



Nº: 1883

Newsletter

31st July, 2020

Sunday	2		
Monday	3	9.30am	<ul style="list-style-type: none"> • Reflexology in the Clinic • Office Closed - Bank Holiday
Tuesday	4	9.30am 11.00am 1.00pm	<ul style="list-style-type: none"> • Acupuncture until 12 Noon • St Ives Shopping Bus • St Ives Shopping Bus • Please note limit of 5 people on the bus
Wednesday	5	1.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	6	10.00am	<ul style="list-style-type: none"> • Physiotherapy Clinic until 12 noon
Friday	7		
Saturday	8		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	2	Roast Lamb with Mint Jelly	Macaroni Cheese Bake
Mon	3	Salmon Patties with Cauliflower Puree (Book for Wednesday's dinner by 2pm today)	Beef Stroganoff & Pasta
Tues	4	Ham & Avocado Melts	Chicken Casserole with Rice
Wed	5	Cheese & Spinach Triangles with Greek Salad	Crumbed Lamb Cutlets with Mash Potato (Book for this Dinner by 2pm Monday)
Thurs	6	Chicken & Leek Crepes	Silverside with Parsley Sauce
Fri	7	Corn & Spanish Sausage Quiche	Battered Fish & Chips
Sat	8	Smoked Salmon with Scrambled Eggs on Toast	Lasagne with Side Salad

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

COVID-19 – CURRENT POSITION

From time to time, circumstances will require us to change the ability for family and carers to have access to the apartment area. At present we have activated “an orange alert” while we await the test results, of a resident. This step has been taken as a precaution only at this stage.

Once clearance has been given limited restricted access will recommence. While I recognize that this is disappointing to some residents, it is vital that the safety and well being of everyone is considered.

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 Sydney hot spots and Victoria in the last two weeks should be excluded from the Village.
- All visitors and family members are asked to fully comply with our request to enter through the main reception doors, sign in, sanitize hands and wear a mask.

Any resident using in home care services should ensure that individuals assisting you are well and have not been to Sydney hot spots or Victoria.

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.
- As everyone is aware 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 or additional information 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.
Please consider the use of masks if you venture out of the Village.

POSTAL BALLOT RESULT

The result of the postal ballot which closed on 27 July, with respect to “ **Residents consent for expending money as itemized in the budget**” was passed unanimously.

This matter was procedural only with 58 votes approving and 3 abstaining.

CAR PARKING AROUND THE VILLAGE

Given the difficulty some residents have to access their garage or carspace, it is requested that residents assist each other by not parking their cars, in front of their garage doors which dramatically reduces the ability to manoeuvre in or easily reverse out.

It is also requested that any visitor or tradesperson visiting you, uses the visitor parking spaces provided around the Village. I ask that everyone is considerate of their neighbour’s needs during these unpredictable times.

Geoffrey Wolf
General Manager

COMMUNITY COMMUNICATIONS

OFFICE CLOSED BANK HOLIDAY MONDAY 3RD AUGUST

The office will be closed Monday 3rd August Bank Holiday. The best way to contact staff on duty is to press the 'emergency call button' located in each apartment or unit. This will notify the Co-ordinator who will then make contact with you.

The office will be open from 8.30am until 5.00pm daily from 4th August.

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

STAY POSITIVE

“The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy.”

Martin Luther King Jr.

“Opportunities to find deeper powers within ourselves come when life seems most challenging.”

Joseph Campbell, author

A Thank You from Turramurra North Primary School Pupils

To the creative minds at The Cotswolds,

Thank you for your incredible participation in our education week activities, creating so many incredible and beautiful flowers was a lot more than we could ever hope for!

We can't wait to meet you in person as we plant the flowers.

Sincerely,

The students of TNPS

Signed by School Captains Poppy and Manny



KU-RING-GAI LIBRARY OVERDUE BOOKS:

“Six Little Miracles”

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

Please return this book to Reception.

