

# ***Village Newsletter***

*Lourdes Village September 2021 Edition*

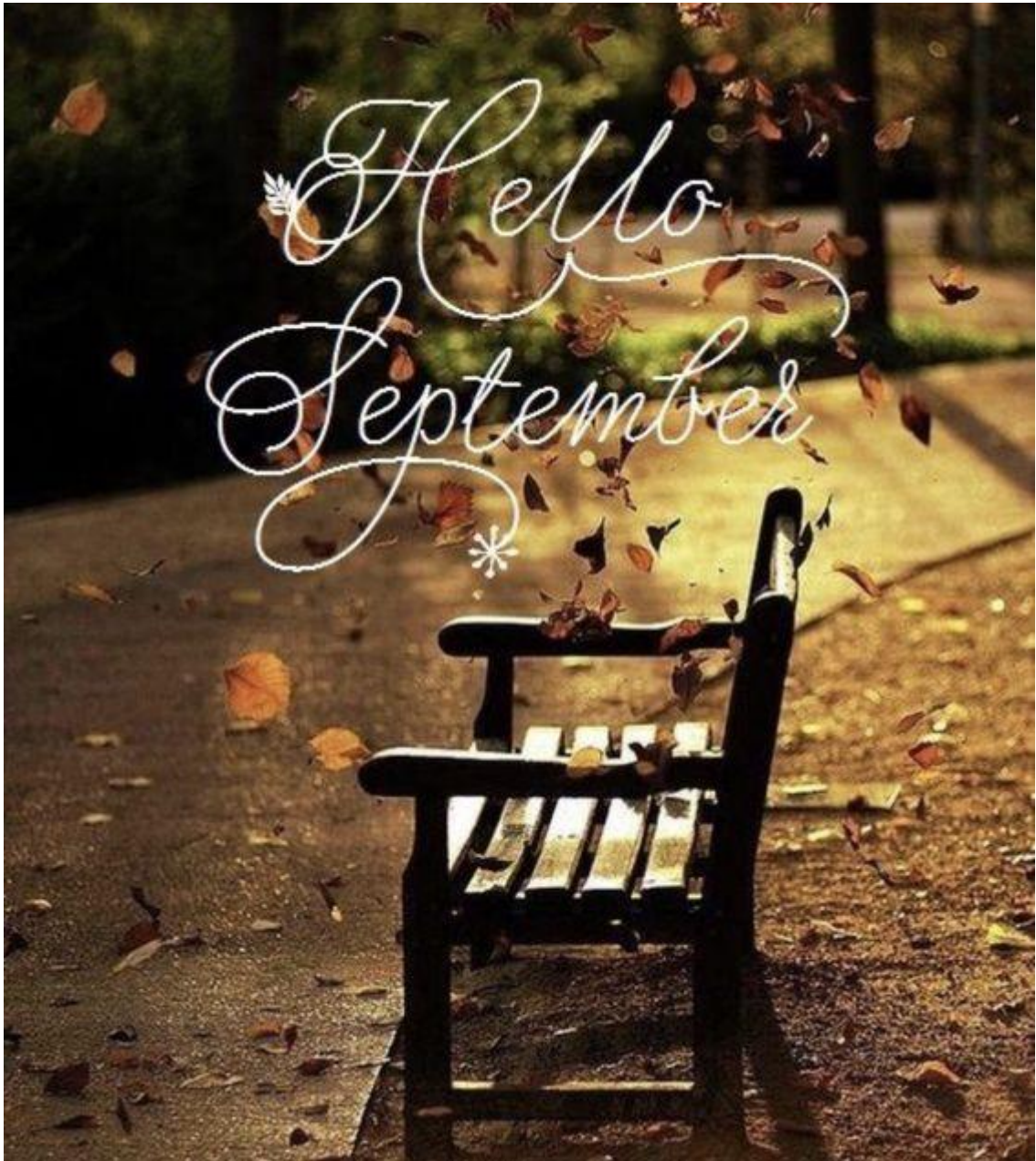


Image via Pinterest

**VILLAGE MANAGEMENT OFFICE**

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# Message from the Editor

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*I would love to hear your feedback, so please share your ideas. Contributions to the 'Village Newsletter' are always welcome. If you have a story, poem, joke, photos or travel news, please either deliver to the Village Management Office, or email to Village Living (email noted on the front cover).*

Welcome to the September 2021 Issue of the Village Newsletter and the beginning of Spring.

As events continue to unfold across NSW and Victoria to deal with a growing COVID-19 crisis, we must remain vigilant. It is imperative that we still adhere to safe practices to ensure the health and safety of all residents at St Agnes' and Lourdes Village. We must still do our part to continue managing the risk and delay the spread of the virus in our community.

To help stop the spread of COVID-19, stay at home rules have been put in place across all of NSW and extended until Friday, 10<sup>th</sup> September 2021. Depending on case numbers at that time, this period could be extended. Further information relating to the COVID-19 rules and restrictions for regional and rural areas in NSW, is included in this edition of the village newsletter.

During this uncertain time, everyone needs to look after their mental health. It is well known that exercise is good for both our physical and mental health. There are a number of different types of exercise you can do from home. A diagram of 7 Easy Exercises are included in this edition of the village newsletter. You can do these in your own home to stay healthy and strong. It is also encouraged to go walking, either in your garden or out and about in the village, while maintaining social distancing.

Many of us may not even be aware that we are feeling stressed, fearful and more irritable as a result of the pandemic and it is affecting us all in different ways. *The National Mental Health Commission* has developed a number of resources and self-care tips to help you look out for some of the signs of fatigue, and help manage these difficult pandemic times. An information sheet on '*Pandemic Fatigue*' is included in this edition of the village newsletter. Further information can be obtained on the website:

[www.mentalhealthcommission.gov.au](http://www.mentalhealthcommission.gov.au)

It is also important to try and stay in touch with your family and friends either over the telephone, text message, email, messaging and video phone apps (face-to-face conversation). In the April 2020 edition of the village newsletter, instructions on using a number of different video/audio call systems were noted. If you would like a copy of these, please phone the village office.

St Agnes' Catholic Parish is committed to ensuring the safety and wellbeing of our village residents, staff and the community. St Agnes' Catholic Parish CEO, Adam Spencer, distributes regular COVID-19 updates to staff, that provides information on what the Parish is undertaking locally to prevent the spread of this virus, following the Government's regulations.

I would also like to reassure residents that Village Management staff are still contactable by phone. Residents can phone the Village Office number on 6584 3515 to speak with Cath, in the first instance. Please note, there is a delay with the call being transferred and you will hear music. Please do not hang up. Stay on the line and your call will be answered, or alternatively you will be prompted to leave a voice message if the line is busy. Our Resident Support Officer, Sue Hollis may not be visiting residents in person, nevertheless, she is making regular contact with every village resident by phoning to check on their health and wellbeing.

Due to the stay at home rules currently in place, St Agnes' Care and Lifestyle bus outings are not operating until further notice. Village residents will be informed when these outings will recommence in the village.

The IGA online ordering system continues as an option for village residents, along with the newspaper/magazine delivery. Residents will be invoiced by St Agnes' Catholic Parish at the end of each month. Further information regarding the online ordering and newspaper/magazine delivery can be obtained by contacting the Village Office on 6584 3515.

Village Management Office staff are here to support you through these challenging times. Once again, I thank you for your support, patience and understanding during this time. I ask you to take care of each other, stay safe, stay healthy and together we will get through this.

I hope you enjoy browsing through this latest edition of Lourdes Village Newsletter.

Jody, Editor



***Sunday, September 5 is Father's Day. Wishing all the fathers, grandfathers and great grandfathers in the village a very Happy Father's Day.***

We wish to acknowledge the contributions from residents to our newsletter. Unfortunately, we cannot always include all material we receive for various reasons.



# Pastoral Ponderings

## SEPTEMBER 2021

### **Sr Anne's Musing**

#### Hope in an Anxious World

Written in the 19th century, poet Emily Dickinson's version of Hope is "the thing with feathers" that "perches in the soul" and perseveres; it sings "and never stops at all." Dickinson invites us to imagine Hope frail as a bird, fluttering. It doesn't fly away – but that verb "perches," suggesting that it always might.

That Dickinson's hope "sings the tune without the words" might suggest that hope provides a general, even generic response rather than a specific remedy tailored to the occasion. Nevertheless, even in the sorest storms, hope is available.

Which isn't to say that hope is always consoling. When we turn to hope, have recourse to hope or even hope against hope, it isn't at moments of triumph or complacency. Rather, we need hope at moments when things feel precarious.

Once we recognize this simple principle, the intuitive truth that hope is a companion of anxiety turns up everywhere.

### **Cry of the Earth, Cry of the Poor**

Lord, when we listen with your ears we hear:

the bush grown more silent, the birdsong less vibrant, the stream's sluggish ripple.

Have mercy and open our ears.

Lord, when we look with your eyes we see:

the soil depleted, the sky smudged, the oceans rubbished and the great currents slowed.

Have mercy and help us to see.

Lord, when we look with your eyes we see:

the workers who struggle to get by, the women subjected to violence, the people who are excluded.

Have mercy and help us to see.

Lord, when we listen with your ears we hear:

the sound of hungry children, the distress of the mentally ill, the silent pain of the homeless.

Have mercy and open our ears.

Send your Spirit upon us Lord to renew our sight,

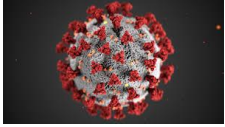
to restore our hearing, and to reclaim your reign of justice for all people and peace for creation.

Amen.

(Pope Francis' Prayer regarding the social, economical and ecological issues needing to be addressed – Social Justice Sunday August 29 2021 – Aust Catholic Bishops)

**Ageing with Humour Haha** - An elderly woman decided to prepare her will and told her minister she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over David Jones. "David Jones?" the minister exclaimed. "Why David Jones?" The woman replied, "Then I'll be sure my daughters visit me twice a week".

Pastoral Care is available at any time  
6589 9814 or 0438 832 740



# Coronavirus (COVID-19) Update

## What you can and can't do

Given the spread of COVID-19 throughout NSW, there are increased COVID health directives now in place that affect us. As at the time of printing, a summary of the rules and restrictions for regional and rural affected areas in NSW where stay at home rules are in place is shown below. **A full list of these restrictions is available on the NSW Government website: <https://www.nsw.gov.au/covid-19/rules/affected-regions>**

Please continue to take care of yourselves and follow these COVID protocols:

### **STAY AT HOME RULES**

Commencing at 5pm on Saturday 14 August 2021, stay at home rules apply if you live in, usually work in, or usually attend a university or other tertiary education facility in regional or rural NSW. **You must stay home. Only leave your home if you have a reasonable excuse.** If you must leave home, stay within your local area. Do not travel outside your local area if you can avoid it. Limit your physical contact with people you do not live with. See the restrictions for visitors to a residence. You must carry a face mask with you at all times and wear a face mask when required when you leave your home.

#### **Visitors to a residence**

Generally, visiting another person is not a reasonable excuse to leave your home. **You must not allow a person to visit your home**, except if it is:

- for permitted work
- for childcare
- to give effect to arrangements between parents and children under 18 or their siblings
- to assist a person to move places of residence
- to avoid an injury or serious risk of harm
- because of an emergency
- to view or inspect property to lease or purchase it.

#### **Nominated visitor ("singles bubble")**

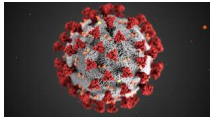
If you live alone – which means there are no other adults who live in the same home – you can have a nominated visitor. You do not need to register your nominated visitor. The nominated visitor must reside in the same local government area as you. A nominated visitor is one person you can socialise with at your place of residence who:

- can only be one person (and their dependent children, if there are no alternative care arrangements)
- can visit you on more than one occasion
- is not a nominated visitor for another person
- lives in or is staying in the same local government area that you live in or are staying in.

Socialising isn't a reasonable excuse to have visitors or leave home unless you live on your own. If you do live on your own, your nominated visitor can visit you. **Your nominated visitor must not be visiting other people as well as yourself.**

**A reasonable excuse** to leave home is if you need to:

- obtain food or other goods and services locally
- leave home to go to work if - you cannot reasonably work from home and the business is allowed to be open
- leave home for education if it is not possible to do it at home
- exercise and take outdoor recreation within your local government area
- or if you need to cross into another local government area, stay within 5km of your home
- or go out for medical or caring reasons, including obtaining a COVID-19 vaccination.



# Coronavirus (COVID-19) Update

## Rules for when you leave home

**Shopping** - Do not share a car with other people you do not live with. Go directly to and from the shops to get what you need. Only 1 person per household may leave their home to shop for food or other goods and services (you may take a dependent person with you if that person cannot be left at home on their own).

**Exercise and outdoor recreation** - You can exercise with 1 other person that you do not live with, or your nominated visitor ("singles bubble"). If you live with more than 2 other people, you can all go out together for exercise.

**Face masks** - When you leave home you must carry a face mask with you at all times. You must wear a face mask when you are outside in a public place; in all indoor areas of non-residential premises, including workplaces and if you are on public transport or in a public transport waiting area.

There are limited exceptions, such as where you are in a vehicle with members of your household or your nominated visitor ('singles bubble'), when exercising and in emergencies.

**Visiting regional and rural NSW** - You must not enter regional and rural NSW without a reasonable excuse.

**Travelling by car** - You may only travel in a car with other people that you live with, unless it is for an emergency, a compassionate reason, to provide care or assistance to a vulnerable person or the car is being used as a taxi or rideshare. You are allowed to share the car with a person you do not live with (carpool) if you are required to use a vehicle for your work or travelling with your nominated visitor ("singles bubble") to exercise outdoors.

**Proof of address** - You must carry proof of your address if you are exercising outdoors or have left your home for recreation. You must show your proof of address if asked by the NSW Police.

**Outdoor gatherings - Gatherings limited to 2 people.** You must not participate in an outdoor public gathering of more than 2 people, unless you are working at a premise that is permitted to be open; providing care or assistance to vulnerable persons; gathering with other people in your household; providing emergency assistance to a person; fulfilling a legal obligation; moving home or moving your business to a new premise; gathering for a funeral or memorial service that complies with the rules for funerals and memorial services.

**Caring and compassionate visits** - You are allowed to visit a home – and have a person visit your home – for caring and compassionate reasons including providing care to vulnerable people and visiting a person you are in a relationship with but do not live with. Only one person may visit a place of residence at any one time to provide care or assistance to vulnerable people and/or for compassionate reasons.

Two people may visit a place of residence to fulfil carers' responsibilities but only if it is necessary to provide safe care to a person who is a resident at the dwelling and they remain at the residence for a minimum time to provide safe care to the person. When visiting, you may be asked to provide information to NSW Police about your visit. You must comply with all other requirements of the rules.

**Places of worship** - A place of worship must not be open to members of the public. Services may be live-streamed from a church, meeting house, mosque, synagogue, temple or other place of worship that is not open to members of the public. You can attend the premises if you are directly involved in the service or the operation of the equipment for the live-stream event.

**Funerals and memorial services** - A maximum of 10 people can attend a funeral or memorial service or gathering afterwards. People from regional NSW can attend a funeral or memorial service in regional NSW and only attend a funeral or memorial service in Greater Sydney if they are the spouse, de facto partner, parent, child or sibling of the deceased person. The 10 person maximum also applies to an outdoor funeral, memorial service or gathering afterwards. A funeral cannot occur at a place of residence. In addition to the 10 people attending the service, there may also be a person conducting the service and other people who are necessary for the preparation and conduct of the service.



## Businesses that can be open

Businesses providing essential products and services that can be open include:

- supermarkets
- grocery stores including butchers, bakeries, fruit and vegetable, seafood, other food or drink retailers that predominately sell or display food or drinks
- kiosks and other small food and drink premises
- petrol stations
- banks and financial institutions
- hardware, building supplies
- landscaping material supplies
- agricultural and rural supplies
- auction houses for the auctioning of food supply, livestock, fibre or crops
- shops that, in the normal course of business, operate as or sell and display – pet supplies, newsagents, office supplies, chemists providing health, medical, maternity and baby supplies or liquor stores
- post offices
- garden centres and plant nurseries
- vehicle hire premises, not including the premises at which vehicles are sold
- shops that predominantly carry out repairs of mobile phones
- laundromats and drycleaners.

## 'Click and collect' and home delivery

Businesses may continue to operate if they provide goods and services to customers that are

- ordered by phone or internet
- delivered to customers
- collected by customers

A 'click and collect' service can also be used by customers to return or exchange goods by prior arrangement either by phone or internet.

Businesses may continue to operate if they provide goods and services to customers and follow the requirements for wearing of face masks and check-in requirements (for example, using QR codes).

## Contacts and enquiries

- *Call Service NSW 24 hours, 7 days a week on 13 77 88*
- *Call the national coronavirus and COVID-19 vaccine helpline on 1800 020 080 (24/7)*
- *Get guidance for your business with the Business Concierge Service*
- *Report public health order offences to Crime Stoppers*
- *Call the Coronavirus Disability Information Helpline on 1800 643 787*



## CHECK-IN CARD

Service NSW is offering a personalised "check-in card" for those who don't have a smartphone and/or those who are not comfortable using the Service NSW business online webform. The COVID-19 check-in card provides a quicker, alternative digital check-in method.

The COVID-19 check-in card is a hard copy with a secure, unique QR code that contains a customer's registered contact details, including name and phone number. When you arrive at a business, you can present your card and have it scanned by a business as an alternative digital check-in method. When a business scans the QR code on the card, your registered contact details automatically populate in the unique Service NSW business online webform. Your check in information is directly available for NSW Health's contact tracing team in the event of a positive COVID-19 case. Once you have created your card, you can have it posted to you, or you can download a printable version immediately. If you lose the card, or your contact details change, you simply create a new card. You can register for a COVID-19 check-in card by contacting Service NSW on 13 77 88 or applying online on the Service NSW website – <https://www.service.nsw.gov.au/transaction/create-covid-19-check-card>

**Note:** This check-in method is only available at businesses that have a QR compatible device. It is not mandatory for businesses to accept COVID-19 check-in cards.



## Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- Identify and practice self-care strategies that work for you 
- Keep kids communicating   
Let children know it is ok to be worried, and talk it out
- Get sweaty   
Exercise is great for mental health
- Reach out   
To those who may not have connections
- Follow facts   
from trusted sources
- Take a break   
Do the things you've been putting off for a rainy day

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

**Coronavirus Mental Wellbeing Support Services: 1800 512 348**

**Lifeline: 13 11 14**

**Kids Helpline: 1800 551 800**

**[www.headtohealth.gov.au](http://www.headtohealth.gov.au)**



## Resident News



***Best wishes to residents celebrating birthdays.***

***We wish residents who are experiencing poor health a speedy recovery.***

***We extend our condolences to residents who have lost a loved one.***

***May Our Lord bless and comfort you and your family during this time of grief.***

**Please note Australia Post Red Street Posting Box located on Morton Street (in front of Omnicare) has changed the collection pick-up time to 12 noon.**

### **\$250 Regional Seniors Travel Card scheme extended**

*Seniors will be eligible for another \$250 Regional Seniors Travel Card from January 2022 and again in 2023. The state government has committed to extend the scheme for an extra two years and has included eligibility for people on a Disability Support Pension and some carers. Eligible seniors can apply for a card as follows:*

- *Applications for 2021 opened on 18 January 2021 and will close on 30 November 2021.*
- *Applications for 2022 will open in early 2022.*

*With the latest COVID-19 health advice, we strongly advise you to apply online or call 13 77 88, rather than visit a Service NSW Centre. Once you receive your card, you need to activate it within 45 days. You have at least 12 months to use your card from the date of activation.*



### **FAREWELL**

After 10 years of maintaining beautiful, landscaped gardens and lawns in Lourdes and St Agnes' Village, Tom Walter's work with St Agnes' Catholic Parish has come to a close. After many years of Tom's hard work and dedication, Tom's last day will be Friday 17<sup>th</sup> September 2021. We wish Tom and his ground care team all the very best.

Many residents have contacted the Village Office to enquire about Tom and would like to acknowledge the work Tom has done in Lourdes and St Agnes' Village over many years. Should residents wish to provide their own card for Tom, residents can drop this in the letterbox at the John Worner Centre, and we will arrange delivery to him.

### **ASTRA ZENECA VACCINATION**

Plunkett's Terry White Chemmart is administering the Astra Zeneca vaccinations now at both their Port Macquarie and Wauchope stores. This is a free service and bookings can be made via their website <https://bookings.terrywhitechemmart.com.au/>. If you are unable to book online, you can phone the Port Macquarie store on 6584 0044 or Wauchope store on 6585 1188 to make an appointment.

# Reminder to Residents

## COMMUNITY CENTRES

All village group activities, gatherings and external bookings in the John Worner Centre and Tenison Woods Centre have been cancelled until further notice. Residents can still access the Community Centre if you would like a selection of books to read, games, or a jigsaw puzzle. Residents are required to sign in using the QR code, or, if you do not have a mobile phone, record your details on the written sign-in sheet provided. A face mask must be worn inside the Centre and hand sanitising must be undertaken. Thank you for your understanding and patience. Any changes to the restrictions will be communicated to residents.

## 7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

### Warm-Up



**1. Stationary March with Arm Swing/Seated March**

### Strength Exercises



**2. Sit to Stand**



**3. Standing Hip Extension**

### Balance Exercises



**4. Side Leg Raise**



**5. Single Leg Stand**

### Flexibility Exercise



**6. Triceps Stretch**

### Cool Down



**7. Standing Quadriceps Stretch**

## REQUEST FOR ADDITIONS IN VILLAS

*Any additions, which includes screen doors, air conditioning units, ceiling fans, grab rails, patios etc, must be approved prior to work being undertaken. Please provide a written request to the Village Manager. A written response will then be provided to you.*

## REPAIRS AND MAINTENANCE

For all general maintenance requests and after hours' emergency maintenance requests, village residents can call the hotline on **1300 522 511** or email the details to [sap@chl.org.au](mailto:sap@chl.org.au) (24 hours a day 7 days a week).

When calling after hours or on a weekend, please stay on the phone to listen to the procedure. **DO NOT HANG UP!** If life or structure is in danger, call triple zero (000).

## Wauchope Seafoods

Wauchope Seafoods are still visiting the designated areas within Lourdes Village every Thursday at 11:50am selling fresh local seafood.

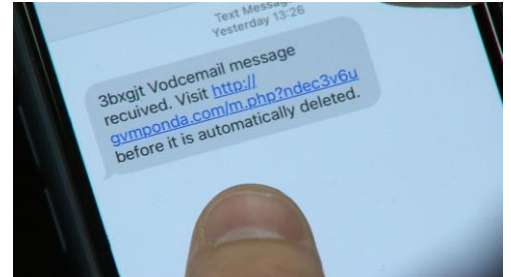
**Due to the extended lockdown the Lourdes Village Residents Committee will not be meeting in September. The Social Committee meeting will also not be held.**

## SCAM ALERT

Please be extremely careful of a new scam going around sending you a fake missed call text. **DO NOT CLICK ON THE LINK!** This type of scam is a Flubot which will download an app to your phone and allow scammers to access all of your information. Please let your family and friends know especially if they are not very tech-savvy. Below is the report via Channel 7.

The Flubot scam sees Android and iPhone users sent SMS messages from an unrecognised number apparently notifying of a missed call or voicemail. The text will read something along the lines of, "albcd2 Voicemail: You have 1 new Voicemail(s). Go to..."

Included in the text is a link, which if clicked, will enable the scammers to download a malware app onto the phone. The app will appear as an icon called "Voicemail" with a blue cassette in a yellow envelope. It will be able to do a whole lot of damage on your phone, everything from stealing your bank accounts, your passwords and then it will spread via SMS to new numbers. There has been a lot of reports of people getting it. They are getting enough victims to be a problem, cyber security expert Darren Pauli told 7NEWS. It is feared the scam is being made more effective due to the COVID-19 pandemic, as people believe the link could contain their test results. **People who have downloaded the malware should contact their bank and reset to factory settings to remove the app. I myself, have been receiving these messages on my phone and I do not click on the link. I delete the message as soon as I see it.**



## Villas for Sale in St Agnes' Village

### FOR SALE - Villa 9 St Agnes' Village



### Deposits have been taken on the following villas:

Villa 47 St Agnes' Village  
Villa 87 St Agnes' Village  
Villa 90 St Agnes' Village  
Villa 96 St Agnes' Village  
Villa 123 St Agnes' Village  
Villa 140 St Agnes' Village

For an Expression of Interest, or to view available villas, please phone either (02) 5525 3600, mobile 0407 843 515, or email [Sue.Reid@stagnesparish.org.au](mailto:Sue.Reid@stagnesparish.org.au).



The "Friends to Neighbours" program works by nominating a friend who might be interested in moving into one of our villages. If that friend moves into either St Agnes' Village or Lourdes Village, you will receive a \$250 gift card. Nominating someone is easy. You can either phone Donnelly House on (02) 5525 3600 or complete an online form via the St Agnes' Care & Lifestyle website:

<https://www.sacal.org.au/friends-to-neighbours/>



# Puzzle Time

Research says that keeping the mind engaged is a great way to stay sharp while aging. Sudoku puzzles are a fun activity, like a crossword – using numbers from 1 to 9 and is sure to stimulate your mind! Each row, column, and block can contain each number exactly once and the sum of all the numbers in any row, column or block must add up to 45

## Sudoku – Easy 925

			4	5		1	3	
			8	1	3		4	
			6			7		
8		7	5		9			
			1					
5	6		3	4				
	2					6	9	
		3		8		4		
9							5	

## Sudoku – Medium 926

				4		8	7	2
	8							
1			3					9
			1		5			
	1			2		6		3
4				3			9	
		2		7	4	3		
9				8				

## Wordsearch - Spring

T L E M W O N S S S A R G L A  
 G C Y C L A M E N S A L I L P  
 G N G R O W T H R L L L L R S  
 O Y I I D L S A R A I E S N N  
 L A L N K A I E B E R R O H E  
 F M L O A N F E S G M I P W W  
 E N A E E E S F I U L R R A L  
 I O B Q R A L E O E C S A B E  
 R S T U B E S C D D F O S W A  
 I A F I G R N N G L I N R H V  
 S E O N N R A E O N I L C C E  
 E S S O I D E W W B I R S B S  
 S I N X R G E E O A A R M E G  
 A Y F L P R O R N M L W P E O  
 E T E W S S P I L U T R S S R  
 R E T S A E P L A N T I N G F

ALLERGIES

APRIL

BASEBALL

BEES

CROCUSES

CYCLAMENS

DAFFODILS

DANDELIONS

EASTER

EQUINOX

FLOWERS

FROGS

GOLF

GRASS

GREEN

GROWTH

IRISES

LILIES

MARCH

MAY

NEW LEAVES

PLANTING

RAIN

RENEWAL

ROBINS

SEASON

SNOWMELT

SOFTBALL

SPRING BREAK

SPRING CLEANING

TULIPS

WARMER

WET

Once you have found all the words, the remaining letters will spell a secret message.

The message will be a word, a phrase, a piece of trivia, or a quotation.

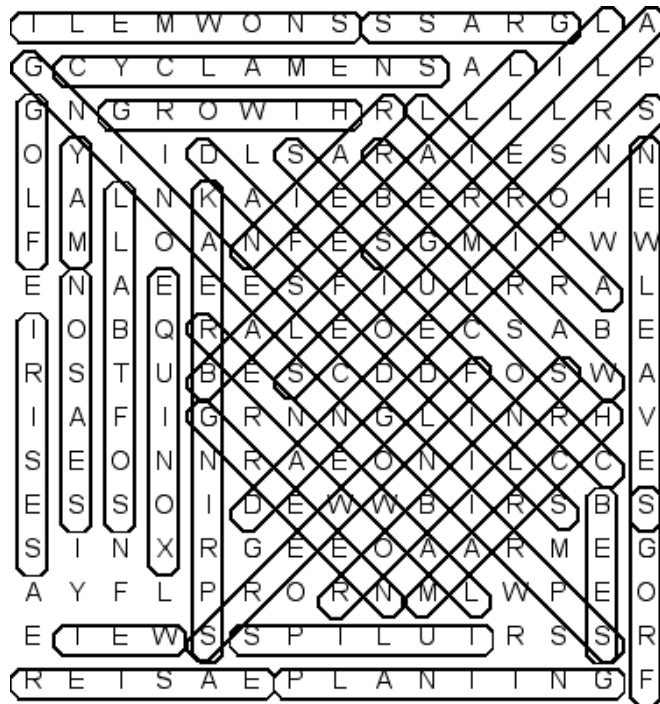
# Solutions to September Puzzles

## Sudoku – Easy 925

2	8	6	4	5	7	1	3	9
7	9	5	8	1	3	2	4	6
1	3	4	6	9	2	7	8	5
8	1	7	5	2	9	3	6	4
3	4	9	1	7	6	5	2	8
5	6	2	3	4	8	9	1	7
4	2	8	7	3	5	6	9	1
6	5	3	9	8	1	4	7	2
9	7	1	2	6	4	8	5	3

## Sudoku – Medium 926

3	9	5	6	4	1	8	7	2
6	8	4	7	9	2	1	3	5
1	2	7	3	5	8	4	6	9
2	3	9	1	6	5	7	8	4
7	1	8	4	2	9	6	5	3
4	5	6	8	3	7	2	9	1
5	6	2	9	7	4	3	1	8
8	4	3	5	1	6	9	2	7
9	7	1	2	8	3	5	4	6



The hidden sentence is:  
APRIL SHOWERS BRING MAY  
FLOWERS

There is no calendar this month for the John Worner Centre. This is due to village group activities and gatherings being cancelled until further notice.