

Ponderings – isolation 3

As I write this, I am coming to the end of my mandatory isolation but am opting to continue in self isolation as far as possible for the foreseeable future.

I already live on my own with my beautiful cat Lara, so the lone part of the isolation is not onerous. For me, the issue is not being able to meet with friends and to interact with all of you at U3A Frankston as well as having to curtail my retail therapy!

The other downside is of course that my 99 year old father is in a facility that is in lockdown and so I am not able to see him as my only remaining family member. I have written him a long letter to be read out by one of the facility staff and I send him messages by phone each day. At his age, technology is beyond both his desire and his capability. It is bewildering and somewhat frightening for all of us regardless of age.

Disturbingly I hear of people who are unable to understand the rules. Why on earth people have difficulty grasping that this is everyone's problem, not just for a select or aged few is a mystery to me. Shame on them all.

I do hope all of you are keeping well. Please seek appropriate medical help if you are unsure and at the same time keep in touch with your family and friends wherever possible. Careful whose advice you take and be wary of scams, myths and fake news.

At U3A Frankston your committee is seriously looking at new online programs to use and are asking the tutors to become as proactive as possible, keeping in touch with you as often as is feasible. I know that Dennis, Bob and Graham will be in touch with you all soon. Leonie is monitoring the office emails, Jen paying the bills (they keep on coming) and Barb keeping up with the paperwork. Ian, David and Manfred are keeping in touch with as many members as they can too. Your U3A is in good and safe hands.

I am exploring the option of a YouTube communication to read a mystery or murder story to you on a regular basis. It may cure your insomnia or keep you rivetted for the next episode! I welcome your views. Thank you also to those who have responded to me by email. I cannot possibly respond to you all, but I do appreciate the sentiments and the comments. Keep them coming.

A particular plea – to anyone you know who is not on email please try and find a way to communicate with them and make them feel part of our family. AnneMaree and Liz at the Choir are doing a great job keeping in touch with everyone. I would urge you all to do the same.

These ponderings will continue for the time being, until such time as we are clearer about our future.

I take this opportunity to wish you the best for Easter. For the chocoholics amongst us, enjoy!

Everything in moderation is easy to say, not so easy to follow.

My best wishes to you all

Andrea McCall

President