

Fairseat Foundation



Fairseat News – 27th March 2020

- **Resident News – Maureen** was discharged from the MP Shah Hospital yesterday afternoon after having bipolar hip implant. She is back in her cottage and will be nursed from there. I **request residents not to visit Maureen** for all sorts of reasons. She has just come out of hospital which is clearly a dangerous place to be at the best of times. She is having visits from outside (her physio) and we do not want to increase the dangers. Only one birthday in April with **Vi L celebrating on Wednesday 8th April** which also happens to be pub nite – could be an expensive evening Mike!!
- **Rumour Mill** – in these nervous times please be aware of the danger of unsubstantiated rumors and half-truths. It is difficult enough dealing with known facts without having to counter a constant stream of gossip. If you have concerns, please start with Ben. If for some reason Ben is not available or cannot be contacted on his phone and you feel it is important, then talk to the nurse or Carolyne but it does not help our community if residents and staff are repeating and retelling unsubstantiated nonsense that causes alarm and despondency.
- **Meal times** – as everyone surely realizes by now, Kenya has enforced a curfew from 7pm in the evening to 5 am in the morning. The single biggest impact on our lives is that we are going to bring the delivery time of our evening meal forward by about an hour or more to allow any kitchen staff who have to get home before the curfew to leave on time. If you need help reheating your evening meal then please talk to the night carers. It may take a little time for us to all settle into this new regime but I am sure we will soon have forgotten that we used to eat after sunset.
- **Menu** – we will be looking to simplify our menus so that we can operate with fewer staff if necessary. Any suggestions should be discussed with Ben but in the mean time the most likely scenario will be to reduce our midday and evening meals from 3-course to 2-course offerings or even 1-course.

Option 1 - with alternate days of starter and desert. Likewise, our evening meal will have an alternative offer of a starter or a desert on opposite days. So a week's menu could look like this;

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	- Lamb curry Rice/chapati Condiments - Bake well tart	- Vegetable Soup - Mixed grill Chips Spinach/Carrots	- Tandoori chicken Rice Salad - Lemon Syllabub	- Pumpkin Soup - Pork Vindaloo Rice Salads	- Fish in beer batter French fries Ratatouille - Fruit Salad & Ice Cream	- Pea & Mint Soup - Chilli con Carne Rice French beans/Cabbage	- Roast Lamb/Gavy Roast potatoes Assorted vegetables - Berry Roulade
Tea	- Shortbread Fingers	- Orange cake	- Brownies	- Jaffa Fudge Slice	- Ginger bread	- Cream buns	- Dundee Cake
Supper	- Tomato soup - Potato thyme pie or Cold pork slices - Mixed salad	- Macaroni Cheese or Sardines on toast - Green salad - Rice pudding	- Fish skewers or Baked Beans on Toast - Lebanese Fattoush Salad	- Red Pepper Frittata or Pate sandwich - Mixed lettuce Salad - Lemon and Almond Slice	- Minestrone Soup - Samosa or Avocado vinaigrette - Riviera salad	- Sweet potato with H/B or Cheese omelette - Coleslaw Salad - Semolina pudding	- Vegetable Broth - Chicken burgers or Marmite sandwich - Tomato, onion & pepper salad

Option 2 – with no soup at lunch time but always a desert. Then at dinner, no desert, but always a soup option. So a week's menu would look like this:

	Monday 30-Mar	Tuesday 31-Mar	Wednesday 1-Apr	Thursday 2-Apr	Friday 3-Apr	Saturday 4-Apr	Sunday 5-Apr
Lunch	- Lamb curry Rice/chapati Condiments - Bake well tart	- Mixed grill Chips Spinach/Carrots	- Tandoori chicken Rice Salad - Lemon Syllabub	- Pork Vindaloo Rice Salads - Coffee cream	- Fish in beer batter French fries Ratatouille - Fruit Salad & Ice Cream	- Chilli con Carne Rice French beans/Cabbage - Lime divine tart	- Roast Lamb/Gavy Roast potatoes Assorted vegetables - Berry Roulade
Tea	- Shortbread Fingers	- Orange cake	- Brownies	- Jaffa Fudge Slice	- Ginger bread	- Cream buns	- Dundee Cake
Supper	- Tomato soup - Potato thyme pie or Cold pork slices - Mixed salad	- Muligatawry Soup - Macaroni Cheese or Sardines on toast - Green salad	- Corn & bacon chowder - Fish skewers or Baked Beans on Toast - Lebanese Fattoush Salad	- Fennel Soup - Red Pepper Frittata or Pate sandwich - Mixed lettuce Salad	- Minestrone Soup - Samosa or Avocado vinaigrette - Riviera salad	- Courgette Soup - Sweet potato with H/B or Cheese omelette - Coleslaw Salad	- Vegetable Broth - Chicken burgers or Marmite sandwich - Tomato, onion & pepper salad

Both options would save money, reduce staff requirements and help us lose weight.

In addition, the actual choice of recipes would be considered to reduce those with high labour, time-consuming elements or unhealthy levels of calories. It is all about planning for the worst and hoping for the best but that is the present thinking.

Option 3 – with no soup at lunch or dinner time but always something cheap and cheerful. No deserts though. Then at dinner, no deserts, but always some good old traditional British grub. So a week’s menu would look like this:

	Monday 30-Mar	Tuesday 31-Mar	Wednesday 1-Apr	Thursday 2-Apr	Friday 3-Apr	Saturday 4-Apr	Sunday 5-Apr
Lunch	Rice/dhoppo	Chips	Salad	Rice	French fries	French beans/Cabbage	Assorted vegetables
Tea							
Supper	Grid pork slices	Sandwiches	Baked Beans on Toast	Mixed lettuce Salad	Green-Sliced potatoes	Cheese omelette	Meatloaf sandwich

So don’t forget to let Ben know your thoughts, your preferences and your suggestions.

- **Fairseat lockdown** – We continue to tighten down on our isolation policy as much as we can given our unique circumstances. Whilst we also try to be social and keep busy, I remind residents of the importance of social distancing whenever possible with ongoing hand washing and sanitization. If anyone needs things purchased for them, cash or assistance of any sort, the first port of call is our Admin Manager, Carolyne, in the office. Give her your shopping order every Monday and Wednesday to make it easier for her. Please do not unnecessarily overburden her with cash demands – pub night is really not that expensive, there are no donations required for religious services and the kids are not allowed to visit anymore!!
- **Link** – the residents have a small committee to coordinate ideas for social activities that will occupy our minds, help keep us all sane & in a positive frame of mind. Anyone with ideas should **phone** Yvonne.
- **Building** – In trying to reduce risk to residents, we will **stop using the corridor outside rooms 1, 2, 3 & 4** until further notice. Where possible residents are asked to avoid using this corridor and walk over the grass for now please. Maggie, Brenda & June are requested to use the door onto the big lawn and if they do have to use the normal exit door, please exit in a fashion that reduces the contact with the building staff who are working there. Likewise, **it is very important that all our staff & residents restrict contact with all building staff and sub-contractors.**
- **External services** – as explained at the LINK meeting, all services provided by an outsider have been cancelled temporarily. This includes people like hairdressers, manicurists, drivers and other non-essential people. It does sound harsh but please accept that the state of one’s highlights, or roots, are not an essential for life and they can be recovered later. Everyone in Fairseat is in the same boat and it actually might present an opportunity to reveal a whole new side to your appearance that was unimaginable a few short weeks ago. Go *“au natural”*
- **Safety for the Fairseat Family** – Residents and staff are reminded that they should not be taking the threat of COVID-19 casually. The five important issues for reducing risks for everyone:
 - **HANDS – wash them often, wash them well**
 - **ELBOW – cough into it or use a disposable tissue**
 - **FACE – don’t touch it**
 - **SPACE – keep a safe distance from each other. No shaking hands, kissing, hugging etc. >3 feet**
 - **HOME – stay at home, do not go out, minimize the people you have contact with**
- **Fee increase for 2020** – I take this opportunity to remind everyone that the fee increases as communicated to residents in December last year are due to be applied in April. I should also **reiterate that the increase is modest and was more than off-set by the credit given to residents in December.** Anyone with concerns can phone Ben.
- **Fairseat Pub Nite** –the next one is at **5.30 pm Wednesday, 8th April** on Ben & Fiona’s verandah.