

1 September 2021

Dear Arcare Warriewood community,

All results received so far are negative at Arcare Warriewood with our total confirmed number of COVID-19 cases remaining at one. Testing continues and families will be directly contacted should there be any clinical changes or positive test results.

Arcare is holding a **conference call for Warriewood clients and families tomorrow, Thursday 2 September, from 3-4PM**. We will explain our response so far and discuss the support for our clients that we have in place. Please submit questions ahead of the meeting to [COVID.warriewood@arcare.com.au](mailto:COVID.warriewood@arcare.com.au), and we will endeavor to answer as many as we can. If you haven't received a link for the meeting, email [COVID.warriewood@arcare.com.au](mailto:COVID.warriewood@arcare.com.au).

As previously stated, no packages are allowed to be delivered as directed by the Public Health Unit. This unfortunately includes Father's Day. In lieu of this, Arcare is organising a special lunch and giving everyone a gift. We will advise the special menu later this week.

### Looking after our Clients

We are very conscious of the psychological and emotional impact isolation will have on everyone and are constantly seeking new ways to keep our clients entertained including:

- One on one lifestyle activities are taking place with clients in their suites.
- Foxtel have upgraded all boxes at Warriewood to the Platinum package, so all clients now have all Foxtel channels available to view.
- Exercise – Team members are supporting clients in manageable exercise routines in their suites, and a poster of exercise ideas is being placed in each room for clients to follow.
- Skype calls – Lifestyle are taking bookings with clients. Please email lifestyle to arrange a day and time at [arcarewarriewood2020@outlook.com](mailto:arcarewarriewood2020@outlook.com)

### Remember

- If you are feeling unwell or have been in close contact with someone who has tested positive to COVID-19, get tested for COVID-19 as soon as possible.
- Email queries about clients and the situation at Warriewood to [COVID.warriewood@arcare.com.au](mailto:COVID.warriewood@arcare.com.au) and we will be in touch within 24 hours.
- Contact OPAN [here](#); Head to Health [here](#); Beyond Blue [here](#) or phone 1800 512 348.

On a final note, this week is Arcare Warriewood's 2<sup>nd</sup> birthday. Once we are out of COVID restrictions, we look forward to celebrating it with you all.

Yours sincerely,



**Colin Singh**  
Chief Executive Officer, Arcare