

# Fairseat Foundation



## Fairseat News – 12<sup>th</sup> March 2020

- **Coronavirus (COVID-19)** – the item that dominates the news and correctly so. The information coming out of China suggests that some people are at a higher risk of getting VERY sick. These people tend to be:
  - Older adults (over 65 years old)
  - People who have serious chronic medical conditions
    - Heart disease
    - Diabetes
    - Lung disease

As a result, for Fairseat, COVID-19 represents a real and significant threat. We are informed by the Kenyan Government that, at the time of typing, Kenya has not recorded a coronavirus case yet but I think the chance of maintaining this record is very slim. We need to plan for the worst and hope for the best. Understanding the dangers of coronavirus and how the disease is transmitted is important to minimizing its impact.

Essentially there are two ways that COVID-19 spreads:

- **Mainly through person-to-person spread** – this is between people in close contact with each other – normally less than 2 metres or 6 feet. It is spread through respiratory droplets produced when an infected person coughs or sneezes and these droplets can land in the mouths or noses of people who are nearby or be inhaled into their lungs.
- **Through a person touching a surface or object that has the virus on it** and then touching their own mouth, nose or their eyes.

**It appears that COVID-19 spreads easily** and sustainably through the community. Symptoms range from mild to severe illness and death. Based on previous CoV viruses, it is thought that the symptoms may appear 2-14 days after exposure. These symptoms include:

- Fever
- Cough
- Shortness of breath

### **How to protect yourself**

- **clean your hands often**
  - **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
  - **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact**
  - **Avoid close contact** with people who are sick
  - **Put distance between yourself and other people** if COVID-19 is spreading in your community.  
**This is important for people who are at higher risk of getting very sick.**

**With all this in mind, Fairseat will continue to monitor the situation and prepare. We may have to take more drastic measures if the situation in Kenya takes a turn for the worse. It is most important that visitors and staff are aware of the importance of not putting our residents at risk unnecessarily.**

**All residences will be issued with a hand sanitizer and our public areas will have dispensers installed to facilitate regular and thorough hand cleaning for visitors. In addition, our care manager will reinforce hand washing procedures and sanitizing of critical areas for all frontline staff. We have also built up a stock of necessary items if things get worse.**

- **Building work** – I apologise about the ongoing noise from the building work but it is unavoidable. Whilst the demolition aspect of the work is clearly the worst for noise, there will be ongoing banging and bashing for a while. I am grateful for and wish to publicly acknowledge the work and effort that Gladys and her kitchen staff have put in to maintain their flow of food for residents and fellow staff alike.
- **Resident Birthday** – Helen celebrated her birthday last Tuesday, 10<sup>th</sup> March. She wanted to treat all the residents to wine with their lunch on that day but our temporary dining room was not yet up and running. So, **on Sunday**, please make a note that **there will be a different lunch menu** – especially chosen by Helen, and

there will be wine for all eating in the temporary dining room. Even if you are not a regular in the dining room, you are encouraged to join Helen to celebrate her birthday at lunch time on Sunday. The meal will be a **Grapefruit Cocktail for starter, Roast Gammon with Parsley Sauce, Croquette Potatoes, Broccoli, Carrots, Peas, & Sweetcorn followed by Berry Roulade for dessert.**

- **New Resident** – I am pleased to announce that **Nigel Brierley** will be moving into Fairseat, subject to a successful medical interview. Nigel will move into Room 2 whilst he waits for a double cottage to become available for himself and his friend – and yes, he does know that there is a bit of a queue. If all goes well, Nigel will be taking up residence at the beginning of May. In the meantime, I need to get his room refurbished and ready for him as soon as possible.
- **Directors' news** – Fairseat farewells one of our directors, **Peter Harris, at the end of March.** Peter has been a director of Fairseat Foundation since 8<sup>th</sup> January 2010 and leaves to return to the UK with his wife Jo in the first week of April. We are very grateful to Peter for his decade of service to Fairseat and wish him and Jo all the best for this next stage in their lives.
- **Past residents** – we have 3 past residents to remember in March, namely **Margaret Haworth who died on 11<sup>th</sup> March 2016, Breda Deacon who died on 24<sup>th</sup> March 2018** and then **Gill Nowicki who died on 29<sup>th</sup> March 2015.** We also remember **Salome Njoki, a carer who died at home on 26<sup>th</sup> March 2016.**
- **Roman Catholic Mass** – no mass planned for March
- **ISK Students Social Visit & Activity** – our next visit is planned for **10.30 am on Saturday 21/4.**
- **Fairseat Pub Nite** –the next one is at **5.30 pm Wednesday, 25th March**
- **Anglican Communion Service** – **Friday, 13<sup>th</sup> Feb** at 10.30 am in the Widgery Room
- **Copacabana Club** – next one is on **Fri 20/3 @ 11am** and I can reveal that John promises a morning of Romantic & Popular Songs from 50's & 60's.
- **Videos** – **Please note the change of dates for the Thursday movies after the cancelation of this Thursday's movie.** On Tuesday we will screen the final parts of the series **"Anzac Girls"** before showing the two parts of **"The Phantom of the Opera"** on 31/3 & 02/04 . On Thursdays, we will watch **"Ring of Bright Water"** on 19/3; **"About a Boy"** on 26/3; **"Mr. Holmes"** on 2/4; **"My Sister's Keeper"** on 9/4; **"Wall Street"** on 16/4 & **Zulu"** 23/4
- Friday, 13<sup>th</sup> March, 10.30am – **Anglican Communion Service**
- Saturday, 14<sup>th</sup> March, 10.30 am – **Bridge in the Widgery Rm or on the verandah**
- Monday, 16<sup>th</sup> March – **Manicures & pedicures with Anne Ndegwa**
- Monday, 16<sup>th</sup> March, 3.00 pm - **Scrabble in the manager's house dining room**
- Tuesday, 17<sup>th</sup> March, 11 am – **Exercises with John**
- Tuesday, 17<sup>th</sup>, March, 4.30 pm – **video in the Widgery Room, 5/6 in series of "Anzac Girls"**
- Wednesday, 18<sup>th</sup> March, 10.30am – **Bingo with Carolyn in the manager's house dining room**
- Thursday, 19<sup>th</sup> March, 4.30 pm – **video in the Widgery Room "Ring of Bright Water"**
- Friday, 20<sup>th</sup> March, 10.30am – **March Equinox, when the sun crosses from south to north.**
- Friday, 20<sup>th</sup> March, 11am – **Copacabana Club with John G. in the Widgery Rm.**
- Saturday, 21<sup>st</sup> March, 10.30 am – **Bridge in the Widgery Rm or on the verandah or in manager's house**
- Monday, 23<sup>rd</sup> March, 3.00 pm - **Scrabble in the manager's house dining room**
- Tuesday, 24<sup>th</sup> March – **Remembering Breda Deacon who died on this day in 2018**
- Tuesday, 24<sup>th</sup> March – **New Moon**
- Tuesday, 24<sup>th</sup> March – **Mandy leaves for California after visiting Angela**
- Tuesday, 24<sup>th</sup> March, 10.30am – **Fairseat Benevolence Committee meeting in the manager's house.**
- Tuesday, 24<sup>th</sup> March, 11 am – **Exercises with John**
- Tuesday, 24<sup>th</sup>, March, 4.30 pm – **video in the Widgery Room, last in series of "Anzac Girls"**
- Wednesday, 25<sup>th</sup> March, 10.30 am – **Bingo with Felicity in the Widgery Rm.**
- Wednesday, 25<sup>th</sup> March 5.30 pm – **Pub Nite on the verandah with Neil, Andy & Debonnaire.**
- Thursday, 26<sup>th</sup> March – **Remembering Salome Njoki, Fairseat Carer who died this day in 2016**