

SNAPSHOT



LIFE IN LOCKDOWN

20 August 2021

Unite
against
COVID-19

The Supported Life Style Hauraki Trust

New Zealand is at **Alert Level 4**

Getting through together
Whāia e tātou te pae tawhiti

- **Level 4 lockdown until at least Tuesday 24 August**
- **Total Community Cases - 31**
- **Places of Interest - 120***
- **8 cases in Auckland**
- **3 cases in Wellington**
- **No confirmed cases in the Coromandel Area**

*No current places of interest in Thames. To keep updated on latest updates from the Ministry of Health, please check their website on <https://www.health.govt.nz/>

Appreciation Station



Today's shout out goes to Nurse Kate!

Kate has done a great job coordinating and reactivating our Covid protocols for 2021

Personal shopping update

Anyone who needs some personal shopping done, please write your list and pass to your staff/Team Leader.

The amazing Louise is jumping from country farm life to town. She will go to Pac n Save for you.



We want you to spread some love and kindness around the Trust!! If you want to shout out your thanks to someone who has helped out, been kind or done something super.

LET US KNOW and SEND IN A PICTURE



Ali is settling in to watch Dukes of Hazard on his Laptop and Mark is colouring!!

Around the Trust

You can contribute to the daily snapshot by txtting pictures to Adrian on 0272240922 or by emailing pandc@suplife.org.nz

Today's Joke

A horse walked into a bar and the barman said "why the long face?"

A.Non



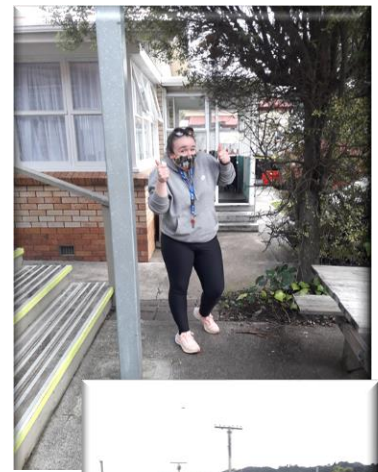
Best (worst) joke competition

Send your jokes to Adrian and we will vote for the funniest at the end of Lockdown

Check Webcare
and Facebook
for updates

THE SECRET OF
YOUR FUTURE IS
HIDDEN IN
YOUR DAILY
ROUTINE

What's happening out there?



HOW TO KEEP YOUR HOME BUBBLE SAFE

1. Once arriving home from work, remove shoes outside and spray the soles with disinfectant.
2. Keys, phone etc. place onto a plastic tray and spray with Glen 20.
3. Then enter your home to a designated area (e.g.: laundry) remove work clothes and put them directly into the washing machine. If your designated area is not your laundry, then place clothing into a plastic bag to be transported to the washing machine. Hot wash is highly recommended during this Pandemic.
4. Then shower directly after this and dress in casual home attire.
5. Ensure that you have hand sanitiser at the entrance of your home and ensure this is utilised by all of those in your BUBBLE each time they enter and exit your home.
6. All members of your BUBBLE to remove shoes at the door and spray soles with disinfectant when entering your home.
7. Maintain a daily routine of disinfecting **all surfaces** / doorknobs / taps / benches / showers (after use)
8. Promote effective hand washing techniques for those in your BUBBLE.
9. Have a small bottle of sanitiser in your car, use each time you get in the vehicle.
10. It is recommended that when going outside of your BUBBLE, that you and all your BUBBLE family, wear a mask and if going to a supermarket / gas station or Four Square that gloves are also worn.
11. Remember your 2-meter distancing.
12. Remind members of your BUBBLE to cough into elbows and try to avoid touching their faces.



Today's Brain Gym: Sudoku

4		1	2	9			7	5
2			3			8		
	7			8				6
			1	3		6	2	
1		5				4		3
7	3		6	8				
6				2			3	
		7			1			4
8	9			6	5	1		7



Recipe Corner: 3 Ingredient Coffee Body Scrub

Ingredients:

- ½ Cup of Coffee Grounds
- ¼ Cup Brown Sugar
- ¼ Cup Coconut Oil

Method:

- Mix all ingredients together and then store in the fridge in an air tight container.
- Enjoy when you need a pick-me-up!

