



TAKE PART IN BWNG'S YARN CONNECTION



Pat Cox with some of the crochet squares she has donated to the Yarn Connection

So far our community has created 44 knitted and crocheted squares for the Yarn Connection, which is almost 2 square meters of work!

The BWNG team is also on board with Laura and Rachel learning to crochet especially for the project. If you haven't yet heard of the Yarn Connection Project, we would like anyone who would like to be involved to crochet or knit 20cm x 20 cm (8" x 8") squares of any pattern, or colour. In November we will join all squares together to form a publicly displayed Christmas Tree to symbolise the united effort of our great community in this time of separation. For more information please call Ph: 65582454 and speak with Leanne or Kath.

REGIONAL SENIORS TRAVEL CARD

Many Gloucester residents could qualify for a \$250 travel card. The Regional Seniors Travel Card provides eligible seniors in regional, rural and remote areas with a \$250 prepaid card to help ease the cost of travel.

You can use the travel card at certain retailers across Australia to pay for fuel, taxis and pre-booked NSW Trainlink Regional trains and coaches.

To be eligible for this card one or more of the following must apply to you:

- Hold a Commonwealth Seniors Card
- Hold a Commonwealth Seniors Health Card
- Receiving an Aged Pension, Service Pension, War Widow(er) Pension, or a Disability Pension under the *Veterans Entitlements Act 1986*

You can apply for the Regional Seniors Travel Card by calling **13 77 88** or by visiting the Service Centre at Mid Coast Council (89 King Street, Gloucester).



WELCOME CHELSEA

The lovely Trudi is taking a bit of a break from Reception, so in her absence the lovely Chelsea has joined our team.

Chelsea has family here, and lived in Gloucester for a time in her teens. Be sure to say hi to Chelsea next time you phone, or pop in to visit us.

FRIENDLINE TELEPHONE SUPPORT

(1800 424 287)

Friendline offers a free and anonymous telephone service that provides senior Australians with the opportunity to chat with a volunteer. The services is available seven days a week between 10am and 8pm.

YOUR SHARED HEALTH SUMMARY EXPLAINED

It is a good idea to ask your GP for a copy of your shared health summary. A shared health summary is a report from MyHealthRecord (a Department of Health record) which is kept up to date by healthcare providers such as your GP or a Registered Nurse.

A shared health summary represents your health status at a point in time. This includes information in four key areas:

- Medical conditions you have
- Medications that you take
- Immunisations you have had
- Allergies/adverse reactions



EATING WITH FRIENDS HELD OFF FOR A LITTLE LONGER YET

Laura, Jamie and Robert are itching to catch up with everyone for our monthly Eating With Friends Lunch, but your safety is paramount so we've decided to hold off a little bit longer before we recommence.

In case you haven't been to Eating With Friends before, let me fill you in: BWNG usually hosts a \$15 two-course lunch for our seniors on the last Friday of the month, visiting a different local venue each month.

Everyone is welcome, and it is a fun and affordable way to support our local businesses.

Transport to and from your home and the venue is available, which is just \$5 if you live in town. If you live out of town prices vary depending on where you live, but you could call our team to talk about your transport options.



A previous Eating With Friends lunch at Roadies Café.

VISITING & TRAVEL

The Department of Health still recommends avoiding unnecessary travel for:

- People aged 70 or over
- People aged 65 or over with chronic medical conditions
- People with a compromised immune system
- Aboriginal and Torres Strait Islander peoples 50 years and older with one or more chronic medical conditions.

For those who are safe to travel overnight stays are allowed, and there are no limitations to travelling within NSW.

NSW has temporarily shut its' border with Victoria following the concerning spread of COVID-19 in Melbourne. There are no restrictions on crossing other borders however each state or territory has its own entry requirements and travel restrictions. You must comply with any border rules of the state or territory you are entering or leaving.

DO THE THREE TO STAY COVID FREE

The relaxing of social distancing orders is exciting news. It is great to be able to catch up with family and friends, and venture out but it is still important to protect yourself and help stop the spread of COVID-19 in the community.

Make sure you are:

- Practicing physical distancing
- Washing your hands regularly
- Cleaning & disinfecting your surfaces at home

If you are aged over 70 years it is still a good idea to:

- Avoid unnecessary travel
- Avoid close contact with anyone with cold or flu-like symptoms

If you have symptoms speak to your doctor to be tested for COVID-19 even if you only have mild symptoms like a cough.

EYE HEALTH IN JULY

JuIEYE is the Eye Foundation's Eye Health Awareness month that takes place in July each year to raise awareness of eye health issues, raise funding for research projects into the causes and cures of vision impairment and blindness and to support international eye health development projects. 75 percent of vision loss is preventable or treatable if detected early enough, yet less than three in five Aussies have their eyes tested on a regular basis.

If you are over 60 years of age you should have your eyes tested annually, or every two years if under 60 years of age.

If you are overdue for an eye test, make an appointment with an optometrist this July.

MISSING ACCOUNTS

A computer error unfortunately saw us miss a few people in our mail out at the beginning of June. This mail out included monthly accounts.

If you didn't receive the last account don't be concerned. We are aware of the error and are working to resolve it. Should you have any concerns about your account please phone our Aged Care Team
Ph: 6558 2454.