

# Newsletter

*Sharing Our Little World With You*

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## **We Are All Well! Hope You Are Too.**

COVID-19 has been on the minds of everyone, everywhere for the past few months. We know you are worried for the health and safety of yourselves and your families. For those who have friends and family here in Jah-Jireh, we know you must be missing them with the current restrictions on visits. We thought this would be a nice way of letting you know what has been happening at Jah-Jireh and how we are coping with the pandemic.



# Taking Every Precaution

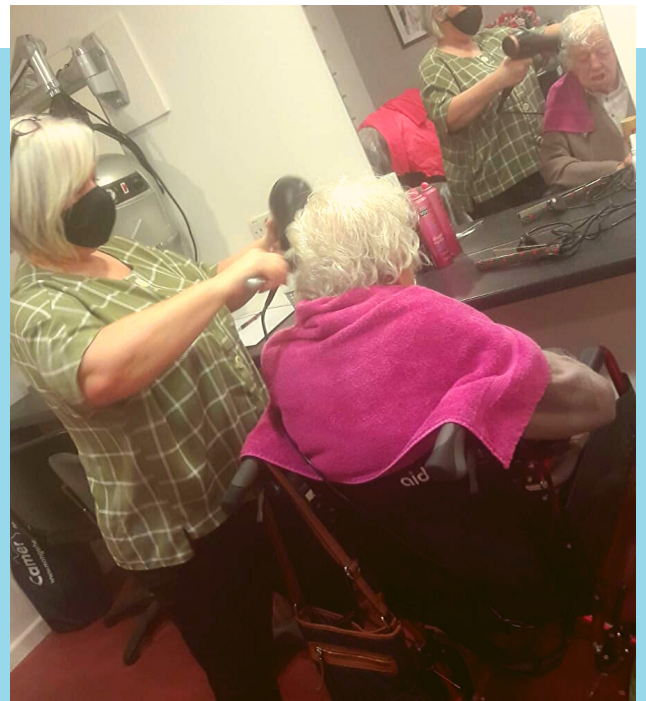
Keeping in mind that our residents fall under the vulnerable group when it comes to COVID-19, we have ensured that all precautionary measures are being strictly enforced. We are rigidly following guidelines from the government to ensure that our residents are kept safe from the pandemic.

Here are some of the measures in place:

- Standard operating procedures and policies, based on government directives, have been put in place to ensure prevention, detection and elimination of any threats of COVID-19.
- All staff have been trained on the SOP and are updated on the latest government directions.
- Visitors have been restricted and volunteers limited to keep to the stipulations of the government.
- A Business Continuity Plan has been enabled that now includes new specific policies, one on coronavirus and another on pandemics.
- All staff and volunteers have their temperature checked on arrival and wear masks and gloves if necessary.

## Minimising Disruption

Elderly ones are usually very sensitive to a change in routine, and though our residents are coping very well, we wanted to ensure that their routine is not disrupted too much despite the restrictions of the lockdown. Our staff are taking every necessary precaution to keep them safe, while trying their best to find ways to keep them engaged in their routines as usual.



# Keeping Up Our Spiritual Routine

The spiritual health of our residents is extremely important to us. To ensure that they do not miss out on any spiritual activity, we have made arrangements for meetings and assemblies to the extent that the lockdown allows. We even had a few practice sessions with our dear elderly ones knocking at our doors with presentations and ministry bags!



## The Memorial

The Memorial is a special occasion for all of us and we wanted to do our best to help our residents commemorate it despite the lockdown. Our dear staff in all our homes worked tirelessly in making this happen and we are pleased to say that everyone was able to enjoy the Memorial thoroughly.

We had a total of 164 in attendance in our homes at Wigan, Merthyr, Blackpool and Leyland.



# Keeping Up Our Spirits

It has been wonderful to see how everyone including the staff, residents, families of our residents, the congregations and friends - have pitched in to help each other out during this critical period. Jehovah has brought together so many blessings to keep our residents safe, calm and happy during this time.

We have had a few days of glorious weather where all of us have been able to sit out in the gardens and enjoy some sun and ice cream! We have had projects like gardening and letter writing to keep us busy. We have had so many letters encouraging all of us to stay strong. We have seen Jehovah's hand in big ways and small as we have got exactly what we need, when we need it and this has reassured us of Jehovah's love and yours.



## Here's How You Can Help

We are grateful for all your support this far and love you for it! Since many have asked how they can help, here is some more information.

- Our residents love it when they hear from you. Please feel free to send in letters, cards and e-mails. Telephone calls and video chats can also be arranged.
- If you would like to volunteer and assist us at this time, please fill up the form on this [link](#).
- If you would like to make a donation, please click on this [link](#) for more details.
- To see other ways that you can help, please follow this [link](#).



# Tips To Help With Elderly Care

If you are caring for elderly ones, we know how concerned you must be that they are vulnerable to this pandemic. Please be assured that we understand and empathize with you.

Alicia Arbaje, M.D., M.P.H., Ph.D. who specialises in internal medicine and geriatrics at Johns Hopkins says, “Social distancing doesn’t have to mean isolation or loneliness. We need to keep older adults safe, but also keep in mind that social isolation can have a negative impact on older people’s immunity and mental health.”

So along with the precautions that you are taking to keep elderly ones physically healthy, here are a few tips to help them cope mentally and emotionally.



## NOT ALONE DESPITE SOCIAL DISTANCING

### VIDEO POWER

Show older ones how to make video calls. Connect them to apps like Zoom, Skype or Whatsapp so they can stay connected.



### CONVERSE



Make sure the conversation keeps going, more so now than ever before. This is the perfect time to sit down, listen to their stories and learn from them.

### PARTY TIME

Organize family reunions on video and make a party out of it! It's a great time to catch up across time zones. Go all out - wine, cheese, pizza and laughs.



### LOVE LETTERS



Older ones love getting notes, letters and emails. Encourage your kids to paint and write positive notes to their grandparents. Take a few minutes to tell them how much they mean to you.

### MAINTAIN ROUTINE

Routine is very important for the mental health of older ones. Try to keep up with regular routines as much as possible. Arrange for alternatives like meetings on video etc.



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# Letter of Appreciation From The Founders

We would like to take this opportunity to thank each and every one of you who have supported your managers and all our dear elderly ones throughout this very critical situation we are all currently living through.

We call our managers every morning to see how things are moving on. They all respond to us in a very positive way and with a joyful spirit. That means staffing levels are stable and all our teams have mostly been able to come into work. We are able to source enough food for everyone and seem to have enough cleaning materials and PPE at the present time.

What is amazing is the way we are able to keep our spiritual feeding programs high up on the agenda and how lovely it is that our elderly ones receive constant encouragement from the friends who care about them most, especially in this memorial season.

Saying THANK YOU does not seem enough and there are so many to thank also. There are many frontline workers including our managers who are at the helm leading the way and doing their best to minimise, with a smile, any problems.

There are many who work hard behind the scenes, like one trustee who has kindly supplied everyone with ID cards to enable access to and from work, and others who handle our social media posts as well as a dedicated team in the head office. Our office staff have been aiming to work remotely with the invaluable support from a brother who voluntarily helps with internet issues.

SO IT'S A VERY, VERY BIG THANK YOU to everyone for all your hard work, tireless support and your loving kindness, and we include our appreciative residents who we know thank Jehovah daily for all our personal sacrifices and the comfort you provide for them at this critical hour.

Ruth 2:12 – “May Jehovah reward you for what you have done and may there be a perfect wage (or full reward) for you from Jehovah.”

Thank you and warm Christian love,

*Eddie & Sandra*