

**COVID-19: NEWSFLASH #88: WEDNESDAY 17 NOVEMBER 2021
LOCKDOWN: SIX HUNDRED DAYS---AND STILL COUNTING!!!**

new year's resolutions



As a country and a City, and as the MHA family, we have had a rough ride for exactly 600 days, and yet the end seems nowhere in sight!

Official Lockdown, announced by President Ramaphosa, was introduced on 27 March 2020, 600 days ago, in the first of countless subsequent 'family meeting' broadcasts. Enough already!!

If we turn the clock forward by 600 days it would take us to 10 July 2023; that's a very long way off, and no retiree in his/her right mind should be planning that far ahead! I suppose that we can take a little comfort from some 'time' trivia: the Crusades lasted just over 600 years, and the partial lunar eclipse happening on 19 November will be the longest in almost 600 years (no partial lunar eclipse has lasted longer since 1440, and none will last this long again until 2669). This is really useful for forward planning! Enough already----again!

HOW TOUGH HAS THIS 'LOCKDOWN' NIGHTMARE BEEN ON US?

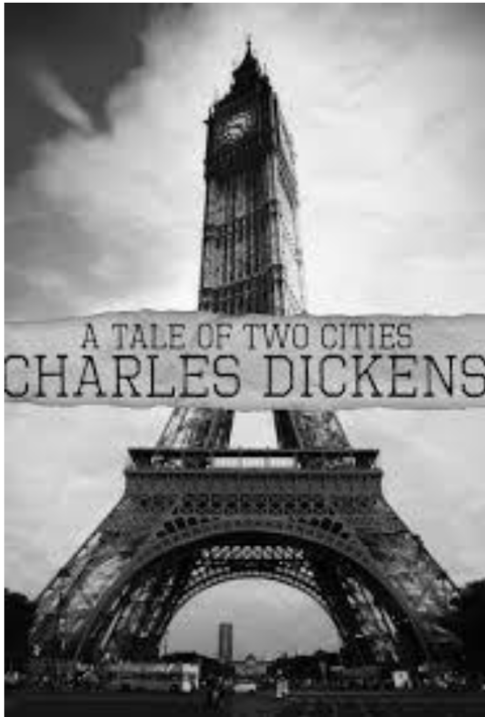


In one word----TOUGH!!!! None of us, neither the scientists nor the sceptics nor the billions of ordinary people, ushered in the year 2020 hearing a clear warning that TOUGH times were ahead. Some of those who took the threat seriously enough believed that it would pass relatively quickly, just like serious influenza outbreaks did in recent decades, but almost no one saw the tsunami on the horizon or heard the rumbling of the volcano which followed, and which has devastated our world in the ways it has done.

PLEASE remember that you are not alone. MHA is blessed to have the caring skills of Charné Eaton, a registered Social Worker in private practice, at our disposal, should any resident or

staff member need practical help in coping with some of the devastating emotional and other effects of the Covid pandemic. Charné has established a working group of residents who meet, in order to talk through coping mechanisms (what you can/want/need to do in order to move forward into the uncertain future). Please speak to your Manager if you need some practical and loving help. It is never too late. 2 | Page

COVID AND LOCKDOWN: IT'S LIKE A TALE OF TWO CITIES!



**“It was the best of times, it was the worst of times,
it was the age of wisdom, it was the age of foolishness,
it was the epoch of belief, it was the epoch of incredulity,
it was the season of Light, it was the season of Darkness,
it was the spring of hope, it was the winter of despair,
we had everything before us, we had nothing before us.....”**

This is how Chapter One of Charles Dickens’ 1859 novel “A Tale of Two Cities” begins. The novel tells the story of an Englishman and a Frenchman and the parallels in London and Paris in the years leading up to the French Revolution. It has occurred to me that we can apply the same parallels to the past 600 days; the Covid times.

It was the best of times, it was the worst of times: It has been terrible for everyone, but remember the early days of lockdown when there was no traffic or planes, no pollution or noise; when the animals returned? This said, nothing can overshadow the worst that the pandemic has thrown at us

It was the age of wisdom, it was the age of foolishness: We all obeyed the rules while scientists across the world developed vaccines in quick time, and yet there were and still are groups who believe that Covid is a conspiracy, or the vaccine will cause infertility, or that a tiny chip is injected into the bloodstream to monitor and alter what we think and do, or that wearing a mask infringes one’s rights!

It was the epoch of belief, it was the epoch of incredulity: For months our brains were bombarded by TV reports and other media coverage of the growing pandemic, and the death, destruction and misery it wreaked, which we generally just accepted. However, over time many people across the world moved to a state of being unwilling or unable to believe it all; it was nearly impossible to believe our own eyes and ears, such was the scale and severity of the Covid war which we had no time to prepare for

It was the season of Light, it was the season of Darkness: Somehow we adapted to the new world of Covid and Lockdown. There were even some bonuses; working from home, spending more time with family, reaching out to the community. But deprivation, sickness and death, being separated from family and friends, and compliance with laws and rules, brought darkness and hardship to so many lives

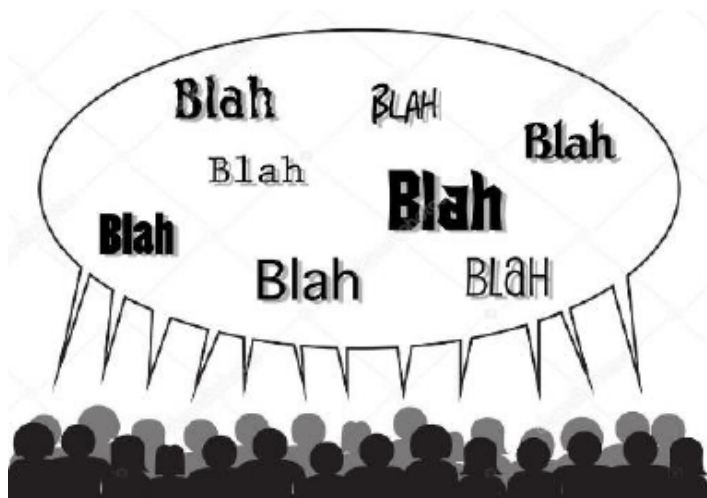
It was the spring of hope, it was the winter of despair: We constantly looked for signs of improvement in our everyday lives; relaxed rules and regulations, vaccination roll-out, businesses and borders opening up again. But on the flipside was despair; the spectre of death (over 5 million to date), the loss of a job and income, the reality of hunger, the disintegration of relationships, and the escalation in abuse

We had everything before us, we had nothing before us: Facing the most significant threat to humankind since WWII, and the enforced Lockdown existence, we still had an opportunity to recalibrate our lives and our lifestyles, and the ways in which we have abused Planet Earth, but we largely let that slide. Instead, our priorities got jumbled, our brains got overloaded with negative news, data and thoughts, and we allowed hopelessness and stress to drag us down, potentially leaving us with nothing.

Dickens' 162 year old fictional tale does not end happily at all! Let us close with two positive messages:

1. At last, you have a Newsflash which contains no new or amended Covid rules or regulations!
2. The MHA family (staff, residents, families) are an incredibly resilient and courageous group of human beings. We have come so far in the Covid war. Let's press on together. The end is in sight.

COVID-19: NEWSFLASH #87: WEDNESDAY 03 NOVEMBER 2021



AT LAST: A ONE-PAGER!!!

We're into Blah Blah Blah season; local politicians made Election promises they don't comprehend and will never be able to honour; world leaders using gas-guzzling, carbon-spewing private jets to fly to the COP26 Climate Change conference in Glasgow where they will look back unashamedly at how nothing beneficial emerged from the last 25 COP gatherings; politicians everywhere (yes, them again!) putting their own spin on how magnificently their government has defeated Covid-19, yet ignoring the opinions and warnings of the scientists and healthcare workers who actually know what is going on; and shopping malls playing Boney M Christmas carols for the fortieth year in a row (their Christmas album was released in November 1981!!!).

Not much changes, year to year----same old blah blah blah, with a touch of Feliz Navidad!!! Fortunately, CovidCom constantly reviews what changes need to be introduced within MHA, to keep us ahead of the Covid monster, and without any blah blah blah. Our country's currently infection rate is probably being significantly under-reported, but nevertheless our infection numbers across the country appear to be reducing daily, for which we must be grateful. With that in mind, and as promised, CovidCom reviewed the changes introduced on Thursday 21 October, and yesterday it was unanimously agreed that the following change will be made, to be effective from Thursday 4 November 2021, affecting residents of CP Bradfield Frail Care, Maranatha Frail Care and Bob Zeiss Bedsitters:

Residents will be allowed to leave the premises for shopping/social/personal reasons, on one day per week, between 09h00 and 16h00 (previously limited to two hours per week)

All other rules and regulations listed in Newsflash #86 remain unchanged (visitors etc), and you are urged to abide by them. The MHA bus driver Mike has returned from leave, and the transport service is back in operation. Please refer to your Manager for the schedule affecting you.

The MHA Board, Management, CovidCom and all staff members urge everyone (residents, friends and family) to continue to be careful and cautious, to continue to adhere to rules regarding masks, distance and sanitizing, and to continue to co-operate in fighting the Covid war.