



Nº: 1884

Newsletter

7th August, 2020

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|------------------|-----------|--|---|
| Sunday | 9 | | |
| Monday | 10 | 9.30am | • Reflexology in the Clinic |
| Tuesday | 11 | 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 | 12 | 1.00pm | • St Ives Shopping Bus • Please note limit of 5 people on the bus |
| Thursday | 13 | 10.00am | • Physiotherapy Clinic until 12 noon |
| Friday | 14 | | |
| Saturday | 15 | | |

THIS WEEK'S MENU

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

| | | LUNCH—12 pm | DINNER—6 pm |
|--------------|-----------|--------------------------------------|--|
| Sun | 9 | Roast Chicken | Assorted Toasted Sandwiches |
| Mon | 10 | Vegetable Fritters with Tomato Salsa | Pan Fried Barramundi with Lemon Beurre Blanc Sauce |
| Tues | 11 | Home Made Sausage Rolls | Mild Beef Curry & Rice |
| Wed | 12 | Eggs Benedict on English Muffin | Wiener Schnitzel with Potatoes Romanoff & Wilted Spinach |
| Thurs | 13 | Creamy Chicken & Bacon Pasta | Shepherds Pie |
| Fri | 14 | Pumpkin & Fetta Tarts | Beer Battered Fish & Chips |
| Sat | 15 | Lambs Fry & Bacon | Chinese Beef Stir Fry with Special Fried Rice |

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

COVID-19 – CURRENT POSITION

No doubt everyone is aware of the significant issues in Victoria. Both the Premier's Department and the Department of Health have advised the aged care sector of the need to maintain adequate control and caution. Over the past week we have alerted doctors of the need for three residents to be tested for COVID-19. At this point all results have returned a negative result. As a precaution only we will maintain our "orange alert" status.

I 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.**

Adhering to this practice will assist us to comply with department guidelines and maintain correct records.

While I recognize that this is disappointing to some residents and may be inconvenient, 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 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.

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, 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.

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.

Indoor settings with a higher risk of transmission e.g cafes or shops.

ANNUAL MEETINGS

As previously advised , the Annual Meeting of Residents and the Annual General Meeting of Beneficiaries which were both scheduled as 'in person' meetings will not take place in that format. Rather both meetings will require consideration and approval by postal vote. The Agenda for each meeting will be circulated next week and a ballot paper for each meeting will be issued for completion by the due date of 25 August. Ample opportunity is provided for questions to be submitted for reply.

CAR PARKING AROUND THE VILLAGE

This message is repeated this week asking that consideration be given to residents who have difficulty accessing their garage or car space. 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.

Kindly ask any visitor or tradesperson visiting you, that they use 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 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

Many people are finding comfort in reading and writing poetry during these difficult times. Here are some reflections on life amid Covid-19.

The Soul Selects Her Social Distance

The pandemic has prompted me to consider how Emily Dickinson might feel about social distancing.

The soul selects her own society,
Then shuts the door.
She keeps her social distance of
Six feet or more.
Unmoved, she notes the careless crowd
Outside her gate;
Unmoved, she notes the feckless folk
Still tempting fate.
I've known her from those foolish people
Choose none
Then turn her mind to friends she's meeting
By phone.

FELICIA NIMUE ACKERMAN

Wish

The weeks go by, the fourth, the fifth,
And normalcy's become a myth.
I want to hug, I want to hold,
I want this deadly scourge controlled.
I want to walk amidst a crowd.
I want to lift this morbid shroud.
I sit, sequestered in my home,
And yearn to mingle, travel, roam.
My energy is out of whack —
I want my normal problems back.

ERIKA FINE