

SENIORS NEWS



Welcome to the 4th edition of the Seniors Newsletter. I hope that you are all well and I am sure you are all looking forward to Spring! I know that the team and I are. Thank you to everyone who has been able to participate in the our recent survey, we have 102 responses so far which is approximately an 80% response rate. The feedback you have provided to us has been absolutely valuable and has provided us with relevant information about your needs and wishes for future programs in the centre as well as alternative programs provided remotely to you. Some of the trends we have observed from the survey responses show:

- Approximately 30% of respondents have no alternative method of transport to access our centres if they cannot access our Community Transport program.
- The majority of respondents would like to attend a session on the same day as they previously have.
- The Newsletter, phone calls and Zoom sessions have been highly valued by the people who have participated in those activities.
- 74% of respondents would like to return to the centre in September.

The team and I are working together to explore the best options for our sessions and we are still hoping to reopen the centres in September. We are continually monitoring COVID-19 hotspots and that will always be taken into consideration before reopening and once we have reopened. As we finalise the new program, I will communicate this by mail and email to you. If you wish to discuss before then, please do not hesitate to contact us.

Hope McMahon

COVID-19 HEALTH UPDATES

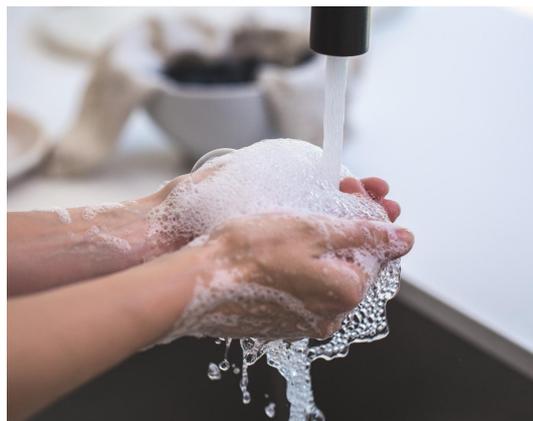
VIA THE ACT GOVERNMENT WEBSITE

Misinformation, Scams and COVID-19

As the pandemic continues, the ACT Government is reminding the community to use official sources for accurate information about COVID-19. Social media has made it easy for us to connect during this time, but it has provided a channel to spread false information. There have also been reports of letterbox drops in the ACT with flyers sharing inaccurate and misleading information about testing centres. To avoid incorrect information, if in doubt, use the ACT COVID-19 website. Official sources like the ACT Government COVID-19 website, the Our Canberra newsletter, or ACT Government social media channels are your best source of up-to-date and accurate information. For Australia-wide information, use websites like australia.gov.au or the Australian Government Department of Health website. If you think you have found false information on a flyer or online, you can contact the COVID-19 Helpline on (02) 6207 to check its accuracy and to report it. Also be aware that scammers are using COVID-19 to take advantage of people. For more information about reported scams, or to report a scam yourself, please visit the Scamwatch website.

Testing and General Information

ACT Health would like to remind Canberrans that our advice remains that there is only a need to test people with symptoms. We must prioritise tests for those feeling unwell, so if you have no symptoms and have not attended a COVID-19 affected area, you don't need to be tested. There are a couple of specific exceptions to this advice: Anyone who attended one of the specific venues in NSW on the specified dates, as per the Public Health Direction; and anyone who has been directed by ACT Health to be tested as part of routine exit testing for quarantine. We again ask Canberrans to remember four requirements in the coming weeks: Avoid large crowds, keep 1.5 metres apart whenever possible, continue good hand and respiratory hygiene and stay home if you are unwell and get tested if you are experiencing any COVID-19 symptoms. The ACT Government has a dedicated COVID-19 website for all information about the health and economic response to the pandemic in the ACT. For further information visit www.covid19.act.gov.au.



HOLDER UPDATE

Tuesday and Thursday, Bianca

It was good going through the survey with each of you. It is nice to hear some of you have been catching up with each other for lunch or are bumping in to each other (from a safe social distance) down at the shops. If a psychic would have told me at the beginning of the year that I would be running an online chat group for the Holder seniors I would not have believed them. Why would they want to do that? Well, enter COVID-19 and suddenly it became very clear that we needed to find new ways of providing social support and, while weekly phone calls are important, it is not the same as meeting face to face. I was using Zoom for my uni studies and suddenly I started to think, maybe we could use this with the Seniors too. This has only been made possible by some very determined clients, and often times, some very supportive families assisting them. We have had an average of 6 clients join our chat group each week and this is not always the same 6. For me it feels like being back at the group. We have had a few guests drop in and chat too: Bernie told us about a community art project he is running, Linda dropped in to answer questions about the Creative Craft Challenge #CRAFTITCBR. And Paul Thorpe (Tall Paul, who worked at Ngunnawal and who was a transport driver) dropped in to say hi and have a yarn. Here is some Zoom Group participant feedback on the connections:

“I like it because I can see people and I am meeting new people” - Gladys.

“It is great to see some nice ladies again. It is really good to catch up. There are some new faces as well. It is very welcoming.” - Mary.

“That lovely feeling of companionship and just being ourselves. Meeting Gladys from over the other side was very nice.” - Georgie

If you would like to join us, we are more than happy to help you get connected. Please let us know on 6126 9022.

NGUNNAWAL UPDATE

Tuesday and Wednesday, Tess

Hello Tuesday and Wednesday Group Seniors! Well, winter has well and truly set in now and it has been nice to see some snow on the mountains. Usually at this time of year I would head to the snow fields to try and improve my very limited skiing skills, but maybe next year instead! I have enjoyed catching up with some of you in our Zoom catch ups and activities. We have been able to meeting people from other groups that we may not have met before which is great! We have another exciting month coming up with more activities online so if you would like to join in, please let me know! Keep well, stay warm! - Tess

NGUNNAWAL UPDATE

Friday, Yvette

Hello everyone! You may remember last July we celebrated International Chocolate Day and made some yummy truffles filled with ganache, cherries and nuts. What a fun day that was! Well this year we would have been celebrating International Friendship Day with each other! So why not make something like a card or bracelet for a friend to show them how much you care? If you would like instructions on how to make a friendship bracelet please let me know and don't forget to take a photo of your creation! I hope you have all been keeping yourselves busy. I've been utilizing the cooler weather, soft ground and sunny days to set up a chook pen in my backyard and install a beautiful picket fence to enclose the area so my dogs cant get in. Whilst I'm sure they would love to be friends with the chickens, I'm concerned they may end up a little too friendly with them if you know what I mean- No roast chicken on the menu for them I hope! I've also been growing some plants for the past few months to add to the area I'm creating. I have an ornamental grape vine which will provide some shade over the chook pen in summer as well as some agapanthus and hydrangeas to line the picket fence. I'm planning on getting some of the more interesting breeds such as Silkies, Plymouth Rocks and Frizzles and looking forward to some fresh eggs later in the year! I'd love to hear how you are all applying your time.

MEN'S GROUP UPDATE

Bernie

Hi Guys, hope your all doing well and keeping warm. It's good to see those who are joining in on our Zoom activities. Please let us know if you wish to join in, and if you are struggling with participating or unsure, there is a good chance we can solve that for you. In August, I will be working in the men's workshop to ensure that it is functional and operational for later in the year. We have some projects lined up in and around the garden to spruce it up. If you have any questions or wish to discuss anything you can email me on bernard.garinmichaud@commsatwork.org

GARDEN UPDATE

Sue

Hi everyone. It was so good to see some of your faces at our online Zoom strawberry workshop this month. The highlight was finding little wriggling worms coming out from the soil around the roots! These were probably baby red earth worms or a different variety of earthworm not seen very often that like the lower PH that strawberries prefer. Either way it shows my soil is rich in humus, but I will be doing a PH test on all the gardens as I want to make sure that the soil falls mid-range between 6 - 7 preferred by vegetables as part of the winter preparations. In these milder winter conditions I hope you are all able to enjoy whatever patch of garden you have and are able to spend some time tending to a plant or two to brighten your day. We will talk more about container gardens in the upcoming months. Below is a photo of my garden taken a while ago!



ART NEWS

Bianca

The Creative Craft Challenge was a Canberra-wide event and open to entrants across all aged groups. There were 5 prize categories and two people engaged with our Seniors services won! Apparently it was a close competition and many of the scores were very close. The Community Development Team would like to thank everyone who participated in this friendly community competition, and they hope that each and every one of you enjoyed yourself along the way. Have a look below to see Bev's decorative pink jacket which won the category 'Something you like' and Carolyn's multicoloured handmade quilt which won the category 'Useful or functional' Well done to both ladies.



ANGEL BABIES PROJECT

Yvette

Our project is moving along at a rate of knots and we have received some beautiful creations from our volunteers! I want to take this opportunity to say a very big THANK YOU to each and every one of you who has been involved: Nevis, Gladys C, Jean J, Robyn P, Ayesha, Surrinder, Lynne J, Bev W and Stana. Your efforts are greatly appreciated by the organization and I hope we can continue to crochet, knit and sew together! Keep up the good work!



GOOD NEWS STORIES

COMMUNITIES@WORK PEN PAL PROGRAM A HIT WITH THE YOUNG AND OLD

Late last year, the Communities@Work Seniors Team partnered with Appletree House Childcare and Education Centre in Tuggeranong to develop a inter-generational program aimed at connecting seniors and young children within our community. Shortly after in November 2019, the children from Appletree paid their first visit to our Holder Seniors Centre for a morning of fun and games! Whilst many were shy at first, it did not take long for them to warm up to each other. These visits continued each fortnight and it was clear strong friendships were starting to form between the seniors and the children. In March this year, Communities@Work made the difficult decision to place our Seniors program on hold due to COVID-19, however we weren't going to let a pandemic keep these friendships apart. Whoever said letter writing was a lost art clearly hasn't met our seniors team, who were determined to keep our seniors and the children connected! After a few brainstorming session and several emails and phones calls, the team worked together to developed our first Pen Pal Program!

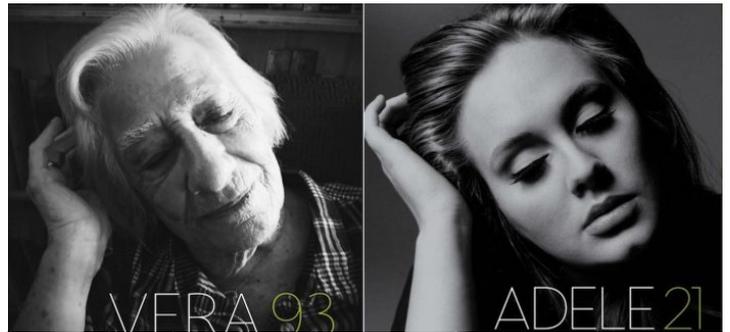


The program has proven to be a huge success with over 10 Communities@Work Childcare and Education Centres participating alongside 30 seniors clients. If you would like to be apart of this program and connect with your own Pen Pal, you can call us on 6126 9022 or email our Seniors Coordinator Tess via tessa.hutchison@commsatwork.org

NURSING HOME RESIDENTS RECREATE CLASSIC ALBUM COVERS WHILE IN LOCKDOWN

thegoodnewsmovement.com

These grandmas deserve a Grammy for their photo remakes of classic rock albums. After so many months in lock-down with no family visiting their senior care home in north London, their activities co-ordinator came up with a gem of an idea. Robert Speker, charged with keeping them entertained during the COVID crisis, decided to use his photography skills to recreate album covers.



“As this situation is on-going it could be months before the situation changes for them and the need to keep them happy, entertained, and full of spirit has never been more crucial,” said the activities director at Sydmar Lodge Care in Edgware. “It’s been my job and privilege.” The photo shoots nailed iconic covers like Adele’s 21, The Clash’s London Calling, and David Bowie’s Aladdin Sane—which featured Roma Cohen recreating David Bowie’s iconic ‘Ziggy Stardust’ character. Julia Davey, manager of the nursing home, told The Independent that Mr Speker is “well-known locally” for organizing activities that are “outside of the box”. The shoot has gone viral after Speker shared it to Twitter, with fans clamouring to buy a calendar. The photography project was originally intended to raise funds, so Speker set up a GoFundMe campaign which has raised £1,000.



62 year-old Keith Rogers still sticking it to the young fellas in A-grade footy

abc.net.au

Keith Rogers is 62 years of age and still travels 700 kilometres to win Aussie Rules matches as an A-grade senior player. Rogers has been playing footy since the mid-1970s and is one of the star players for the Ngukurr Bulldogs in the Northern Territory's Big Rivers League. He has lost count of his statistics, but on the weekend he added another big win to his tally with the Dogs scoring a 18-14 (122) to 10-8 (68) win over the Katherine South Crocs. The veteran said he was astounded at the attention he was receiving for playing against men a third of his age. "I never thought it could end up like this," Rogers said. "Some people don't believe me."



Rogers said he kept lacing his boots to keep fit and act as a role model for the next generation of players. "To show the young fellas not to give up too early," he said. Rogers has played footy in Sydney, Adelaide, and Darwin, but is also a serial learner — having studied car mechanics and achieving a certificate 3 in radio and media in Adelaide. He was recently studying at Sydney's Macquarie University but left before the coronavirus emergency, giving himself plenty of time to pump weights for the local footy season. Rogers said much had changed during his long playing career. "You've got to have legs, but you've got to have your mind ready too." [I'll keep playing] if I'm still alive. I know nothing will kill me. I'm fit."

Critically endangered swift parrot released after surviving 600km journey to Lord Howe Island

abc.net.au

A tiny swift parrot that was found exhausted and very thin in a chook pen after flying nearly 600km off course to Lord Howe Island has been successfully rehabilitated and released on the mainland. Swift parrots are considered critically endangered, with around 2,000 left in the wild. They breed in Tasmania, before migrating to the Australian mainland in autumn and winter, dispersing from central Victoria to southern Queensland. In late May however, one turned up on Lord Howe Island, about 600 kilometres east of Port Macquarie — far from its migratory path. "An islander found it in their chook pen," Taronga Zoo bird supervisor Michael Shiels said. "It's only the second sighting of a swift parrot on Lord Howe Island ever, to fly so far for such a tiny bird is an amazing achievement. The male bird was safely captured and flown back to the mainland. The parrot was taken to Sydney's Taronga Wildlife Hospital for rest and recovery after its marathon journey. Once the bird was strong enough to be released, efforts began to find an area with suitable habitat and, ideally, a wild flock of swift parrots it could join. "With such a small population left in the wild, finding an appropriate location to release this precious bird was paramount," Mr Roderick said. Fortunately a member of the Hunter Bird Observers Club had spotted a small flock of swift parrots in the Hunter region. A team drove the bird to the release site and watched it take flight. "This bird was let go where there was a small group of swift parrots waiting for him, so it was great,"



INGREDIENTS

2 Tablespoons of oil
3 teaspoons of cumin seeds
2 teaspoons of chilli flakes
1 medium onion, diced
2 gloves or garlic
1 teaspoon of salt
1 1/2 cups of yellow lentils, rinsed
2 cups vegetable stock
1 teaspoon ground tumeric

METHOD

1. Heat oil in saucepan over medium-high heat. Stir in cumin and red pepper flakes, and sauté 1 minute. Add onion, garlic, and salt, and sauté 1 minute more. 2. Add lentils, vegetable broth, 2 cups water, and turmeric. Cover, reduce heat to medium-low, and simmer 25 minutes, or until liquid is absorbed. 3. Serve and enjoy!



A NOTE FROM LEAH

Hello All! I hope you are well. When one thinks of August, for many people around the world, we think of India's Independence Day. Many Indian people celebrate this very popular holiday with ceremonies, parades and cultural events. Here in Australia we celebrate Indian Independence Day with warm regard for a strong and patriotic country. I wanted to focus on a recipe that is not only a cultural staple but a wonderfully fragrant and easy traditional dish to recreate at home. This dish is not spicy but has a mild flavor that would go well with anything, whether it be another Indian dish or just something whipped up in the kitchen. Don't be afraid to add a few scraps of meat, bbq chicken would work well. I hope you enjoy! - Leah



KEEPING HEALTHY

The Health Benefits of Walking

We have recently completed our online exercises classes with Praksis and we are currently in the process of developing an exercise program to run when we return to our centres. If you would like to watch the Praksis exercise recordings online and follow along at home, please let us know! In the meantime, why not try and make the most of these sunny winter days and head out for a walk? Walking may be one of the easiest and most effective forms of exercise out there for seniors. Whatever your level of mobility, it's a great way to get active, at your own pace. A regular walk can help you meet four core fitness areas, **endurance, strength, balance, and flexibility** – while also encouraging you to get outside and connect with others. Walking also improves cardiovascular health, helps to fight diseases and strengthens your bones, muscles and joints! Information via companionforseniors.org



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 August!

7th of August - Musical Quiz and Sing-a-long

14th of August - Indian Independence Day Trivia

21st of August - Bingo with Bernie

28th of August - Art and Craft

PEN PAL ACTIVITY

Our Pen Pal program in partnership with our Communities@Work Child Care and Education Centres is up and running 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!

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.

FOR SOLVING

SUDOKU

2	8		5		4		1	
7	9			1		4	3	8
1				9	7	5		2
3	1	2		5	8			9
4	5	7						3
	6		3		2			5
		1			3			
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JOKES OF THE MONTH

From Jean R from the Holder Group

Q: Why was the stadium so cold?

A: 'Cause there were lots of fans!

Q: What kind of music is a balloon scared of?

A: Pop music.

Q: Why can't a bike stand on its own?

A: It is two-tired.

Q: Why did the lazy man want a job in the bakery?

A: So he could loaf around!

WORD SEARCH - OLYMPIC SPORTS

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

BADMINTON
 CANOEING
 TAEKWONDO
 CYCLING
 FOOTBALL
 FENCING
 WRESTLING
 SHOOTING
 HANDBALL
 SWIMMING
 TRAMPOLINING
 ARCHERY
 TENNIS
 GYMNASTICS
 YACHTING
 DIVING
 BASEBALL
 ATHLETICS
 VOLLEYBALL
 HOCKEY
 EQUESTRIAN

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+.

T	R	A	
I	C	R	
G	E	I	

FOR FUN - 15 Minute Baked Eggs with Smoked Salmon

Any good cook will tell you the benefits of using fresh produce and one good way to do that is to take advantage of produce that is in season. Meet Mr Avocado! He blushes a lovely shade of green and like the sweetest of hearts, the softer he is the better. This rather unassuming fellow is often referred to as a 'super-food' due to his high nutrient value. Avocados do not contain any cholesterol or sodium and are low in saturated fat. The following recipe celebrates our green friend but also goes one better and adds the goodness of smoked salmon (Omega 3, fatty acids) and egg (protein). Such a great recipe and really tasty too. This recipe is from taste.com.au. I hope you enjoy! - Leah



INGREDIENTS

3 Avocados, halved, seed removed
6 slices of smoked salmon
6 eggs
2 tablespoon of Greek or Plain Yogurt
1 tablespoon of lemon juice
1 tablespoon of oil
1 tablespoon of fresh chives
Bread to serve

METHOD

1. Heat oven to 200 C fan forced
2. Scoop out centre of avocado to makes holes large enough for eggs. Reserve scooped-out flesh. Place avocado on prepared tray.
3. Line holes of avocado with smoked salmon.
4. Crack 1 egg into each hole. Season. Bake for 12 to 15 minutes or until whites are just set.
5. Mix reserved avocado flesh, yoghurt, lemon juice until smooth to serve on top
6. Season baked eggs with chives and oil, and enjoy!

PHOTO GALLERY

Photos Of The Month



Above is the the lovely Sue from our Seniors team running a workshop on how to grow strawberries in pots via Zoom with some of our clients!

Our team at Communities@Work really miss seeing all your lovely faces so we thought we would include of some of our favourite photos! We would love to see some of your photos, they can be from a special day, a personal project 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.

