, or usher in the weekend when you can continue to do the very minimum, but CovidCom want to share two pieces with you, both of which are in serious vein. We are, after all, living in serious times, not frivolous times. It is our hope that both pieces will be informative and be useful to you, as you cope with the road ahead.

CEO Hein Barnard met with his Managers on 1 April 2020, and some of what was discussed in that meeting must be shared with residents, as follows:

- Only emergency repairs and maintenance will continue to be done
- Food and medical supplies delivered to cottages: no entry into a cottage is allowed
- There have been incidents where family came to visit parents; this is strictly prohibited
- Newspapers may NOT to be collected from the Manager’s office; other arrangements are to be made
- NO deliveries of food or groceries to the Manager’s office for distribution are permitted; this is deemed to be an unnecessary exposure of our Managers to the virus
- There are some isolated cases where residents require some tender loving care; some residents are struggling to get to grips with this unknown lockdown protocol, and with the virus threat. This has left a small minority of residents showing signs of sadness, or anger (not at MHA). This must be monitored and addressed by our professional nursing staff and the Managers
- It is gratifying to note that a spirit of camaraderie is evident throughout all Villages and the Bedsitters, with many residents asking Managers how they can help
- It was reported that very few residents visit our Managers’ offices during lockdown
- The issue of domestic services was discussed in detail. It was agreed that no further action will be taken during lockdown. We cannot expose our residents to any potential risks in this regard
- All Libraries are to remain closed
- Residents are permitted to continue walking within their Villages (try and keep away from perimeter pathways and gates). Social distancing and the “rules of the road” are to be strictly adhered to
- Residents are reminded that there are many hidden health risks associated with:
 - Receiving medication packets from pharmacists
 - Receiving cooked meals or groceries from shops (home deliveries e.g. Woolworths)
 - Visits to shopping centres (touching any surface or product, not adhering to social distancing)

- The more visits made, more chances of contracting the virus

Always view every situation from your “COVID-19” eyes – everything is suspect until you have sanitized!

“South Africa’s ruthlessly efficient fight against Coronavirus”

This is the heading of an article published this morning by the BBC. In emphasizing his choice of headline, the journalist, their Africa correspondent Andrew Harding (who MHA acknowledges), begins his piece with a range of flattering and pertinent remarks. For example:

- “South Africa seems to have acted faster, more efficiently, and more ruthlessly than many other countries around the world”
- “Heading the fight against Covid-19, President Cyril Ramaphosa has emerged as a formidable leader; composed, compassionate, but seized with the urgency of the moment and wasting no time in imposing tough restrictive steps and galvanizing crucial support from the private sector
- “One rung below the President, Health Minister Zweli Mkhize has likewise garnered near universal praise for his no-nonsense, energetic performance, and his sober, deeply knowledgeable, daily briefings”
- “A government so often attacked as corrupt and inefficient, and a private sector so often seen as aloof and greedy, are rising to meet what is widely anticipated to be the greatest challenge this young democracy has ever seen”.

The article also unavoidably and truthfully paints a gloomy picture of what damage the virus could do. The journalist says:

- “Given that this (South Africa) is one of the world’s most unequal societies, it is already clear that the battle will be fought, lost, or won, in the country’s poorest communities”
- “It is also clear that---for all the impressive, skilled leadership available at the highest levels of the South African state, government, and private sector---years of cronyism, corruption and economic stagnation have damaged key institutions”
- “Those same concerns apply in provincial health departments, sometimes led by incompetent political appointees. They’re completely out of their depth, and very anti any co-operation with the private sector”.

The message delivered in the BBC article pulls no punches, and what we have shared now is just a brief snapshot of the larger picture which the journalist paints. It is partly flattering and full of deserved praise, and it is partly a synopsis of the glaring, brutal truth about the challenges ahead. What is critically important, though, is that it emphasizes that South Africa, through its leadership structures, got off to a flying start (unlike the USA and Italy), and that government and citizens alike are taking Covid-19 seriously. We know that we are a resilient nation, we accept that we have been divided for centuries, we witness daily that factions remain, but right now we have to remain united as one, united as South Africans, and united in faith that we will defeat the monster which is trying to get through our doors. Make the most of your weekend, be kind and reach out to others, please don’t listen to depressing stories and news, and remain positive and healthy. Lastly----Spray, and Pray!!

COVID-19: NEWSFLASH #05: THURSDAY 02 APRIL 2020

LOCKDOWN: DAY 7

Heated conversations and debates continue countrywide around the government's recent decision that residents in secure complexes (like a MHA village) are prohibited from walking around their complex. Yet you can go to a busy supermarket and manoeuvre your trolley along crowded aisles, dodging fellow shoppers and packers. Worse still, the government relented yesterday to pressure from the taxi industry, with the result that crowded taxis are back on the roads. So much for the double standards around "social distancing"! CovidCom will be issuing a directive as soon as the dust has settled, and a Government Gazette issued; until then, just obey the "rules of the road", as described in a previous Newsflash! Watch this space!

Throughout history there have been many famous people with the surname Wright. Examples: Frank Lloyd Wright (famous American architect), brothers Orville and Wilbur Wright (credited with inventing the first successful powered airplane) and Always Wright (patron saint of wives and women!). Then there is Robin Wright, retired Methodist minister and, together with his long-suffering wife Marian, a resident of Annesley Gardens! Robin recently sent this lovely complimentary message to CovidCom, which we want to share with you:

On behalf of the passengers on flight MHA 2020 we want to say THANK YOU for the care and concern of those on the flight deck. None of us know just how much turbulence we are going to face, so we will keep our seat belts fastened and will only leave our seats to go to the little boys room [or go to powder our noses]. Thank You Captain. You and the flight crew are always in our prayers - God Bless You.

We also want to share the e-mail message received at CovidCom HQ yesterday from Neil McLaggan, MHA Board Chairman:

My Dear Friends,

Lockdown has caused me to again read a book from years ago, titled "Churchill and Smuts: the friendship" by Richard Steyn. It relates to the enduring friendship spanning more than 50 years, firstly as enemies and later as soldiers in two World Wars, of two great men whose efforts significantly contributed to the liberty we enjoy today.

For me, the analogy becomes significant when I think of you two (Malcolm and Hein) at this time, both soldiers fighting---albeit a different type of war---side by side, the one "Engels", the other "Boer"!!!

This leads me to record my personal admiration and immense gratitude to the whole MHA staff and you for your fortitude during this time. In doing so, I surely am echoing the sentiments of the entire MHA family to you and the Covid committee as well.

With warm regards, and pride in your efforts.

Neil

This beautiful piece was written by Donna Ashworth, an American author. We share it with you now, as a source of inspiration, and of hope for the future, which will surely come:

"History Will Remember"

History will remember when the world stopped

And the flights stayed on the ground

And the cars parked in the street

And the trains didn't run.

History will remember when the schools closed

And the children stayed indoors

*And the medical staff walked towards the fire
And they didn't run.
History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song.
History will remember when the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all.
History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again.
Kinder than before.*

NOTICE FROM THE PSYCHIATRIC ASSOCIATION

Dear Citizens

During quarantine time it is considered normal to talk to your walls, plants and pots.
Kindly contact us only if they reply.

COVID-19: NEWSFLASH #04: WEDNESDAY 01 APRIL 2020

LOCKDOWN: DAY 6

It is sometimes not easy to achieve but, when things aren't going as we would like them to do, we should do our best to take a moment to think of others less fortunate than we are. On Monday we were presented with the news that the SA Police Service have decreed that residents of complexes (like townhouses, and our MHA villages) are now prohibited from walking around outside of their house. This would impact negatively on MHA residents for a host of good reasons. The matter is the subject of further investigation by our CEO, so we won't debate that issue today. Watch this space!

On the same day, the lunchtime eNCA news channel 403 showed a reporter interviewing an elderly woman who had joined a queue at 06h00 in order to collect her SASSI pension payout for March, only to be turned away at 12h00 because "the machine ran out of money". That woman, a chronic diabetic, had a headache, was shaking because of her sugar level and out of anger and frustration, and she then had to make her way home, without money and without any food to take back to her hungry dependants. Yesterday's Herald told similar local stories of frustration, disappointment and desperation.

MHA's social responsibility outreach programme, Nikithemba, is a classic example of reaching out to those less fortunate than we are. This year heralds the fifteenth anniversary of our establishing this wonderful project; without interruption we have reached out to sixty indigent residents of the Gqebera township, providing them with nourishment and loving attention. Many are bedridden, all of them live way below the poverty line and, without exception, this Covid-19 monster has all of them in its crosshairs. Even in this time of Lockdown, and remembering that MHA is classified as an "essential service", we continue to provide those beneficiaries with their weekly, potentially life-saving dry rations. This is how we are achieving it:

- Aldersgate Managers Susan and Jannie Bosch receive the bulk ingredients sourced from wholesalers and then, together with two residents, they pack the ingredients
- When they meet (yes, keeping a safe distance!) they pack 560 parcels, enough for two weeks
- George Bezuidenhout collects the packs from Aldersgate, delivers to Head Office, collects the week's packs on a Monday morning, and then delivers to our dedicated Carers in Gqebera
- Those three ladies deliver four packets per resident per week (1 packet feeds 4 people), using trolleys which we purchased for them to distribute the food packs.

The expression "the show must go on" certainly applies to Nikithemba, especially in these challenging times. It applies equally to the work which MHA does, across all of its facilities and services. In this regard we rely totally on the absolute commitment and professionalism of our staff, whether it's the Cleaner or the CEO. On page 2 we share with you the letter which we addressed to our wonderful staff.

TO ALL MEMBERS OF STAFF: METHODIST HOMES FOR THE AGED 30 March 2020

Greetings to every member of staff, including the staff of EP Catering who work in MHA facilities.

On Monday 16 March 2020 CovidCom (the committee set up within MHA to help manage the virus outbreak) sent out a letter to residents and staff. In that letter we explained what had already been put in place, and what further steps we might need to take. In these past two weeks so much has changed, across the world, as the Covid-19 virus spreads to every community in every country. In the past two weeks we locked down our Frail Cares and Bedsitters, and then came the national lockdown, imposed by our President. All of us, across the world, are living in difficult and uncertain times.

The MHA Board, Management and CovidCom are doing everything in their power to protect our residents and our staff from the virus. This has called for some tough decisions, and putting into place new measures and procedures every day. We will continue to do this, until the virus is beaten.

None of what we are doing to fight Covid-19 would be possible without the wonderful and dedicated work being performed by every member of the MHA staff. Our nursing staff, our carers, our cleaners, our Managers, our office staff and our catering staff have all done their best to come to work with a smile, and to perform their duties to the very best of their ability. We know that they then return home tired and weary, day after day, night after night, to look after those loved ones who they had to leave at home. We hope that you will share this letter with them, to let them know that MHA also values the support you receive from them.

The Board and all of the residents of MHA salute you, one and all. Words really cannot sufficiently express the deep gratitude that we feel for the work that you all do, and for the way in which you do it. Even so, CovidCom receives e-mails and phone calls daily, from residents or from their loved ones who live nearby or overseas, telling us how grateful they are for the care and love which you, the MHA staff, give every single day.

We ask and pray that you will remain safe and healthy, to enable you to continue to care for the 570 elderly or frail residents of MHA, especially those in our two Frail Cares. One of the world's most famous nurses, Mother Theresa, said this: "It's not about how much you do, but how much love you put into what you do that counts". She did wonderful nursing and

caring work; she was an angel. All of you are angels too. May God bless you, as you continue your work.

With best wishes and gratitude.

Board and Management of MHA

On that positive note, look after yourselves, wash behind your ears (why were we always told, as children, to do that?!), look out for others, stay hydrated, and maintain a safe distance. This is not the year for April Fool's jokes or hoaxes; let's keep them for 2021.