



# Special Edition

As we embark on some very uncertain times during the Covid-19 lockdown we reflect on the things that matter the most to us. Life, love, connection, safety, freedom, family and the list could go on.

We know that the three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our elders but realise that these also apply to all people no matter what age, race or status.

This lockdown has really highlighted just how difficult it is to remain in our own 'bubble' without our usual daily associations and connections – when we can't just nip down to the supermarket or go out for coffee with friends or visit our loved ones in their Resthome's – what do we do? Perhaps more importantly we wonder....what do they do?

This special edition of the Eden Newsletter will show you what your loved ones are doing while we are all in lockdown and what our staff are doing to relieve the feelings of loneliness, helplessness and boredom.

**If love is universal,  
no one can be left out**  
-Deepak Chopra



**Eden  
Alternative 1:  
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**Be kind**





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## The Croft

**The Croft – Crazy Tuesday was a spontaneous event.**

As this unprecedented Covid-19 lockdown situation continues to unfold the staff at the Croft decided to do something spontaneous for the residents sending POSITIVITY, LAUGHTER and LOVE through the home and village.

Mark dressed up as the live Teddy bear (Cookie Bear), Helen as Mini Mouse, staff wore their most colourful outfits and Shirley had her Curlers in her hair complete with a fabulous bandana. Staff and residents had a good laugh on this Crazy Tuesday and took lots of photos with our crazy outfits.

Cottage residents and administration staff were pleased and so delighted to see us dancing about in the bear and mini mouse outfits while we were handing out the daily news and checking out the Bears in the windows on our bear hunt. It was just a good fun day to forget the troubles that our world is facing at the moment.



Staff at the Croft dressing up and having fun



Easter wall made by Residents







# Special Edition

## Wallingford

### COVID-19

A POEM FROM RAEWYN MEHRTENS

Here we are at the end of another day  
Wondering when Covid 19 will come our way.  
Exhausted from thinking how to react,  
Questioning whether we are on track!

Corona is such a dignified and noble name  
For something so tiny causing so much pain.  
How can a virus so infinitesimally small  
Cause the whole world to be reduced to a crawl?

It knows no frontiers, boundaries or borders  
It has a mind of its' own and won't take orders!  
It moves swiftly and freely from place to place  
And has no regard for age, status or race.

It controls governments, leaders and kings,  
Influences markets and everyday things,  
Disrupts holidays and thwarts business plans,  
And initiates international travel bans.

Stock markets have crashed, shelves are bare,  
Communities are engulfed in waves of fear.  
People are stressed and can't go to work  
The whole crazy world has gone berserk!

For some the sickness is mild and brief  
Others have died, causing so much grief.  
Hospitals can't cope and schools are closed.  
More and more cases are being diagnosed.

So far in New Zealand it has been contained.  
No community outbreak has been ascertained.  
We've had time to do our best to prepare  
To minimise the effect of Covid 19 here.

As we work together, we will get through,  
You supporting me, and me supporting you.  
May God's Grace guide you all the way  
As we look forward to brighter days.



**The Wallingford bubble is being well maintained and everyone is keeping positive and has plenty to do.**

**Some residents have been enjoying learning or re-learning how to play Scrabble while others have been playing cards, singing songs, listening to music, watching videos and eating lots of food!**

**An Easter church Service was held followed by communion - all delivered by Reverend Mother, our lovely Nurse Manager Raewyn.**



Wally Bear in the Window at Wallingford for families to find when they are going on a bear hunt



Enjoying a game of scrabble



Nurse Manager Raewyn delivering the Easter Church Service

### Zoom will keep us together

We now have Zoom up and running so families can chat over the internet with their family member. This is such a great way to keep connected during lockdown. You do need to book a time for this so we can make sure that the laptop is ready and that there is a computer savvy staff member on hand. If you would like to arrange to have a Zoom session with your family member then please contact us [wallingford.activities@pssc.co.nz](mailto:wallingford.activities@pssc.co.nz)



Bowls is always a favourite



Zoom calls keep us connected to family



## Special Edition

# Margaret Wilson



Residents at Margaret Wilson have been busy decorating Easter eggs as a part of the nationwide NZ egg hunt.

There were lots of different designs and colours used and we had a great time making them together. Once decorated we hung them up in the window for children to spot when out for a walk with their families.

What a great way to provide a bit of joy to children during the lockdown.



### The Prime Minister's daily address featuring Siouxsie Wiles

Every day during lockdown the staff and residents have been kept up to date with a visit from our very own Prime Minister (Nurse Manager Jenny Purdon - in case you didn't recognise her) and microbiologist and science communicator Siouxsie Wiles (aka Debbie Leonard).

These two ladies have been excellent in delivering all of the important daily messages in an entertaining and fun way so that life seems as normal as possible during this lockdown period.

### Plenty of fun activities happening during lockdown

The residents have been enjoying all of their usual activities like newspaper reading, housie and happy hour but they have also been enjoying creating paper mache animals for their art exhibition.

This week they will be making poppies for their ANZAC celebrations, this will also create new master pieces for their exhibition.

Walks outside, sitting in the sun chatting with each other and homemade soup and scones have also been a fun and popular past time.

