



Nº: 1882

Newsletter

24th July, 2020

Sunday	26		
Monday	27	9.30am	• Reflexology in the Clinic
Tuesday	28	9.30am 11.00am 1.00pm	• Acupuncture until 12 Noon • St Ives Shopping Bus • St Ives Shopping Bus • Please note limit of 5 people on the bus
Wednesday	29	1.00pm	• St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	30	10.00am	• Physiotherapy Clinic until 12 noon
Friday	31	9.00am	• Beauty Therapist until 12 noon
Saturday	1		

THIS WEEK'S MENU

Please book at Reception for lunch before 11am & dinner before 4pm

		LUNCH—12 pm	DINNER—6 pm
Sun	26	Roast Beef with all the Trimmings	Cheese Omelette
Mon	27	Carbonara Pasta Bake with Wilted Greens	Butter Chicken & Rice
Tues	28	Sausage, Egg & Grilled Tomato with Toast	Herb Crusted Barramundi with Hollandaise Sauce
Wed	29	Mini Steak and Kidney Pies	Roast Turkey with Cranberry Sauce
Thurs	30	Chicken Caesar Salad	Sweet & Sour Pork with Fried Rice
Fri	31	Quiche Florentine with Garden Salad	Beer Battered Fish & Chips
Sat	1	Ham & Cheese Croissant	Italian Chicken Casserole with Pearl Couscous

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

1. COVID-19

I wish to repeat information received from The NSW Health Department.

Important precautions

- Anyone with fever or respiratory symptoms, even mild, should be excluded from the village facility. They should be advised to isolate at home and seek COVID-19 testing.
- Any visitors or family members who have been in Victoria in the last two weeks should be excluded from the village.

Any resident using in-home care services should ensure that individuals assisting you are well, and have not been to Victoria or other areas known as hot-spots.

- Staff and visitors who have visited any of the locations linked to the COVID-19 outbreak in South Western Sydney, and areas around Bowral should be excluded for a period of 14 days since their visit to the listed location.
- Until the end of July, any visitors who have been in the following Local Government areas in the previous two weeks should be excluded from the facility: Liverpool, Campbelltown, Camden, Wingecarribee and Wollondilly.

Current position within the Village

- The information from the Department of Health is clear that we must continue to be proactive and vigilant!
- The three crucial things are to WASH HANDS – MAINTAIN SOCIAL DISTANCE – ISOLATE AT HOME IF UNWELL.
- The current situation in Victoria and emerging in parts of NSW are of concern and we will continue to alert residents of any change to the advice we receive.
- At this point we will be maintaining all current practices with respect to use of the dining room and other areas within the Village.
- We do not anticipate any further changes to the scheduled bus transport schedule.

2. REVISED ARRANGEMENTS FOR THE ANNUAL VILLAGE MEETINGS SCHEDULED FOR 27 AUGUST

As the current restrictions do not allow for the holding of the Annual General Meeting of Beneficiaries of The Cotswolds Trust, I can confirm that the recent postal ballot, unanimously approved the holding of this meeting by postal vote. The second meeting planned for that day is the Annual Management Meeting of Residents of The Cotswolds Village. In accordance with the current public health orders, this meeting will also be held by postal ballot and not in person.

Complete documentation will be forwarded to all Residents and Beneficiaries, for review and will provide adequate opportunity for questions. I thank everyone in advance for their patience and understanding as we navigate the logistics of a very different Annual Meetings program.

3. POSTAL BALLOT RESULTS

- To approve holding the Annual General Meeting of Beneficiaries by postal vote:
APPROVED 53 ABSTAIN 2
- To approve the expenditure from the Capital Works Fund as outlined in the Budget documents: APPROVED 48 NOT APPROVED 1 ABSTAIN 2

Geoffrey Wolf

General Manager

COMMUNITY COMMUNICATIONS

OFFICE HOURS

The Cotswolds office will be open from 9.30am until 4.30pm daily until further notice.
Please call reception on 9144 7016.

REFLEXOLOGY SESSION

MONDAYS - 9.30AM TO 3.00PM

In the Cotswolds Clinic

Qualified Reflexologist Anne Moorecroft will conduct half hour sessions. Cost \$30 (Cheques or Cash only)

Please see Liz at Reception to book an appointment and for more information.



ACUPUNCTURE with Brendan

TUESDAYS 9.30am - 12 Noon in the Cotswolds Clinic

First appointment 1 hour, then half hour appointments.

Private Health Fund rebates may be available.

Cost \$55 Cash/Cheque

Please make cheques out to Authentic Acupuncture.

Please book with Liz at reception.



HYDROTHERAPY CLASSES

Classes will resume in September. Physiotherapist Michele Slater will resume her Tuesday classes in the Cotswolds pool located near the Sports Club later in the year. Class size will be limited to six people only and bookings will need to be made at reception. Classes run for 45 minutes.

Cost \$8.00 per session. Please see Liz at reception if you are interested in signing up. Fee rebates through Health Funds and DVA referrals welcome.

PHYSIOTHERAPY SERVICES

Every Thursday 10am - 12 noon in the Clinic

Half hour appointments can be made with Liz at Reception. You may be entitled to a fee rebate through your private Health Fund, Medicare & DVA referrals welcome. Cost \$80.

BEAUTY THERAPIST



Belinda from North Shore Mobile Beauty will conduct treatments from 9.00am to 12 Noon on a **Friday every fortnight**. Residents can be treated in their units and apartment residents in the area opposite the lift on the top floor. Book at reception for your wax, manicure or just file and nail painting.

AUSTRALIA POST UPDATE

Australia Post will soon be moving to less frequent deliveries of standard postage letters. We will keep you informed. Express Post items, and larger parcels delivered by couriers will continue to be delivered every day.

COMMUNITY COMMUNICATIONS

You Raise Me Up - Lyrics by Brendan Graham

When I am down, and, oh, my soul, so weary
When troubles come, and my heart burdened be
Then, I am still and wait here in the silence
Until you come and sit awhile with me

You raise me up, so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be.



(Submitted by a resident)



A FIELD OF FLOWERS

A COLLABORATIVE, COMMUNITY ART PROJECT

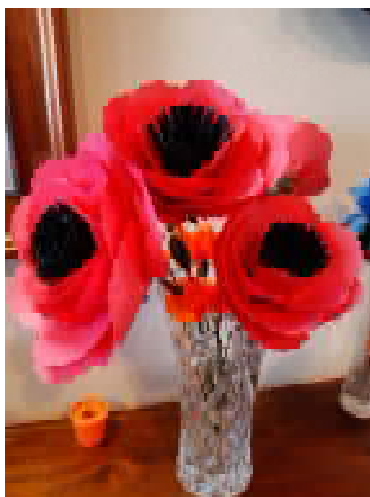
Keep up the good work!

* Cotswolds residents and staff members have been busy making creative flowers for this Community Art Project.

* Lee-Anne Plasto, Art Teacher at North Turramurra Primary School will collect any finished flowers soon. She encourages everyone to keep making more flowers as there is still time before the display later in the year.

* Bring your flowers to Liz at reception for collection.

* Look at this creation!



KU-RING-GAI LIBRARY OVERDUE BOOKS:

“Six Little Miracles”

Ku-ring-gai Library charge fines for overdue books.

Please return this book to Reception.

