

Solidarity September

Strong, Supine, Sedentary were also considered for this month's descriptive, yet Solidarity in the face of adversity and the unknown, and the need for shared, sensible, selfless significance seemed more suitable ... and it reflects the attitudes and actions of you, our amazing clients! How you are managing to stay strong and show such resilience when we know you may be alone or lonely and perhaps even a little fearful. This is not unexpected – we all share those feelings – but it is SO important for you to recognise those feelings and immediately remember that you are doing wonderfully!

If you feel you could be doing better, there are support services available to assist seniors who are self-isolating during the COVID-19 pandemic. You might like to call Service NSW (24 hours a day, 7 days a week) on 13 77 88 and ask how they can help you make arrangements to stay comfortable at home during this extended lockdown period. Or reach out to Beyond Blue for mental wellbeing support by calling 1800 512 348. There is no shame in reaching out! It is the simplest and kindest thing you can do for yourself!!!

I also congratulate you for trusting HKCT to continue to get you where you 'essentially' need to be. And for the compliments. We have been inundated with positive feedback ... so many individual drivers thanked for so diligently ensuring fastidious hygiene in the vehicles and going above & beyond in so many ways. And our Client Services team for their reach out calls, taking the time to chat for a while when bookings are being made, and never losing patience when answering questions and give reassurance.

I also take this moment to assure you all decisions on our services are based on official advice by Commonwealth and NSW Governments and we stringently design best practice implementations for our essential service / exempted operations.

On page 3 of this month's newsletter, I have summarised the services we continue to offer with our service standards, and something new ... are you aware of the "Single Bubble" options available to you if you live alone? Or how you might be a "nominated visitor" to someone who does live alone?

How it works is described within the rules as a prompt that we can help with 'social' travel while we still aren't able to offer you social outings. Maybe you already have a family member or friend who is visiting you as a nominated visitor, but if you don't, why not think of one of your HKCT friends and make it happen! Or be a nominated person to one of your HKCT travel companions who may not have a family member close enough to have a nominated visitor.

We are also allowed to exercise with one other person ... have you left a note for your neighbour asking if they would like to go on a walk with you? I'm doing this with my 11-year-old neighbour, although a stroll would be a more accurate description! Between her chattering 10 to the dozen and me with my scissors stopping to pick the wild freesias on the nature strips, we have a wonderful half-hour each Sunday!

To all our dads, granddads and the hero dad-figures in our lives, Happy Fathers' Day for always but especially on Sunday, 5th September. In your honour, we surveyed three people and chose the best of a seriously large amount of bad dad jokes ...



Why did the scarecrow win an award? Because he was outstanding in his field

I'm reading a book about anti-gravity. It's impossible to put down!

Two guys walked into a bar. The third one ducked ...

My dad told me a joke about boxing. I think I missed the punch line ...

When is a bear not a bear? When he doesn't have the right koalifications

How many apples grow on a tree? All of them

What's yellow with purple legs? A canary with varicose veins

Dad, can you put my shoes on? No, I don't think they'll fit me

And some witty C-19 advice from our new social volunteer whom you will meet once our Social Outings return:

Just be careful because people are going crazy from being in lock down!

Actually, I've just been talking about this with the microwave and toaster while drinking my coffee and we agreed that things are getting bad.

I didn't mention anything to the washing machine, as she puts a different spin on everything. Certainly not to the fridge, as he is acting cold and distant.

In the end, the iron calmed me down as she said everything will be fine, no situation is too pressing.

The Hoover was very unsympathetic however...told me to just suck it up, but the fan was more optimistic and just hoped it would all blow over soon!

The toilet looked a bit flushed when I asked its opinion and didn't say anything, but the door knob told me to get a grip.

The front door said I was unhinged and so the curtains told me to ...yes, you guessed it ... pull myself together!

Why do I feel I should be apologising about now? You're right, I shouldn't! In the words of Maurice Chevalier, "*you don't stop laughing because you grow old ... you grow older because you stop laughing*"

I hope you have all marked 1st November on your calendar as the date of our AGM. We hope that a gathering might be possible by then but if not, we may need to make other arrangements for the meeting but assure you we will schedule an AGM luncheon just as soon as we can!

If there's anything you think we can do for you, please don't hesitate to call us. If you ever have a question or concern or suggestion we are always happy to hear from you.

Please don't shut yourself away – know we can look after you. I am so proud to report that 100% of the HKCT team is vaccinated and by the end of September the last few will have received their second dose too.

Stay safe, keep strong, and to paraphrase a message from a friend in Scotland: *There's no point in waiting for things to get better. Life will always be complicated. We've got to learn how to be happy right now or we will run out of time.*

Cheers, Helen



HKCT Services during Lockdown

As a fully endorsed government-funded Community Transport provider, we are classified as an **'essential service'** and thus able to continue to assist you with transport for all and any "reasonable excuse to leave home" during the current Public Health Order restrictions.

- Essential **medical appointments** (including appointments for your 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
- **Single Bubble Visits** ... see below ... lawfully have social contact!

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 a 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 always 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.

"Single Bubble" Transport

If you live alone – ie there are no other adults who live in the same home – you may allow another one person into your home. Living in the Hornsby & Ku-ring-gai LGAs, you do not need to register your nominated visitor although that visitor must not live/be staying in any of the LGAs of concern.

Your nominated visitor can be anyone from within the same LGA or when travel is within 5 kms from their LGA border. (Practically, a Waitara resident could be a nominated visitor for someone living in Cherrybrook or Brooklyn but no further than Turramurra into the Ku-ring-gai LGA)

Your nominated visitor is one person you can socialise with at your place of residence who

- can only be one person ... and with any dependent children if there are truly *no alternative* care arrangements (not an excuse for the grand kids to visit, sorry!)
- can visit you on more than one occasion
- is not a nominated visitor for another person although you can be a nominated visitor to one other person who isn't your nominated visitor (Mary is John's visitor, John is David's visitor, David is Edith's visitor, Edith is Wilma's visitor etc)

You do not need to be single to be a nominated visitor for someone, but you must visit your person alone as mentioned above. And HKCT can help you get to and from your "single bubble" social visits!

Our number: 9983 1611 Make your transport booking as soon as you can!

September'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
West Pymble IGA	<input type="checkbox"/> Monday mornings	Within 3km of West Pymble IGA *Special Price \$5*
East Lindfield IGA	<input type="checkbox"/> Monday afternoons	Within 3km of East Lindfield IGA *Special Price \$5*
Turramurra IGA	<input type="checkbox"/> Monday mornings	Within 3km of Turramurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Monday afternoons	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
Westleigh Village	<input type="checkbox"/> Every Tuesday morning	Within 3km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Every Tuesday morning	Within 3km of Thornleigh *Special Price \$5*

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
Carlingford Court	<input type="checkbox"/> Every Wednesday	<p>For any resident living within a 5 km (10 km for some) radius of each of these Shopping Centres, in line with Public Health Orders</p> <p>Visit the supermarket, grocer or butcher; your bank or Service NSW or Post Office</p>
St Ives Village	<input type="checkbox"/> Every Wednesday and Thursday	
Macquarie Centre	<input type="checkbox"/> Thurs 16th September	
Hornsby Westfield	<input type="checkbox"/> Every Thursday	
Gordon Shops	<input type="checkbox"/> Every Thursday	
Hornsby Westfield	<input type="checkbox"/> Every Friday	
Cherrybrook Village	<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 ...