

# Fairseat Foundation



## Fairseat News – 17<sup>th</sup> March 2020

- **Link Meeting, 16<sup>th</sup> March** - this was held and well attended by residents and some family who were able to join us. Essentially it was agreed that Fairseat would go into “lockdown” with all non-essential visits outside of Fairseat to be cancelled. In addition, it was also understood that all non-essential visitors from outside Fairseat would be strongly discouraged. The unique situation that Fairseat faces with the grim prognosis if we cannot control these factors was well understood. The ongoing situation will be reviewed regularly. So right now, no visitors including family members, from outside Fairseat should come in. No residents from inside should go out at all unless it is for critical reasons. If in doubt, please talk to Ben.
- **External services** – as explained at the LINK meeting, all services provided by an outsider have been cancelled temporarily. Not forever, but until further notice. So Carmen will not be doing hairdressing until further notice. If you don't need an actual cut or perm then see Carolyne and she can organize for Lydia to wash & set your hair for you. Anne Ndegwa is doing manicures & pedicures for her last residents on Wednesday and then will not be coming for at least 4 weeks. All massage services have been canceled for now including Maria, Peninah and Norah. Likewise, all non-essential physio services are discontinued. The monthly Anglican Communion Service has been cancelled. Njoroge from Muthaiga Travel will only be available for essential, time critical, stuff. We will review this as circumstances evolve and please talk to me if you have problems or concerns.
- **“Self-Isolation” for residents** – Fairseat is fortunate that it is reasonably easy for some residents to “self-isolate” and for other residents to continue to live a relatively normal life within the confines of Fairseat. Any residents wishing to “self-isolate” but having problems with the logistics or management of it should speak to Ben or Yvonne S. (by telephone!). Anyone who feels that the security offered by Fairseat is not enough can speak to Ben who has spoken to a prominent local hotel keen to fill their empty rooms and are offering a secure lockdown service. I have no costs but I think they would be competitive.
- **Building work** – I have spoken to the builders and they are going to work through the next two weekends in order to speed up the progress of the build. I expect the main kitchen to be completed and operational by 5<sup>th</sup> April. The staff area should be finished and available for them to use again by this date. The structural portion of the dining room work will be completed by then as well - so new floor, new windows and doors; new ceilings, lighting and fireplace; new patio area with a sail. We will remain with the interior furnishings for Karen to weave her magic touch with and apply all the finishing touches to. There is new furniture ordered for the patio and new dining chairs and tables for the main dining room which will take a bit longer to arrive.
- **Resident dining area** – in trying to reduce risk to residents, **we will stop using the rear parking area for resident dining and return to having all meals in residences.** We will also close access to the walkway behind the kitchen to all residents. This reduces the issue of overcrowding, unintended contact and using shared spaces between residents, our staff and contract building labour that was tending to occur. The paved area between the nurse's office and the accounts' office will now be off-limits for all residents. If you are doing your Fairseat circuit walk in a clockwise fashion then you will have to turn right at the nurses office and use the corridor before either walking up the path to where John G. parks his car or going around the outside of the Widgery Room and continuing up towards the main gate. Residents who are not planning to “self-isolate” are encouraged to “eat out” & socialize by inviting their fellow residents to eat lunch together with them and arranging the logistics with their carers. Likewise, for morning & afternoon tea.

- **Lockdown living** – any residents who need supplies during our lockdown should see the office. Whilst we do not normally advertise such services, the fact is that there is little that our faithful driver Stephen has not been asked to buy over the years. We have a very competitive supplier of booze who will deliver to Fairseat and you simply order through the office. Anything of a particularly private nature can be discussed with the nurses. If in doubt, simply talk to Carolyne in the office.
- **Room 2** – Work on refurbishing this room can only start once the staff area has been completed so I imagine that it will begin Monday, 6<sup>th</sup> April. That will allow us to have it ready for Nigel Brierley's arrival at Fairseat at the beginning of May.
- **Exercise and activities** - as a result of our lockdown and exclusion of all unnecessary outside visitors, we are naturally left with a few voids. Yvonne has kindly offered to do Thursday morning exercises until we can invite Sheila back. Jane has agreed to call the bingo. Fiona will continue to organize the Saturday morning bridge. The real issue though is to decide what to do with the boys – how will XXXX survive without his monthly rugby outing? Can XXXX get by without playing bowls every Sunday? What will XXXX do without 16 holes every second day of the week? And what will any of us do without international sport to watch – no tennis, no soccer, no rugby, no golf? So, everyone needs to develop new hobbies and interests. XXXXXXXX already runs an ever-growing general knowledge crossword group on Monday. This is followed by the Scrabble enthusiasts and then by a bridge session! I think XXXXXXXX would be happy to extend this if there was demand. Professor XXXX X. used to run a very successful maths, games and puzzle session on Mondays and I think he could be persuaded to resurrect that if there was sufficient interest – talk to XXXX if you are interested. Whilst XXXX can't play 19 holes of golf regularly, maybe he could see if there was any interest in clock golf – we could put a hole in the middle of the main lawn if necessary. Any other suggestions please feel free to talk to me.
- **Fee increase for 2020** – I take this opportunity to remind everyone that the fee increases as proposed and communicated to residents last year are due to be applied in April. I will send out a written reminder to you all but I do not want anyone to be taken by surprise when they get their accounts at the beginning of April.
- **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** but no outside visitors please.
- **Fairseat Pub Nite** –the next one is at **5.30 pm Wednesday, 25th March**
- **Videos – Please note the change of dates for the Thursday movies after the cancelation of last 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
- Wednesday, 18<sup>th</sup> March, 10.30am – **Bingo with Jane in the Widgery Rm**
- Thursday, 19<sup>th</sup> March, 11 am – **Exercises with Yvonne**
- 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 sun crosses from south to north.**
- Friday, 20<sup>th</sup> March, 11am – **Copacabana Club with John in the Widgery Rm.**
- Saturday, 21<sup>st</sup> March, 10.30 am – **Bridge in the Widgery Rm or on the verandah**
- Monday, 23<sup>rd</sup> March, 3.00 pm - **Scrabble on the main verandah**
- 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, 11 am – **Exercises with John**
- Tuesday, 24<sup>th</sup>, March, 4.30 pm – **video in Widgery Room, last in series of "Anzac Girls"**
- Wednesday, 25<sup>th</sup> March, 10.30 am – **Bingo with ~~Felicity~~ Jane in the Widgery Rm.**
- Wednesday, 25<sup>th</sup> March 5.30 pm – **Pub Nite on the verandah**
- Thursday, 26<sup>th</sup> March – **Remembering Salome Njoki, Fairseat Carer who died this day 2016**