

SENIORS NEWS



Welcome to Communities@Work's Seniors June Newsletter. You might notice that this newsletter looks a little different, Tess has been working with our wonderful Marketing team to find a format that works better for you. We hope this is easier for you to read, please feel free to provide feedback to us so we can make this Newsletter the best it can be.

When I wrote to you in March to inform you that our Seniors Centre activities were being postponed due to the pandemic I indicated that the decision would be reviewed in May or June. Restrictions have eased even more since our last newsletter and, as I write this, we have no active cases of COVID-19 in the ACT.

I am excited to confirm that we are now reviewing the current closure of our Seniors Centres, when they will reopen and how we can operate under social distancing requirements and health directions. We are aiming to reopen for small groups in September. There are many factors that will impact our programs including social distancing requirements, room capacity, availability of transport etc. which means that we cannot operate exactly as we were prior to COVID-19.

We want to make sure that we can offer activities that are enjoyable and beneficial for you. We have commenced a survey to help us understand what that means for you at this time and we want to understand your preferences for the programs we will start to offer.

We are also seeking feedback on the new support we have been offering during the pandemic. Some of you might have already been contacted by the team and asked to complete a survey about the Seniors Centres. Needless to say, it is important that you participate in the survey if you can. If you have not heard from us to complete the survey yet, please contact Tess or your usual Facilitator on 6126 9022.

I hope you enjoy this newsletter, keep an eye out for the new book and DVD library details as well as the Pen Pal program with our Children's Services. As always, if you would like to talk to me about feedback and services we provide you I am available on 6293 6500. Any feedback you would like to send through to Communities@Work directly can be submitted through "Get In Touch" at www.commsatwork.org.

Hope McMahon

COVID-19 HEALTH UPDATES

From the ACT Chief Health Officer Dr Kerry Coleman:

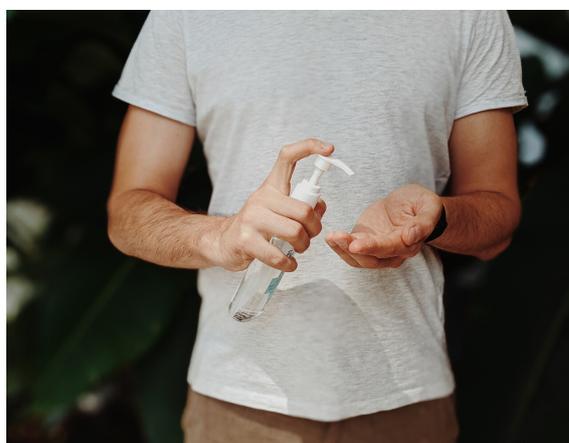
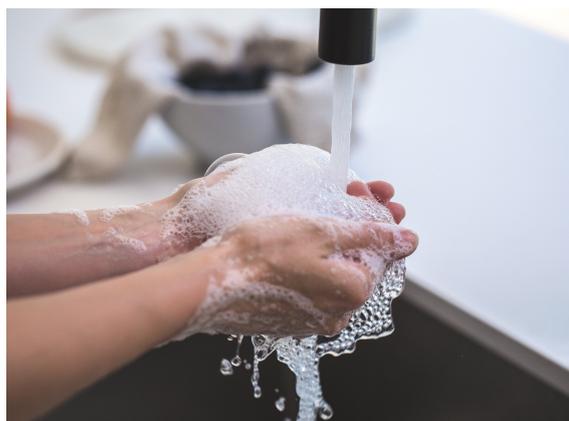
From 12pm on the 19th of June 2020, new Public Health Directions have come into effect to move to Step 2.2 of Canberra's Recovery Plan for easing of COVID-19 restrictions in the ACT. The biggest change sees the limit on gatherings increase from 20 people to 100 people across all areas, within one person per 4 square metres. I have signed the new Directions confident that we are in a good position to ease these measures, following a public health assessment of the situation here in the ACT. A summary of this Check Point is available on the COVID-19 website.

As we allow more people to come together, I want to reiterate the need to continue to mitigate the public health risks by having appropriate control measures in place. This is not just a requirement for businesses. It extends to all Canberrans. There will be added responsibility on business to continue to do the right thing and ensure they are following their COVID Safety Plans.

The community will also need to continue their good work by:

- maintaining physical distancing
- practicing good hygiene measures
- staying home if unwell, and
- getting testing if you have COVID-19 symptoms.

These measures are incredibly important because this pandemic is not over and they are the best way we can keep our community safe. We will continue to closely monitor disease surveillance here in the ACT and other jurisdictions as we move forward, and as we plan to implement Stage 3 of the Plan in July. Continuing cases in Victoria and NSW, as well as in many countries overseas, serve as a reminder of the ongoing risk of a resurgence in cases and the need for us to remain vigilant. (Via ACT Health)



HOLDER UPDATE

Tuesday, Bianca

It has been great catching up with most of you on the phone. A lot of you are getting out and about to the shops and even bumping into each other, which has been fun to hear. I know a lot of you have really appreciated the simple things like, Jean J saying how happy she was to finally be able to have a cup of coffee and a slice of cake at a cafe. June W has been getting out and about on ACTION Buses now and then and has felt quite safe. Jean R has provided some more jokes, which are not only funny but also very cute. Iris D has moved into residential care however she will continue to receive the newsletter.

HOLDER UPDATE

Thursday, Bianca

Everyone is going well. There has been a bit of art and a bit of gardening going on for this group (See Maria's story on the community garden she created). And a bit of cooking too: Ilse said she would try Leah's recipe but that she would use mushroom soup instead of tomato soup, sounds yummy. You will have to tell us how that goes, Ilse! In an earlier issue we introduced the Creative Craft Challenge, which is closing at the end of June. We had some enter and here are some of the stunning artworks they have produced! Lyn J knitted a beautiful Ottoman for her pooch. Bev W has been busy embroidering and embellishing the back of a pink denim jacket. This is a work in progress, but as you can see, it is already stunning. Carolynn D, made this amazing quilt!



NGUNNAWAL UPDATE

Tuesday and Wednesday, Tess

Hello Tuesday and Wednesday Group Seniors! It has been lovely speaking with you over the last few weeks! Hasn't the weather cooled down? Although I do love waking up to a thick fog and seeing it clear into a sunny winters day! It is great to hear a number of you have braved the cold and ventured out for a coffee or meal with friends, however I can relate to the homebodies who enjoy staying in and pottering around at home. Maria C has been knitting lamb jumpers (see below) and Gladys has finished her mosaic for her garden bench! You can find it in this newsletter under 'Photo of the Month'. As I am sure you are aware, we have adapted a number of our program activities to be available online. The team have been working hard to keep you connected and engaged with us and each other, so if you haven't joined us online and would like to, feel free to give me a ring on 6126 9022 and I would be happy to help!



NGUNNAWAL UPDATE

Friday, Yvette

Hello Friday Group! I miss you all very much and can't wait till we are all back at the centre again, sharing stories, making craft objects and gardening. It has been great catching up with you over the phone or in person when dropping of project packs. A number of you are still involved with the Angel Babies project which is so wonderful but for those of you that aren't, please let me know what I can organise for you to keep you out of mischief! I will be running a craft activity over Zoom on the 3rd of July and would love to see you there! You can let me know on 6126 9022 or via email yvette.jones@commsatwork.org

MEN'S GROUP UPDATE

Bernie

Hi Guys. It has been great chatting with you all on the phone. I hope you're keeping warm. Thanks to those who are participating with the garden stakes preparation and painting. They will look great in the garden. I will be running a few Bingo classes over the next couple of months. Let me know if you wish to participate or if you would like to do any another activity on Zoom. You can call us on 6126 9022 or send me a email via bernard.garinmichaud@commsatwork.org. Remember that keeping the mind and body active is the secret to better living. Lets hope that we can have a barbecue sometime soon. Take care!

ART NEWS

A retired RAF pilot took to the skies to spread some cheer during lockdown by creating giant smiley faces with his plane. Rich Goodwin usually entertains crowds at airshows performing stunts in his Union flag-coloured biplane. But unable to do so because of the pandemic, he decided to brighten up people's day with an acrobatic display of his own. (msn.com)



BOOK AND MOVIE NEWS

As you may know, Communities@Work have recently opened up our Seniors Library for you all to borrow books and DVDs. The process is easy! Just call or email us with your details and the books or DVDs you would like to borrow, we will pack them up and have them delivered to your door each Friday. When you are done, simply give us a ring and we will come and pick them up! You will receive a catalogue of the books and DVDs with this newsletter!

GARDEN UPDATE

Sue

There has been a long Autumn growing season, so many gardens have fared well this autumn, we have heard some wonderful stories from you all about your gardens. If you would like to send photos or information about your garden for consideration for our seniors newsletter, you can email me via sue.marks@commsatwork.org. I would love to hear from you.

On Friday 17 the July at 10AM we will be hosting a zoom meeting with the wonderful Annette Bunfeild who has an amazing garden filled with stacking pots of strawberries. I know she harvested over 50 kilos this summer, so I thought we would ask her how she does it. My approach to growing strawberries is almost the exact opposite to my friend Annette's as I grow mine in beds and leave them to spread, pulling out the excess runners and old plants. I thin them in winter and move them into a new bed every few years (although they usually wander there themselves). Strawberries are also the ground-cover for some of my vegetable plots. We will discuss our different methods and how you can grow strawberries in your gardens too!

If you would like to take part in the zoom meeting, a Communities@work team member will deliver a small pot, some potting mix and a strawberry runner to your home the day before the meeting so you can follow along. Please let us know if you want to be involved by calling 6126 9022 or by email sue.marks@commsatwork.org. We hope to see you online then!



GOOD NEWS STORIES

Maria's Community Garden in Kambah

Valleyfield Court is a seniors village situated near the Burns Club in Kambah. There are twenty little bungalows here and the government looks after our needs. Although we value our privacy, we keep an eye on each other and one of my neighbours attends the seniors groups too. She is like the mother of the village and every year, she arranges a Christmas gathering for us under the trees and I make the sandwiches. I go for a walk every day, but the lock-down inspired me to get some upper body exercise by growing food which I've been doing in my back garden.

There was a large plot of unused land right next to my back fence just going to waste and I had the idea to plant an organic garden where everybody could come each day to pick fresh, nourishing veggies for their meals. This idea spurred me on. However; there was a problem with this plot because it was completely taken over by a huge Honeysuckle vine which had been growing there for twenty years and was beginning to pull the fence down. It was so huge and neglected that nobody would tackle it.

Then one day a stocky young man who comes twice a year to turn the compost for me, said he knew how to remove it, by pulling instead of just cutting and after many hours of enormous effort, wearing leather gloves, he pulled it all away and removed the lot. I then asked one of my neighbours if he would surround the plot with logs and he made a lovely job of it. I then set to it with a spade and slowly started digging the plot over. It took four weeks of digging, two to three hours a day which I enjoyed. Then one day I found another neighbour digging there. The word had spread.

To our delight this land, nourished as it was by twenty years of falling leaves, is full of worms and quite soft. All our digging was accompanied by magpies looking for worms.

During the fires last Summer, around thirty magpies moved here because there are big trees and many of us put out water. They sing all day and make a mess but I would miss them if they went. We planted a neighbours lemon tree in the new garden which is in a very sunny spot. Another neighbour planted snow peas and some broccolini and I've planted parsley, chives, sage and spring onions. I put a note in every letterbox asking for egg shells explaining that we break these up and surround the plants to keep off snails. Now there are lots of neighbours involved.

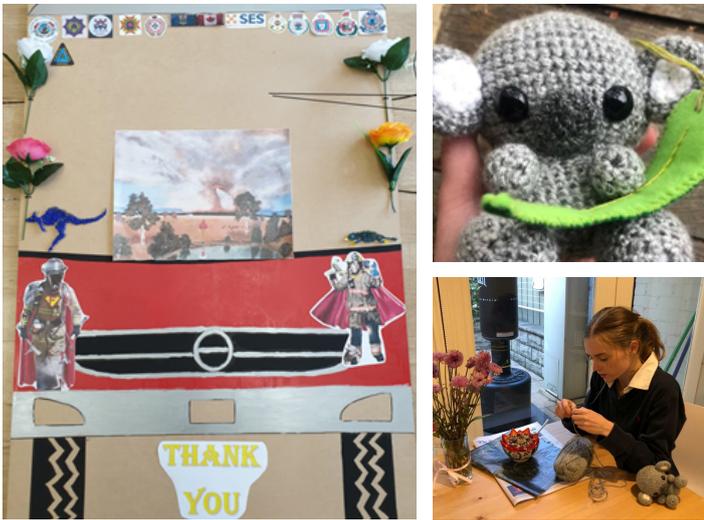


The garden has flowers which repel airborne pests, both the smelly marigolds and the Calendula ones so this can now be described as a 'Permaculture Garden'. That means no poisons and fruit, herbs, vegetables and flowers all growing together. When I buy spring onions, I cut off the roots and soak them in water for a day then plant them out and they grow well. For some reason that I can't fathom, the magpies dig up the spring onions and toss them aside. This happens to a few each day but they are very hardy and I simply pick them up and put them back into the soil. I looked on the internet to find out why the magpies are doing this and saw that it was happening to somebody else as well. Does anybody know why they do this? It would be interesting to know.

It seems to be only the spring onions. The garden is now wearing its winter coat of organic sugar cane mulch and when Spring arrives, we'll have lettuce, peas, beans, spinach, silverbeet, onions, broccolini, lemons and herbs. It warms my heart to think of a village full of well-nourished seniors. - Maria

Bernie's 'Thank You' Project

Hi Everyone, I hope you are all safe, well and keeping warm. It's good to see things are starting to improve and restrictions are easing. We are working on various programs and activities for you all. As you see below a high school student crocheted Koalas to raise money for bushfire funds. I too have been working on a project to thank the local, rural, volunteer and international firefighters for their superhuman efforts over the summer. So I am putting an invitation to anyone who would like to contribute a poem, picture, crotchet or any type of artwork towards a collage pictured below. Would you like to say thank you with your own touch? Feel free to call us on 6126 9022 to discuss how you can be involved.



Crochet koalas made by Sydney student raise much needed funds after bushfires - ABC.NET

When high-school student Ali heard stories about the many koalas injured after bushfires tore through huge areas of their habitat last year, she wondered what she could do to help. She decided to put her craft talent to good use. 'I felt so frustrated that such beautiful, and quintessentially Australian creatures, were disappearing'. 'I decided to combine my interest in craft, with my love for animals and make little crocheted koalas and sell them.' Ali decided to donate any money she raised to the Port Macquarie Koala Hospital on the NSW Mid North Coast

Hitchhiking echidna survives 10km ride in engine cavity on NSW north coast - ABC.NET

A hitchhiking echidna is almost ready to be released back into the wild after surviving a 10-kilometre car ride on the vehicle's engine. Chrisy Clay from Northern Rivers Wildlife Carers said the adult male echidna suffered burns during the journey on the New South Wales north coast earlier this month. "The driver had seen the echidna earlier, but when she checked around the car a few hours later and couldn't see it she thought it had moved on," Ms Clay said. "So she jumped in the car at Lennox Head, drove to East Ballina and it was only when she stopped that people actually saw the echidna emerge from underneath the car."

Ms Clay said motorists should be especially wary at this time of year when echidnas were mating. "The cooler weather heralds the start of the echidna breeding season when they will be at their busiest, searching for a mate and raising their young," she said. "Echidnas are particularly at risk of being hit by cars when trying to cross busy roads." "We know that echidnas are inquisitive, but I've not heard of one climbing up into an engine cavity before. "My daughter names all the echidnas that come into care, and she's affectionately called him Toasted."



DID YOU KNOW?

Facts from Currumbin Wildlife Sanctuary

- Echnidas have toothless jaws
- Echnidas are an egg laying mammal, one of three in the world
- Echnidas body temperature is the second lowest out of all mammals
- An Echnidas maximum speed is 2.3 kilometres per hour

IN THE KITCHEN

French Pesto Soup

INGREDIENTS

20g butter
1 tablespoon olive oil
1 teaspoon minced garlic (optional)
1 leek, thinly sliced
1 zucchini, diced
1 large potato, diced into 2cm cubes
400g tin cannellini beans
200g frozen or tin edamame beans
200g baby beans cut into 2cm pieces
1 cup of frozen peas
4 cups chicken or vegetable stock
1 jar of basil pesto
Salt and pepper to season

METHOD

1. Heat oil and butter in a medium sized saucepan
2. Add the leek and garlic and saute for about 5 minutes until soft
3. Add potato and stock and let simmer for 10 minutes on a low heat
4. Add the remaining vegetables and beans and simmer until tender
5. Stir in the jar of pesto until combined with stock and vegetables
6. Serve soup into bowls and serve!



A NOTE FROM LEAH

Hello everyone! I hope you are all keeping well. Can I say, first and foremost, WE MISS YOU! You all fill our days with smiles and meaning, and we look forward to when you can return to the group. I have listened to the masses and they have said 'give us winter warmers and one pot wonders' and this recipe is exactly that. It is nutritious, inexpensive and something wonderfully different. It is one of those recipes you can add to or substitute an ingredient and it all adds to the uniqueness of the recipe. Tess and I recently cooked this recipe as a demonstration in one of our weekly Zoom meetings. It was lots of fun. So, if you are not on zoom, get on it! It is the place to be. Stay well, stay warm and stay connected. - Leah



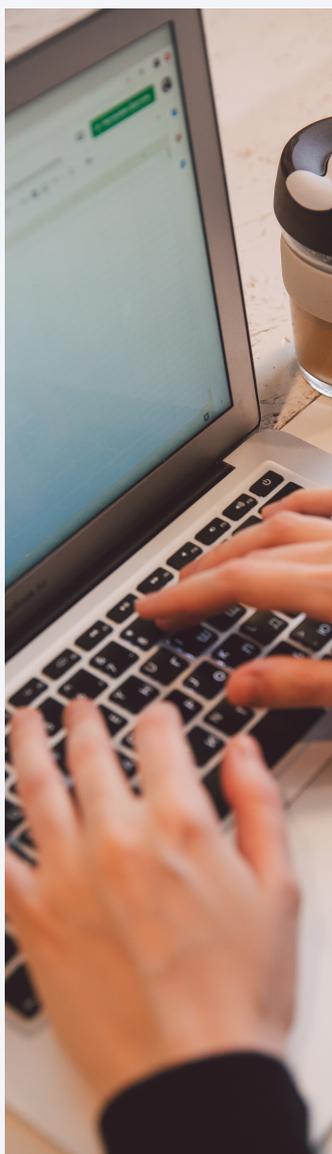
KEEPING HEALTHY

Zoom Exercise Class with Praksis

Praksis is a movement studio that have been providing regular exercise classes at our Ngunnawal Seniors Centre on Wednesdays. They provide movement for longevity sessions and their classes are now available online via Zoom.

Exercises are very gentle and can be performed from a seated position, all participants need is a comfortable and supportive chair with a space of 1.5m x 1.5m and a device with the internet. The group is available to existing clients of Seniors & Transport services and is free of charge. If you would like to participate, please contact us on 6126 9022 or email tessa.hutchison@commsatwork.org for details.

Date and Time: Every Tuesday at 9am



STAYING CONNECTED

Zoom Activities With Communities@Work

SOCIAL CATCH-UP

Whilst we can't meet together at the moment, we aren't letting that stop us from catching up and staying connected. We are currently running weekly video calls via Zoom for a social catch up with a group facilitator and other Seniors clients!

ONLINE ZOOM ACTIVITIES

We will be running a variety of activities every Friday at 10am! See details below for our program for July!

3rd of July - Community Scrapbook Quilt with Yvette

10th of July - Bastille Day Trivia with Tess

17th of July - How to grow strawberries with Sue

24th of July - Bingo with Bernie

31st of July - Art with Bianca

If you would like to participate in any of these activities and don't know how to or you don't have a device, you can call us on 6126 9022 or email Tess via tessa.hutchison@commsatwork.org so we can help you explore options and get you connected.

PEN PAL ACTIVITY

We have started our Pen Pal program in partnership with our Communities@Work Child Care and Education Centres to help connect our children and seniors! There are some very enthusiastic children who would love to hear from you! This could be through a short letter, a story or even a picture and you will receive the same from them!

FOR SOLVING

SUDOKU

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

JOKES OF THE MONTH

From Jean R from the Holder Group

Q: What is worse than raining cats and dogs?

A: Hailing Taxis.

Q: What did the Dalmatian say after he had finished lunch?

A: That hit the spot.

Q: What did baby corn say to mum corn?

A: Where is pop-corn?

Q: What did the big flower say to the little flower?

A: Hi Bud!

WORD SEARCH



Brrr! You'll need your gloves for this one!!
Can you find the winter related words hidden in this puzzle?



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



WINTER, COLD, RAIN, SNOW, SNOWFLAKE, SLEET, ICE, SKIING, TOBOGGAN, SKATING, SNOWBALL, SNOWMAN,



WORD MAKER

How many words of four letters or more can you make using the letters here? Each must include the central letter and you should have at least one nine-letter word in your total. Avoid plurals, proper nouns, hyphenated words, those with apostrophes and verb forms ending with 's'. Smart: 31, Terrific: 34, Brilliant: 37+.

G	L	N	
E	T	A	
M	E	N	

FOR FUN

Have you ever tried Medjool dates? Until recently I had not. They are (pause for dramatic effect)... YUM DIDDLY YUM!!! They are plump and soft and almost caramel in flavor. I have been busy making my own soups, yogurt, beef jerky, dog jerky (for my dog Indie) and snacks. I came across this recipe and thought I would give it a go. They turned out great. It was super easy to make and these yummy balls make a healthy and nutritious snack or easy breakfast. They are kind of fun to make too. Give them a try! - Leah

Peanut Butter Bliss Balls



Recipe and photo via ACT Health

INGREDIENTS

- 1 cup rolled oats
- 1 cup medjool dates or regular dates
- 3 tablespoons natural peanut butter
- 2 tablespoons chia seeds
- 3 tablespoons water

METHOD

1. Place oats, dates, peanut butter, chia seeds and water into a food processor. Blitz until combined.
2. Roll mixture into bite sized balls.
3. Store in the fridge and enjoy!

PHOTO GALLERY

Photo Of The Month



Above is the lovely Gladys from the Ngunnawal Seniors Group with a beautiful mosaic piece she finished for her garden bench. Isn't she clever?

Our team at Communities@Work really miss seeing all your lovely faces at the group, so we thought we would ask our clients to send through some of their favourite photos! We would love to see some of your photos, they can be from a special day, a trip overseas or simply a photo that brings you joy!

You can send your photos to Tess at tessa.hutchison@commsatwork.org or call 6126 9022 to chat about how we could take a copy for you.

