



Nº: 1886

Newsletter

21st August, 2020

Sunday	23		
Monday	24	9.30am	• Reflexology in the Clinic • Place items in front carpark for Council Clean up tomorrow
Tuesday	25	9.30am 11.00am 1.00pm	• COUNCIL CLEAN UP • Acupuncture until 12 Noon • St Ives Shopping Bus • St Ives Shopping Bus • Please note limit of 5 people on the bus • VOTING FORMS DUE BY 12 NOON
Wednesday	26	1.00pm	• St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	27	10.00am	• Physiotherapy Clinic until 12 noon
Friday	28	9.00am	• Beauty Therapist until 12 noon
Saturday	29		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	23	Roast Beef with all the Trimmings	Cheese Omelette
Mon	24	Carbonara Pasta Bake	Butter Chicken & Rice
Tues	25	Sausage, Egg & Grilled Tomato with Toast	Herb Crusted Parmesan Barramundi with Hollandaise Sauce
Wed	26	Mini Steak and Onion Pies	Roast Turkey with Cranberry Sauce
Thurs	27	Chicken Caesar Salad	Sweet & Sour Pork with Fried Rice
Fri	28	Quiche Florentine with Garden Salad	Beer Battered Fish & Chips
Sat	29	Ham & Cheese Croissant	Italian Chicken Casserole with Pearl Couscous

COMMUNITY COMMUNICATIONS

COVID-19 – CURRENT POSITION

We continue to request 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.

I am pleased to report that the two residents who were tested this week, returned negative results. It remains vitally important that we, collectively remain vigilant to ensure the safety of everyone.

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 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.

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

I wish to remind all residents to complete and return their postal vote forms by Tuesday 25 August.

Geoffrey Wolf
General Manager

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.

HAIR SALON



Our Hairdresser Karen is available in the Salon near reception on Tuesdays and Fridays. Bookings may be made by calling Reception on those days and asking for Karen.

COMMUNITY COMMUNICATIONS

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.

SCHEDULE FOR GUTTER CLEANING, HIGH PRESSURE CLEANING BALCONIES & WINDOW CLEANING

<u>Building</u>	<u>Date</u>
Cluster 1 to 6	August 31 and September 1st
Cluster 7 to 12	September 3rd and 4th
Cluster 13 to 17	September 7th and 8th
Main Building	September 9th and 10th

Please note the day before window cleaning starts, the leaves will need to be removed from the gutters and may leave a mess around the building. They will be removed, at the latest the following morning. Please protect any furniture on balconies.