

Newsletter November 2009

Hello everyone. Just a short newsletter with an update on the latest developments.

Norovirus

As you are probably aware, we have been hit by a norovirus outbreak. It was explosive. The first case occurred on Mon Nov 16 when one of our residents vomited. The second case involved a staff member on Wed 18 Nov. It then snowballed and by Sun 22 Nov, 13 out of 18 residents and 5 out of 16 staff, including Sharon and Peter, had been affected by the virus. By Sunday however some of the ill had no more visible symptoms and didn't feel sick anymore.

Despite the lack of visible symptoms and not feeling ill, these people still carry the bug and can be contagious to other people for up to five days longer. This is the reason we do not allow any visitors and confine residents to their rooms for five days after the last case started.

To combat the outbreak, staff worked extra shifts while at the same time covering for staff that were off sick. A double whammy with which they coped very well. Thank you to all of them for the extra effort and hard work while at the same being at risk of also attracting the virus. Not everyone is prepared to do this.

We have been splashing around disinfectant and put in great efforts to clean areas in and around the rest home that are touched frequently and thus liable to spread germs.

Things seem to have settled down with the last case being a staff member falling ill on the early morning of Tue 24 Nov.

We have now gone into 'resolution' mode: a thorough clean of the rest home, top to bottom, to make sure that no spores are left anywhere which could cause another outbreak. Visits to the rest home are still to be kept to a minimum, but as it stands, things should be **back to normal by Saturday morning Nov 28**. If you intend on visiting then, please ring us first to confirm that all is clear indeed. We do ask everyone to still be vigilant and refrain from visiting if they themselves or people they are in contact with (family members, people at work, school, etc.) have any symptoms of vomiting or diarrhoea. Please wash your hands before and after your visit. The norovirus bug can survive for up to 30 days, so we are not 100% out of the woodworks until after Xmas!

Xmas Carols

You are all invited to an evening of Xmas carols on **Tuesday December 8**, starting at **6:30pm**. No need to bring anything, we will provide light supper, beer and wine and the lyrics for the carols. So why not come!? Please advise other friends/relatives who might like to come along.

Reminders

With summer on its way, please check your resident relative wardrobe to see if their clothes need to be changed to suit the season. Also check if their tooth, hair brush, etc. need replacing.

Animal Update

We seem to have gained six more pekin ducks, additional to the two that were given to us. A lot of quacking going on now in the back yard.

Activities

We were all looking forward to the annual Glenbrook Vintage Railway fundraising train trip for the Glenbrook Kindergarten. Unfortunately this had to be cancelled due to the norovirus outbreak.

More on activities in the next newsletter in December/January.

Website

The Glenbrook Rest Home website has been updated and all newsletters are now available online. Have a look and any feedback is welcome.

Relatives' Email Addresses

As technology moves forward, we now also email our regular newsletter. If you or anyone else like to be on the newsletter emailing list, please send an email to peter@gbrh.co.nz.

Power of Attorney (PoA)

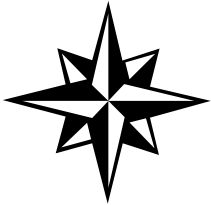
One of the requirements for operating a rest home is to have copies of each resident's PoA. We have requested copies of these from relatives, but still have not received some. Could you please look into this.

That's all. Kind regards, Sharon and Peter.

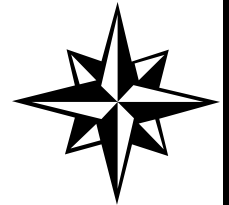
Glenbrook Rest Home



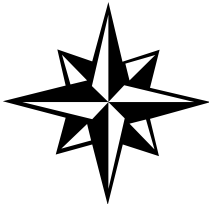
You are invited to our annual night of



Xmas Carols



on



Tuesday



8 December 2009



at 6:30 pm



at Glenbrook Rest Home



Please pass this invitation on to other relatives or friends who might be interested in a merry singalong with supper and drinks provided.

