

Important Dates

Monday, 3 August 2020

Under the new staffing hours, as of the above date the sliding glass door from the main foyer into the courtyard will be closed at 1700.

This door is to remain closed over the weekend. Entry to this area can still be accessed from the automatic glass doors in the dining room area.

Friday, 7 August 2020

Nomination forms marked "Attention Returning Officer" (placed in an envelope) must be returned by the above date.

Please place your nomination in the

**Residents' Committee
Mailbox.**

**FLATTEN
THE CURVE.
STAY HOME.**

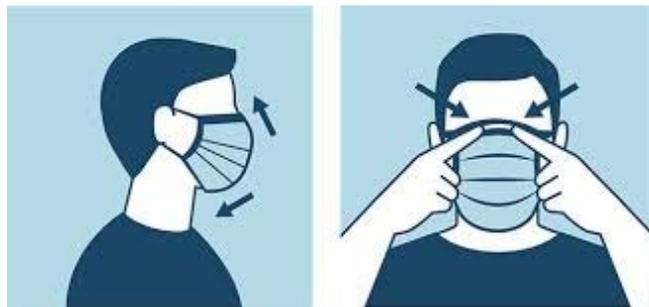
Access free Wi-Fi on
ground floor. Please see
staff for the password.



Housekeeping Notices

A Handy Hint about Facemasks

As it can be challenging to remember that a facemask must be worn **every time** you leave your apartment; a suggestion would be to place your facemask near your keys and swipe card. With time it will become a habit to pick them all up.



It is essential, at all times for all our safety that face masks are worn as soon as you leave your apartment.

Apartment Cleaning

With the introduction of Stage 4 Restrictions all residents that have external private cleaning services coming to their apartment must now suspend these services immediately to comply with the latest State Government restrictions.

If you are currently receiving personal care service via a Home Care package provider or DVA (for example assistance with showering, administering assistance with medication and the like) you are still able to utilise these services.

The Hester Canterbury Newsletter is uploaded on the Hester website under 'news'.
www.hestercanterbury.com.au

Some more helpful links, hints and downloads for you during isolation:

Boroondara Libraries Online:

Become a member and borrow, renew, reserve and request library items.

Find ebooks, magazines, films, music and historical resources and where applicable have them home delivered.

Online resources you can use now include

- eBooks and audio books,
- Film and music streaming,
- Newspapers and magazines,
- Online learning.

Podcasts to listen to-

- Ted talks www.ted.com/talks
- Conversations - ABC online www.abc.net.au/radio/programs/conversations
- Oprah's Super Soul Conversations podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400

COVID-19 - Stage 4 Restrictions

Stay at home (this means your apartment) except for four reasons: necessary goods or services, medical care or compassionate reasons, exercise, work and education

Shopping for food and necessary supplies will only be ***allowed with 5kms of your apartment (Hester Canterbury) and only once a day***

Exercise is limited to within ***5km of your apartment*** and can occur with only ***one*** other person for a maximum of ***one hour***. (All indoor sports and recreation centres are once again closed)

Excepting medical care or compassionate reasons there are ***no*** visitors allowed in your apartment

In public there is a ***maximum of two people only, including a member of your household***

A curfew is now in place and will apply from ***2000 to 0500 each night***

**Week Three of the Winter Menu starts on Monday 10 August.
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