

# Aspiring August

Our heading this month is mine, despite fabulous suggestions from Carol L and Edna B: Awesome, Astounding, Amazing are all great and will be used in the future. However, in view of our continued lockdown and a goal of increased vaccination and other selfless behaviours throughout NSW, I thought we could all do with some aspiration. I also want you to know just how awed all at HKCT are by you, our valued clients. You are meeting the latest public health orders with astounding aplomb and amazing grace. Thank you! Attitude really is the first tool of competency, isn't it ...

Community Transport is considered an essential service thus you are assured of our service being available to you during circumstances such as public health orders and movement limitations of citizens. Yet only for "reasonable excuse to leave home" reasons. A reasonable excuse includes:

- Essential medical appointments (including receiving the C-19 vaccine)
- Shopping for groceries or other essential goods and services
- Providing care or assistance ... in our clients' case, compassionate visits to partners in residential care, respite care or hospital if allowed by the facility

Community Transport vehicles also fall into the category of 'exempted gatherings' being a gathering for the purpose of transport, and do not have a specified capacity restriction. However, given the vulnerable nature of you, our client, and my risk adverse approach on every matter of client and driver safety, our self-imposed restrictions are:

- No ride-share in our cars. More than 1 person is only allowed if the 2nd person is from the same household or a registered carer
- Maximum capacity of 10 clients in our 20-seater buses (ie, 50% capacity) so physical distancing can be maintained
- Driver supervision of bus boarding/disembarkation to ensure physical distancing
- Direction to seating by driver to ensure physical distancing during every journey

Masks are worn by our drivers and must be worn by all clients unless you carry proof of a medical exemption. Every vehicle is sanitised between every journey, even if it is the same client re-entering the vehicle which, by the way, exceeds Transport for NSW guidelines on C-19 cleaning standards.

All decisions are made based on official advice by Commonwealth and NSW Governments and best practice implementations for our essential service / exempted operations. As always, if you ever have a question or concern or suggestion please never hesitate to contact us.

So: let's all stay sharp, safe and serene despite our lack of socialising. Our lockdown shopping schedule follows – it's a great way to get out and get what you need! Our exciting July Social program, that was all re-booked for August, is now being re-re-booked for September. As soon as it's allowed, we will be ready to take you out and about! In the meantime, remember to keep in touch with family, friends and neighbours by phone or email; exercise even it its walking to the letterbox three times a day; eat well and don't put off your medical appointments or shopping for essentials. We will get you there!

My tool sharpener for August is courtesy of Buddha:

*"A negative mind will never give you a positive life"*

May there be aspiration and positivity in your life this month. Cheers, Helen



# AUGUST'S ESSENTIAL SHOPPING

**Get “out and about” safely & swiftly ...**

**Know the HKCT Shopping Shuttles advantages like other seniors in your local area.**

**Door to Door return trip, presently for less than a 60 minute shop**

Shopping Centre	When	For Residents ...
<b>West Pymble IGA</b>	<input type="checkbox"/> Monday mornings	Within 3km of West Pymble IGA <b>*Special Price \$5*</b>
<b>East Lindfield IGA</b>	<input type="checkbox"/> Monday afternoons	Within 3km of East Lindfield IGA <b>*Special Price \$5*</b>
<b>Turrumurra IGA</b>	<input type="checkbox"/> Monday mornings	Within 3km of Turrumurra IGA <b>*Special Price \$5*</b>
<b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b>	<input type="checkbox"/> Monday afternoons	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights <b>*Special Price \$5*</b>
<b>Westleigh Village</b>	<input type="checkbox"/> Every Tuesday morning	Within 3km of Westleigh <b>*Special Price \$5*</b>
<b>THORNLEIGH Marketplace &amp; Aldi</b>	<input type="checkbox"/> Every Tuesday morning	Within 3km of Thornleigh <b>*Special Price \$5*</b>

**Need a More Comprehensive Centre?**

**Door to Door return trip for up to a 75 minute shop**

**\$10 per person or \$15 for you and a companion/carer**

Shopping Centre	When	For Residents living
<b>Carlingford Court</b>	on hold until further notice	
<b>St Ives Village</b>	<input type="checkbox"/> Every Wednesday and Thursday	<p><b>For any resident living within a 10 km radius of each of these Shopping Centres, in line with Public Health Orders</b></p> <p><b>Visit the supermarket, grocer or butcher; your bank or Service NSW or Post Office</b></p>
<b>Macquarie Centre</b>	<input type="checkbox"/> Thurs 19 <sup>th</sup> August	
<b>Hornsby Westfield</b>	<input type="checkbox"/> Every Thursday	
<b>Gordon Shops</b>	<input type="checkbox"/> Every Thursday	
<b>Hornsby Westfield</b>	<input type="checkbox"/> Every Friday	
<b>Cherrybrook Village</b>	<input type="checkbox"/> Every Friday	

\*\* Prices applicable to CHSP eligible clients of HKCT only. Other client prices on application.

**Please don't ever feel alone! We are here if you need to hear a cheery voice & have a chat. So, give us a call, share a joke and let us know how you are doing ...**