

“The Times they are a-Changin’”

Some of you may recall the song, titled above, which was written in 1964 by Bob Dylan as the title track of an album of the same name. Dylan wrote the song in an attempt to create an anthem for the change of time. It was almost a call to action for the frustrated youth of the 60’s and summed up the anti-establishment feelings of people who later became known as hippies.

Written over half a century ago, Bob Dylan’s song couldn’t be a better fit for the current worldwide corona virus pandemic. COVID-19 is changing the way we live now and in the future. It is changing the way we think, the way we interact with others and the way in which we plan our daily lives.

Governments across the globe are under pressure to stem the tide of COVID-19 transmission and are implementing controls to limit civilians from gathering in public places. One of the verses in the song by Bob Dylan is most apt:

Come senators, congressmen
Please heed the call
Don't stand in the doorway
Don't block up the hall
For he that gets hurt
Will be he who has stalled
There's a battle outside
And it is ragin'
It'll soon shake your windows
And rattle your walls
For the times they are a-changin'

At Methodist Homes we are doing our utmost to protect our residents and we thank all families for supporting us in our efforts, even when the restrictions imposed make it difficult, and indeed impossible, to visit your loved ones. **Less** is definitely **more** in this situation and the **less exposure** our residents have to potential transmission from those living outside, the **more chance** we have of limiting the ravages of this pandemic. To this end, we have cancelled all activities which involve group gatherings and residents who prefer to eat in their own rooms are being enabled to do this.

We urge you all to heed the World Health Organisation (WHO) guidelines and keep up to date with changing policies and advice, keep washing your hands and using sanitiser where soap and water aren’t available, and above all, self-quarantine if you feel at all ill or have ANY symptoms that are out of the ordinary for you, including cold or flu-like symptoms. Protect yourself, and others. We wish you all well.

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