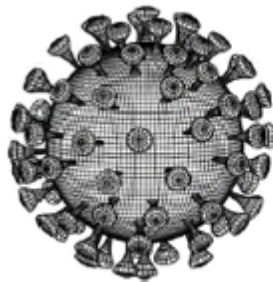


COVID-19: NEWSFLASH #43: FRIDAY 29 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+28=64



MHA's newest Centenarian!!



MHA celebrates with the family and friends of Edith Stock, who turns 100 tomorrow, 30 May 2020!!! Edith just missed the Spanish flu epidemic of 1918-1920, she survived the Great Depression, she survived WWII, she was married to Doug for 62 years and had four children, and Edie (also affectionately known as 'Kiewietjie', because of her thin legs!) is blessed with seven grandchildren and seven great grandchildren. Yet, just short of hitting her 100th run, Coronavirus came and rain stopped play! Her family have always gathered at van Stadens River Mouth to celebrate important occasions; after celebrating her 99th there last year, the family set about organizing a bumper party there for tomorrow. Sadly this cannot happen during

Lockdown, and so arrangements had to be cancelled.

Growing up in PE, Edie says she had a simple but happy childhood; she was never good at sport due to her small build, but she enjoyed running, and so she was the one who always got sent to the shops by her Mom and even other parents!

Edie worked for most of her married life, and she moved to Maranatha Village in 2002, where she became a very active and industrious member of that community. She moved to Maranatha Frail Care in 2018.

A dear Maranatha friend of Edie's, Pam Shapiro, has submitted this tribute:

"Our dearly beloved Edie Stock has to be the Maranatha Frail Care Flavour of May, as she turns 100!! We are all very proud of her; always smart, she wears a pair of size 3 black patent leather shoes as she walks briskly, using either her walking stick or 3-wheeled Ferrari!! Praise our Lord"

Edie has shared her recipe for a long life:

- keep life simple
- most important, be sensible

Her advice is to move to Frail Care in good time; she has been very happy at Maranatha Village and Frail Care, and has no regrets about her decision to move from her cottage to Frail Care.

Congratulations Edie, from the entire MHA family. We know that you are a compassionate person, always putting others before yourself, and we are sure that you are disappointed that the gathering of your clan cannot take place right now. We will put the 100 candles aside, and we will bake a cake when we get a chance to celebrate in style!! Keep well, keep safe.

Thanks, and some useful advice from a resident:

Thank you so much for all the information to which we're being allowed access. PE is VERY short of water, so here's a hint for all "inmates": Instead of hand washing for 20 seconds, wet them, turn off the tap, soap and thoroughly wash hands for the required 20 seconds, then rinse off. Do the same in the shower. Thank you to all staff and Managers.

URGENT: Domestic Cleaners and Gardeners

Countrywide, employees providing domestic services are permitted to resume work, in terms of Lockdown Level 3. This has been confirmed by the President and others during the past few days.

However, because of the unique circumstances facing organizations such as MHA, CovidCom has decided that NO domestic employees, whether employed by MHA or employed privately by a resident, will be allowed back to work on 1 June 2020, and probably for the foreseeable future. This ruling also applies to gardeners employed by residents (refer Newsflash #42).

We wish to assure all residents that CovidCom is reviewing this issue on a daily basis. We are acutely aware that some residents need and want their domestic helper and/or their private gardener to return to work, and we are equally aware that many residents are opposed to such workers returning during the pandemic. We are also mindful that those employees have been without income since Lockdown.

The MHA Board, Management and CovidCom have a duty to do everything possible to prevent COVID-19 from entering any one of our eleven facilities, and one way to achieve that is to limit and control entry to our facilities by outsiders. In recent days we have been challenged by a few folk, with questions like:

- If you are allowing the MHA-employed gardeners and gardening/lawnmowing service organizations to return on 1 June, why can't our own private gardeners return?
- You have had MHA-employed cleaners at work in the Frail Cares and Bedsitters since Lockdown, so why can't the MHA cottage cleaners or our own private cleaners return to work on 1 June?

In both cases, and generally, our response is as follows:

- MHA has the equipment and the protocols in place to test every employee at the commencement of work, on at least a daily basis. MHA staff will carry out these tests on every MHA employee and on every employee of a contracted service provider, and the results will be recorded via a daily Employee Screening questionnaire
- Each gardener is being provided with a mask and a face screen
- The majority of our employees travel to/from work in private transport (privately owned, or hired by MHA), and thereby have reduced exposure to others using public transport.

We have 570 residents, 112 staff and a large business entity to consider, in everything that we propose, decide, say or do. The COVID-19 pandemic is presenting the Board, Management, CovidCom and staff with a vast array of challenges which no textbook or seminar has ever prepared us for. We are learning as we travel down Pandemic Road. It is worth quoting what the President said recently: “In fact, the risk of a massive increase in infections is now greater than it has been since the start of the outbreak in our country”. Our country, our city and the MHA organization have huge challenges ahead of us. The pandemic is about to hit us with great ferocity, and we are making decisions on a daily basis to be ready. Please work with us, not against us, as we continue to make bold, sometimes unpopular, decisions.

Did you get it?!

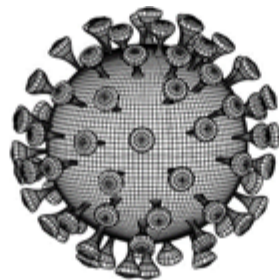
In yesterday’s Newsflash we challenged you to decipher this: FUNEX? SVFX FUNEM? SFVM OKMNX

It is attributed to The Two Ronnies (Ronnie Barker and Ronnie Corbett), two wonderfully talented British comedians from the ‘70s and ‘80s. The video sketch was titled ‘Swedish made simple’ and featured a restaurant patron ordering from the maître d’hôtel. What unfolds on screen is spelt out by the ‘alphabet’ sub-titles and verbal translation, as follows:

- FUNEX? Have you any eggs?
- SVFX Yes, we have eggs.
- FUNEM? Have you any ham?
- SVFM Yes, we have ham.
- OKMNX Ok. Ham and eggs.

CovidCom apologizes to any readers who were annoyed by this!

**COVID-19: NEWSFLASH #42: THURSDAY 28 MAY 2020
LOCKDOWN—LEVEL 4: DAY 36+27=63**



COURAGE



The powerful message which we share with you today is a slightly edited version of yesterday’s Midweek Devotions shared electronically with members of the Newton Park Methodist Church by Rev Rowan Rogers. We received permission from Rowan to use (and slightly edit, for space purposes!) his message, for which we are most grateful:

Deuteronomy 31.6 says to us: “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you”. These words are much loved, but we should remember that they were the preface to a war!

We often think of courage as conquering; of triumph; of vanquishing something or someone. The word 'courage' actually means 'an act of the heart'. So it is deeply courageous not to retaliate when someone has harmed you. To forgive must surely be one of the greatest acts of the heart.

There is great tension across the world; we're not coping. We are all fraying at the edges. Just in this city alone we are not coping well with Lockdown; behavior generally seems to be at Level 'Do Whatever You Like'! Some of the greatest courage we can show in these days is to keep behaving in a way which protects ourselves and others as best we can. It takes courage to love each other well.

Viktor Frankl, the Austrian psychiatrist and Holocaust survivor, said: "When we are no longer able to change a situation, we are challenged to change ourselves". We must recognize that the virus is not going away right now; it is a situation we cannot change. It therefore requires that we change ourselves; that we keep championing the practices which keep one another safe.

Today, don't think of courage in the language of winning; triumph; victory. Instead, think of courage as the willingness to let go; that your great act of the heart is to say: "I am at the end of my rope, or pretty darn close to it"! Dallas Willard said: "God's address is at the end of your rope". Real courage is formed in the lives of those who quietly suffer, often unknown; who have found a strength beyond their own; and who quietly endure deep personal pain, with great grace.

This Coronavirus pandemic is producing thousands and thousands of courageous people. Lord, please be with those especially today who are nearing the end of their rope. Help them to know deeply in their hearts that that is where you live. Help them to hear your gentle whisper that you are with them, and that you will never leave them, or abandon them.

Men and women of courage: we not only pray with you, we salute you! Remember always the promise: the Lord your God goes with you; He will never leave you nor forsake you.

May God richly bless you, Rowan, for the gifts of courage and strength which members of the MHA family will receive today, via your uplifting words.

"I alone can't change the world, but I can cast a stone across the waters to create many ripples"

(Mother Mary Teresa Bojaxhiu, Catholic nun and missionary, honoured in the Catholic Church as Saint Teresa of Calcutta)

The Herald: Thursday 28 May 2020:



Approximately 75 copies of The Herald are delivered to subscribers across our Villages every morning, and are then shared among friends and neighbours. So the daily readership is probably 200 or more. With that in mind, there is no point in news just being regurgitated in a Newsflash; CovidCom might instead merely refer to an article, and provide an appropriate comment.

Take today's issue, as an example. The virus has now hit a second Frail Care facility; you are aware of Lorraine Frail Care Centre, but it is now also in Gelvan Park Frail Aged Home. There is no doubt that both of these organizations do not have the extent of the financial and other resources which MHA has, in order to fight this war. We should, however, always remember that COVID-19 doesn't discriminate or choose by way of colour, class, possessions, medical aid, extent of preparedness, or any similar yardstick. Also, COVID-19 doesn't invade on its own; it is let in the door, carried by a person into a home, a school, a hospital, a shop, a retirement facility. Please pray for everyone at the Gelvan Park and Lorraine homes.

By the time that you read this Newsflash, the population at large may have heard more on how Minister Dlamini-Zuma feels about the vexed question around how much extra exposure smokers have to COVID-19, and how they would swamp hospital ICU's and wards. In the meantime SARS continues to lose billions of Rands in lost duties and taxes, while the crime syndicates who own the illicit cigarette trade continue to make billions of Rands. To complicate matters, the Minister in the Presidency, Jackson Mthembu, has allegedly said today that cigarette sales will return in Level 2. Simple logic tells us that by that time the use of "zols" will have increased exponentially, and would probably contain 'wacky backy' instead of conventional tobacco. Infections generally will have also increased exponentially by then; smokers and non-smokers, drinkers and non-drinkers; young and old; rich and poor, fit and flabby. South Africans are generally an intelligent, responsible lot, and we are relying on sound leadership at the top of government to get us through the pandemic.

All shall be revealed, in the fullness of time.

More clarity on gardening services:

It was confirmed in Tuesday's Newsflash (#40) that MHA's team of gardeners will return to work on 1 June, and that residents must please refrain from asking a favour of a MHA gardener to carry out any private activity. MHA's contracted gardening service providers will also return on 1 June.

Residents are again reminded that NO gardener (whether employed by MHA or contracted to MHA) must be requested to carry out any private work at any time, either before or during or after their normal working hours. This ruling is for your safety. CovidCom will be reviewing the situation regarding the employment and use of private gardeners by residents, and a further announcement will be made in due course.



FUNEX?

SVFX

FUNEM?

SFVM

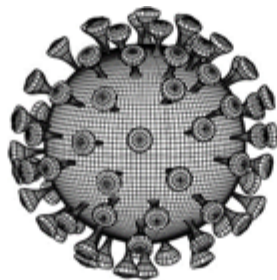
OKMNX

Make any sense to anyone? It has nothing to do with the cartoon.

We will explain tomorrow!!!

COVID-19: NEWSFLASH #41: WEDNESDAY 27 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+26=62



Outbreak: 29 test positive for Covid-19 at the Lorraine Frail Care Centre



This very sad news has been reported on the internet today via the Daily Maverick, and on AlgoaFM. The incident has occurred at the Lorraine Frail Care, which is run by Life Esidimeni, part of the Life Healthcare group, and currently accommodates 118 residents. Despite being under strict lockdown since the beginning of March, 10 staff members and 19 patients have tested positive for Covid-19, and one has died.

The report carries comments about the Centre's response in arranging testing, in isolating infected residents, in dealing with infected staff, and in notifying family of the outbreak. MHA should not and will not comment on these issues; instead, as the MHA family we should hold in prayer that Centre, its residents, its staff, and all affected family. This is a terrible time.

CovidCom will closely monitor this developing story, and we will learn from the Centre's experiences and responses. We will also continue to sharpen our weapons daily. We will have more on that to share with readers over the next few days. In the meantime, please continue to be vigilant, compliant, supportive, prayer-full, and keep yourselves safe and well.

Lockdown Level 3: Implementation of new regulations

The required Government Gazette giving effect to the changes has still not been issued, and here's the reason why: the National Coronavirus Command Council has postponed its media briefing scheduled for 12h30 today, at which it was going to shed light on the implementation of the new regulations. Without being disrespectful, let us speculate that there is a huge amount of disagreement within the ranks of the Command Council, mainly to do with 'power games' involving the usual suspects, each one trying to justify his/her existence, and stance on a matter (liquor, tobacco, school readiness, public transport, or where and when to get a cheap haircut).

**STOP
FAKE NEWS**

And here's more speculation: Public Enemy #1 (in the eyes of smokers anyway!) is going to attempt to restore some shine to her crown by announcing that cigarettes will, after all, be back on the shop shelves from Monday 1 June. Watch this space!!

John Wesley quotation

“Good to all the people you can,
By all the means you can
In all the ways you can
In all the places you can
In all the times you can
As long as you can”

Covid-19 Advice

“Avoid all the people you can
By all the means you can
In all the ways you can
In all the places you can
At all the times you can
As long as you can”

The Herald: front-page news on Tuesday 2 June 2020

**STOP
FAKE NEWS**

After being deprived of their favourite alcoholic drink for 66 days during Lockdown, from yesterday South Africans are again allowed to buy stock from their local bottle stores. The retail outlets are only open Mondays to Wednesdays, from 09h00 to 13h00.

So it was not surprising that yesterday witnessed long queues, a total lack of social distancing, frustrated shoppers surging into the stores despite the half-hearted efforts of security personnel to restrict numbers at any one time, and rampant theft and shop-lifting. In some areas there were reports of wide-scale looting of liquor shops, and hijacking of delivery trucks. The police and the army would have been overwhelmed, had any been in evidence as the mayhem unfolded.

Reporters spoke to many of the frustrated shoppers, and got these stories:

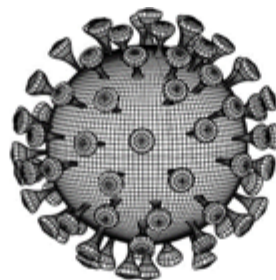
- My constitutional rights were being imbinged, so I'm pleased that the ban has been lifted
- I just couldn't beer it any longer
- I'm just pleased that these stores can generate revenue again
- I miss my wife so much since she's been gone; she's in the queue at Makro
- I hate queueing, but I must just grin and beer it
- I queued from 03h00; I was going to go home and climb back into bed, but I just Preston
- I feel for the oldies who were in the queue; they were bewildered, and one old man even lost aperitif
- Once we've got our stock, perhaps my husband will stop moaning and start wining
- One moment we were standing near to the door, when suddenly we were just schwepped aside
- One shady customer was caught stealing; store security Branded him a criminal, and Whisked him away



Back to the serious stuff, the ‘useless information’ department! You will probably all know that liquor comes in bottles of various shapes and sizes, but do you know that they all have descriptive names?! Here they are:

Description of size	Metric amount	Number of metric bottles
Nip	50ml	One fifteenth
Split	187ml	One quarter
Half bottle or ‘half jack’	375ml	Half
Bottle	750ml	One
Magnum	1.5 Litre	Two bottles
Jeraboam	3.0 L	Four bottles
Methuselah	6.0 L	Eight bottles
Salmanazar	9.0 L	Twelve bottles
Balthazar	12.0 L	Sixteen bottles
Nebuchadnezzar	15.0 L	Twenty bottles

**COVID-19: NEWSFLASH #40: TUESDAY 26 MAY 2020
LOCKDOWN—LEVEL 4: DAY 36+25=61**



Lockdown Level 3 (effective 1 June 2020):

In yesterday’s Newsflash we said that we’d make further comment about Level 3 in today’s edition. In terms of substance, or cause for celebration, we’re about to disappoint you!

Since Lockdown was imposed 61 days ago, CovidCom has been consistent in two specific areas: MHA would not disobey any rules and regulations set by Government in terms of the Disaster Management Act and the various Gazettes issued, and that we would constantly look for areas in which we could have some degree of flexibility in the interpretation of the laid-down rules; in this latter regard, the MHA rules around residents being able to exercise within the Village grounds is a prime example. No laws were broken and, as far as we know, no one was arrested!

The reason why CovidCom doesn't have much to comment on regarding Level 3 is because the Government Gazette which will spell out what is allowed/still not allowed in Level 3 has not yet been published (as at noon today!). As happened when Level 4 was announced by the President in late April, there might still be some subsequent changes to what he has already told the nation about Level 3; don't hold your breath that any one of the Ministers seeking another 15 minutes of fame (Co-operative Governance & Traditional Affairs, or Police, or Transport) will add or subtract some critical bits and pieces to displease (or please?) the public at large. Watch this space!

What we can share with the MHA family now is the following:

- Domestic services: CovidCom confirms that house-cleaning services by MHA domestic staff or via privately employed people is still not permitted at any MHA Village; the threat of COVID-19 infection from any incoming service provider is something that MHA cannot effectively manage in any way other than to deny them entry to our Villages and the residents' cottages (as is currently the case with visitors).
- The future provision of a domestic cleaning service to MHA Village residents is a significant and complicated matter which is currently under serious review. Our 16 'domestic cleaning' employees have been paid in full since March, but the current scenario cannot continue indefinitely. Other factors in the mix are obligations in terms of many Life Right contracts in force, and the demand for these services amongst residents. Research in this regard is underway, and residents will be consulted before any decision is taken. In the meantime, we hope that residents generally are coping well with their housekeeping chores
- Gardening services: MHA's team of gardeners will return to work on 1 June. Especially after the beautiful rain which we are experiencing, the mowing of lawns will be a welcome sight! Residents must please refrain from asking a favour of a gardener to carry out any private activity; they have been instructed not to respond to any such request, or to enter any cottage, yard or garage under any circumstances
- Maintenance teams: they too will report for duty on 1 June. The painting team will pick up where they left off in March, but only emergency repairs will be undertaken until further notice. Please liaise with your Manager
- Hairdressing services: as previously advised, this is still not allowed in terms of Lockdown rules. An article in today's The Herald reports that "up to 70% of the SA's hair and beauty salons, spas and tattoo parlours face closure". It reports further that there are about 90000 people active in this sector, which is worth R300 billion; worrying news.

Tuberculosis (TB or not TB; that is the question):



For a great many South Africans, the continued ban on tobacco product sales is as baffling as it is frustrating. Approximately 7 million SA people smoke about 27 billion cigarettes per year, or an average of 3,771 cigarettes per smoker annually.

More statistics: There are about 44000 smoking-related deaths in South Africa each year, which equates to 121 deaths each day. A total of 63000 people died of Tuberculosis (TB) in South Africa in 2018, according to new figures released by the World Health

Organization (WHO). Two-thirds of those who died (42000) were HIV positive. Putting this into yet another perspective, in 2019 20000 South Africans were murdered, and 14000 died in motor-related accidents (with apparently over 60% of those being alcohol-related). Also, sugar products are being sold throughout Lockdown, yet 4.5 million South Africans suffer from diabetes. We're a sorry lot, largely self-destructive, aren't we?

South Africa is one of only three countries in the world to have banned cigarettes during the pandemic (along with Botswana and India). Our Government has yet to provide evidence to suggest that smoking has any impact on Covid-19. The WHO has not released evidence or data on how smoking impacts the virus and has not taken a position on whether countries should ban tobacco sales. Even if studies attempted to make a connection between smoking and Covid-19, why have other countries not followed their advice and banned tobacco? It would appear that there are factions within Government, with different agendas and information, with Minister Dr Nkosazana Dlamini-Zuma's voice being the loudest. It's become something of a merry-go-round in political circles, with not much 'merry' in it! It is not MHA's place to criticize.

Now add the following into the mix: there is a roaring and very profitable trade in illegal cigarette sales, and in selling cheap cigarettes. It can take less than four minutes to buy cigarettes on the black market, and desperate smokers are paying up to R20 per cigarette! The cheap cigarettes are apparently a health hazard, and of course not one cent of the illegal cigarette sales goes to SARS as tax or duty.

Depending on which media source you read, we have 24000 police officers and traffic officials and 73000 soldiers ensuring that 57 million of us obey the law and are protected. So far, a few dog-walkers, beach-goers and surfers have been arrested, but no reports yet of cigarette sellers being nabbed. The truth behind the ban on tobacco products has yet to be revealed; conspiracy theories abound. In the meantime, Rome continues to burn---like the tip of a Texan, or near the butt of a Benson & Hedges, or even the zoggy end of a Russian Ziganov zol!! If you can't light up, then try to lighten up ☹

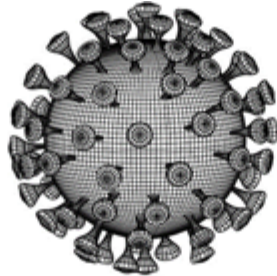
This following clever use of the English alphabet was submitted today from a dear nonagenarian resident at a MHA village:

Always Be Cool. Don't have Ego with Friends and family. Give up Hurting Individuals. Just KeeP Loving Mankind. Never Omit Prayers. Quietly Rememebr God. Speak Truth. Use Valid Words. Xpress Your Zeal

*Staying positive doesn't mean you have to be happy all the time.
It means that even on hard days you know that there are better ones coming.*

COVID-19: NEWSFLASH #39: MONDAY 25 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+24=60



Day 60 has arrived!

We South Africans have been in Lockdown for 60 days; that's 1440 hours/86400 minutes!! It hasn't been easy, and it's not fun. Every resident deserves a "long service" medal for displaying great patience, acceptance, courage and stoicism.

The magical number 60 is the common speed limit, in kilometers per hour, in most urban areas in the world; in years of marriage, it is the diamond wedding anniversary; in darts, 60 (treble-twenty) is the highest score that can be achieved with a single dart; and it is the smallest number divisible by the numbers 1 to 6.

Age 60 is considered the threshold of when people enter the last major phase of their life. The Apostle Paul warned Timothy that the church should not financially support widows less than sixty years old. This was because those who were younger were considered able to remarry or strong enough to support themselves (1Timothy 5:3-11).

There you have it; words of encouragement, a general knowledge quiz, and a snippet of bible study, all in one!!

Down to Lockdown Level 3 in June: Yes or No for PE?

The good news announced by President Ramaphosa last night was that the country will move to Level 3 on 1 June. He then cautioned that investigation was still under way regarding the extent to which certain "Hot Spot" areas might be treated differently to the rest of the country on 1 June. The twelve Hot Spot areas basically include every Metro/major city in the country, including Nelson Mandela Bay/Port Elizabeth; they are defined as an area that has more than five infected people per 100,000 people or where new infections are increasing at a very fast pace. Don't celebrate too loudly yet!

CovidCom is presently studying the Level 3 rules and regulations in detail, and we will comment in tomorrow's Newsflash. One thing is certain right now: the infection rate is soaring, and will increase as more and more people are allowed back to work. PLEASE do not become complacent; do not be fooled into believing that a reduction in the Lockdown Level means a reduction in the possibility of becoming infected. Continue to practice the safe lifestyle which has become the norm since late March; limit your exposure to members of the public, limit your movement beyond your home, don't socialize, wash your hands frequently, and wear your mask. MHA's job is to help keep you safe, and keep you positive. Hang in there!!

National Escargot Day: 24 May 2020

make
gratitude
a habit

#lulemonadebite  @emmakateco



“Escargot” is French for an edible snail, but of course you all know this! But did you know that on 24 May each year the world celebrates this auspicious day?! No trace could be found about which countries actually celebrate the day, but in all likelihood France would top the list. In the late 1980s, escargots represented a \$300-million-a-year business in the United States, so maybe they have tagged it on to their Memorial Day long weekend, happening now.

Google will tell you lots about how to prepare/cook/eat snails aka escargot, but let’s not go there now. Why not just celebrate yesterday’s Escargot Day with the classic snail joke from the movie ‘Trading Places’: This snail buys a sports car and has it sprayed with a massive letter ‘S’, so everyone will see him and say ‘Watch that ‘S’ car go’!!! 2 | Page

Gratitude in action

CovidCom received an e-mail from a resident on Friday (the sender has asked to remain anonymous). The suggestion made is considered that valuable that we share it with readers now:

I have noticed the positive theme throughout the Newsflashes; this is highly commendable especially when we are feeling a bit fed-up ourselves! Gratitude has been mentioned a few times. Just a thought: would it help some folk if they are given an actual Gratitude exercise? I attended a Gratitude course a few years back and it helped me to have structure to gratitude. My suggestion is that we should encourage people to create a personal Gratitude journal/diary. While having their first cup of tea or coffee every morning, to become aware of just one thing that they are grateful for on that day, write it down, and throughout the day become aware of this one thing, and at night give thanks. Repeat this exercise daily, and at the end of the week reflect on all seven Gratitudes.

I tried it again yesterday and, from my experience, it’s fun, surprising and uplifting! I saw a malachite sunbird sucking nectar from an aloe; a dove with a twig flying past to the big tree in front of my cottage to build a nest; a beautiful morning with crisp dew on the grass;

people happily exercising outside; a gentle breeze on my cheeks. I could have almost filled a page with what normally would have gone noticed but only vaguely.

Take care, and thanks for all the daily upliftment.

We urge members of the MHA family to try out this suggested “Attitude of Gratitude” exercise. Gratitude is powerful; research has shown that it can have a positive effect on general well-being, resilience and social relationships, can reduce stress and depression, and can result in a stronger immune system, lower blood pressure, and better sleep. Grateful people are generally more alert, generous, compassionate, and happier, and also have a greater capacity for joy and positive emotions.

If this research is to be believed, the exercise is surely worth trying?!

Feedback received; with gratitude!

Last week we also received a letter from a Bedsitters resident, which we share now. What a coincidence it was to receive this positive message which ties in so beautifully with the Gratitude exercise mentioned above:

Our tenth week! Trying to keep busy, read, listen to music, do a bit of walking, and refusing to listen to negative discussions about the Coronavirus situation, and have positive thoughts. We are all humans, and nobody can blame us for being a bit down at times--missing family and friends.

But just remember we are serving a mighty God: Keep trusting and believing. He is in control, no matter what.

We have so much to be thankful for. Start counting your blessings--so many, not enough words to praise and thank our heavenly Father for being there for us at all times.

Then we thank the Lord for our Management who do so much in so many ways for our protection and safety. We are grateful. In the meantime we are all staying and praying and trying to put a smile on our faces, no matter what!

Your mind believes what you tell it. So tell it positive things

Crisis doesn't change people. It reveals them!

COVID-19: NEWSFLASH #38: FRIDAY 22 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+21=57



Be kind.



Washing and drying your hands kills the virus



Cough or sneeze into your elbow



Stay home if you are sick

World Hunger Day: Thursday 28 May 2020

(World Hunger Day is an initiative by The Hunger Project)

On World Hunger Day 2020, nations across the world are looking at the rapidly changing landscape of global hunger and poverty; not just food and water, but also education, social justice, the rights of women and girls, the environment, and climate change. The Hunger Project uses an innovative, holistic approach that tackles all these issues, and empowers

people living in hunger to lift their communities above the poverty line for good; this is the sustainable end of poverty.

There is an increased risk of hunger and poverty in vulnerable communities, internationally and domestically, as we confront the COVID-19 pandemic. More than 820 million people in the world do not have enough food.

The Ekuphumleni Old Age Home provides institutional care to 60 disadvantaged frail aged people in the Ward 25/Zwide area of PE, and has a staff complement of 27. Ekuphumleni is a subsidized entity which should receive a monthly subsidy from Eastern Cape Department of Social Development; however, timely receipt hasn't happened in the past ten years, and this year is certainly proving to be worse. Some MHA residents will remember that we have supported Ekuphumleni over the years, for example passing replaced Frail Care beds and other equipment to them. MHA has developed an informal co-operation arrangement with them, over many years, and we recognize the wonderful work which they do, with limited resources.

Ekuphumleni is in serious trouble right now, with their residents and staff in dire need of many essentials. They have turned to MHA for help, and so the Board, Management and CovidCom invite residents to contribute towards a "relief package" which we will put together. We remain mindful that some residents are also struggling right now, and also that some may be supporting other charities and organizations in need. That must be respected. Ekuphumleni's "wish list" includes:

10kg Sugar x 15	10kg Mealie Meal x 10
10kg Samp x 5	2litre Oil x 8
10kg Rice x 8	1kg Oats x 3 boxes
Big Tin Coffee x 15	Pack of 100 tagless Tea Bag x 10
Sunlight Preem Bar/Brick Soap x 4	1kg powder soap x 10
Chicken Spice box x 8	Knorrox soup big sachets x 8
500g Salt x 2	Aromat original x 8 boxes (3 sachet inside a box)
Tray/unit - peanut butter x 1	Tray/unit of green peas tin x 8
Tray/unit of baked beans x 8	Tray/unit of Pilchard x 8
	6 pack of long-life milk x 15

23.

The list is daunting; please don't be put off by quantities required, as every contribution of whatever size will help those in dire need. They also have a list of non-food items, all essential to running an efficient Frail Care facility. This includes adult nappies, Glucosticks, Dettol, Panado, Limotil and cough mixture, and now they are challenged with having sufficient PPEs (gloves, sanitizers and masks). MHA is going to make a monetary contribution to Ekuphumleni, to enable them to purchase some of their non-food requirements.

Please hand your contribution to your Manager by Monday 1 June. If you wish to make a cash donation, please place it in an envelope and hand it to your Manager. The Management team at Ekuphumleni is well-known to MHA; they have been carrying out selfless work there for a long time, and we know that all contributions will be used honestly and appropriately. Our intervention will make a huge difference right now.

World Bee Day: 20 May 2020



Had the compiler of the Newsflash been aware of the significance of 20 May, perhaps he wouldn't have whined about having writer's block on Tuesday!?! Bee that as it may, May is the advent of Autumn; beekeepers collect the last surplus honey as they prepare their hives for the winter months. Unbeknown to most of us, May 20 is the birthdate of Anton Janša, a Slovenian who was born in 1734, and known to be the pioneer of and teacher of modern beekeeping. You can give yourselves a

B+ for that!

Annually, May 20 is a day of raising awareness for the critical role bees play in the world, and in our lives. They pollinate over 170 000 plant species, and without them our diverse food supply would be less abundant, and our landscapes would eventually become wasteland, devoid of the colours and scents of those plants in flower. Bees have become threatened over the last 50 years. They are essential to our survival, and vice versa. To play your part, plant bee-friendly food (trees and flowers) at home, encourage communities to plant bee-friendly food along walkways and in parklands, and stop using harmful chemicals.

The following was copied off the label of a honey bottle, locally produced by Menno's Apiaries at Honeycombe Farm in Theescombe:

- To make the 500g bottle of honey, Menno's bees travelled 85000km (twice around the circumference of the earth!)
- In the process they visited over 2 million flowers
- Each bee makes a twelfth of a teaspoon of honey in its 7 week life

If any reader wants to know how all this data was measured, please ask Menno!! We could wax lyrical about the subject of microscopic bee-tracking devices for ages, but we won't; it will get the residents all abuzz.

PS: on a serious note, Menno welcomes visitors wanting to have an educational outing. Maybe diarize that as a fun outing for 2021?!

Update on Capt. Tom Moore:

The intrepid fundraiser/centenarian just doesn't stop!

Since he was last mentioned in a Newsflash he has been granted the Freedom of the City of London. He said: "I remain humbled by the love and gratitude that I have received from the British public, and this honour is something that I will truly value for the rest of my life."

Capt. Tom has now raised £32,794,701 (at yesterday's Rand/Pound exchange rate, that's R709,074,891!!). Of the total raised, £20 million has been handed out to NHS charities across the United Kingdom, each getting £35000. The charity at the hospital where Capt. Tom was treated for a broken hip and skin cancer received £122,500.

Italian divorces up by one-third!

In today's The Herald we're informed that:

- Two months of pent-up frustration and irritation during Italy's COVID-19 lockdown have led to a dramatic rise in divorce proceedings there

- Petty niggles have come to a head for many couples forced to live in proximity
- Couples able to get along tolerably well in normal times have been pushed to the brink by confinement.

Is this what marriage has come down to?! What happened to the vow “to have and to hold, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death do us part”? In the “olden days” the object (and fun) of being married to the love of your life was ‘to live in proximity’ without being forced to do so!

Maybe this quip explains the root cause: “It’s been a great blessing to be at home with the wife these last few months. We’ve caught up on everything I’ve done wrong in the last 20 years”!!

COVID-19: NEWSFLASH #37: THURSDAY 21 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+20=56

With Covid-19, we’re all in the same storm – but not the same boat



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choose.

However, the landscape has changed in the past couple of days, because projections on the severity of the virus in South Africa have been revealed to the public for the first time; up until now Government has been secretive about the rate of infection (“It’s classified information”, they have arrogantly stated), and about the readiness of hospitals nationwide to cope with the expected flood of Covid-infected patients requiring hospital care, including ICU. A consortium of some of the country’s foremost experts has conducted an intense modelling exercise, for projecting infection rates, hospital readiness and bed requirements, mortality rates, and when the virus will peak in SA. All of this has been shared with our Minister of Health and others.

It is also apparent that Provinces are fighting the war on differing scales, based on the actual or projected infection rate per area, and it is highly probable that Government may have to decide not to reduce Lockdown to Level 3 in some Metro/Province areas in June (hence the title of this article).

CovidCom will share important information with readers, once we have verified the sources. What we know right now is that:

- The key objective of national Lockdown was to slow the spread of the virus, to provide time for Government to address hospital bed capacities, and increase ventilator capacities. It is still unclear if Government (national, provincial and local) has satisfactorily achieved that; once infection rates climb we will have that answer

- Based on the modelling referred to, the national peak infection rate is expected around mid-July to mid-August
- As a country we will not be out of the woods for many months to come; continued social distancing, not being allowed to gather in groups (church, functions, sport, funerals, weddings etc) or travel in planes or on ships, limited return to work by many business/industry sectors, will be with us until late into 2020, at best
- The national COVID-19 infection rate will inform and direct Government over the next six months, and this will apply to MHA's decision-making too. Trying to return to any version of "normal" could start a second wave of infection across the world, and this is a key factor being addressed by the WHO and all countries which have already been down this perilous road. South Africa is no different; we've just been a late starter
- Even once the majority of the world's population has been vaccinated (that in itself will take months to do), we won't return to the "normal" we knew; a "new normal" will emerge, hopefully for the better
- Even now, MHA (via its Board, Management and CovidCom) is looking at how we could and should adapt what we do. The immediate focus is on protecting the MHA family from the pandemic, and on how we can limit all the current negatives which affect everyday life of our residents, without further exposure. This is work in progress, which CovidCom will share, via the Newsflash, whenever we can. For starters, see page 2 today.

**Lockdown; it's enough to make you pull your hair out!
(but wait----there is also some good news!)**



Okay, let's get today's lesson out of the way. If you do actually pull your hair out, you could be suffering from Trichotillomania, a mental disorder characterized by a long-term urge that results in the pulling out of one's hair. That's Trichology 101 done and dusted!

MHA's Board and Management are acutely aware of the many frustrations and the deprivations which Lockdown has brought upon residents,

their families and staff alike. The decisions taken over the past two months have all been carefully considered by CovidCom, and those which have been implemented have been in line with Government's regulations and laws, and also to respond to the particular needs and dynamics applicable to our Villages, Frail Cares and Bedsitters. Where we have risked doing so, some elements of Lockdown have been adapted to best suit our residents (eg. walking about the village streets, getting the grass cut etc). Some we cannot change under the current Lockdown level---for example, allowing visitors, bringing back hairdressing services, housekeeping assistance and gardeners---but others, which the laws and/or common sense allow, we change as we go down this COVID-19 road together.

Some of the CovidCom members met yesterday, and we can share with you some of what was discussed:

- It is increasingly apparent that our locked-down lives are going to be inconvenienced for a long time to come; we dealt with that on page 1

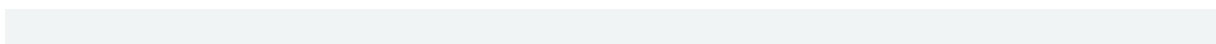
- Residents are urged to comply with all laws, rules and regulations; everyone wants to see the country move to Level 3 and lower, and compliance is absolutely key to this happening
- As an organization, as a city, and as a country we just cannot let our guard down; otherwise the most vulnerable people (yes, starting with the elderly) will be at increased risk. It is in our (sanitized!) hands
- Residents in our Villages will, from today, be allowed to visit other residents in their village, but this must be on the following basis only:
 - It is restricted to the outside patio/porch/garden only ie. no entry into the actual cottage is allowed
 - Social distancing is absolutely critical; no hugging etc, as much as you want to do that
 - Masks should be worn during visits (you decide what is best to do if drinking/eating!!)
 - Compliance is essential; CovidCom really doesn't want to reverse this decision, or for Managers to have to police this
- Regarding the above, Bedsitter residents will carry on as per usual
- CovidCom is investigating the establishing of a screened facility within Frail Care where a resident can be safely visited by a family member. There would be no physical contact, and therefore no risk of infection. Creating this "box of emotions" (as a Portuguese nursing home has described it!) is a logistical challenge, and requires a dedicated visitor access point. Use by Bedsitter residents and their visitors is also under consideration. This is all work in progress
- Please remember that CP Bradfield Frail Care has a dedicated mobile phone with which family can have contact with residents (and vice versa) by using the WhatsApp 'voice call' or 'video call' facility. Please make contact with the Nursing Services Manager during normal office hours, to make arrangements to use this facility.

CovidCom hopes to bring you more positive news, as and when COVID-19 allows us to do so!

A new way of living---and a new language!

Today's edition of The Herald carried a short story about how Lockdown is producing a baking boom, and how stores are running low on stocks of flour, baking powder, yeast etc. The article also quoted a psychologist who said this about the new focus on baking: "Some people procrastibake to avoid dealing with the stress of the current reality or to avoid doing other undesirable activities such as work or household chores".

Procrastibake?? Really??!! Maybe the psychologist was just getting a rise out of someone, or wanted to make some extra dough, or has a particular knead? Really, it just doesn't cut it! That's just the icing on the cake!!



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Malcolm Stewart (who reminds us all to Stay---Spray---Pray---Oh no!! How long is social distancing here to stay??)

COVID-19: NEWSFLASH #36: WEDNESDAY 20 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+19=55



Be kind.



Washing and drying your hands kills the virus



Cough or sneeze into your elbow



Stay home if you are sick

"Hello Houston; we have an unprecedented biopsychosocial crisis here"



Apollo 13 was the seventh crewed mission in the Apollo space program, and the third meant to land on the Moon. The craft was launched in April 1970, but the lunar landing was aborted after an oxygen tank in the service module failed two days into the mission. We South Africans were still deprived of TV in those days, so we

had to rely on the radio and newspapers to keep us abreast of the dramatic rescue operation which unfolded to get the three astronauts back to Earth. Eventually we all got to enjoy the dramatized film version in 1995, starring Tom Hanks and others. It was nail-biting stuff (the film and the actual event!), with plenty of “Hello Houston; we have a problem” radio reports from the crippled spacecraft to “Mission Control” in Houston, Texas. That’s the history lesson for today!

A recent edition of the New England Journal of Medicine referred to COVID-19 as an “unprecedented biopsychosocial crisis”; we’ve heard it being called many things, but this is must be the most complex way possible to describe it! Apparently “biopsychosocial” relates to, or is concerned with, the biological, psychological, and social aspects, in contrast to the strictly biomedical (biology and medicine) aspects, of disease. That’s your Medicine/Psychology/Sociology 3-in-1 lesson for today! (and who remembers 3-in-One Oil??)

We all have our own words to describe the pandemic and its multitude of Lockdown inconveniences, and some of them we should perhaps keep to ourselves! But we probably all have some words which describe how we feel, deep inside, and what we are experiencing about this “once in a century” global event, and how it has impacted on our lives; individually, as family, as a community, and as a nation. CovidCom invites you to contribute your thoughts and comments about this, and we will publish them anonymously in a future Newsflash. Here’s your opportunity to participate in the historical narrative, to leave your mark for posterity, and to achieve your fifteen minutes of literary fame!

PLEASE keep your contribution to 50 words, and submit it by e-mail to covid.concern@methomes.co.za, or via your Manager. Here’s an example of the sort/length of material we hope to receive, but humorous messages, with or without venting your frustrations or deprivations, will be equally welcome:

COVID-19 is teaching me to be grateful for waking up each morning, for the food and shelter I have, for the love of family and friends, and knowing that we “haves” should all help the “have nots” where we can

Live a balanced life



Most readers should be familiar with this iconic photograph. We apologize to any readers suffering from acrophobia!!

It depicts eleven men eating lunch, seated on a girder with their feet dangling 260 metres above the New York City streets. The photograph was taken in September, 1932, on the 69th floor of the RCA Building during the last months of its construction. The photograph was prearranged;

although it shows real ironworkers, it is believed that the moment was staged by Rockefeller Center to promote its new skyscraper. Other photographs taken on the same day show some of the same workers throwing a football and pretending to sleep on the girder. This photograph is often used to illustrate a “work/life” balance.

While on the subject of a “work/life” balance, we have mentioned before that our CEO Hein Barnard has a book on his office desk, “30 Thoughts for Victorious Living” by Joel Osteen. Hein and his entire team are working flat-out at present (nothing new really, but with COVID-19, even more so!), and he felt that the words on today’s page of the book are so appropriate that he shared them with his entire Management team. This is what they read as they got to their desks early this morning:

*“They have made me a keeper of vineyards, but my own vineyard I have not kept”
(Song of Solomon 1.6)*

“Are there areas of your life that are not ‘kept’ because you are taking care of everyone else? If you’re always on the go, constantly working and never take time for yourself, you will end up stressed out and overwhelmed, and you won’t be able to enjoy life the way that God intended. Living a balance life brings peace, joy and health.

Decide today to begin investing in yourself. Take time to relax and rejuvenate yourself. When you are refreshed emotionally, physically and spiritually, you are able to give to others more effectively.

As you bring balance to your life, you will begin to enjoy every day to the fullest---just the way God intended!”

It takes a courageous leader to acknowledge his or her shortcomings or faults to co-workers or troops, and to propose a solution. The entire MHA team, from the Carer to the CEO, are working exceptionally hard at present, doing what they must in order to prepare for the COVID-19 war; and this is over and above their everyday tasks, which includes wrapping up the financial year-end before the external auditors arrive, and being even more vigilant and disciplined in the workplace. We could all benefit from Joel’s wisdom for today.

I sometimes marvel at just how fast time passes by, and then I’m reminded: “Life is like a toilet roll--the closer you get to the end, the faster it goes”

COVID-19: NEWSFLASH #35: TUESDAY 19 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+18=54



Be kind.



Washing and drying your hands kills the virus



Cough or sneeze into your elbow



Stay home if you are sick

Writer's block!



Greetings to one and all. Have you noticed since Lockdown began that our local English newspaper, The Herald, has almost no original journalistic content, and certainly almost nothing being reported on the plight of our City, which is leaderless, rudderless, and rapidly running out of water? Almost half of the pages are filled with advertisements, and half of those are self-promoting the newspaper itself. The majority of photographs are hardly newsworthy, and have nothing

to do with our City or Province; instead it's a case of "copy and paste" of random images (and just based on the past two days) of someone in prayer in the Milan cathedral, or a gravedigger in Nicaragua, or of a queue waiting to vote in Benin (that's between Ghana and Nigeria, by the way!), or migrant workers on a truck in Hyderabad (you know that's a city in India!), fleeing Covid.

Coverage of and comment on COVID-19 is presently all-consuming across all media platforms; most of it should carry a health warning, and be avoided. It is also sad, but predictable, that the pandemic is being used as a tool for power-hungry politicians to remain in office, and for corrupt officials to deprive the poor, all at the expense of serving the people, which is what 'civil servants' used to do.

However, look beyond all of this and you will see and hear about wonderful acts of generosity, philanthropy and kindness, across the City and across the world. This Newsflash is going to share some of these "good news" stories with you, in the coming days. We need positives, not negatives, right now.

Every journalist or author has a day when he or she has "writer's block", and today it is so for the compiler of this Newsflash!! Enjoy the bits and pieces in today's edition; CovidCom hopes that it's preferable to a blank page, a random photo of a Nepalese encyclopaedia salesman, or more Covid statistics and stories.

Compliance: another approach

An anonymous Village resident has shared this, related to the article in Newsflash #31 on 13 May about seeking residents' compliance with Lockdown laws and rules. He says:

"After reading the newsletter, I thought of a riddle. What sparked it off was the item about compliance, from the 'Village sage'. One of the methods of getting a point home that Jesus used was to get people to answer their own questions. Having worked out the answer, they

could hardly argue with it. I thought this riddle might come in handy in case there is any further reaction from disgruntled/ungrateful residents:

Question: What is the difference between the driver of an overloaded mini-bus taxi and a person who refuses to comply with Lockdown regulations?

Answer: The taxi driver only puts his eighteen passengers at risk!"

Groceries and Iron:

Two totally unconnected items in today's underwhelming issue of The Herald are worth mentioning, if only for the purposes of entertainment, and as a distraction from the endless and inevitable "C" conversations! Also, if one has a fertile imagination, the two can in fact be connected, as explained below!

A page 4 headline said this: "Newton Park grocery store temporarily shut". The "grocery store" is none other than Newton Park SUPERSPAR, probably the largest Spar outlet in PE. In terms of scale, size and selection it can hardly be described as a "grocery store"!

Let's not make this Nitpicking Tuesday; do any readers of the Newsflash remember the genuine article, real grocery stores like Richardson's in Westbourne Road, and Harris' in Rose Street, before the advent of trolleys and scanners, and when the grocer was a real person, who wore a white apron, and knew the name of every customer?! In those days (1960s) R100 a month was a decent living wage; if you went to the shops with R50, you could buy your monthly groceries and you would still have money left over. For R1 you had a choice of buying five beers or five packets of cigarettes; they were 20 cents each. Also in that era the drive-in was a popular entertainment spot; you could take a girl on a date for R2 without being classed as a cheap-skate and you would still have money for chips and cool drink. Oh well!!

A letter on page 8 of the newspaper quoted Margaret Thatcher, who famously said: "A government is like a baby's nappy. It should be changed often, and for the same reasons". Nothing has changed!

So how does a piece on grocery stores tie in with Baroness Thatcher?! Simple: she spent her childhood in Grantham in England, where her father owned a tobacconists and a grocery shop! He was also a Methodist local preacher, and brought up his daughter as a strict Wesleyan Methodist.



From these quite humble beginnings she went to university and worked briefly as a research chemist before becoming a barrister.

As a British stateswoman she served as prime minister of the United Kingdom, and was the longest-serving British prime minister of the 20th century and the first woman to hold that office. A Soviet journalist dubbed her "The Iron Lady", a nickname that became associated

with her uncompromising politics and leadership style. As the photo shows, some photojournalist had a bit of fun, at her expense.

Here endeth today's history lesson!

Feedback from grateful residents:

CovidCom is humbled by e-mails of appreciation and encouragement which we receive on a regular basis. We share this latest one with you, received from a family member of a Bedsitter resident:

"Good afternoon Hein and COVID-COM @ MHA,

Your dedication and commitment is a beacon of light and inspiration to us all. We are far away, and you have our unwavering support in your efforts and determination. Your communication is an example to the world, and watching events unfold in Europe on BBC as regards Care Homes just emphasises how well you have and are doing.

We salute you and the team"

My Mum used to threaten to knock us into next year. I'm going to ring her to find out if the offer is still open!!

COVID-19: NEWSFLASH #34: MONDAY 18 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+17=53



Be kind.



Washing and
drying your hands
kills the virus



Cough or sneeze
into your elbow



Stay home
if you are sick

The cost of MHA's war against the Coronavirus:



We will leave it to the economists and other clever people to tell us about the massive damage which this virus is causing to the world economy, to rich and poor nations, and to those who have little or nothing. Let us just hope and pray that the “new world” which emerges, once the virus has been defeated and we are all vaccinated, will be a better, cleaner, healthier, more equal, more tolerant, more peaceful world. God, in His wisdom, is giving us all a second chance to get it right, and fix this crazy world. We cannot leave it to politicians to do that. At a basic level, MHA is blessed to have had responsible and conservative stewardship going right back to its formation in 1982; carried forward

over the decades by competent Directors and Management, support staff and professional advisors. One of the tangible benefits, details of which we have shared with residents at various formal meetings, is that MHA is a financially strong organization. This has enabled us to absorb the costs incurred in making sure that we are properly prepared and equipped for the COVID-19 war.

In the past two months MHA has spent R500 000 on this preparation. We have continued to retain and pay our domestic, gardening and maintenance teams; stocked up on and dispensed personal protective equipment (PPE) and sanitizing materials; provided private taxi transport to get our Frail Care staff safely to/from their homes; fortnightly sanitizing of our Frail Care and Bedsitter facilities; and providing our Bedsitter residents with a free breakfast and supper meal (up until 30 April), to compensate in a small way for their ongoing “locked in” situation, which they continue to accept with great stoicism (such a lovely English word!).

We are about to enhance the fortnightly sanitization of our Frail Cares and Bedsitters by introducing Sterifog Aerosol Dispensers which will act as a further layer of protection for our residents and staff. The dispensers will be installed in all passages, entrance halls, sunrooms and lounges (25 units in CP Bradfield Frail Care and Bob Zeiss Bedsitters, 17 units in Maranatha Frail Care and 10 units in Epworth Close). Fog will be released from the

dispensers in intervals of thirty minutes. The fortnightly sanitizing, currently in use, attaches to all surfaces and kills off all germs; the specifications stipulate that this product is effective for one month, but we made a decision to do this on a fortnightly basis. The new Sterifog will also attach to surfaces including on staffs' and residents' attire. MHA will pay R 46,661 per month for these sanitizing interventions.

If this is not enough, MHA currently has a R5million 'hole' in its income, because eight cottages have new 'life right' contracts signed by incoming residents but, although vacated, cannot be refurbished because contractors aren't allowed on site. In addition, three cottages with a combined 'life right' value of R2.8million have been vacated but cannot be viewed by prospective residents under Level 4. MHA has the ability to manage this income hole, until occupation of the vacant cottages takes place.

These are just some examples of the unbudgetted consequence of war. Imagine if MHA simply didn't have the financial resources to heavily arm itself to fight off COVID-19? It would be like rushing headlong towards the enemy, armed only with a chilling war cry and a sharp stick! Imagine too if MHA went into this war without the dedicated, brave, disciplined, well-trained soldiers we have amongst us; our nursing and caring staff, and all those who support these wonderful frontliners? We are richly blessed.

(the picture on page 1 is by Banksy, an anonymous British street artist who focuses on political and social commentary. The little boy chooses, as a tribute, to play with a nurse as a superhero, over Batman and Spiderman)

Disposing of an unwanted firearm:



Paragraph 7.9 of the MHA House Rules states:
“Ownership of a firearm must be declared to the Manager when moving in, and any such firearm must be kept in a locked gun safe”

Head Office has recently received an enquiry from a few residents who possess a firearm, but who no longer wish to keep it: how do we dispose of it?

Ownership and licensing of a personal firearm is strictly controlled and regulated, as those of you who own one will know; you can't just sell it, or

throw it away, or give it to a relative or friend.

Our CEO has established that the most efficient and legal way in which to relinquish ownership of a firearm registered in your name is to contact Captain Neil Kritzingner of the SA Police Services in PE. His mobile number is 083 6536875. Tell him that you are part of MHA, and that Hein Barnard suggested that you call. Hand over unused ammunition at the same time! If you are keeping a weapon, keep it safe.

International Nurses Day 2020

We saw precious little media coverage of this significant day, and this lowly Newsflash hangs its head in shame. This is a time in history when the nursing profession should have been placed on a pedestal; but they are too busy saving lives across the world right now. Even so, we “dropped the ball”.

The global nursing community celebrated International Nurses Day on 12 May 2020. The World Health Organization (WHO) designated 2020 as the “Year of the Nurse and Midwife” in honour of the 200th birth anniversary of perhaps the world's most famous nurse, Florence Nightingale.

At MHA our wonderful nursing and caring staff were treated to a delivered KFC lunch on Tuesday. Then they had to get back to doing what they do best: nursing and caring, and spreading love.

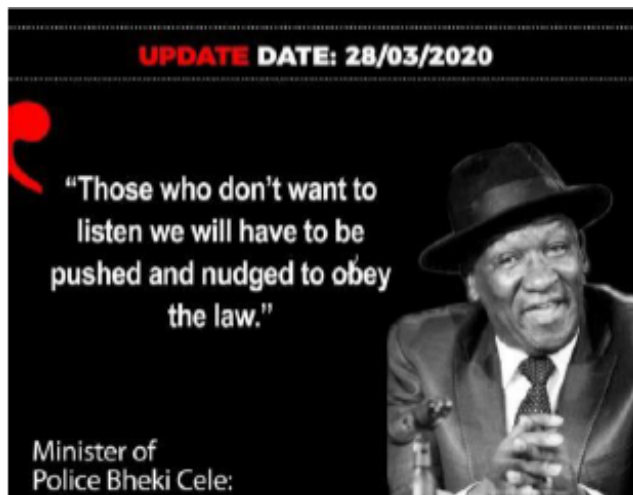
We salute you! (Banksy's sketch is so appropriate to this piece too)

We close today's Newsflash with some food for thought:

- We forget that waking up each day is the first thing we should be grateful for
- Today you could be standing next to someone who is trying their best not to fall apart. So whatever you do today, do it with kindness in your heart



PLEASE toe the line!



Despite repeated pleas and reminders, our Village Managers continue to witness blatant disregard for Lockdown-related laws imposed by Government, or rules being applied by MHA. They are tired of nagging or reprimanding some residents, and they should not have to resort to doing that! CovidCom received a valuable piece of sage advice from a Village resident, who says that people respond better to positive reinforcement than to

have their shortcomings continually brought to their attention. For some people, the latter simply rubs them up the wrong way and actually makes them more determined to be rebellious. We take heed of this advice!

So, we will **not** go the Min. Bheki Cele route of threats, and maximum force with minimum tolerance, but instead we share with you what the “village sage” wrote:

“To all those residents who are feeling frustrated as a result of lockdown but are still choosing to remain at home for all but legitimate reasons, we salute you; to all who find wearing facemasks thoroughly irritating, but do so anyway, we applaud your selfless choice; for all who are desperately missing the company of their friends and family, but are steadfastly refusing to compromise on lockdown requirements, know that your example is speaking volumes about the sort of person you are; to all who continually express gratitude for the efforts of MHA staff to make village life pleasant and safe, know that your sentiments are a positive motivator to us to continue giving our best efforts.

I would encourage those in the majority who are being compliant to continue in that vein, and just perhaps some of the others might be encouraged into greater compliance” CovidCom hopes that residents in the MHA villages will take this eloquent message to heart, and comply with the laws of the land and the rules of the organization. They are all imposed for your protection, and for the protection of your neighbours, not for our perverse enjoyment. It is, after all, just up to you.

*“When we are no longer able to change a situation, we are challenged to change ourselves”
(Viktor E Frankl)*

*“We must all either wear out or rust out, every one of us. My choice is to wear out”
(Theodore Roosevelt)*

Pulling your hair out?!



In response to many enquiries received from desperate female residents, CovidCom regrets to inform everyone that Lockdown laws imposed by Government, in terms of Level 4 rules, clearly say that businesses or individuals providing hairdressing/manicure/pedicure/skincare and beauty services are still not allowed to operate. That's the law, and MHA is obliged to comply. Sorry!! We know that this is a frustrating time for women in particular.

Many countries across the world have also forbidden hairdressers and the like from operating. Those which have allowed hairdressers to re-open have introduced some interesting rules:

- No waiting area, no magazines, no dry cuts, and face masks for both customer and hairdresser
- Gloves must be worn until a customer's hair is washed (to remove any bacteria)
- A salon can only operate at 30% of its capacity
- No talking face to face; any minimal communication about cut or colour must be done via the mirror
- Customers and hairdressers must keep a 1.5m distance except when the haircut is taking place
- No blow-drying, if possible
- Scissors and other tools must be thoroughly disinfected between uses, as well as hairdressing chairs
- Hairdressing cloaks must be washed after each use; a disposable cloak should be worn over the top.

If any or all of these rules will apply when SA's salons re-open, you can be assured of the following:

1. The appointment backlog will be huge (phone your hairdresser now to get in the virtual queue)
2. There will be a significant increase in cost, because of the safety/hygiene rules
3. Find someone other than your hairstylist to skinner and gossip with
4. Women will receive little sympathy from husbands, from bald husbands even more so!

Wearing your mask in your garden:



Mention of this was made in Newsflash #25, but there still seems to be some confusion. This is what was recorded: “CovidCom has decided that what is best for all MHA Village residents is for it to be compulsory to wear your mask whenever you move beyond your cottage or your private garden area”.

For the sake of absolute clarity, we confirm that you DO NOT have to wear your mask if you:

- Sit on a chair on your patio or the adjacent lawn (you can even spread out a towel and sunbathe!)
- Work in your garden
- Walk about in your private garden area, to admire your work and its beauty

For safety sake, we recommend that you keep your mask with you, just in case a neighbour gets too close when giving you advice or a compliment!

Attitudes are contagious

Make yours worth catching

COVID-19: NEWSFLASH #32: THURSDAY 14 MAY 2020

LOCKDOWN—LEVEL 4: DAY 36+13=49

Tomorrow will herald the start of the eighth week of our Lockdown, one of the world’s longest; and the end is nowhere in sight. South Africa has many unique challenges and dynamics regarding its population, reportedly the most unequal on Earth, so it would be short-sighted and unfair for us to criticize or judge President Ramaphosa and his team too harshly, neither would it be right for an organization like MHA to do so. As residents, staff, and as the MHA family, our increasing frustrations make him an easy target.

The President spoke to the nation again last night, and what he shared was underwhelming, according to today’s media responses. Some of what he said last night was:

- There will be a further easing of the lockdown, and an increase in economic activity, and the country plans to move to Level 3 at the end of May
- More relaxations will come with a greater risk, as more people interact with one another, and greater vigilance will be required
- The new level will allow for a wider opening of the economy, but the government first has to meet with stakeholders in high risk areas to discuss the way forward
- During lockdown, South Africans have demonstrated great courage, resilience and responsibility. Despite its duration and its severity, the lockdown is absolutely necessary; without it the number of infections would have soared uncontrollably, health facilities would have been overwhelmed, and many thousands more South Africans would have died
- From the very beginning, government’s response has been guided by advice from world-leading experts from our country, globally, and from guidance from the World Health Organisation

- We should never forget that the purpose of the lockdown was to delay the spread of the virus and prevent a huge surge of infections. So far, we have been successful in the manner we as South Africans have responded and dealt with this virus
- By delaying the spread of the disease, we have been able to strengthen the capacity of our health system and to put in place wide-ranging public health programmes to better manage the inevitable increase in infections; we have been able to source and produce substantial quantities of personal protective equipment for health workers; we have managed to significantly expand our screening and testing programme.
- If we lift the lockdown too abruptly and too quickly, we risk a rapid and unmanageable surge in infections. We will therefore continue to proceed cautiously
- Some of the actions we have taken have been unclear, some have been contradictory and some have been poorly explained. Implementation has sometimes been slow and enforcement has sometimes been inconsistent and too harsh.
- The President's last point is telling; almost an admission that he has been embarrassed by statements made by those who serve under him, each one trying to satisfy a particular faction, or just trying to enjoy his or her fifteen minutes of fame. The walking/no walking fiasco, and unbanning/banning the sale of cigarettes are just two examples of the 'power games' being played.
- Yes, maybe the expectation last night was that some easing would be announced (more sectors and more people going back to work, hairdressing/beauty salons would re-open, more freedom of movement, cigarettes and liquor sales would resume etc.), but the cautious approach is the sensible way to go.

The President ended his address last night with these words: "As I end, let me offer the words of Franklin Delano Roosevelt, delivered at a difficult time in the life of his own country: 'The state of this nation is good; The heart of this nation is sound; The spirit of this nation is strong; The faith of this nation is eternal.'"

CovidCom Meeting: Thursday 14 May 2020:

Four members of CovidCom met for a marathon three hour meeting today, at which we interrogated our existing procedures and protocols relating to MHA's readiness to tackle whatever COVID-19 challenges come our way, and we spent a lot of the time reviewing our Standard Operating Procedures (SOP) manual. We focused on Facilities, Residents, Staff and Family, which are the four essential cornerstones of what MHA is in business to do. As a result of this meeting, we believe that our state of readiness has been well reviewed, and the updated document will create a template for whatever battle ensues.

CovidCom will share more detail with you in the days to come.

R.I.P. Richard Wayne Penniman



Richard Wayne Penniman passed away on 9 May 2020, at the age of 87. He was better known as Little Richard, an American singer, songwriter, and musician. Unless you lived in a home in which “modern” music was forbidden, or you were living on Mars in the mid-1950s and into the 60s, you would probably have heard of him! As an influential figure in popular music and culture for seven decades, he was nicknamed "The Architect of Rock and

Roll". His frenetic piano playing, showmanship and raspy shouted vocals laid the foundation for rock & roll music for generations to come.

His song "Tutti Frutti" was first recorded in 1955, becoming his first major hit record. The first line of the song has the unforgettable opening cry of "A-wop-bop-a-loo-bop-a-wop-bam-boom!" In 2007, an eclectic panel of renowned recording artists ranked "Tutti Frutti" in the "Top 100 Records That Changed The World".

He surely deserved the accolades and admiration which came his way, but it is doubtful that he died with the hope in his heart that "A-wop-bop-a-loo-bop-a-wop-bam-boom!" would be engraved on a tombstone as his epitaph! Those of us who were brought up with his music will miss him.

**COVID-19: NEWSFLASH #31: WEDNESDAY 13 MAY 2020
LOCKDOWN—LEVEL 4: DAY 36+12=48**



Playing ‘Russian Roulette’

This was Google’s response to the question: “Why wear a face mask”?:

5 Reasons to Apply a Face Mask Right Now:

- Relaxation
- Deep cleansing
- Unclogs pores
- Glowing skin
- Helps your overall beauty regimen

As we were looking for information about protection against COVID-19, this was singularly unhelpful!

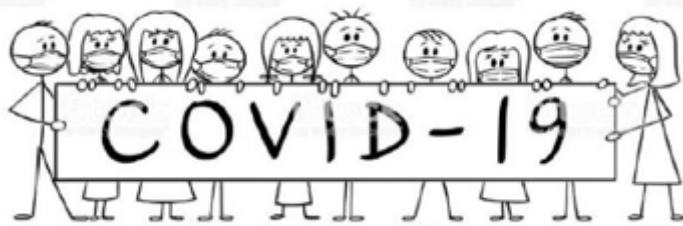
CovidCom needs to get to the serious part of this article. To put it bluntly, there are far too many Village residents who are knowingly or unwittingly playing their own version of Russian Roulette; they are NOT wearing their face mask when walking around their Village or elsewhere; they are allowing visitors in; they are staying away from their cottage for hours on end (presumably socializing). They are breaking the laws imposed by our government, and they are abusing the rules set by MHA in an endeavor to protect residents and staff.

These subjects, in particular the wearing of masks, were discussed at length at the CovidCom/Managers meeting on Monday, and the following is an e-mail subsequently received from a concerned resident at one of the Villages (she had extensive nursing experience in her working life):

“I am concerned that a large number of residents do not fully understand why they have to wear face masks, which is to protect them from inhaling the virus. This is evident as when they wear a mask it does not cover their nose. It is often worn hanging around their neck and pulled up quickly when they see someone, or they wear it just covering their mouth but not their nose. When challenged they have an excuse; they can’t breathe or their specs mist up if they cover their nose. Another problem is that when wearing a mask a lot of residents continuously use their hands to adjust the mask or handle it in one way or another. Some I have spoken to don’t understand why they should not handle a mask once it is worn, or leave it lying around but need to wash it. Unfortunately the pictures on TV and in the Newspaper give a wrong impression on wearing masks. What also concerns me: are they wearing their masks any differently when out shopping?”

Sadly, CovidCom and the Complex Managers have been on the receiving end of some harsh or unkind words from residents who have been approached for not wearing a mask (or for the other issues of non-compliance referred to above); ‘Don’t insult my intelligence’ or ‘I am old enough to look after myself’ or ‘It’s my life so I’ll do what I choose’ or ‘Laws are there to be broken’. That is a selfish attitude; we can only hope and pray that sanity will prevail, and that these games of ‘Russian Roulette’ won’t end tragically.

CovidCom doesn’t see the need to spell out what has already been announced or recorded publicly over the past two months, other than to remind all residents and staff:



- Wearing a mask in public is the law of the land
- Wearing a mask can limit the spread of certain respiratory diseases, including COVID-19. However, the use of a mask alone is insufficient to provide an adequate level of protection; physical distancing and hand hygiene should also be adopted
- Cloth masks are not expensive, they are reusable and help reduce the transmission of COVID-19 by acting like a shield to contain the respiratory droplets through which the virus spreads. The purpose of the mask is to reduce droplets that come out of the mouth or nose during speaking, coughing and sneezing

- Avoid touching the mask or your face while you're out. When you get back home, wash the mask with soap and water immediately (without using chemicals) and wash your hands again
- After washing, the masks should then be ironed or left out in the sun to dry
- You should not share your mask with anybody else, and it is preferable if every person has two masks which can be interchanged during washes
- Remember not to handle the inside layer of the mask when taking it off or putting it on
- The public should not wear medical masks – these are reserved as personal protective equipment for our healthcare workers who are on the front line of our battle against COVID-19.

We beg you to co-operate and comply.

Neologisms:

Neologism is defined as a new word or a new use for an old word, or the act of making up new words. The Washington Post asked readers to supply alternative meanings for common words; the winners were:

- *Coffee (n.), the person upon whom one coughs*
- *Flabbergasted (adj.), appalled over how much weight you have gained.*
- *Esplanade (v.), to attempt an explanation while drunk.*
- *Willy-nilly (adj.), impotent.*
- *Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightie.*
- *Lymph (v.), to walk with a lisp.*
- *Gargoye (n), olive-flavoured mouthwash.*
- *Flatulence (n.), emergency vehicle that picks you up after you are run over by a steamroller.*
- *Balderdash (n.), a rapidly receding hairline.*
- *Testicle (n.), a humorous question on an exam.*
- *Oyster (n.), a person who sprinkles his conversation with Yiddishisms.*
- *Frisbeetarianism (n.), the belief that, when you die, your soul flies up onto the roof and gets stuck there.*
- *Circumvent (n.), an opening in the front of boxer shorts worn by Jewish men."*



The Waiting Game

Today's edition of The Herald has an article on page 6 headed "Old age home staff refuse to work". Some of the salient points reported in the article were:

- At least two people at the old aged home in Algoa Park, which is home to more than 100 elderly residents and with about 74 staff members, have tested positive for COVID-19. Two staff members have also tested positive, after mass testing of staff and residents was held
- While staff remain terrified of catching the virus and infecting their loved ones at home, a group of about 20 staff members report to work daily for fear of losing their jobs
- Staff there are demanding that the home be thoroughly cleaned before continuing with business as usual, claiming that until now their cries have fallen on deaf ears
- Staff have been reporting to work and not performing their duties since May 6, saying they simply sit outside the facility and do nothing
- They said they had been each given one mask, with a station to sanitise their hands at the entrance. However, the home manager said they had put hand sanitisers in all the home's departments in addition to the entry and exit points
- The manager said the Department of Health had taken over the situation since the first case was reported. He said: "They sent in people to test everyone and have said a cleaning company would arrive to disinfect the place but nothing has happened"
- A family member of one of the residents said she had received no communication from the home about the matter. She said she was only told that residents were being tested when she went to drop off parcels, and had only heard the rest of the information through the grapevine.

The Directors, CovidCom, MHA staff and residents generally would have read this article with concern and sympathy. Let's not beat about the bush here; the article could have been about MHA. Let us also not engage in points-scoring, but there are significant and critical differences between what has been reported about the Algoa Park home and the reality around MHA's facilities. It may be helpful and reassuring for the MHA family to be reminded of the following:

- Our Villages have been in Lockdown, with strict rules around visitors, and our two Frail Cares have been locked down since before imposition of the official Lockdown 47 days ago
- Via frequent communication, our residents have been encouraged to stay at home, and to practice all of the safety and sanitizing precautions. Complex Managers have played a huge role

- The safety and health of our staff has been paramount. They are transported to/from their shift via a private taxi, they are tested on arrival for their shift, their temperature is taken three times a day, and they have been thoroughly trained on hygiene and safety
- Communication with staff is ongoing via the Nursing Service Manager and other senior staff
- Personal protective equipment (PPE) has been made available since the outset, and is being upgraded and enhanced on an ongoing basis
- We have been as proactive as our imaginations have allowed us; our Frail Care facilities are being disinfected fortnightly, and sanitizing equipment is everywhere
- Lastly, and of great importance, CovidCom is communicating with the wider MHA family every day, and so family members are being kept abreast of all development.

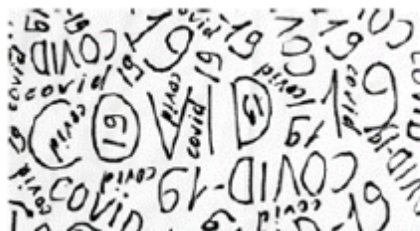
Some of what has been written here has been recorded before, but CovidCom felt that it was important to remind everyone of what is being done continuously in order to keep the Covid monster away from our front door. This is not the time to be smug, to boast about what MHA has done, or to rest on our laurels. We know that COVID-19 is coming; we just don't know when or where it will hit. Bill Gates of Microsoft fame said this recently, and for us it is a timely reminder about COVID-19: "It is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are, or how great others think we are, a virus can bring our world to a standstill"

CovidCom/Managers' Meeting: Monday 11 May 2020 (further input):

Following yesterday's announcement about re-opening of our Libraries, CovidCom can share the following with you, which came out of the meeting:

1. Managers have been mandated to make decisions affecting the residents in their village. In this regard, communication is key. Also, our Managers are taking strain right now; their work is stressful at any time, but more so now, as residents start reacting negatively to Lockdown. Spare a thought for your Manager!
2. Each Village is making its own plans about re-opening of the library; please wait to hear from your Manager, and please adhere to the health/hygiene rules around this
3. Domestic cleaners (privately employed or not) are not allowed back to work under Level 4, and so will not be allowed back to any MHA village. This is the law, not a MHA rule being imposed
4. It is hard and painful to be separated from loved ones at this time, but please understand that visitors (family, social or business) into the Villages ARE NOT ALLOWED. This is being abused by several residents. Lockdown is there for a reason; it's to minimise the risk of inter-personal transfer of the virus. By mingling with visitors (or your visiting people outside of the village) you are putting the lives of your fellow residents at risk too. Also, many residents go out from their village for hours on end. PLEASE be responsible; don't be reckless and selfish
5. Part of our armour against infection is proper nutrition. We ask that you keep an eye out for your neighbours; many folk in the MHA family are facing a huge financial challenge right now, and may be too proud to let anyone know. This is where and how "living in community" can play a significant role
6. Sr Gillian le Roux is prepared to cut the toenails of any resident who is physically unable to do that. There are health risks attached to ignoring one's nails. Please speak to your Manager if you need assistance

7. You will observe random lawn-mowing activity in some of the villages. Our Maintenance Team members are now also mowers of lawns!! Fortunately winter is on its way, so nature is helping to keep lawns neat.



CovidCom/Managers' Meeting: Monday 11 May 2020:

We try to meet fortnightly, to formally discuss matters of mutual concern, new issues and challenges, and to consider strategic needs. We focus on residents and staff and our facilities, but we also meet in order to encourage and support one another; these are particularly stressful times. We meet in a spacious boardroom-style room, and we adhere to all the necessary hygiene and other rules and requirements.



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In tomorrow's Newsflash we will share with you some of what we dealt with today. Unlike the President's "Command Council", we have no secrets we cannot or will not share with "the people", but we'll spare you the boring detail! However, one bit of **BREAKING NEWS** we do want to share with you now is that **THE VILLAGE LIBRARIES ARE GOING TO RE-OPEN THIS WEEK!!!** The CEO and his Complex Managers are busy agreeing the administrative details around this, but our aim is to have the libraries back in operation within two days. Please don't queue outside, and

please don't pester your Manager ☹

Coping with COVID-19: It's getting a bit weirder!

We want to share this with you, based on a recent research paper (authenticated as not being fake news!):

The Unbearable News:

A group of people studied by the researcher have described their 'isolation' experience with words like:

- We may now be entering the dreaded phase of hollow-eyed stares, odd fixations and brooding resentment. Time grows sludgy. The days blur into the nights, the weekdays into the weekends
- We don't understand what's going on with us
- Mood and morale reach their lowest point somewhere between the one-half and two-thirds mark
- There was a first stage of heightened anxiety, a second stage of settling down to routine marked by depression, and a third stage of anticipation marked by emotional outbursts, aggressiveness, and rowdy behaviour

- There is interpersonal tension during the third, due to both loneliness and clique-ness, and this third stage depends on the relative passage of time, and how much more there is to go.

Please everyone, do not panic: the researcher was analysing behaviour of three astronauts on their return to Earth after a 211-day mission aboard a space station! It has nothing to do with COVID-19!

The Slightly Better News:

- Let's now get back to the COVID-19 subject; the second half of the researcher's paper
- South Africans have broadly been through two periods of isolation: an initial point where there was panic buying and confusion, and then a 'honeymoon period' when it felt novel and different to stay at home. The researcher says: "For a little while people were saying how they were loving working in pyjamas, and not having to battle morning traffic. People are now saying they're feeling really lonely; they're saying they can't remember the last time they interacted with someone in a way they found personally meaningful". As a nation, we have actually now moved beyond that phase
- Infectious disease experts and the politicians responsible for the restrictions are of the opinion that social distancing rules are likely to remain in force for some time to come; allowing people to mix freely too soon could trigger a second wave of infections. This is understood globally now
- The researcher said: "When you drill down into isolated and confined environments like space stations and submarines, interpersonal conflict is the number one reason for dissatisfaction and unhappiness. The frequency with which it occurs increases the longer you've been isolated."

Some Almost Good News, and Advice from the Researcher:

- Isolation affects people in profound ways, and how we respond to the COVID-19 restrictions is partly out of our control. Even fearless astronauts get knocked sideways simply by not having people around
- Take it easy on yourself. The next few months may be hard. Many of the things that would energise people and assist them to function effectively have been taken away, so this is a genuinely hard thing to go through
- Anybody who is experiencing anything difficult right now is demonstrating a normal reaction to an abnormal environment
- From experience, the researcher has found that those who have been through a period of isolation value the experience for what it has taught; they have a better idea of their personal values, and they're more committed to acting on them, and said: "When people have space to sit back and think it allows them to figure out what's important to them. That's why, post-COVID, we will see differences in the way people engage with each other, in the way people work, in the priorities given to the environment, and the way people think about travel."
- She (okay, so why did we take so long to reveal that the researcher is a woman?!) found that, following experiences in isolated environments, men are more likely to use social support as a coping strategy compared to before they went in, while women have an increased trust in their own abilities. That is, men become less insular and women become more confident

- She ends off by sharing: "Take it easy on yourself. The next few months may be hard. These tips are important, as is appreciating that some dip in mood is inevitable".

As CovidCom has stated before, there is no point in sugar-coating the truth, or the reality. Some of the emotions and reactions showed by the space station astronauts also apply to us, as we face COVID-19. They had years of preparation and training; we didn't. The messages which come through loud and clear from the researcher are that we must force ourselves to interact meaningfully with others; accept that we are all in an abnormal environment which is not of our own making; and that it's okay to occasionally 'get knocked sideways'. We must support one another, avoid the negatives, and embrace the positives. As the MHA family we can do this, we must do this, we will do this.

COVID-19: NEWSFLASH #28: FRIDAY 08 MAY 2020

LOCKDOWN—LEVEL 4: DAY 35+8=43



Happy Mother's Day: Sunday 10th May



Wikipedia tells us: "Mother's Day is an occasion which is celebrated in various parts of the world to express respect, honor, and love towards mothers. The day is an event to honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society". Even if you were never a mother yourself, you had a birth mother; every person on Earth came from a mother. Perhaps you played important mothering roles in your life? God bless all mother figures! Mother's Day, which has been celebrated for a century, has now largely become a commercialized

gimmick. Maybe this is the year to take it back to what it used to be; a proper celebration, as described above?

The scriptures are always a good place to find significance and meaning: "Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness" (Proverbs 31:25-28)

Let us spend Mother's Day on Sunday 10th May 2020 contemplating the good which our mothers did for us: shelter and protection; the countless miracles they performed; the sacrifices made in a tough bygone era; raising us without the benefit of a pile of manuals on parenting to refer to; no pediatrician to run to at the first sign of our runny nose; still putting

nourishing food on the table when there was too much month left after the end of the money! They even got us through mumps, measles, and chicken pox!
With all the madness in the world right now, perhaps this is the right time to unburden, to forgive, to fix, or to let go what might have been sitting on your heart for years, regarding your relationship with your mother? It is never too late for love and gratitude, even though she may no longer be present.

Maybe this Sunday is also the appropriate day to extend Mother's Day to contemplate and embrace the other "mother" who is so important in our lives: Mother Nature. As humankind, we have ignored her, abused her, damaged her, deserted her, poisoned her, exploited her, starved her, killed off parts of her, we have even ridiculed her. No mother deserves that treatment. With this too, it is never too late.

Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

Lay down what's bothering you, and breathe in the fresh air. (author unknown)

Put your shoulder to the wheel!



To 'put your shoulder to the wheel' is to respond to a problem by applying yourself and making your best effort. It is similar in meaning to 'get stuck in'. Where does this expression come from, and what wheel was being referred to? All the early uses of the proverb refer to cartwheels, and it dates from the 17th century. At that time the wheels on wooden carts and carriages were large, and big enough to get your shoulder

behind. In those days roads were rutted and muddy, and carts often got stuck, and overturned. There was no AA or breakdown service to call; the only recourse was to turn the cart upright and heave against the wheels to make some forward progress. That's today's history lesson done and dusted ☺

COVID-19 is demanding us, every adult on Earth, to put his or her 'shoulder to the wheel', in one way or another. There are so many ways in which this is being achieved, across the globe; showing courageous leadership at governmental or organizational level; carrying some of the scientific and specialist burdens, and the nursing and caring load in looking after those who contract the virus; carrying out testing and screening in order to eventually stop the spread; those who provide every kind of non-medical service in order to keep the world working; and those who are finding a vaccine. The list is almost endless.

Hugely important are those global citizens who offer encouragement, who spread positivity and shun bad or fake news, those who look out for their friends and neighbours. Look around you; they are everywhere!

In this time of Coronavirus let us please all find a space where you can "put your shoulder to the wheel". In this way we will win the war, and change the world for the better.

“I miss my church; Sundays are not the same”



This lament is being heard across MHA; residents and staff alike. Our local churches have been wonderfully innovative in the way that they have brought Sunday and other services, and even Bible study sessions, into our homes or onto our mobile devices; they have taken “home delivery” to an entirely new level! Those of us who are churchgoers

have so much to be grateful for.

However, the common emotion being expressed within the MHA family is that we miss the close presence of and with God in the sanctuary, the praise which hymns bring, the sound of the organ (or piano or band), being able to attend to our tithing, the fellowship and a cup of tea or coffee afterwards, seeing and chatting to old friends we’ve worshipped together with for ages; we even miss the familiarity of our favourite pew!

Our churches and we will withstand this Covid-19 onslaught. We have three fully loaded bazookas in our armoury, to take us to victory: faith, an unfailing belief that God is on our side at all times, and prayer.



The Importance of Repairs and Maintenance:

Things break down, and need fixing; that's life. We also know that Murphy's Law often gets in the way: "If something can go wrong, it will----and usually at the worst time." In life, and especially in this time of Coronavirus, it isn't always a material asset which breaks or develops a mind of its own, and needs repair or maintenance; it is often us who need some maintenance, repair, recalibrating, or just some TLC. With all of this in mind, we share the following with you:

Personal Repairs and Maintenance:

COVID-19 and Lockdown have brought uncertainty, fear, loneliness and other emotions our way, and it is often difficult to cope with this intruder. This can easily impact on one or more of our emotional, physical, social and spiritual health. Please remember this: as a member of the MHA family, you are not alone. We are here to help and guide and encourage and protect you, both residents and staff.

If you are 'down in the dumps' or need some support, reassurance or direction, please contact your Manager. MHA has two wonderful resources to help you; our Professional Nurse/Counsellor Sr Gillian le Roux will contact you, and visit if required, and we have a Lifeline and FAMSA-qualified Volunteer Counsellor who will confidentially chat with you via phone. Please don't be embarrassed to ask for help.

Repairs to a MHA asset (geyser, electrical or plumbing problem, broken window pane etc):

1. Our Complex Managers are on hand to assess and assist with minor issues
2. Our Maintenance Team is available to attend to many minor problems requiring repair/replacement, which the Manager cannot resolve
3. Otherwise MHA's external professional service providers are authorized to attend to more complicated matters
4. Any problems per 1-3 above must be reported directly to your Manager, per the existing laid-down system of your reporting such matters to them

Repairs/maintenance to a privately-owned asset in your cottage/apartment:

1. This could involve, but not limited to, a problem with a kitchen appliance, TV and related equipment, computer and related equipment, and the like
2. Where an external professional service provider is needed to resolve the issue, your Manager must be advised before you make any call-out arrangements (which would always be for your account)
3. The Managers have been instructed to monitor and control external professional service providers visiting Villages, and only the Managers are permitted to authorize a visit
4. Any external professional service provider will be subject to strict visitation rules, which the Manager will explain and enforce
5. Routine maintenance/servicing/upgrade issues cannot be entertained during Lockdown.

'n Doedelsak storie!!

The origin of this is unknown, but we hope that it brightens your day! We apologize to our residents of Scottish blood!



As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man; he had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left, and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down, and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man

with no family and friends. I played like I've never played before, for this homeless man.

And as I played 'Amazing Grace', the workers began to weep. They wept, I wept; we all wept together.

When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, 'I've never seen anything like that before, and I've been putting in septic tanks for twenty years.' Apparently, I'm still lost ... it's a man thing.

Strength for the day:

Our CEO Hein Barnard has a book on his office desk, "30 Thoughts for Victorious Living" by Joel Osteen. This powerful message to carry him through another tough day was on yesterday's page:

"Heavenly Father, thank You for making me strong through adversity. I thank You that because You are faithful to me, I can be faithful to you. Give me Your wisdom to make the right decisions today, and the strength to stand strong no matter what life brings".



Dave Barker, son-in-law of Richard and Stella Collett, has kindly tipped us off that his in-laws celebrate their 70th wedding anniversary today. Stella, always cheerful and positive, has been a resident in CP Bradfield Frail Care for some while, and Richard is in Cradock. They stayed in No. 9 Aldersgate from Jan 2008 until August 2017.

Hearty congratulations go to the Colletts from the MHA family!!

COVID-19: NEWSFLASH #25: TUESDAY 05 MAY 2020

LOCKDOWN—LEVEL 4: DAY 35+5=40



WEAR THE MASK! It's "All I ask of you"!!



Wikipedia tells us: "A mask is an object normally worn on the face, typically for protection, disguise, performance, or entertainment. Masks have been used since antiquity for both ceremonial and practical purposes, as well as in the performing arts and for entertainment". So, now we know!

Face masks have been increasingly worn in recent years by people commuting and working in smog-choked cities, especially in Asia. Now globally they are

an essential piece of body armour, in our fight against COVID-19.

The Government Gazette of 29 April 2020, issued for Lockdown Level 4, says this: "A person must wear a cloth face mask or a homemade item that covers the nose and mouth when in a public place". Based on this, CovidCom stated the following in yesterday's Newsflash: "As strange as it may feel, PLEASE wear a mask whenever you are outside of the Village".

CovidCom has now received some enquiries and input about the best practice around the wearing of face masks by MHA residents. It is a fact accepted worldwide that people older than 65 years are most susceptible to catching the virus. We also know that, because of the MHA Lockdown rules imposed, it is most likely that a non-resident (staff/service provider/illegal visitor) could bring the virus into our facilities, but a resident could bring it in after being exposed to an infected person in the public domain.

With this in mind, CovidCom has decided that what is best for all MHA Village residents is for it to be compulsory to wear your mask whenever you move beyond your cottage or your private garden area. Yesterday evening's "bulk SMS", in this regard, refers. Please also appreciate this: we have the residents in 319 cottages, and other facilities, to consider, when making decisions in the best interests of all.

So, if you exercise or stroll in your village, please wear your mask. If you go beyond your village, please wear your mask. If you ever want to audition for PEMAD's "Phantom of the Opera", wear your mask!

Please forgive CovidCom for the very occasional change in direction; we are learning hard as we go ☹

(* "All I ask of you" is the hit song from the 'Phantom' musical/opera; it's today's bit of useless information!!)

A thought for today:

Health does not always come from medicine.

Most of the time it comes from peace of mind, peace in heart, peace of soul.

It comes from laughter and love.

(author unknown)

Forty days into Lockdown:



We are truly blessed to have positive people like Rev Robin Wright of Annesley Gardens to turn to, for some inspirational words to share with the MHA family today, 40 days into Lockdown. He responded with 161 words within 40 minutes; how appropriate! Here is his lovely message for us today, and as we continue on this topsy-turvy journey:

“Forty Days.....Noah, his cargo and crew experienced forty days and forty nights of rain; we have had beautiful weather for most of our forty days. Jesus spent forty days in the Judean wilderness, during which time he was severely tested [tempted]. The Hebrews spent forty years in the desert before entering the Promised Land, and during this time they learned many things to prepare them for nationhood.

It seems that we may have learned a number of things during our forty days of lockdown. Did you see the brilliant moon against the clear blue sky last night? It was magical; no smog, no pollution. Have you noticed the butterflies, the increased presence of birds? Maybe there’s something there for us all to learn.

Biblically, forty is used for an extended period, often resulting in a positive outcome.

Our own forty days may well have similar results, even if only an appreciation of the great outdoors or the street where you live”.

When hugs and kisses became weapons:

This piece is attributed to the author Haroon Rashid:

“We fell asleep in one world, and woke up in another.

Suddenly Disney is out of magic; Paris is no longer romantic.

New York doesn’t stand up anymore, the Chinese wall is no longer a fortress, and Mecca is empty.

Hugs and kisses suddenly become weapons, and not visiting parents and friends becomes an act of love.

Suddenly you realize that power, beauty and money are worthless, and can’t get you the oxygen you’re fighting for.

The world continues its life, and it is beautiful. It only puts humans in cages.

It is sending us a message: “You are not necessary. The air, earth, water and sky without you are fine. When you come back, remember you are my guests”.

All you need to know about Lockdown-Level 4!!

- Level 4 means Level 4
- Level 4 is not Level 1
- Level 4 is between Levels 3 and 5
- Level 4 will take you to Level 3 if you treat it like Level 5
- Level 4 will take you back to Level 5 if you treat it like Level 1

COVID-19: NEWSFLASH #24: MONDAY 04 MAY 2020

LOCKDOWN—LEVEL 4: DAY 35+4=39



You must exercise your rights!

The Newsflash sent last Thursday 30 April mentioned this: “Yesterday’s announcement (by Government) 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”.

In the absence of the anticipated “conflicting views”, CovidCom then realized that a delay in expressing a firm opinion shouldn’t wait, and so a bulk SMS was sent to all Village residents on Friday evening, stating: “CovidCom has reviewed the exercising rules. Residents ARE allowed to go out and exercise between 06h00 and 09h00 daily, within a 5km radius of your Village. You must wear a mask. Please don’t walk on your own, or carry/wear valuables. Stay safe. Hein”.

This new exercising rule relaxation (don’t these complementary underlined words just sound like music!) will go a long way to curing any “cabin fever”, but we need to share the following:

- CovidCom was cautious in approving the new rules, only in the best interests of residents’ safety
- As “senior citizens”, no one should have to remind you about safety, and how to behave!
- As strange as it may feel, PLEASE wear a mask whenever you are outside of the Village
- The number of those poor souls rummaging through refuse bags left on verges each morning has grown exponentially since Lockdown; they are desperate, and could easily resort to criminal acts to get money to buy food. So please walk in pairs or more (organized groups are not allowed; you’re old and wise enough to decide how to interpret, and comply with, that!)
- Stay in bed until sunrise!! It’s still dark at 06h00

The largest tyre manufacturer in the world (by units produced)?



We set this quiz question in Friday's Newsflash. The picture should have provided a clue, if you are the observant, analytical, "left-brained" type.

Answer? LEGO!!!

When the numbers were checked a few years ago, Lego produced 318 million tyre units in a year, followed some way behind by Bridgestone (190m), Michelin (184m) and Goodyear (180m). Now for some more trivial information to fill your day and your mind:

The name 'LEGO' is an abbreviation of the two Danish words "leg godt", meaning "play well". The LEGO Group was founded in 1932. By 2015, 600 billion Lego parts had been produced since inception; 20 billion LEGO elements (bricks etc) are made every year in the LEGO factory, equivalent to approximately 2 million elements an hour or 35,000 a minute.

So now you know everything! Tell your grandchildren.

CovidCom's meeting on 28 April 2020: Some feedback:

Three or more CovidCom members interact daily, and meet almost daily, in order to deal with operational or strategic matters of importance, as MHA continuously prepares itself for the battle ahead. This is how, thank God indeed, we are keeping ahead of the game, as we dedicate our people and our resources to protecting our residents and staff, to the very best of our ability, across all of our facilities.

All CovidCom members met on 28 April (and, yes, it was in a remote sanitized location, and all eight attendees were more than 1m apart, with masks and hand sanitizer in evidence).

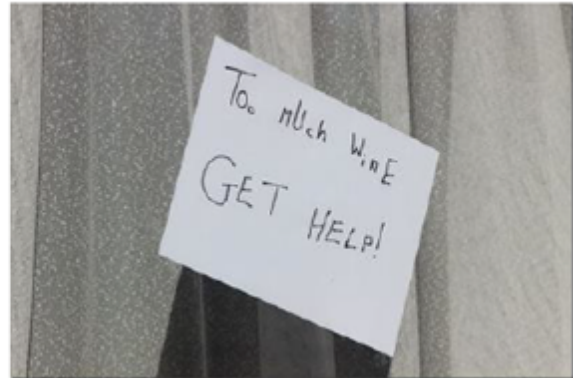
Members of the MHA family may be interested in some of what was discussed and agreed at that meeting:

- It was reiterated that CovidCom is a committee mandated by the Board of Directors to make operational decisions relating to Covid-19. The Board will only be called upon when major decisions need to be made. All meetings dealing with Covid-19 are minuted, and copied to all Directors
- Some residents are showing signs of stress, and not coping well with Lockdown. Managers should liaise with Sr Gillian le Roux accordingly, so that counselling and assistance could be offered
- All necessary PPE (personal protective equipment) had been procured, and issued to staff
- More sophisticated thermometers have been purchased, so that the temperature of every staff member is taken three times per shift, and recorded, and taken of residents in Frail Care once daily
- As from Tuesday 5 May an "invisible wall" will be created between CP Bradfield Frail Care and Bob Zeiss Bedsitters, to prevent movement of any resident of one visiting the other. This will help in isolating the one from the other, in the event of the virus entering either facility. Access by nursing, cleaning and catering staff will continue to be strictly controlled. Residents of both facilities have been very understanding and accepting of this hard decision, which they know has been taken solely with the best interests of residents and staff in mind

- The 4-6 bed Isolation Room is ready, if and when needed. Specialized barrier suits are ready too.

Plenty of wining and whining at Aldersgate!

Residents in two cottages at Aldersgate had a bit of fun recently, putting out signs on their street-facing lounge windows. The outcome of both pleas is as yet unknown, and remedy beyond the authority of CovidCom or MHA!



COVID-19: NEWSFLASH #23: FRIDAY 01 MAY 2020

LOCKDOWN—LEVEL 4: DAY 35+1=36

The “Lockdown Countdown” clock above is becoming complicated! Lockdown at what became labelled as Level 5 commenced on 27 March for 21 days, and was extended on 17 April for a further 14 days; 35 days in total. Today we begin the first day of Lockdown: Level 4. So, we’re into Day 36 today. Exciting!!!

Is COVID-19 writing a new world order?

These MHA Newsflashes are not the forum for debating or unpacking what effects Covid-19 will have on the world at large, into the future. What is certain is that virtually everything will change in one or other way. The world as we knew it has gone forever, and that’s probably not a bad thing, in so many ways. The global communities must come together, as one, to choose the best, and discard the rest. It’s not up to politicians, the mega-rich nations and individuals, the whizz-kids and tech-savvy entrepreneurs to drive the changes, to suit themselves best; under the heads of grey hair (or no hair!) resides a huge wealth of knowledge, wealth and experience, and just plain common sense about what is right and best. Let your voices be heard! We live in an interesting age!

Every day one reads of the positive changes which Covid-19 has already brought to the new world:

- Smog reductions in major cities across the world, which were being choked to death, have been significant (New Delhi down 60%, Wuhan 44%, Mumbai 34%, Los Angeles 31%, New York 23%)
- Wild animals are behaving differently; penguins walking on Simon’s Town streets, prides of lions soaking up the warmth on tarred roads in Kruger, birdlife returning to Wuhan and other cities and to gardens globally. They are responding quickly to the absence of human disturbance
- The bottoms of Venice’s canals are visible for the first time in centuries. Many species of fish have returned. Miraculously, some of the holes in the ozone layer are beginning to repair themselves

- A vast number of people whose professions allow them to work from home are now doing so, and efficiently too. What future effect will this have on traditional offices in high-rise buildings, and the need to commute daily, when we start leveraging technology to enable new ways of working?
- At last, humanity at large is beginning to fundamentally understand the huge gap between the “haves” and the “have-nots”; real liberty, shelter, access to regular food and clean water, basic education, healthcare and hygiene, safety and security, employment and a decent living wage, protection from abuse of whatever type, and marginalization in every shape or form. What “humanity at large” is going to do to urgently address this is anyone’s guess right now, but forming a ‘new world order’ United Nations or similar organization to shape a sustainable, peaceful and tolerant and more even new world would seem to be a good starting point. Also, there is an increasingly loud call for religious leaders to help show the way.

We must not go backwards from here. In effect, Planet Earth has been given a second chance.

The daily constitutional!!



One interpretation of this old-fashioned expression is: “It is something that one makes time for on a daily basis for the betterment of one’s individual’s health, the most common one being a daily walk”. CovidCom is aware of the importance of mobile residents being allowed to exercise, and so even before Lockdown Level 1 we put a plan in place for that to happen, even in the face of some confusion about what was permissible or not. To the best of our knowledge, no resident was arrested for any transgression!

We have had a lot of positive feedback in this regard. With his permission, we share with you one such bit of feedback, received via covid.concern@methomes.co.za, from Neil Anderson of Aldersgate:

“Thank you for allowing us Aldersgate golden oldies to exercise in our complex. Here is some useless information. One lap of our complex is just over half a kilometre. According to the counter on my cellphone, from Friday 27th March until Sunday 26th April I have walked over 160,000 steps, which is 151 kilometres, in 34 hours at an average of 4.4 km/hour. I usually do on average 10 laps a day, 5 in the morning and 5 in the afternoon. Another resident, who prefers not to be named, is also doing at least 10 laps a day. It’s time to get out and walk around in the streets!!

Regards,

Neil Anderson, Aldersgate”



It's a long weekend, so let's end off this Newsflash with some light-hearted stuff.

Question: What is the name of the Company which produces the most tyres in the world annually, by unit volume (not revenue)?

Bridgestone? Continental? Michelin? Goodyear? Yokohama? Another?

Answer: This will be revealed on Monday!

Lastly, don't try this at home!

WIFE: "Did I get fat during Quarantine"?

HUSBAND: "You were never really skinny"

TIME OF DEATH: 30 April 2020 at 21h35

CAUSE OF DEATH: Coronavirus