

South Australia appears to be having some success in terms of social distancing and hand hygiene.

We thank you for your cooperation and Ananda is one of the last homes to remain open to visitors, albeit strictly limited visits. We need to be vigilant at this time.

We will now be restricting further in an attempt to avoid any COVID-19 cases at Ananda.

One visitor will be allowed by appointment every 2 weeks (14 days).

Visits can take place on Mondays, Wednesdays or Fridays only from Weds April 15th. You can then book in for the same slot for 2 week's time.

This visit will be for 15 minutes at a distance of 1.5 metres. Our staff will contact those who have made appointments where needed. We will need to cancel visits over Easter.

PLEASE only ring out hotline numbers below during the times stated:

FINDON: 0466 235 752

ONLY ring between 1000 and 1130 and 1-3pm MONDAY-FRIDAY

Email: findon@anandaagedcare.com.au

HOPE VALLEY:

Hotline phone – Torrens/Murray **0478 739 329**

Hotline phone – Swan/Darling **0422 031 617**

Hotline phone – Derwent/Yarra **0466 832 356**

Hotline phone – Snowy **0411 277 103**

ONLY ring between 1000 and 1130 and 1-3pm MONDAY-FRIDAY

Email: hopevalley@anandaagedcare.com.au

Our staff will ring you with any changes, the fewer calls the less they will be away from direct care of residents.

While this may seem severe this is still more than most homes are permitting, and is to prevent COVID-19 and its effects in our homes.

I personally understand the difficulties as my mother is in hospital with COVID-19 in the UK and is not allowed any visits and I cannot talk to her easily. She is being looked after by professionals who are caring for her at their own risk, just like all staff in the health and aged care sectors. I trust them and I urge you to trust our hard working staff and also thank them for their dedication. We are indeed all in this together.



Michael Page, Workforce Development Manager

A message from Preeya Goel, Director.

It has been an overwhelming time of fear as we navigate through such a challenging time. We are all realizing that things we took for granted are now so very precious.

Now more than ever we **MUST** come together, we **MUST** rely on each other and we **MUST** stand united.

Ananda knows how tough this time is for our families and loved ones who are unable to visit due to many different reasons.

After much thought we have created **“Messages of Love”**. Our front desks are happy to write down messages for your loved ones and ensure that they are personally delivered.

Our Wellness and Engagement staff will contact families to FaceTime call residents over the

next few weeks.



Dr Goel and Preeya

We understand the emotional impact of newly created visiting hours and physical distancing, particularly at this time of year. We have grandchildren wanting to spend time with their grandparents during the school holidays, families wanting to embrace their loved ones at Easter.

It is a trying time for us all and our Ananda community remain united in our support for one another.

If you would like to send a gift basket, contact communications@anandaagedcare.com.au for further details. Together we can create something special and unique for your Ananda resident to cherish during these difficult times.

Resilience Run



Michael still plans to run 42.2km for older persons' mental health at Ananda on May 1st or 3rd. So far \$1330 has been raised and we aim to get to \$2000.

We are also asking staff and residents to tell us 'what is resilience' by writing on this poster and taking a photo...



Click below to donate or email your story of resilience to
communications@anandaagedcare.com.au

<https://au.gofundme.com/f/ananda-resilience-run>