

MCCV SOCIAL SUPPORT NEWSLETTER

Welcome to this special edition of the MCCV Social Support Newsletter. We hope that you are all keeping safe and staying indoors as much as possible.

We are dealing with a situation which is new to all of us. It is very important that you maintain contact with your loved ones and friends and do not shut off to the outside world. Our staff are calling all of you every two days and hopefully this is making a small difference in your lives.

We are monitoring the Covid-19 situation every day and keeping up to date with advice from the Chief Medical Officer and the Department of Health.

At the end of this Newsletter you will find some information about Covid-19 in Maltese and English. This will hopefully help you to understand the situation a little better. Please follow all of the safety information and do not hesitate to call your doctor if you have any of the symptoms mentioned.

We are happy to inform you that as of Monday 11 May, we will be providing a shopping service and a window visitation service. A letter has been sent out to you with more details about these services. If you are interested, please call the number on your letter so that services can be arranged for you.

We have included a number of photographs in this edition all kindly supplied by Frank Abela. We think it will be nice for all of you to look back on happier times and see some of the wonderful friends you have all made at the centre. Please believe that we will get through this and be back to attending the Centre in the near future.

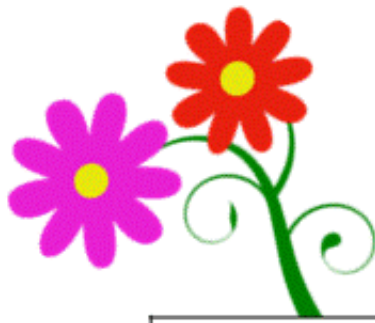
As soon as we have any information about returning to our normal groups, we will notify you and your family immediately.

We hope to see you all soon, but in the meantime, take care of yourselves, ask for assistance if you need it and please try and stay positive.

We miss you all and look forward to seeing you again very soon.



Maree Rizzo xx



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE











MALTA

find the words

K F B A T A R J E W D N I E A C E S F Y
 S E L P K J B B O A C Y L G R M A U T Q
 E S M T H V D N J K A V O E C C E C I J
 H T T P E Y I N Y N A T N I H A S A R H
 C A D V D M B H A I T O N S I C N R A Y
 A W A H O R P E J G T E A T P I A M L P
 E D I C X M C L P H E M K A E L E C S O
 B J J L F L G B E T L A G E L O N I I G
 O A L U I A E T C S L L W R A H A T R E
 I D W A L Z O F L O A T R G G T R A A U
 G G Q P U E R U S F V E R Q O A R D B M
 G W N T Z S G N X S Y S M I Y C E E B T
 A A E S Z E E G A T G E A Z A N T L I A
 V N I K U T C U X J L C C Z U A I S T T
 A I X T M L R S O O O R C I C M D I S L
 R D R E O A O R Z H R O J T V O E O T A
 A M A S S M S O O N A S T S T R M O E M
 C V T W T P S C G E B S X A O Q U Z W B
 S M H F A R F K P Z A Y N P S U Z S D B
 P O X Q C R K D Q T T R U C D I V I N G

VALLETTA
 LUZZU
 TEMPLES
 BEACHES
 MALTESECROSS
 RABBITSTEW
 RABAT
 DWEJRA
 PASTIZZI
 FESTA
 ARCHIPELAGO

MALTA
 HYPOGEUM
 MDINA
 STPAUL
 KNIGHTSOFSTJOHN
 KANNOLI
 CITADEL
 GREATSIEGE
 MALTESE
 ROMANCATHOLIC

GOZO
 TARXIEN
 COMINO
 CARAVAGGIO
 GEORGE CROSS
 DIVING
 MOSTA
 FUNGUSROCK
 FTIRA
 MEDITERRANEANSEA

HOW TO MAKE AN *ACT of* SPIRITUAL COMMUNION

1 PREPARE YOUR HEART FOR AN ENCOUNTER WITH JESUS

Create a space where you will be able to pray quietly. Focus on an image of Jesus and light a candle before Him. Make the Sign of the Cross.

2 READ THE MASS READINGS

Slowly pray the readings for Mass of the day. These can be found in a Missal or on the Unversalis App.

3 RECITE THE PRAYER FOR SPIRITUAL COMMUNION

Recite the prayer below slowly, meditating carefully on each word. Believe that Jesus will give you the grace of a real encounter with Him.

4 SILENCE

Remain in silence for some moments, with Jesus in your heart. Allow Him to love you and to nourish your soul.



SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that You are present
in the Blessed Sacrament.

I love You above all things,
and I desire to receive You into my soul.

Since I cannot now receive You sacramentally,
come at least spiritually into my heart.

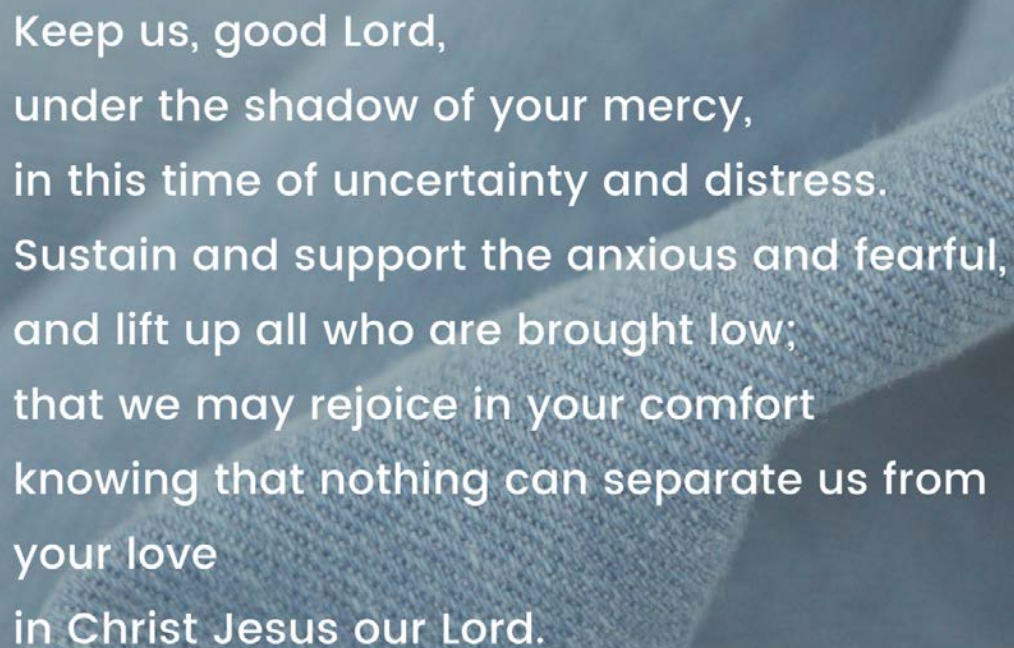
I embrace You as if You were already here,
and unite myself wholly to You.

Never permit me to be separated from You.

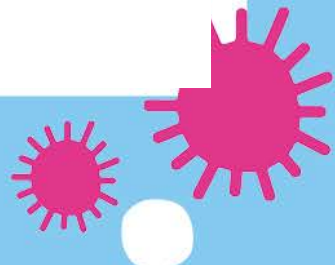
Amen.



PRAYER FOR CORONAVIRUS OUTBREAK



Keep us, good Lord,
under the shadow of your mercy,
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from
your love
in Christ Jesus our Lord.



Coronavirus (Covid-19)

Why this virus is so dangerous for older people and people with chronic medical conditions?

The risk of serious illness from coronavirus increases if you are older or if you have a chronic medical condition.

There is currently no cure or vaccine for coronavirus, or immunity in the community, so you need to make sure you protect yourself.

Protecting yourself

Good hygiene and taking care when interacting with other people are the best defences for you and your family against coronavirus.

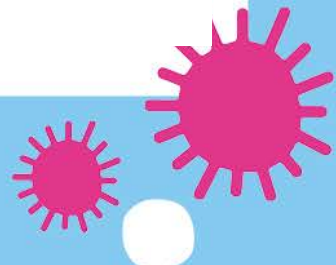
This includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of used tissues into a rubbish bin and washing your hands
- washing your hands often with soap and water, including:
 - before and after eating
 - after going to the toilet
 - when you have been out to shops or other places
- using alcohol-based hand sanitisers (60% alcohol), where available
- cleaning and disinfecting surfaces, you have touched
- stay 1.5 metres away from other people (social distancing)
- stay at home and avoid contact with others
- consider having the chemist deliver your medicines
- consider having your groceries and essential items delivered to your home

People with mild symptoms who are otherwise healthy should self-isolate. Seek medical attention if you have a fever, a cough, and difficulty breathing. Call ahead.

Symptoms

- fever
- dry cough
- tiredness
- sore throat
- aches and pains.
- nasal congestion.
- runny nose.
- sore throat.
- difficulty breathing.



If you develop mild [symptoms of COVID-19](#):

- isolate yourself from others at home and use a separate bathroom, if available
- use a surgical mask when around other people.
- practise good hand hygiene
- call a doctor and tell them about your symptoms and whether you have had contact with someone diagnosed with COVID-19

If you have serious symptoms such as difficulty breathing call triple zero (000) Immediately.

Assistance with food and meals

If you are in urgent need of support, you can call My Aged Care on 1800 200 422 and they can refer you directly to these services in your local area.

Prioritised online grocery ordering

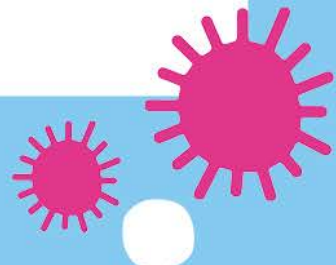
We have worked with a number of grocery suppliers, including Coles and Woolworths, on priority access to their online and telephone shopping service for older and vulnerable people.

If you are registered with My Aged Care, you can provide your My Aged Care ID number to access priority delivery.

Additional support for those in crisis

If you are an older Australian in crisis, uncomfortable with, or unable to access the internet to order groceries, and your support networks are unavailable, you can call My Aged Care on **1800 200 422** for help.

My Aged Care can help you access basic food and groceries. My Aged Care will also connect you to a service provider to ensure you have the ongoing support you need.





Australian Government

Coronavirus (COVID-19) — Tagħrif għall-komunità Awstraljana

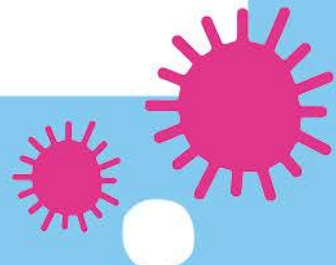
Salva l-ħajjiet u għin fit-tnaqqis tal-firxa tal-coronavirus fl-Awstralja

OQGHOD ID-DAR

- Thallix darek għajr meta jkollok bżonn tagħmel dan.
- Għandek tevita thalli darek għal kwalunkwe attività mhux essenzjali.
- Tistidinx membri tal-familja jew ħbieb darek.
- Oqgħod id-dar għajr jekk int:
 - qed tmur ix-xogħol jew qed teduka ruġek (jekk ma tistax tagħmel hekk mid-dar)
 - qed tagħmel ix-xirja għall-affarijiet tal-bżonn bħal ngħidu aħna prodotti tal-merċa
 - qed toħroġ biex tagħmel eżerċizzju personali viċin ta' fejn toqgħod, waħdek jew ma' persuna waħda oħra
 - ikollok tmur għal xi appuntament mediku jew żjarat ta' kompassjoni.
- Servizzi mediċi, supermarkits, banek, pompi tal-petrol u servizzi tal-posta u tat-twassil id-dar ser jibqgħu miftuħa.

EVITA L-PERIKLU

- Dejjem ipprattika iġjene effettiva, aħsel idejk għal 20 sekonda bis-sapun u l-ilma, għatti ħalqek meta tisgħol, ara li ma tmissx għajnejk, imnieħrek u ħalqek.
- Żomm id-distanza soċjali tal-anqas 1.5 metri meta tkun barra darek.
- Evita li tagħti awguri fejn ikollok tmiss lil dak li jkun bħal meta tieħu bl-idejn xi ħadd,
- tgħanniq u bews.
- Uża s-sistema tat-taptap il-kard tiegħek u daqshekk (tap and go) minflok flus kontanti.
- Ivvjaġġa meta jkun hemm inqas nies u evita l-folol.
- Żomm ruġek aġġornata tajjeb- uża biss tagħrif uffiċjali li tista' torbot fuqu. Niżżel l-app tal-mowbajl tal-Coronavirus Australia, issieħeb fis-servizz Coronavirus Australia WhatsApp, u żur www.australia.gov.au għall-aħħar tagħrif.



TINQATAX GĦALIK WAHDEK

- Żomm kuntatt mal-familja u l-ħbieb tiegħek permezz tat-telefown jew onlajn.
- Wassal ix-xirja u affarijiet essenzjali lill-qraba akbar fl-età u persuni vulnerabbli. Ħallihom ħdejn il-bieb ta' barra.
- Organizzazzjonijiet importanti tal-voluntiera u organizzazzjonijiet tal-karità jistgħu jipprovdu servizzi lill-persuni li għadhom bżonnhom l-aktar.

Coronavirus (COVID-19) — Information for the Australian community -
Maltese

Tagħrif dwar is-Saħħa

Is-Sintomi tal-coronavirus jinkludu:

- deni
- sogħla
- uġiġħ fil-griżmejn
- għejja
- qtugħ ta' nifs

Jekk int marid u taħseb li jista' jkollok il-coronavirus, fittex l-għajnuna medika.

Tista' ċċempel lin-Linja Nazzjonali Telefonika tal-Għajnuna tal-Coronavirus għal tagħrif. Jekk għandek bżonn is-servizzi tat-traduzzjoni jew l-interpretar, ċempel 131 450.

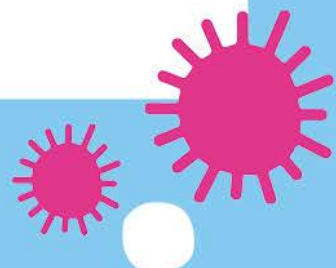
Jekk għandek sintomi serji bħal meta issibha bi tqila biex tieħu n-nifs, ċempel 000 għall-għajnuna medika urġenti.

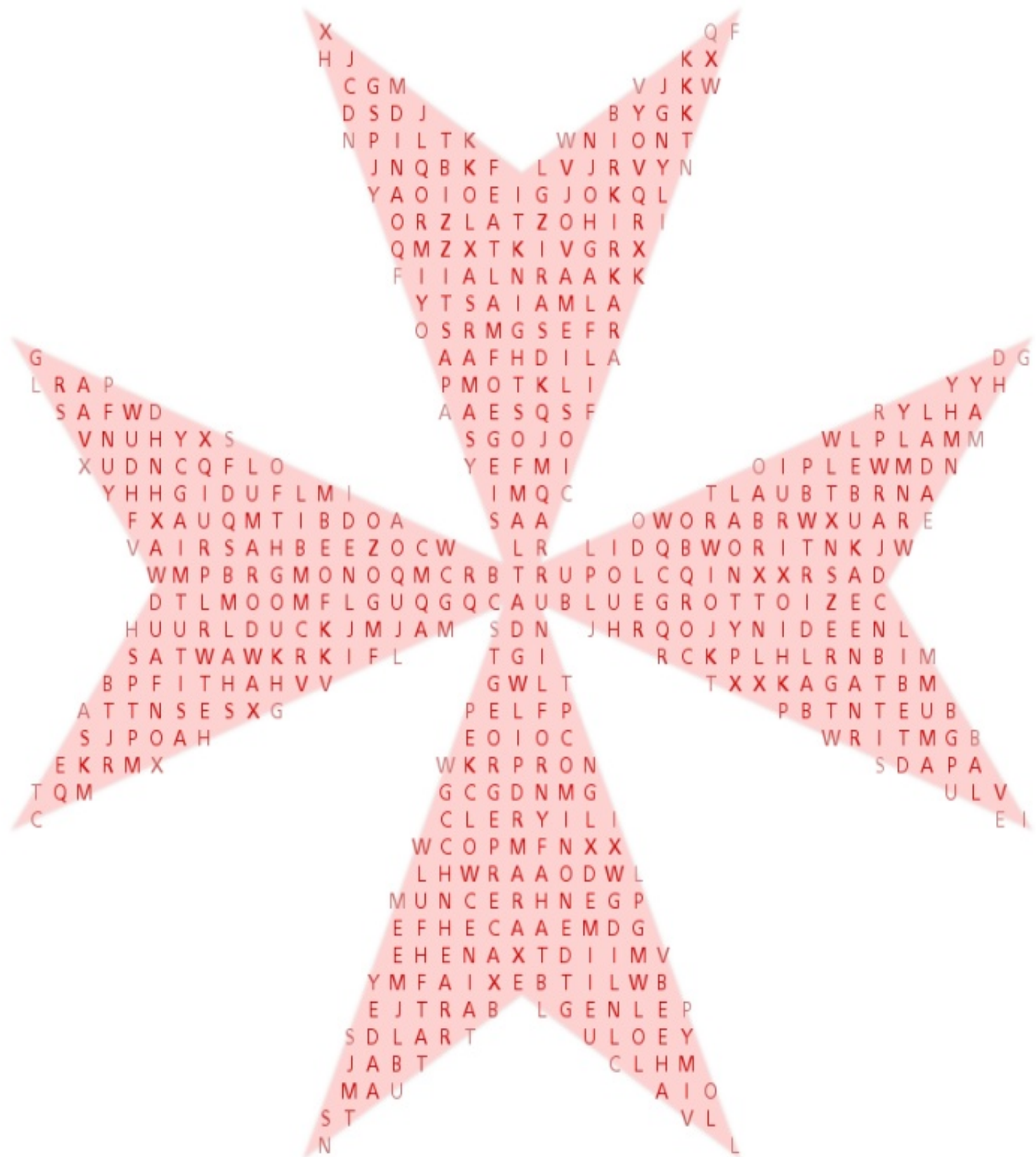
Il-websajt tad-Dipartiment tas-Saħħa fiha firxa ta' tagħrif disponibbli fil-lingwi barra l-Ingliš biex jgħinu lill-persuni jevitaw il-periklu u nnaqqsu r-riskji lill-komunità.

Coronavirus (COVID-19) — Information for the Australian community - Maltese

jinvestigaw l-għażliet tagħhom dwar il-viża biex isibu viża ġdida li tgħodd għaċ-ċirkustanzi tagħhom u jiċċekkjaw jekk jistgħux japplikaw għaliha.

Għal aktar tagħrif dwar ir-restrizzjonijiet tal-ivvjaġġar u l-viži, żur www.covid19.homeaffairs.gov.au





Malta
 Valletta
 GrandHarbour
 Gozo
 Mdina
 Rabat
 Comino
 Filfla
 MostaDome
 Birkirkara
 Gzira

Attard
 Birzebbuga
 Marsaxlokk
 Sliema
 BlueGrotto
 FungusRock
 Qormi
 Dingli
 Hamrun
 CorradinoHill
 Naxxar

Mellieha
 TarxienTemple
 Mnarja
 SiegeOfMalta
 StPaul
 StGeorgePreca
 KnightsOfMalta
 Futbol
 Pastizzi
 MqarrunIlForn
 Minestra