

Token of appreciation in support of Covid-19 emergency response team

Frontliners and rapid responders honored with token of appreciation for their unprecedented service

Doctors CARE Privilege



Symbolic presentation of CARE Privilege Card to Dr. Asela Gunawardena Director General of Health by CEO CH17 Loyalty Mr Jumar Preena to mark the launch of a special program to honor all medical frontline professionals and staff in the covid-19 curative sector. Also present were Dr. Hemantha Herath Deputy Director General of Health, Prof Indika Karunathilake President of the Sri Lanka Medical Association and President of Colombo Business Association Mr. Ariyaseela Wickremanayake

Doctors, nurses and PHIs and other category of uniformed and civilian healthcare staff will receive memento in recognition of their on-going service in pandemic emergency relief engagement.

A symbolic presentation for the nurses was made to Prime Minister Mahinda Rajapaksa recently by Jumar Preena CEO CH17 REWARDS and Loyalty. Those present were Ven. Muruththettuwa Ananda Thero Chief Incumbent of Abayaramaya Temple who is

also the President of Sri Lanka United Nurses Union and the Minister of Health Pavithra Wanniarachchi.

CH17 Loyalty has pledged nearly 10,000 CARE PRIVILEGE cards for the care givers which entitles them for a host of benefits such as upfront cash discounts from partner merchants on a wide range of household essentials and personal goods for their families.

Continued on 2

Nurses CARE Privilege



Words of praise alone may not be sufficient, our healthcare heroes deserve much more than that. Doctors, Nurses, the PHIs, Attendants, Tri Forces and Police, Janitors, Security staff, Hospital operations staff and others in the Covid-19 curative



service deserve something that would be beneficial to them and their families...in a dignified manner.

CH17 Rewards and Loyalty is happy to facilitate the launch of CARE Privilege - a program for the welfare of these men and women and their families.

I thank our retail partners for their generosity, support and guidance. We welcome those who are yet to chip in with their generous support. My heartfelt thanks to Colombo Business Association, Mr. Ariyaseela Wickremanayake, Dr. Doraisamy Venkateshwaran, Mr. Suranjith Suwaris, Mr. Chaminda Vidanagama for their support and guidance.

CARE - a fitting tribute to our nurses

- Pushpa Ramyani De Soysa Head Nurse National Hospital

In a patinate plea to the general public, veteran nightingale of Sri Lanka's nursing fraternity Pushpa De Silva urged everyone to discipline themselves in following health guidelines in order to keep the deadly virus at bay. Stating that this is worst she has ever faced in her 40-year nursing career, she said the medical frontliners are doing their best to patients hospitalized and they need constant attention.

I notice that the effect on the patient is more psychological than the infection itself. They need care and attention at all times, she added. The way an

infected person is treated as soon as he or she is tested positive has to handle in a humane way. We should not demonize the affected individual, it not like HIV or any other STDs where an individual gets infected due to its own actions. Its a pandemic not an epidemic disease.

As frontline staff, we are the most vulnerable to get infected. We are within touching distance from the Covid-19 infected patient. We cannot follow social distancing when attending to patients, she explained.

We too sometimes need counseling; we experience the same trauma the patient and their families undergo.

We have to put on a brave face and go about our duty with confidence. When I heard about the program to pay tribute to all frontline healthcare staff, I felt that someone has finally thought of us even at this stage.

CARE PRIVILEGE program is indeed a well thought initiative to appreciate the work all of us do. This alone gives us the purpose and determination as we have be recognised. We thank Ch17 Rewards and Loyalty Management team for their generosity and thoughtfulness. There are many more besides us the nurses who play important roles in the curative sector like the



minor staff, hospital operational aides etc. They too should be included she appealed. Certainly we will proudly flash the CARE Privilege card wherever we go, because we have earned it rightfully, she pointed out.



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Doctors CARE Privilege

Continued from page 1

A similar presentation for the doctors and the professional medical staff was made to the Director General of Health Services Dr. Asela Gunawardena at an event organized by Sri Lanka Medical Association (SLMA) last week. Also present were Dr. Hemantha Herath the Deputy Director General of Health and SLMA President Prof. Indika Karunathilake. President of Colombo Business Association Mr. Ariyaseela Wickramanayake and Board Members Mr. D Venkateshwaran, Mr. Suranjith Suwaris and Mr. Chaminda Vidanagamage were also present.

The Health Services DDG, thanked the SLMA for the initiative and said that this recognition would give those in the frontline a sense of pride and respect. "We all have to appreciate their tireless contribution. They are all high-risk category and there safety and wellbeing will have to be our priority, he said.

Prof Indika Karunathilake explaining the program thanked Ch17 Rewards and Loyalty for their magnanimous gesture and said that it was a thoughtful gesture. He also conveyed his thanks to all participating merchants for their generosity and great gesture. Several retailers have pledged discounts ranging from a minimum of 7% up to 15% on the purchase bill. There are more than 30,000 personnel in the pandemic emergency services in various healthcare units throughout the country.

Participating merchants are: Laugfs Supermarket, Laugfs Care, Crimpson Bakery, Bata, Hameedia, NoLimit, CIB, SINGER, Dialog Enterprises, SLT, Pizza Hut, Taco Bell, Thalappakatti Restaurant, Fashion Bug, Saman Mal fashion, DSI and Subway. Bank of Ceylon is the official banking partner. Jumar Preena CEO said that it was a great privilege and honor to lead such a program in collaboration with SLMA, the country's premier professional body for medical fraternity. We plan to invite more merchants and well-wishers in the coming months so that more benefits can be given to the cardholders.



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- පුෂ්පා රමයානි
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■ කොවිඩ් සම්බන්ධයෙන් සමාජයට යමක් කිව්වොත්...
තම තමන්ගේ වගකීම ඉෂ්ඨ කරනවානම් බොහෝ විට ප්‍රශ්න නිරාකරණය කරන්න පුළුවන්. අදටත් සමාජය තුළ මිනිසුන් මුහුණු ආවරන පළවෙන්නේ නැහැ. නිති රීති වලට විරෝධතාවයක් පානවා. එහෙම නැතුව තමාගේ යුතුකම ඉෂ්ඨ කරනවානම් මේ තත්වයට නොඳව මුහුණ දෙන්න පුළුවන්.

■ ඔබතුමිය කොවිඩ් මර්දනයට ගත් ක්‍රියාමාර්ගවලට සෑහීමකට පත් වෙනවාද?

මර්දනයට රජය හා සෞඛ්‍ය අමාත්‍යාංශයෙන් ගත් ක්‍රියාමාර්ග වලට සෑහීමකට පත් වෙන්න පුළුවන්. නමුත් ඒවා ඉටුකරන්න ඕනේ රටේ ජනතාවයි.

■ අපි රටක් විදිනට කොවිඩ් ඉදිරියේ සමත් ද?

අත්තනටම අපි අදටත් අසමත් නැහැ. ඒ කියන්නේ අපේ ජනතාව මිලියනකට දෙන්නෙක් වගේ තමයි මියයන්නේ. නමුත් වෙන රටවල මිලියනයකට 100 ක් 200 ක් විතර විශාල සංඛ්‍යාවක් මියයනවා. අපේ රටේ විය පාලනය කරලා තියෙනවා. නමුත් මිලියන 21 ක ජනතාවගෙන් 18000 කට පමණ තමයි ආසාදිතයින් සිටින්නේ. ඒ අනුව යම් කිසි අඩු ප්‍රතිශතයක් පමණයි. යම් යම් තැන් වලින් පොකුරු මතු වුනත් තාමත් අපේ රටේ තත්වය යහපත්ව පවත්වාගෙන යාමට නැතිසාවක් තියෙනවා.

■ මෙම කරුණු සමස්ත හෙදියන්ගේ ජීවිත වලට බලපා ඇත්තේ කෙසේද?

“ අත්තනටම අපි අදටත් අසමත් නැහැ. ඒ කියන්නේ අපේ ජනතාව මිලියනකට දෙන්නෙක් වගේ තමයි මියයන්නේ නමුත් වෙන රටවල මිලියනයකට 100 ක් 200 ක් විතර විශාල සංඛ්‍යාවක් මියයනවා. අපේ රටේ විය පාලනය කරලා තියෙනවා. නමුත් මිලියන 21ක ජනතාවගෙන් 18000 කට පමණ තමයි ආසාදිතයින් සිටින්නේ ”

සෑම හෙදියකටම පවුල් ජීවිතේ ගැටළුවක් වී තිබෙනවා. ඔවුන් රාජකාරිය කරලා ගෙදර යනවා. එතකොට ඔවුන් රෝහලෙන් එළියට බැහැර වෙනවා. ඔවුන් 100% ක්ම සුරක්ෂිත විය යුතු වෙනවා. මන්ද සියළුම සෞඛ්‍ය කාර්ය මණ්ඩල මෙන්ම පවුල් සහ රෝගීන්ද ආරක්ෂා විය යුතු නිසා.

■ මෙවැනි වසංගතයකට ඔබතුමිය මීට පෙර මුහුණ දී තිබෙනවාද?

එක් එක් කාල පරිච්ඡේද තුළ විවිධ ආපදා තත්ව වලට මුහුණ දී තිබෙනවා. නමුත් වසංගත රෝගී තත්වයක් දැඩිව තිබුණේ මේ කාලයේදී තමයි.

■ මෙවැනි කාලයක් තුළදී CH 17 ආයතනය මඟින් මේ කරන කාර්යය ඔබතුමිය දකින්නේ කොහොමද?

ඉතාමත් හොඳ වැඩක්. කොයි ආකාරයකින් හෝ විය හෙදියකට ඉදිරිපත් කරන එක ලොකු දෙයක්. විශේෂයෙන් කොවිඩ් සමයේ ඔවුන්ට තමතමන්ගේ වාහන වල රැකියාවට එන්න සිදු වුණා. නමුත් ඔවුන් හට පෙට්රල් දීමනා ලැබුණේ නැහැ. හෙදියන් විසින්ම වියදම් දරාගෙන තමයි ඇඳිරි නීති සමයේදීත් තම රාජකාරි සඳහා පැමිණියේ. එම කාලයේ බස්රථ ධාවනය වුනේ නැහැ. ගොඩක් දුරට තමාට කියා වාහනයක් නොමැති නිසා තමාගේ අතේ ඇති මුදල ඒ සඳහාම වෙන්

කරන්න වුණා. සෑහෙන කාලයක් ඔවුන් මේ ප්‍රශ්න වලට මුහුණ දුන්නා. ඒ නිසා ඔවුන්ගේ වැටුප යම් කිසි ආකාරයකට හෝ ඉතිරි කර දීම වෙනුවෙන් මෙවැනි වරප්‍රසාදයක් CH17 Loyalty ආයතනය මගින් ලබාදීම විශිෂ්ට කාර්යක් ලෙස මම සිතනවා.

■ ඔබතුමියගේ සේවා කාලය තුළ මෙවැනි වැඩසටහන් වෙනත් පාර්ශවයන් තුළින් කර තිබෙනවාද?

මෙවැනි මහඟු වරප්‍රසාදයක් මීට පෙර කිසි අයෙකු විසින් අප හට ලබාදී නැහැ. මෙවැනි වරප්‍රසාදයක් ලබාදීම පිළිබඳව අපි ඔබ ආයතනයට ස්තූතිවන්ත වෙනවා.

By
තාරකා දිල්ශානි සමරකෝන්



CARE - මෙය අපට ඉතා ගෞරවයක්

- මහාචාර්ය වෛද්‍ය ඉන්දික කරුණාතිලක

කොවිඩ් වසංගතය මැඩපැවැත්වීම උදෙසා පෙරමුණේ සිටින වෛද්‍යවරුන් සහ සෞඛ්‍ය කාර්ය මණ්ඩලයට ගෞරවය දැක්වීම යන සංකල්පය යටතේ ශ්‍රී ලංකා වෛද්‍ය ආයතනය හා CH 17 ආයතනය එක්ව CARE නමින් වරප්‍රසාද කාඩ්පතක් පසුගිය මස (නොවැම්බර් 22) මාධ්‍යයට හඳුන්වා දීම සිදු කෙරිණි.

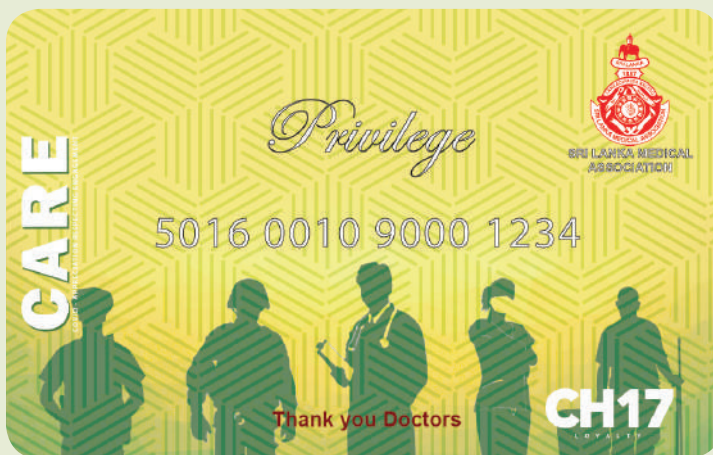
මෙහිදී සෞඛ්‍ය අමාත්‍යාංශයේ අධ්‍යක්ෂක ජනරාල් වෛද්‍ය අසේල ගුණවර්ධන, සෞඛ්‍ය අමාත්‍යාංශයේ නියෝජ්‍ය අධ්‍යක්ෂක ජෙනරාල් වෛද්‍ය හේමන්ත තේරේ, Ch 17 පුද්ගලික ආයතනයේ ප්‍රධාන විධායක නිලධාරී ජුමාර් ප්‍රීතා මහතා හා ශ්‍රී ලංකා වෛද්‍ය සංගමයේ සභාපති මහාචාර්ය වෛද්‍ය ඉන්දික කරුණාතිලක යන මහත්වරුන්ගේ ප්‍රධානත්වයෙන් CARE නමින් වරප්‍රසාද කාඩ්පතක් හඳුන්වා දීම සිදු කෙරුණි.

මෙහිදී පිළිගැනීමේ කතාව ඉදිරිපත් කරමින් මහාචාර්ය වෛද්‍ය ඉන්දික කරුණාතිලක මහතා එම අවස්ථාවේදී වැඩසටහනට සඳහා සම්බන්ධ වූ සියලු

දෙනා ශ්‍රී ලංකා වෛද්‍ය සංගමය වෙනුවෙන් ඉතාමත් සාදරයෙන් පිළිගත් අතර මෙම CARE කාඩ්පතේ අරමුණ වන්නේ COVID 19 වසංගතය මැඩපැවැත්වීමේ ලා ප්‍රමුඛ වූ වෛද්‍යවරුන් හා සෞඛ්‍ය සේවකයින්ට තමන්ගේ විදිනෙදා අවශ්‍යතා පහසුවෙන් සපුරා ගැනීම සඳහා විශේෂ ප්‍රතිලාභ සහිත කාඩ්පතක් හඳුන්වා දීම යන කරුණ සඳහන් කළේය.

එතුමා තවදුරටත් අදහස් දක්වමින් සඳහන් කළේ පසුගිය දිනවල දී නිරීක්ෂණය වූ කාරණයක් නම් ඇඳිරි නීති කාලය තුළදී රාජකාරීන් තුළ යෙදෙන විට ඔවුන්ගේ දෛනික අවශ්‍යතා සපුරා ගත නොහැකි වූ අවස්ථාවන් දක්නට ලැබූ බවයි.

එම අවස්ථාවලදී ඔවුන්ට ඒ සඳහා විශාල



වියදමක් දැරීමට සිදු වූ බව එතුමා පෙන්වා දුන්නේය. ඒ සඳහා පිළියමක් ලෙස ඇඳිරි නීති කාලපරිච්ඡේදය තුල CH 17 ආයතනයේ ප්‍රධාන විධායක නිලධාරී ජුමාර් ප්‍රීතා මහතා හා එක්ව CARE නමින් වරප්‍රසාද කාඩ්පතක් ඉදිරිපත්



මහාචාර්ය වෛද්‍ය ඉන්දික කරුණාතිලක

කිරීමට කටයුතු සම්පාදනය කෙරුණු බව මෙහිදී එතුමා සඳහන් කර සිටියේය.

විශේෂ කොළඹ ව්‍යාපාරික සංගමය හා ලංකා බැංකුව ද මේ ප්‍රජා සන්කාරය සඳහා සම අනුග්‍රහය දක්වමින් ශ්‍රී ලංකා වෛද්‍ය සංගමය හා සෞඛ්‍ය අමාත්‍යාංශය සමඟ සම්බන්ධ වූ බව මෙහි දී එතුමා වැඩිදුරටත් සඳහන් කළේය.

CH17
LOYALTY

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Medical Tourism by Walkers Tours

Ayu, Medical tourism by Walkers Tours is honored to partner with CH17 in launching the country's first care privilege loyalty card for our medical professionals. Ayu - your healing journey, is the dedicated medical tourism brand which was launched two years ago under the wing of the premier Destination Management Company, Walkers Tours. As a fully owned subsidiary of John Keells Holdings, Walkers Tours has been showcasing Sri Lanka to the global travel community for over 50 years.

Since its inception in 2018, Ayu has expanded its offering through the pillars of wellness and accessible tourism as well.

Medical Tourism by Walkers Tours provides a range of personalized concierge services to clients seeking medical attention in Sri Lanka in a few of its accredited hospitals.

Ayu has also understood the need to incorporate mindfulness and transformational elements into general tours within the island and thus has developed a strong network of top-notch wellness resorts in Sri Lanka to offer

an unparalleled wellness product, be it primary or secondary, to its valued clients.

One of the visions of Ayu is to ensure that Sri Lanka is accessible to everyone, especially the determined. As such Ayu has invested in a wheelchair accessible vehicle (WAV), the first of its kind in Sri Lanka by a tourism company, and inducted specialized chauffeurs and helpers via a specialized training while also curating specialized holiday travel programs for this segment to offer an exclusive experience under the accessible tourism pillar.



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CH17
LOYALTY

Loyalty programs are widespread practice as their effectiveness and viable advantages have made them a necessity within advanced marketing strategies. They are mainly implemented within enterprises that emphasize the importance of the customer-centric approach – no matter what kind of business you are running, and in what industry you are specializing, it is always a good idea to reward your clients for their loyalty to your brand.

In order to keep your customers close, and to keep ahead of your competition, implementing a loyalty program is a must. If you want to gain business advantages over these competitors, the best strategy is to create a loyalty program that will bring benefits to you and customers and we must learn to avoid mistakes and handle the loyalty program in proper way. With these benefits Loyalty program management system is a must needed functionality to run the program successfully.

CH17 is introducing a loyalty management platform to all its trusted merchants with its IT partner Smart IDEAS (PVT) Ltd. Providing a user-friendly system to monitor CH17 loyalty card holders purchasing behaviors is the key advantage of this

Smart IDEAS platform powers CH17 REWARDS and loyalty schemes.



and the system has designed to share the benefits for all stakeholders.

Smart IDEAS is an Information technology-based service provider for number of corporates since 2016. They are pioneered in developing mobile applications for taxi hailing services, shopping carts, vehicle fleet management services, and sales team

managements systems.

Also, they have developed number of web sites for hotel sector, manufacturing and other service-related corporates.

Their latest development WHO AM I personal identification system which is based on QR and Face recognition is gaining a considerable market

share in public and private sector.

CH17 Loyalty management system planned to cater all the trusted merchants connected with CH17 to provide on the spot discounts for all CH 17 loyalty card holders. This sophisticated system enables all CH 17 registered merchants to view the discount ranges offered to CH 17 loyalty card holders. The admin (Nominated person in the selected merchants) could find the customer purchasing behavior with CH17 cards.

Also, the system provides a dashboard to analyze loyalty card usage, engagement with merchants, frequent users, frequent purchases and many other factors. This data could useful to for sales forecasting and to arrange seasonal promotions plus other sales related activities.

Therefore, CH17 invite all entities to grab this privilege opportunity and add value to customers stepping to your premises and make them loyal and enjoy shopping with on the spot discounts.



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I appreciate the initiative taken by SLMA towards the welfare of our healthcare professionals

– DG Health Services
Dr. Asela Gunawardena

“In terms of health & health sector the year 2020 has been an eventful & a difficult one. As all of us know with the COVID-19 pandemic, it started at the beginning of the year, the world was taken by surprise causing havoc & hardship to all humans, Director General of Health Services Dr. Asela Gunawardena said.

Speaking at the function held to mark the launch of CARE Privilege Card for healthcare professionals jointly initiated by CH17 Rewards & Loyalty and the Sri Lanka Medical Association (SLMA) on Nov. 24, Dr. Gunawardena pointed out that the SLMA which is one of the foremost professional & academic organizations in the medical sector played a pivotal role in the management of this pandemic since its outbreak.

He said advocacy, education, guidance & formulation of guide lines during this crisis was some of the main roles & activities carried out by the SLMA under the able leadership of its President Professor Indika Karunathilake.

“It must be acknowledged that the SLMA went beyond their usual role in this efforts to combat this COVID pandemic”. He added.

I appreciate today’s event ‘The launch of CARE Privilege card targeting those who represent the medical profession serving in the COVID-19 frontline, he said. As all of us know from the consultants to the minor staff & even the janitorial workforce all have been contributing as a team in the curative sector since the outbreak.

This initiative of caring the caregivers is an area one needs to highlight given the current circumstances and I am grateful to SLMA for their initiative which is way of showering our gratitude for health professionals.

I hope that the collaborative effort of SLMA & the Ministry of health will continue in the future towards the, greater good of Sri Lanka health services which will help us achieve our goal to completely eradicate the disease from this country” he remarked.



CARE COVID - APPRECIATION RESPECTING ENGAGEMENT SERVICE OF THE CENTURY



Ven. Muruthtetuwe Ananda Thero President of Public Services
United Nurses Union with the Prime Minister



With Minister of Health Ms. Pavithra Wanniarachi



Prime Minister Mahinda Rajapaksa presented with a symbolic
CARE PRIVILEGE CARD for the Nurses.



First Lady Ms. Shiranthi Rajapaksa with Jumar Preena CEO
CH17 Loyalty and a representative of the Nurse

A fitting tribute to those in the curative sector.

Outpouring words of praise from all around while SLMA and CH17 decide to honour them with a fitting memento.

CARE PRIVILEGE a program initiated by CH17 Loyalty reaffirms SLOTY 2020 award conferred upon all frontline medical Consultants, Doctors, Nurses, hospital medical staff, PHIs, non medical rapid responders, essential services personnel, members of the tri-forces for the great dedication, commitment and selfless service to the nation during the ongoing pandemic onslaught.

Sri Lanka Medical Association (SLMA) in association with CH17 Loyalty jointly launched CARE PRIVILEGE, a program to honor those mobilised for covid-19 emer-

gency response tasks. Ch17 Rewards and Loyalty - the pioneers in corporate loyalty management, was quick to mobilise the services of top consumer brands and their long standing partner merchants seeking their support towards the program.

We had to put aside all our regular work and concentrate on CARE as a priority Corporate Social Responsibility program, CEO Jumar Preena said.

We have dedicated nearly six months of our time towards this program, convincing vendors, partner merchants and also approaching institutions such as the Ministry of Health, the SLMA, Nurses Union and

the PHI's Association.

They were all very supportive of the program as they felt that this was the best the society could reciprocate and a special mention has to be made of Prof. Indika Karunathilake Jumar added. I wish to express my heartfelt thanks to Prime Minister Hon. Mahinda Rajapaksa, for consenting to accept the symbolic CARE Privilege card on behalf of the nurses.

The SLMA organised an official presentation event to handover the symbolic card dedicated to the Doctors to the Director General of Health Services Dr. Asela Gunawardena.



Prof. Indika Karunathilake
President Sri Lanka Medical
Association



Mr. Ariyaseela
Wickremanayake



Mr. Jumar Preena CEO of
CH17 Rewards & Loyalty



Dr. Asela Gunawardena
Director General of Health
Services



Symbolic presentation of CARE Privilege Card to Dr. Asela Gunawardena Director General of Health by CEO CH17 Loyalty Mr Jumar Preena to mark the launch of a special program to honor all medical frontline professionals and staff in the covid-19 curative sector. Also present were Dr. Hemantha Herath Deputy Director General of Health, Prof Indika Karunathilake President of the Sri Lanka Medical Association and President of Colombo Business Association Mr. Ariyaseela Wickremanayake



Post Covid-19

- a dilemma

part 2

‘WFH’ is the ultimate corporate fantasy. There is no travel involved, you can wake up 10 minutes before office hours, have breakfast leisurely, walk around in pyjamas, make time to play a game or two, because there is no office transport to catch and there is no one keeping a track of you.

‘Corona Virus’ was upon us and a lockdown was inevitable. The ‘WFH’ e-mail from HR would probably go down as the most awaited e-mail ever in the history. It’s like the time when the school teacher told us to read something for homework, which meant that it was not actual homework, or at least that’s what I thought.

Week 1 of WFH was more or less perfect. I utilised the dining table as my make-shift office desk. Headphones plugged in! Mamas coffee was better than the office ‘expresso machine’, and who needs the sore office chair when you have the whole bed to yourself.

It was all going great! Hot lunches, naps, no drudgery of meetings, and largely finishing up just in time for a 7 pm movie on ‘Netflix’.

Today, almost after 9 months of working from home, in between I switched my job to the current place. Personally to me, I dread my boss’s never-ending bombardments of WhatsApp & emails 24*7, my enthusiasm has died down. It almost resembles the school kids who thought that this was a vacation, only to find out that the playgrounds were shut. Now I am just a grumpy girl staring at the laptop, irritated by the erratic internet. I have run out of small talks with my father and my mother’s phone conversations are more distracting than the ‘office uncle’ who refuses to use headphones. I never thought I would say this, but I think I’m starting to miss my office family a little.

If your chosen family is your friends; then your co-workers are your contractually obligated family that you are required to spend 8 hours a day with. They say you don’t have friends at work, but no one ever told me that you might be mutually paired with a work spouse. We aren’t like ‘jam & spam’, but he can always tell from my expres-



If your chosen family is your friends; then your co-workers are your contractually obligated family that you are required to spend 8 hours a day with.



sions whether I just got a nasty earful from my superior or an adverse appraisal.

Every workplace is bound to have hiccups and rusty moments, specially at the start, but after some time it starts get along and function like a well-oiled machine. The office just becomes your comfort place even without you realizing it. These past few weeks I have been changing my work spot at home every day. I have gone from the bedroom to the balcony, from the balcony to the sofa and thereby to a rocking chair. Even though after several relocations, I am still unable to find my perfect work spot.

a Life & times of a WFH employee

The last few days of social distancing had got me thinking. I have always thought the office was too noisy but now I am surprisingly looking forward to all the routinely chaos. To watch someone panicking after spilling ‘dhal curry’ on his white shirt and worrying about the turmoil about to happen at home because of the tainted shirt, or accidentally closing excel without saving the file he has been working on for the past six hours. These minute blunders that happens in the office aren’t appreciated by home, as it could add up to you losing the decorum of your family name and as well as your own within the office community.

For those reeling from these sudden, long-term changes at their workplace, moving forward might look like grieving the loss of community you enjoyed with your colleagues. Here’s how to strategize to keep these valuable work friendships afloat despite the distance.

Be specific

Identify which parts of office life you’re missing the most. Is it the small talk in the break room, the daily check-ins over lunch or the camaraderie of tackling a problem together? Once you identify which elements you’re longing for, then you can be upfront with your work friends about what you need to

regain some closeness, experts said.

Go ahead and reach out

Don’t be shy about creating a new pattern for these friendships, might feel uncomfortable to say, “Hey, I miss you,” but experts recommend expressing that! because we don’t know how much longer this pandemic will last. Just knowing you have this connection with cherished co-workers “will do so much for you feeling engaged and supported and seen,”

If you’re looking for more connection with a colleague you’ve already maintained some communication with, experts recommend coming up with ways you can increase the intimacy of your interactions. This could look like:

- Posting photos and updates in an online group.
- Sharing interesting or relevant articles you’ve read.
- Chatting in a dedicated Slack channel.
- Scheduling lunch dates over Zoom.
- Planning a virtual happy hour.

By
Shenara Rodrigo



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LOYALTY

A tribute from the land of tulips

Bedankt Nederland

The Embassy of the Kingdom of the Netherlands in Sri Lanka has taken the initiative to appreciate the tireless and dedicated services rendered by all Sri Lankan COVID-19 battling staff and encourage them in this difficult time.

Frontline workers of the Colombo Municipality Council were offered 400 bouquets of Dutch flowers grown in Sri Lanka. By giving flowers, the Netherlands said: thank you for your hard work, dedication and personal sacrifices. Together with the flowers, Her Excellency the Ambassador Tanja Gonggrijp sent words of encouragement to all COVID-19 battling staff in Sri Lanka: "I would like to say 'Thank you' to all workers in Sri Lanka for their incredibly hard work in this difficult COVID-time. In the Netherlands we say 'Thank you' with flowers. Giving flowers is a symbol of appreciation. I also encourage you to

stay strong." The Mayor of Colombo Ms. Rosy Senanayake, Colombo Municipal Commissioner Ms. Roshanie Dissanayake and Chief Medical Officer of Health Dr. Ruwan Wijayamuni joined the Ambassador in thanking all workers battling COVID-19 in Sri Lanka.

The flowers handed out to the frontline workers of the Colombo Municipality Council were grown in Sri Lanka from

Dutch seeds.

This symbolizes the strong and growing ties between Sri Lanka and the Netherlands.

The Netherlands is worldwide renowned for their flowers and is a global trendsetter as an international market leader in sustainable floriculture. The

Netherlands remains dedicated to partner with the floriculture industry in Sri Lanka in and beyond this COVID-time.

*Press Release issued by Embassy of the Kingdom of the Netherlands
4 December 2020*



EATTS official service provider for CARE welfare for healthcare workers

Offers 10% discounts on orders across all partner restaurants and cafes



Picture shows Jumar exchanging documents with Nikhila recently

With more than 300 partner restaurants and cafes, EATTS the popular online delivery signed up with Ch17 Loyalty to offer discounts and privileges to CARE cardholders as an appreciation and recognition of the relentless services rendered by all levels of emergency response healthcare team both medical as well as non – medical personnel. Nearly 30,000 of identified care workers will be provided with this facility for a period of 3 months. We will go that extra mile to show our

gratitude to them at this hour of need. Our team will be ready to serve the healthcare workers by taking orders through our website www.eatts.lk or through eatts app. You can also call our hotline 075 444 33 22 to enjoy this amazing offer said Nikhila Rajakaruna Head of EATTS Operations.

We encourage online orders in keeping with the current situation in the country. We better be safe than sorry, Jumar Preena CEO of Ch17 Loyalty added.

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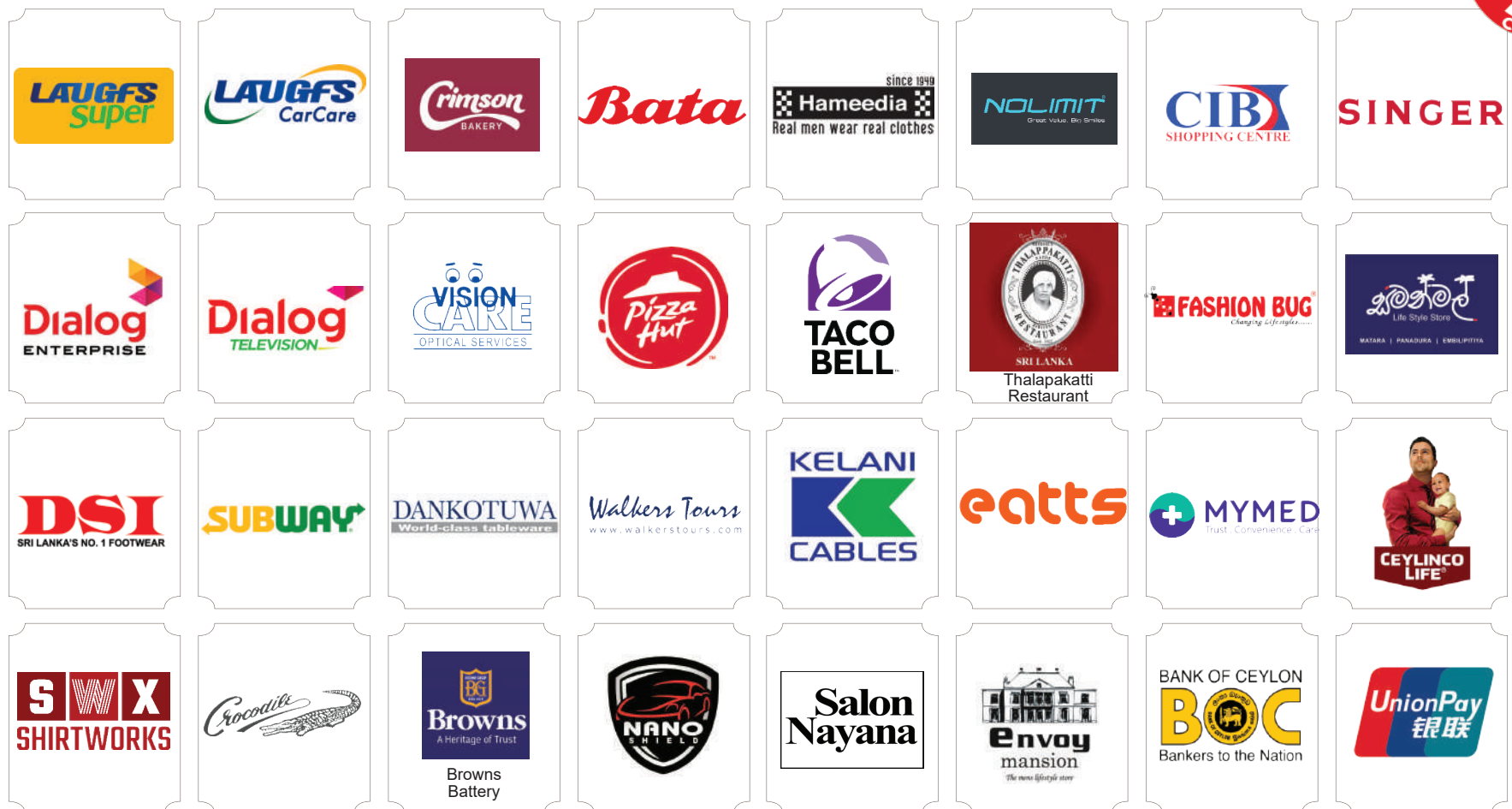


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#thankyou our HEROES



Sri Lanka Medical Association



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Merry Christmas
and Happy New Year

May 2021 brings you joy, happiness
and everything you deserve

Jumar Nazar Dhanushika Tharaka Naseema Shenara Asantha

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