



The Cotswolds Village

a unique retirement village

Nº: 1940

Newsletter

3rd September, 2021

Sunday	5		• <i>Father's Day (Special lunch menu)</i>
Monday	6		
Tuesday	7	1.00pm	• North Turrumurra
Wednesday	8	8.30am	• Podiatry in the Clinic
Thursday	9		
Friday	10		
Saturday	11		

THIS WEEK'S NEW MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	5	Lamb Shanks	Scrambled Eggs on Toast
Mon	6	Club Sandwiches with Chips	Mild Beef Curry
Tues	7	Prawn & Tomato Risotto	Pork Jägerschnitzel with Creamy Mushroom Sauce
Wed	8	Warm Chicken Salad	Baked Barramundi with Lemon & Avocado Salsa
Thurs	9	Penne Boscaiola	Rump Steak Casserole with Parsley Potatoes
Fri	10	Pumpkin & Fetta Tarts	Beer Battered Fish & Chips
Sat	11	Lambs Fry & Bacon	Chinese Chicken Stir Fry with Special Fried Rice

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

Covid restrictions have been extended until the end of September.

You must stay home. Only leave your home if you have a reasonable excuse. Only one person may visit a place of residence at any one time to provide care or assistance to vulnerable people or for compassionate reasons.

New rules for people in Greater Sydney means they can only travel within their local government area or within 5 kms from their home in any direction.

Mask wearing in common areas of buildings and also in outdoor areas, unless doing strenuous exercising, is now mandatory.

Remember to wear your mask, practice good hand hygiene and social distance 1.5 metres apart.

If you have any Covid symptoms, get tested and please get vaccinated. Given the speed of the spread of the Delta Variant and the concern and action taken by the Government, I urge residents who have not yet received their vaccination, **TO RECONSIDER THAT DECISION GIVEN THE VULNERABILITY TO OTHERS. NO ONE IS SAFE UNTIL WE ARE ALL SAFE.**

Please help to keep our Village safe.

1. Testing of emergency neck pendants in units

Emergency neck pendant tests for unit residents commenced Wednesday 1st September. Residents will be receiving a phone call from staff to test the emergency neck pendants. Please have your pendants ready for testing.

2. Road upgrade works along Bobbin Head Road.

Ku-ring-gai Council have advised that road upgrade works will commence along Bobbin Head Road, between Hartley Close and Curagul Road, with road widening and a pedestrian refuge being installed near the Southern Cross facility. A detailed explanation of the works which will commence in late September and take about ten weeks, can be seen on the Council document on the notice board near the letterboxes.

Chef Geoff is preparing a special Father's Day Sunday menu for 5th September, so why not make a booking for a delivery or collection.

Geoffrey Wolf,
General Manager



Father's Day Lunch
Sunday 5th September

(Order a delivery or collection by Friday 3rd September)

Main Course

Lamb Shanks Braised in Red Wine with Creamy Mashed Potatoes
Honey Mustard Glazed Carrots & Fresh Brussel Sprouts

Dessert

Pears Poached in Spiced Port Wine with
Whiskey Cream & Chocolate Wafer Straws

Place your order by calling Reception 9144 7016 before Friday



COMMUNITY COMMUNICATIONS

What projects have you been doing during lockdown?

Jeanette Antrum has been very busy during lockdown knitting a jumper for her son Michael.

We would love to see more craft or art pieces by our talented and creative residents. Keep up the good work.

If you don't want your photo in the Newsletter, just send a photo of your craft or art project.

Send your photos to Liz via email:

reception@thecostwolds.com.au



LOCKDOWN LUCKY RAFFLE TICKETS DRAW No. 2

Congratulations to the winners!

First Prize: Orange ticket 031

Marion MacColl

\$30 Gift Voucher from IGA North Turrumurra

2nd prize: Orange ticket 084

Marilyn Laving

Dinner/Lunch for 2 from The Cotswolds kitchen

Enjoy your prizes!

Emotional Wellbeing for Older Persons In-Reach Program (EWOPI)

This free program provides emotional support for older people who are experiencing social isolation, loneliness, loss, or are facing wellbeing issues.

Older adults have been disproportionately impacted by the physical and social measures imposed because of COVID-19, resulting for many in the loss of connection and support from family, friends and services. This program aims to address these impacts by reducing feelings of isolation and loneliness and improving wellbeing.

If you are:

- over 65 years or over 55 years if Aboriginal/Torres Strait islander
- feeling isolated and lonely or anxious or low in mood
- a resident in the Local Government Areas (LGAs) of Hornsby, Hunters Hill, Ku-Ring-Gai, Lane Cove, Mosman, North Sydney, Northern Beaches, Ryde or Willoughby

Then this service is for you.

How we can support you:

- Connecting you to appropriate services
- Reconnecting you with your social networks
- Restoring access to services that were disrupted by COVID-19
- Emotional support to improve mood and reduce anxiety and stress

Our appointments:

- Personalised one-on-one support to identify and address your desired outcomes
- Held where you feel most comfortable (following COVID-19 safe procedures)

Mandarin-speaking staff available!

Translation services are also available at request.

To make a referral or find out more, contact Emma Wilson on:

P: 0403 396 697

E: AEWOPI@anglicare.org.au

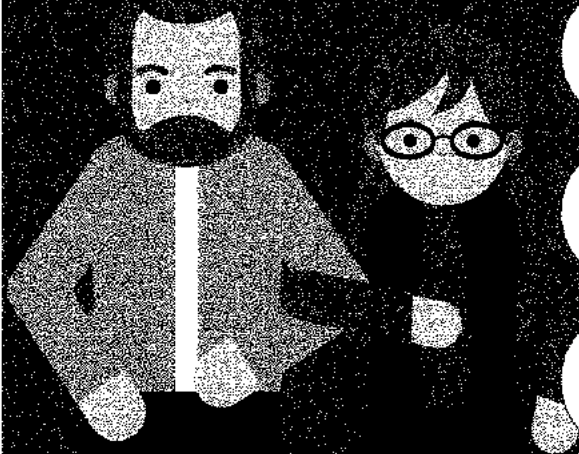
W: www.anglicare.org.au

The Emotional Wellbeing for Older Persons In-Reach (EWOPI) program is supported by Northern Sydney Primary Health Network.



Anglicare

Are you concerned about the emotional wellbeing of some of your senior patients?



Anglicare's Emotional Wellbeing for Older Persons In-reach program (EWOPI) supports the emotional wellbeing of people aged over 65 (or over 55 if Aboriginal/Torres Strait islander) by providing:

1

free mental health support for people experiencing social isolation, low mood and/or loneliness

2

connection to services, support and social networks

3

access to disrupted services

4

low-intensity psychological therapies

5

information to clients as well as their families, friends and carers

How can I make a referral?

Referrals can be made by any health professional with consent from the person being referred. To request a referral form or to find out more, email AEWOPI@anglicare.org.au or call 0403 396 697.

Anglicare Emotional Wellbeing for Older Persons In-Reach program is funded by

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NORTHERN SYDNEY
HEALTH NETWORK

SYDNEY NORTH
Health Network



Anglicare