



Nº: 1888

Newsletter

4th September 2020

Sunday	6		
Monday	7	9.30am	• Reflexology in the Clinic * <i>Window & Gutter Cleaning starts on Cluster 13 to 17</i>
Tuesday	8	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	9	1.00pm	• St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	10	10.00am	• Physiotherapy Clinic until 12 noon
Friday	11	9.30am	• Beauty Therapy with Belinda
Saturday	12		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	6	Roast Chicken	Assorted Toasted Sandwiches
Mon	7	Vegetable Fritters with Tomato Salsa	Pan Fried Barramundi
Tues	8	Home Made Sausage Rolls	Mild Beef Curry with Rice
Wed	9	Eggs Benedict on English Muffin	Wiener Schnitzel with Potatoes Romanoff & Wilted Spinach
Thurs	10	Creamy Chicken & Bacon Pasta	Shepherds Pie
Fri	11	Pumpkin & Fetta Tarts	Beer Battered Fish & Chips
Sat	12	Lambs Fry & Bacon	Chinese Beef Stir Fry with Special Fried Rice

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

COVID-19 CURRENT POSITION

Given that positive cases of COVID-19 have been traced to the St Ives Shopping Centre and to the PRP X-Ray facility at Hornsby, 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.

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.

Geoffrey Wolf, General Manager

MASK UP AND LOOK DOWN

We are all being encouraged to wear a face mask to reduce the spread of COVID-19. In some states and hotspots this includes when they are outside their home such as public transport, places of worship, supermarkets and shops.

Anything that interferes with vision may increase your risk of falls, particularly walking outdoors. Your lower peripheral vision (the things you can see without moving your head to look down) is restricted when you wear a mask. This means you may not be able to see the ground and your feet without looking down when you have a face covering on. In addition, if you wear glasses, they may fog up when you are wearing a mask.



To stay safe while walking outdoors with a mask we recommend you:

- Tilt your head to look down at the ground regularly when walking and always when you are walking on an uneven surface or approaching a curb or step;
- When going up or down a curb or step, tilt your head to look down and use a support such as a handrail to assist with balance if available;
- If wearing glasses, try the following to help prevent them fogging up:
 - a) Ensure firm fit over your nose, with glasses over the top of the fabric (if your mask has a wire, mould it over your nose; or use tape that is designed to be used on skin to hold down the top of your mask);
 - b) Place a small piece of folded paper towel or tissue on the bridge of your nose between the mask and your face to help absorb moisture;
 - c) Cleaning glasses with a small amount of dishwashing liquid.
- Use single lens glasses (in preference to bifocal or multifocal glasses) for walking outside if you have them.

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

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

<u>Building</u>	<u>Date</u>
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.

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.