

22 July 2020

Important Dates

New COVID-19 Requirements

Effective **Wednesday 22 July 2020** at **11.59pm** it will be **compulsory** for all Victorians to wear **facemasks whenever** you leave your home.

This means **whenever** you are in a communal area (the lifts, lounge room, mail room, foyer, library etc.) you **must wear a mask.**

Alexia has a limited supply of masks (10 for \$20), the cost will be added to your monthly invoice.



Monday 3 August 2020

New staffing hours as voted on by the residents and actioned by the Residents' Committee will be implemented on this date.

Access free Wi-Fi on ground floor. Please see staff for the password.



Housekeeping Notices

Courier Deliveries

Please note that a delivery trolley has been placed in the airlock (or vestibule) at the entrance of Hester Canterbury, and all deliveries are to be deposited there.

If a courier phones your apartment to tell you that your delivery has arrived, please instruct them to leave it on the trolley.

It is essential that the risk of a **COVID-19** contamination from an "outside" source is kept to a minimum, and this is one way we can lower the risk.

Tunstall Alarms

Please remember to wear your Tunstall personal alarm when you are home in your apartment.

In an emergency situation **press the Tunstall alarm** and the response centre will be able to send an ambulance immediately (if needed).

This is a service that you should take full advantage of to help in times of need.



The Hester Canterbury Newsletter is uploaded on the Hester website under 'news'.

www.hestercanterbury.com.au

Limericks...

Edward Lear is often, and incorrectly, called the father of the limerick for his 1846 collection of illustrated short poems "A Book Of Nonsense". Limericks are more likely to have begun with a group of 18th century Gaelic minstrels who were known to improvise limericks as a form of poetic insult.

To while a way some time, we are holding a limerick competition at Hester Canterbury - please submit your limericks to Alexia; the limericks will then be transcribed to a white board where **YOU** will be able to vote for your favorites.

Please submit all entries by Friday afternoon 31 of August 2020.

The author of the winning limerick will be able to choose two dinners from the Chapter Three menu selection.

***"Your newsletter's on a mission,
To inspire your poem submission
Of five lines in length,
With rhymes of some strength,
Which we will print with your permission"***

Why Wear a Mask...

The main value of wearing a mask is to protect other people. If the person wearing the mask is unknowingly infected, wearing a mask will reduce the chance of them passing the virus on to others.

For people at increased risk of severe **COVID-19** themselves because of older age or chronic illness, physical distancing is most important. If you cannot maintain physical distance, wearing a mask is an important protective measure.

For people who choose to wear a mask it is important to wear it properly:

- wash or sanitise your hands before putting it on or taking it off
- make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face
- do not touch the front of your mask while wearing or removing it
- do not allow the mask to hang around your neck or under your nose
- do not reuse single use masks; wash and dry reusable masks after use and store in a clean dry place.

**Week One of the Winter Menu starts on Monday 27 July.
Please place any orders by lunchtime the Thursday before.**

Bon Appetit!



Hester
Canterbury

Please forward any contributions for future newsletters to Alexia for inclusion.

Email: hester@basscare.org.au