

Have you seen what's been happening at our Day Centres?

All our Day Centres are open and offer great activities in a COVID-safe environment. All precautions are undertaken for your safety, but we still manage to have a good time and offer a wide range of activities.

Our Centres offer activities for older people, as well as people living with a disability. The Centres provide an opportunity to enjoy a professionally prepared hot meal, meet new friends, enjoy music, bingo, games and even a little bit of exercise.

Just look at what's been happening at the Tighes Hill Day Centre.

Sensory Art



To find out what is on offer in your local centre, contact us on 4962 6680. If transport is an issue, our Community Transport Team will get you there and back again.



More Art at the Tighes Hill Day Centre

We all know that expressing your creative side is good for you. Well, at the Tighes Hill Day Centre, they encourage that expression and come up with ways to create wonderful pieces of art. Look at these wonderful galaxy paintings.



"In all our work we strive to provide compassionate, respectful, high quality and environmentally sustainable practices."
Part of Mercy Services Mission Statement

A great day out at Mayfield Senior Citizens Centre

At Mayfield Senior Citizens Centre you can enjoy a great meal, while meeting friends and even play a game or two!



You may even like to celebrate a birthday in a COVID-safe manner. Here we are celebrating Bob's 87th birthday and Briony's 36th birthday. The cakes were in clear, plastic boxes with no candles, but we did have quiche, chips and salad for lunch ... we even sang 'Happy Birthday'!



*"We can never say 'it is enough'".
Catherine McAuley, Foundress, Sisters of Mercy*



PPE: we've got it covered

While we continue to operate our services as safely as possible, we are also hard at work behind the scenes ensuring we have ample PPE (personal protective equipment) to ensure current and future services can be delivered safely.

While some of our transport team (including the wonderful Leo pictured here) have been endlessly in pursuit of quality PPE supplies, the ever-enthusiastic Rachelle (pictured here in full PPE) has been hard at work teaching staff how to use PPE properly.

Staff across Mercy Services have received both initial and refresher training to ensure that they know how to use the PPE to minimise infection risk.

Not content with stopping there, we have also had wonderful staff participate in the creation of videos so that staff can be reminded at any time how to put on and remove (also known as 'donning and doffing') PPE.

All this, to ensure that our services are fully prepared for any potential outbreak and to protect our clients and staff.



"Recognising and fostering the dignity of every person ..."
 Catherine McAuley, Foundress, Sisters of Mercy

How to stay connected

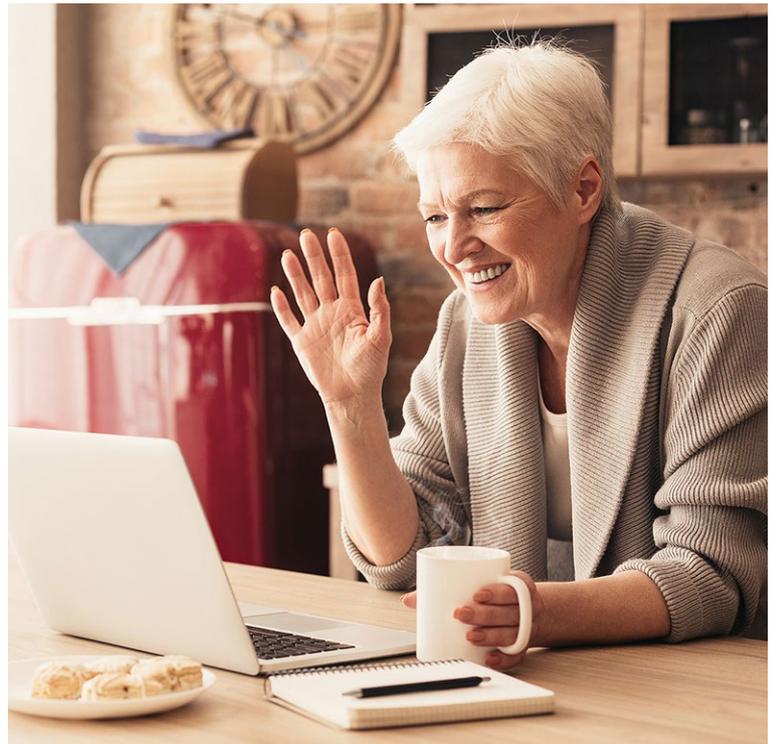
We have all heard Australia's catchphrase "we're all in this together" when referring to COVID-19, however for many of our elderly they are alone in their own home and have little contact with the outside world.

With the use of devices like iPads and smartphones we can stay connected with loved ones, play games that keep our minds active and have knowledge at our fingertips.

"Be connected" is an Australian-wide initiative encouraging all Australians to thrive in a digital world. It shows you step-by-step the absolute basics of getting started online so you can develop your skills at your own pace and confidence.

Talk to your family about how you can get connected or ask one of our Mercy staff members for assistance. The website is called Be Connected- every Australian online, and the link is below.

<https://beconnected.esafety.gov.au/topic-library>



A Four Ingredient Dessert

Strawberry Marshmallow Mousse

Ingredients

- 250g fresh strawberries, halved if large
- 25g caster sugar
- 140g mini marshmallows
- 200ml thickened cream

Step 1

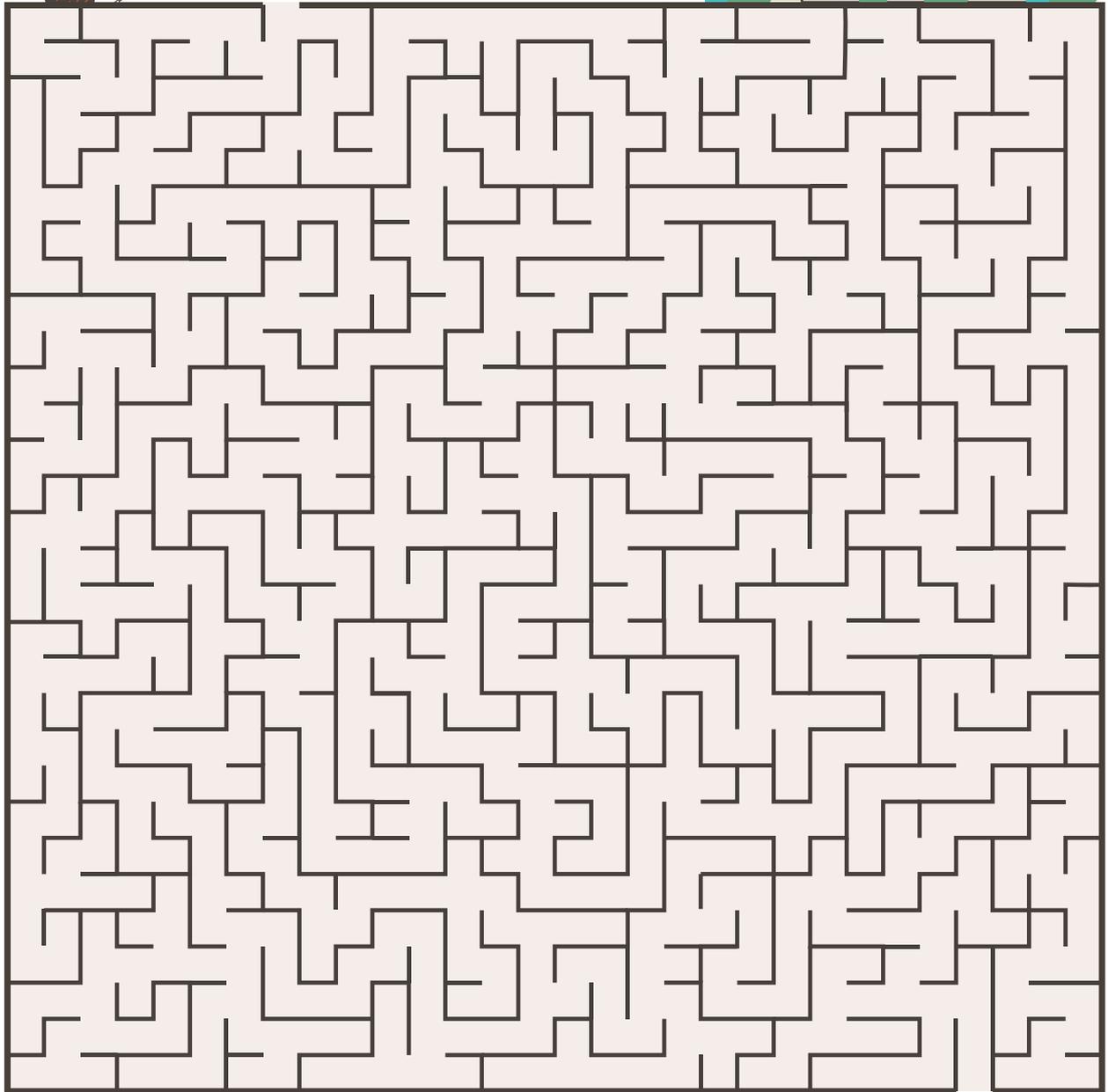
Put all but 2 strawberries into a pan along with 100ml water and the sugar. Over a medium heat, cook about 3 mins. Take off the heat and squash the berries, using a fork, until pulpy. Add the marshmallows and stir them into the hot strawberries until they dissolve. Leave to cool.

Step 2

Whip the cream until it holds its shape. Fold the cream into the cooled strawberry mix, then spoon into one bowl or separate pots and chill for about 2 hours, or until set. Cut the reserved strawberries in half and use to decorate.



You seem to have gotten lost in the bush.
Complete the maze below and find your way back to camp.



Prepared by
 Camper Champ

*"We must strive to do ordinary things extraordinarily well."
Catherine McAuley, Foundress, Sisters of Mercy*



Information sheet

It's ok to have home care

Your health is the Australian Government's priority. This includes protecting you from coronavirus (COVID-19).

The aged care worker visiting your home is taking all necessary measures to ensure you stay safe.

This includes following advice from Australia's Chief Medical Officer about when to use protective equipment.

Your aged care worker will have to wear personal protective equipment including masks, gloves, gowns, and protective eyewear if it is required in your area.

Personal protective equipment must be worn by your aged care worker if:

- You have been diagnosed with COVID-19
- You are suspected of having COVID-19
- You are displaying symptoms of COVID-19

Any aged care worker displaying symptoms of COVID-19 is not allowed to work - and just to be sure, workers with symptoms are being tested.

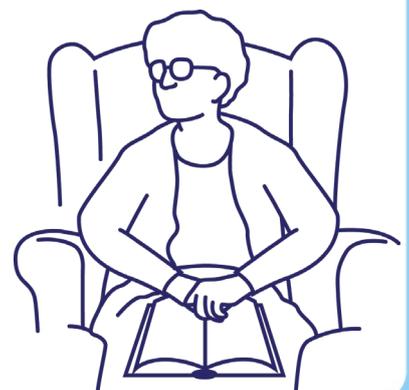
Aged care workers are following the best medical advice to protect you and themselves from COVID-19.

Further advice

To find out more about COVID-19 please phone the National Coronavirus Helpline on **1800 020 080** or go to [health.gov.au](https://www.health.gov.au)

If you need to find out more about support services, contact My Aged Care by phoning **1800 200 422**.

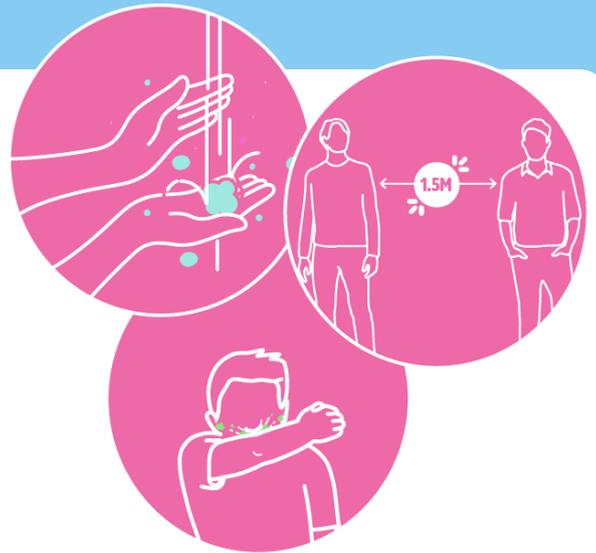
If you have any concerns about your care services, or carer, please contact your aged care service provider.



Protecting yourself against coronavirus

Good hygiene and taking care when interacting with other people are the best defences for you and your family against coronavirus. This includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of used tissues immediately into a rubbish bin and washing your hands
- washing your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places
- using alcohol-based hand sanitisers (60% alcohol), where available
- cleaning and disinfecting frequently used surfaces and objects
- stay at home and avoid physical contact with others, except when you need assistance or care
- avoid non-essential travel
- consider having the chemist deliver your medicines
- consider having your groceries and essential items delivered to your home
- stay 1.5 metres away — 2 arms' length — from other people, when you can



Look after your health

You should keep up your regular home care and health care. This is just as important as protecting yourself from coronavirus.

Have regular contact with your doctor and call them if you are concerned about any of your health conditions. They may be able to provide care over the phone or via tele-conference, and face to face care is still available.