



1st February 2021

Dear Resident, Family and Friends,

COVID-19 UPDATE

As we move into February 2021, it has been a year since COVID-19 was announced as a Worldwide Pandemic and what a year it has been. Our world has been changed forever as has the urban dictionary with sayings such as Social Distancing, the New Normal and Self-Isolation.

I'm sure you are with me, when I hope that 2021 will bring us stability, a vaccine and possibly our "old" normal back.

The good news is that as I write today, there are no current Hotspots in the Greater Sydney basin and restrictions are easing in the community. The number of people permitted to visit a private home has increased to 30 and weddings and funerals can have up to 300 attendees (all subject to the square metre rule applicable to the venue).

The wearing of masks is now only mandatory on public transport, indoor places of worship (weddings and funerals), hair salons, beauticians and tattoo parlours (for those so inclined).

At JMV our COVID-19 safe plan will mean that staff must continue to wear a mask whilst on site at all times.

Our visiting restrictions at JMV for Residential Aged Care remain unchanged with two visitors per day per resident. As previously noted, some of the rooms at JMV North Sydney only allow for one visitor at a time. If you are unsure of the number of visitors your loved one can accept at a time, please call reception prior to visiting.

All residents in our Aged Care facility are able to go out of the village with family member escorting them. Family will be required to sign the Risk Assessment form prior to leaving the village. If a staff member is required to escort a resident to an appointment, there is a small charge for this service. There are daily walks organised by the lifestyle team to ensure that residents are getting out and about and exercising.

JMV is still COVID testing our staff on a regular basis and any staff member who is feeling unwell or showing any cold or flu like symptoms must stay home and be COVID tested. We ask that visitors to our villages are careful with their movements, especially directly before visiting. Please try where possible to come directly from home (do your errands after visiting not before).

For all our Retirement Living Residents your restrictions remain as per the NSW Health community guidelines stipulate. You are able to go out and have visitors to your units. However, we do ask that your visitor register using the QR code (located on the front entry doors). Your visitors must fall within the numbers noted by NSW Health and be able to socially distance within your apartment.

Retirement Living Residents are still not permitted to use the communal spaces of the Aged Care Facility unless it is an outside area. However North Sydney residents can use the Hair Dressing Salon, Beautician and Gym and Woolwich residents can use the Old School House Building.

My heartfelt thanks to all our residents, staff, families and friends who have remained vigilant throughout the last year; we remain determined to get through this time with humour, a sincere and caring work ethic and with the goal of protecting our valuable cargo from COVID-19.

Until next time; take care we are thinking of you all.

Lyn