



Nº: 1889

Newsletter

11th September 2020

Sunday	13		
Monday	14	9.30am	• Reflexology in the Clinic
Tuesday	15	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	16	11.00am	• Turrumurra Bus • Please note limit of 5 people on the bus
Thursday	17	10.00am	• Physiotherapy Clinic until 12 noon
Friday	18		
Saturday	19		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	13	Roast Pork with Crackling & Apple Sauce	Scrambled Eggs on Toast
Mon	14	Zucchini Frittata with Fattoush Salad (Book for Wednesday's dinner by 2pm today)	Veal Scallopini in White Wine Sauce
Tues	15	Smoked Salmon & Avocado Platter	Chicken Parmigiana with Chips & Salad
Wed	16	BBQ with Assorted Salads	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
Thurs	17	Chicken Caesar Salad	Grilled Pork with Maple Glaze
Fri	18	Asparagus & Fetta Quiche	Battered or Grilled Fish & Chips
Sat	19	Bacon, Egg & Tomato with Toast	Pizza Night

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

COVID-19 CURRENT POSITION

I urge all residents and their families to remain vigilant. I wish to remind everyone of the three crucial things:-

WASH HANDS – MAINTAIN SOCIAL DISTANCE – ISOLATE AT HOME IF UNWELL.

The Health Department now strongly recommends the use of MASKS when:

- 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.
- c. Outdoors where physical distancing is difficult e,g when collecting the mail or walking around the Village.

Remember to change disposable masks each day and wash cotton masks daily.

Anyone with fever or respiratory symptoms, even mild, should not attend or visit the Village, 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 to be COVID-19 hot-spots.

Local COVID-19 Testing Clinics are located at Hillview Community Health Centre, 1334 Pacific Highway, Turrumurra and Hornsby Ku-ring-gai Hospital, Burdett Street, Hornsby.

Geoffrey Wolf, General Manager



FIELD OF FLOWERS PROJECT

On September 23rd North Turrumurra Public School will be holding the Field of Flowers Display, however and very sadly, due to Covid and Education Department restrictions they are not allowed to have visitors on site at school.

They are therefore holding a virtual Field of Flowers Exhibition where only the children will wander through a couple of areas of the school to look at the flowers.

There will be a video made about the exhibition which the school will send to us for our residents to watch when COVID-19 restrictions permit.

The school wishes to thank those Cotswolds residents who made the many beautiful and creative flowers.

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 resume in October.

Classes will resume on Tuesday 6th October. 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

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

NBN CONNECTION THROUGHOUT THE VILLAGE.

NBN Co, the organization handling the roll out of NBN have advised that residents, who may not have yet started the change to the NBN, should commence making enquiries to move their services to their preferred provider. As each resident is able to make their own arrangement, it is important to consider which option or plan is suited to your needs.

NBN's records indicate that approximately 70% of the Village have already made arrangements to connect to the NBN and they recommend that those who have not done so, should start assessing their options as the indicative date for termination of the copper line infrastructure is 10 November this year.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.