



Nº: 1885

Newsletter

14th August, 2020

<b>Sunday</b>	<b>16</b>		
<b>Monday</b>	<b>17</b>	<b>9.30am</b>	• <b>Reflexology in the Clinic</b>
<b>Tuesday</b>	<b>18</b>	<b>9.30am</b> <b>11.00am</b> <b>1.00pm</b>	• <b>Acupuncture until 12 Noon</b> • <b>St Ives Shopping Bus</b> • <b>St Ives Shopping Bus</b> • <b>Please note limit of 5 people on the bus</b>
<b>Wednesday</b>	<b>19</b>	<b>1.00pm</b>	• <b>St Ives Shopping Bus</b> • <b>Please note limit of 5 people on the bus</b>
<b>Thursday</b>	<b>20</b>	<b>10.00am</b>	• <b>Physiotherapy Clinic until 12 noon</b>
<b>Friday</b>	<b>21</b>		
<b>Saturday</b>	<b>22</b>		

## THIS WEEK'S MENU

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

		<b>LUNCH—12 pm</b>	<b>DINNER—6 pm</b>
<b>Sun</b>	<b>16</b>	Roast Pork with Crackling & Apple Sauce	Scrambled Eggs on Toast
<b>Mon</b>	<b>17</b>	Ham, Egg & Asparagus Salad (Book for Wednesday's dinner by 2pm today)	Pasta Bolognese with Garlic Bread
<b>Tues</b>	<b>18</b>	Grilled Chicken Tenders with Waldorf Salad	Pork with Leeks & White Wine
<b>Wed</b>	<b>19</b>	Club Sandwiches with Sweet Potato Wedges	Grilled Lamb Cutlets with Mint Jelly (Book for this Dinner by 2pm Monday)
<b>Thurs</b>	<b>20</b>	Milanese Risotto with Rocket & Roast Beetroot Salad	Apricot Chicken & Rice
<b>Fri</b>	<b>21</b>	Cheese & Caramelized Onion Tarts	Battered Fish & Chips
<b>Sat</b>	<b>22</b>	Salmon & Chive Crepes with Avocado Salsa	Beef Risssoles with Mash & Gravy

# COMMUNITY COMMUNICATIONS

## VILLAGE UPDATE

### COVID-19 – CURRENT POSITION

Given the current situation in Victoria, we will continue to exercise caution and control. This week a further two residents have been required to be tested for COVID-19. The results have been negative. If we become aware of any resident in the units displaying COVID-19 symptoms they will be required to have a test and to self isolate. Given the increased vulnerability of apartment residents, they will be asked to vacate the Village until a negative result is provided.

We have an obligation for the well being and safety of all residents and staff and while I understand that some people may not wish to follow this protocol, it is the only way that we can ensure that the correct practice is in place to prevent complications or spread.

I again ask that all family members, contractors or other visitors to apartment residents **DO NOT USE THE REAR ENTRANCE TO THE RESIDENTS APARTMENT AND ONLY ENTER THROUGH THE FRONT DOOR OF THE BUILDING, SIGN IN, HAVE THEIR TEMPERATURE CHECKED AND USE HAND SANITISER. WE HIGHLY RECOMMEND THAT YOU WEAR A MASK.**

This will assist us to comply with department guidelines and maintain correct records.

### 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 areas known as hot-spots.**

### INFORMATION FROM THE DEPARTMENT OF HEALTH

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.**
- At this point we will be maintaining all current practices with respect to use of the dining room and other areas within the Village.

Please consider the use of masks if you venture out of the Village.

# COMMUNITY COMMUNICATIONS

## VILLAGE UPDATE

### USE OF MASKS

NSW Health has issued the following recommendation about wearing a mask. They advise that a mask should be worn.

- a. Indoors where physical distancing is hard to maintain e.g on public transport or supermarkets.
- b. Indoor settings with a higher risk of transmission e.g cafes or shops.

### ANNUAL MEETINGS

Documentation for the Annual Meeting of Residents and the Annual General Meeting of Beneficiaries has been issued and you will note that both meetings will require consideration and approval by postal vote. Included in the documentation will be, two ballot papers to be completed and returned by the due date of 25 August. Ample opportunity is provided for questions to be submitted for reply.

### COMMEMORATIVE ROSE.

Residents will remember that the Village placed an order for a rose to commemorate Barbara Dunlop's 100<sup>th</sup> birthday earlier this year. The rose aptly named "HOMAGE to BARBARA" has been planted and is currently in a pot waiting to find the perfect place for it in the garden. Congratulations again Barbara!

**Geoffrey Wolf**  
General Manager

## COUNCIL CLEAN UP TUESDAY 25TH AUGUST

Waste items may be placed in the space provided in the front visitor carpark on Monday 24th August ready for collection early on Tuesday 25th August.

Items NOT collected in this General Clean up are:

Whitegoods, building waste, vegetation, recyclables, hazardous waste, items over 2m in length, mirrors, gas bottles, oil heaters.

Please contact reception if you need help transporting any items.

# COMMUNITY COMMUNICATIONS

## OFFICE HOURS

The Cotswolds office will be open from 8.30am until 5pm daily.

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.

# COMMUNITY COMMUNICATIONS

## **FOR POETRY LOVERS**

*“Poetry” by Janet Katrina Ayres*

*Poetry is clever words arranged upon a page.*

*Inspiration is a mystery, when it strikes takes centre stage.*

*Words are wondrous cut diamonds, scribed with passion upon pages.*

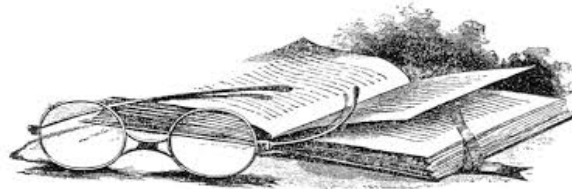
*Eloquent and stable, fashioned through the ages.*

*Words inspire global union and validate belief .*

*Creating earthly human bonds, artistic jewels on every leaf.*

*Poetry is lustrous pearls threaded on a string.*

*When reading for my heart’s desire, I smile, I dream, I sing.*



## **75th Anniversary of the end of the Second World War**

Activities to mark the 75th anniversary of this day will recognise and thank living WWII veterans and acknowledge the service of all WWII veterans.

15 August, Victory in the Pacific Day, commemorates Japan's acceptance of the Allied demand for unconditional surrender, made on 14 August 1945. For Australians, it meant that the Second World War was finally over.

This will be a very important commemoration as Australia pauses and recognises an extraordinary generation of Australians who defended Australia during the Second World War.