

COVID-19: NEWSFLASH #83: WEDNESDAY 11 AUGUST 2021
OPENING UP AGAIN, STEP BY STEP

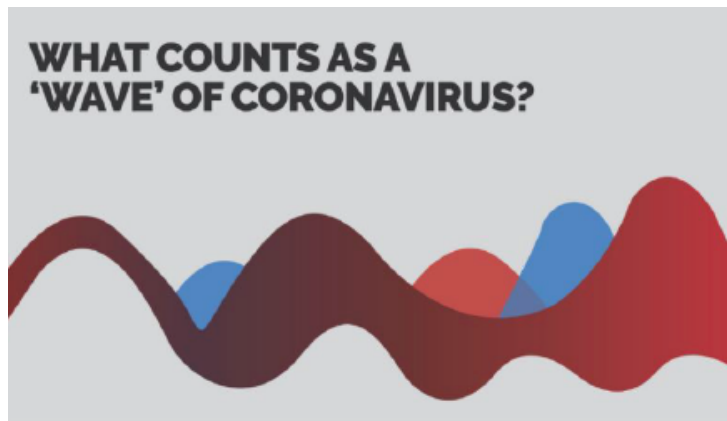
Yes, CovidCom (and Government) has been cautious and careful in imposing rules and regulations since March 2020, and we will continue on that trajectory for as long as the Covid monster is amongst us. Everything that CovidCom has decided on, and implemented, has been done with one single goal in mind: to save lives. Yes, there is a price to pay for doing that. We must not allow ourselves to change that trajectory, or bend the rules imposed by Government, based on sentiment or frustration or anger; we need to continue to do all that we can to move the MHA family to the 'new normal' based on the reality of what is happening in our Metro, Province and country, Covid-wise. This is not an easy task, but we continue to receive almost universal support and co-operation. We are so grateful for that, and it also makes a huge difference to our staff, in the execution of their duties.

CovidCom met yesterday, and we unanimously agreed to the following:

- } All Village halls will re-open on Thursday 12 August 2021, subject to:
 - Access to the halls is restricted to residents and staff only, but 'outsiders' such as ministers, gym/dance instructors and the like will be permitted, and those visitors will require pre-authorization by the Village Manager
 - Government rules and regulations regarding social gatherings of any nature must be strictly adhered to (quote" "limited to 50 persons or less for indoor venues. If the venue is too small to hold the prescribed number of persons observing a distance of at least one and a half metres from each other, then not more than 50 percent of the capacity of the venue may be used, subject to strict adherence to all health protocols and social distancing measures")
- } The visitor corners/kuierhoekies at CP Bradfield Frail Care/Bob Zeiss Bedsitters and Maranatha Frail Care are being reinstated, effective Thursday 12 August 2021, for visits on weekdays and over the weekend. Anyone wishing to make use of these facilities must please:
 - Observe the rules previously imposed to protect our residents, namely respecting the barrier in place, so that there is no physical contact between resident and visitor (as hard and distressing as that is)
 - Note that visits are strictly by appointment; between 08h00 and 13h00 on weekdays phone Roslyn Rose for CPB/BZB on 081 5167566, and for MFC phone 041 3652233
- } Hairdresser services, where previously provided, are still under review
- } The MHA bus will again be available to Village residents for transport to/from shopping malls. Village Managers will inform residents of arrangements in this regard.

Regrettably CovidCom has decided that residents in Bob Zeiss Bedsitters and Epworth Close should remain 'locked in' for a while longer, as we continue to monitor infection rates across the Metro. We are acutely aware of the significant hardships and personal sacrifices which result from this situation, but we ask for your continued co-operation and courage. We will review this every day, as we continue to pray for your safety and for the strength you display in coping with these extraordinary circumstances.

RIDING THE COVID WAVES



South Africa has endured the so-called Third Wave in the midst of a cold and wet winter, when the poorest of the poor suffer most. The Coronavirus doesn't register this; it attacks young and old, rich and poor, in sunshine and in rain, day or night. The death toll rise in RSA over the past year makes grim reading:

August 2020	11,000
November 2020	20,000
February 2021	47,000
May 2021	55,000
August 2021	75,000

As at 10 August 2021 2.5 million Covid cases were recorded in South Africa, with 75,000+ deaths. Worldwide there have been 204 million cases, with 4.3 million deaths. Let's not ignore two irrefutable facts: COVID-19 is a pandemic of epic proportions, and it is nowhere near over yet. There are scientific, informed and uninformed conversations going on across the world about a Fourth Wave, another variant, even more variants, even more waves. Humankind has been blessed with vaccines and medicines to fight past and present pandemics (polio, measles, HIV/AIDS, influenza, Ebola, and now Covid).

What can we rationally do to continue dealing with this Covid pandemic?

1. Filter what you read and watch, and who you listen to
 2. Don't waste time worrying about what is beyond your control
 3. Invest time (as you have been doing) in minimizing or eliminating the Covid risks which abound
 4. Fervently believe that this pandemic will be defeated, and that a new dawn will break
 5. As a community, continue to support one another, and move forward with courage
- This is how wars are won!!

VACCINATION



We are most grateful to Matron Sanet Marx and her team for establishing vaccination sites across MHA's facilities, and for vaccinating those residents who wished to receive the vaccine

and who had not done so offsite at Dischem, Clicks, hospitals etc. Staff have also been vaccinated.

Some staff and residents have not been vaccinated, either through vaccine hesitancy, for religious or medical reasons, or for other personal reasons. The MHA Board, Management and CovidCom earnestly request vaccinated residents and staff to respect the decisions made by those who have not been vaccinated. This is a time for showing support, not for pointing fingers, ostracizing or launching verbal attacks.

This is a vast and complex subject (just watch CNN for five minutes!), and CovidCom will offer some supportive comments in the next Newsflash.

Malcolm Stewart

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