

SENIORS NEWS

The Golden Times



Welcome to the first edition of Communities@Work's 'The Golden Times' newsletter! We hope this finds you well and that you are enjoying the warmer weather! The Golden Times is a newsletter which is designed, developed and delivered by seniors for seniors. We were inspired during the pandemic by the newsletters we received from the Seniors team at Communities@Work, we wanted to see it continue! Our aim was to create something similar to keep people connected, and share stories from within the program. We are a group of seniors who have been collectively attending the groups for 13 years! We have a variety of skills and experience. Ayesha is a former teacher and she has contributed to numerous school newsletters, Georgie has experience being interviewed in the media, and Jean is an avid reader of magazines.

We were a bit overwhelmed at the thought of creating a newsletter but the group facilitators, Bianca and Laura, helped us a lot! We researched ideas, watched movies to review, trialled recipes to feature, wrote our own stories, took photos and managed to bring it all together! We would love to continue reporting updates and stories from the program and we are always looking for new stories, recipes, photos and more! If you would like to contribute in anyway, big or small, please let us know! You can contact our Seniors Coordinator, Tess Hutchison, by calling 62936254 or email tessa.hutchison@commsatwork.org. We hope you are all going well during lockdown and we look forward to joining together again soon.

The Scoop Group!

SENIORS PROGRAM UPDATE

Welcome to The Golden Times! I hope the articles, activities, and jokes that it contains not only bring you joy but also help you form ideas on how you can also contribute to future editions. Each group will have the opportunity to contribute and share from home and at our centres.

Since the ACT lockdown commenced on the 12th August 2021, the team has adapted our services to provide opportunities to stay connected with you and help you connect to additional services if required. At the beginning of the lockdown, our funding body, the Department of Health, issued an instruction to all ACT Commonwealth Home Support Programme providers to provide essential services only during the period of increased COVID-19 risk. For our Seniors Centres clients, this took the form of closing our centres and offering Zoom activities on Mondays and weekly one on one phone calls. Our In-Home Services were required to be reduced to domestic assistance, unaccompanied shopping (support worker shopping alone with a list), personal care and phone-based social support. Transport have been providing transport to medical appointments only. This will remain in place until we receive further guidance from the Department of Health that will allow us to resume our usual services.

We are aiming to re-open our Seniors Centres on the 22nd of November, pending confirmation that we can go ahead. Currently, and during November, our Holder Seniors Centre, and potentially our Ngunnawal Centre, are supporting the Communities@Work Vaccination Hub program which is providing COVID-19 vaccinations to our staff, volunteers, clients and the greater community.

When we re-open we will call each of you to offer a start date. Our sessions will be similar to before lockdown but with the same reduced capacity as our last re-opening stage as we follow and apply the relevant social distancing requirements. Transport will be available for these sessions, with a reduced passenger per vehicle ratio.

We look forward to seeing you again very soon. In the meantime, if you have any questions about the program that you would like to discuss with me, please do not hesitate to contact me on 6126 9013.

Kind regards,

Hope McMahon

COVID-19 HEALTH UPDATES

ACT COVID-19 Website

<https://www.covid19.act.gov.au>

Vaccination

The Vaccination page on the COVID-19 website includes information on booking and preparing for your vaccine. If you haven't received a vaccination, you can book online at the website or call ACT Health on 02 5124 7700.

Testing

You can find up to date information on when and where you can get tested online at the website or by calling the phone number listed above. This information includes estimated wait times at each testing facility.

Additional Support

ACT Gov Covid-19 Helpline
Phone: 02 5124 7700
website: www.covid19.act.gov.au

Lifeline Australia
Phone: 13 11 14
Website: www.lifeline.org.au

Beyond Blue
Phone: 1300 22 4636
Website: www.beyondblue.org.au

Mensline
Phone: 1300 78 99 78
Website: www.mensline.org.au

SCAM WATCH

What to look out for

We would like to remind all clients to remain vigilant against scam calls, emails and text messages which have increased during the pandemic due to more people working from and staying home. In addition to this, call 'spoofing' has also increased. This means scammers are able to make their calls appear to be coming from reliable sources such as Telstra, Australian Taxation Office, or even your own phone number. If you would like to report a scam, you can do so at www.scamwatch.gov.au/report-a-scam

- Beware of any requests for your details or money. Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust.
- Do not open suspicious texts, pop-up windows or click on links or attachments in emails – delete them
- Don't respond to phone calls about your computer asking for access – hang up
- Keep your personal details secure, including pin numbers and passwords, and shred any important documents before throwing them away
- Be careful when shopping online. Beware of offers that seem too good to be true, and always use an online shopping service that you know and trust.





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 offering weekly calls to all clients with a member from our Seniors team!

ONLINE ACTIVITIES

We will also be running a social catch up with some fun games via video chat every Monday at 1:30pm, starting on Monday 6th of September.

If you would like to participate any of these activities, please call us on 6126 9022 or email Tess at tessa.hutchison@commsatwork.org and we will provide you with all the details and help you get connected!



HEALTHY LIVING

The Health Benefits of Walking

While the recent lockdown has disrupted our usual routines, we don't want it to impact on our overall health and wellbeing. And while we might not be able to go to the gym or the exercise groups at the seniors centres, why not try and make the most of these sunny spring days and head out for a walk? Walking is 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.

- Walking for 30 minutes a day or more on most days of the week is a great way to improve and maintain your overall health
- A regular walk can help you meet four core fitness areas, endurance, strength, balance, and flexibility
- Walking can improve the management of conditions such as high blood pressure, high cholesterol, joint and muscular pain or stiffness, and diabetes
- Walking can reduce your risk of heart disease and stroke
- Walking can strengthen bones and improved balance
- Walking can increase muscle strength and endurance

Moderate activities such as walking pose little health risk but, if you have a medical condition, check with your doctor before starting any new exercise program of physical activity. Information via betterhealth.vic.gov.au

ART NEWS

Botticelli to Van Gogh Exhibition

The National Gallery of Australia recently had a Botticelli to Van Gogh Exhibition. The diversity of paintings in this exhibition was incredible. There were portraits, religious art and so many different styles. There was something for everyone. Van Gogh's Sunflowers were very popular. The flowers were not as bright yellow as I thought they would be but they looked so fresh, like they were just painted yesterday. The flowers weren't perfect and that made them look realistic. The painting had a subtle, luminous gold colour. Monet's Lillies was my personal favourite. Tickets to this exhibition were expensive, however, given no one can travel overseas at the moment, it was a good chance to see world-class artworks nearby! – Bianca



Seniors Art Groups

Prior to lockdown, our Creative Projects groups at Holder and Ngunnawal had been working on a wide range of pieces and learning new creative skills! If you are interesting in joining one of these groups when we reopen, please let Tess know on 02 6126 9022. We would love you to join!

MOVIE NEWS

The Bookworms and Film buffs group at Holder have been enjoying a range of movies. Recently they watched a movie called Hachi, a movie about an abandoned Japanese dog who bonds with a college professor when he takes him home. It is based on a true story of faith, devotion and undying love! Meanwhile, the group at Ngunnawal has been really enjoying the TV series 'The Crown', which tells the story of Queen Elizabeth. It has been lovely to reminisce with the group about these moments in history, some clients were even living in England at the time of key events!



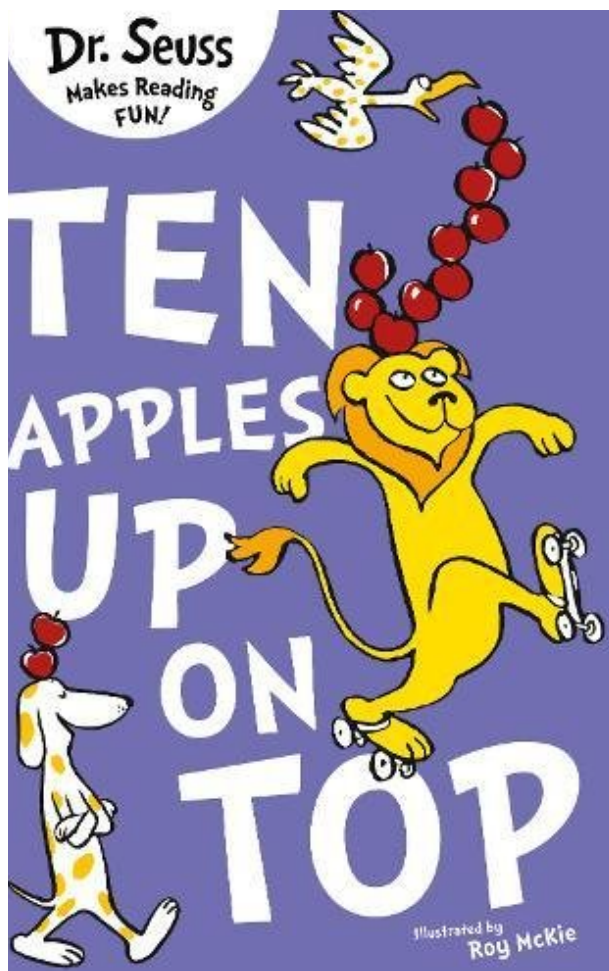
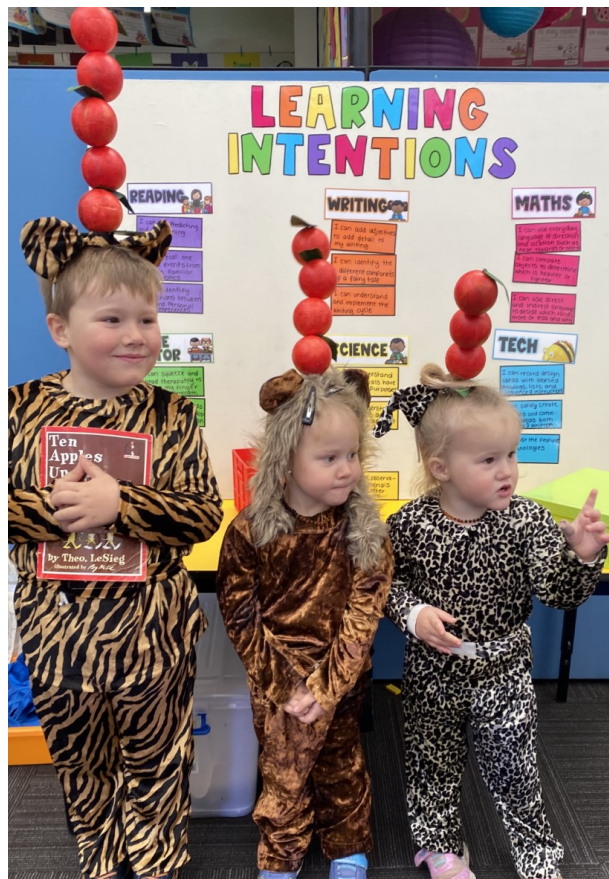
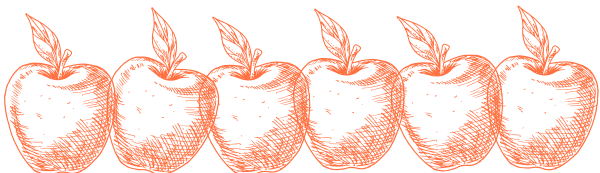
BOOK NEWS

Last year during lockdown, Jean David from Holder Seniors borrowed a book called "They came from the Sea". The book was written by one of her father's friends, E.V. Tims, who Jean had met when she was a child in Lismore. Published in the 1950s, the book is about a ship wreck in the late 1800s. It is part fiction and part fact. It contains a lot of history of the harvesting of red cedar trees in Northern New South Wales, not far from Byron Bay. Jean noticed that the names of the Cedar cutters mentioned in the book from the Ballina area were familiar to her as being ancestors of her friends. She also remembers some of the landmarks in the books such as a hotel. She was delighted to receive the book from our library as it has brought back such beautiful memories. And it has even sparked her brother to research more about E.V. Tims! A friend has since found more books by Tims about the same area! What a find!

GOOD NEWS STORIES

A Beautiful Book Week!

Last year, June Lakatos from our seniors centre at Holder, and her granddaughter Jessie, were busy making costumes for Jessie's three children, June's great-grandchildren, for Book Week. The first costume was based on the Dr Seuss book "Ten Apples Up On Top". You can just imagine the challenge keeping them there! "Jessie thought of foam apples so I painted the apples red" June recalls. "I had to keep them by the heater to dry. We then staked 5 of them up with a long piece of wire up the middle and attached them to a headband, which was tricky because Jason did not have much hair to grip the structure". The rest of his costume included a tiger print top and pants! The girls had 3 and 4 apples respectively. "They were easier to do because the girls had more hair to grip them". There were challenges along the way June recalls. "The material (for all 3 costumes) was shiny, stretchy, a real slippery thing." But they got there in the end, and I am sure you will agree the results are spectacular! As if that wasn't enough work for one year, the next day they commenced on 101 Dalmatians costumes! Jessie reflected at the end of the process: "It is great learning from Nan, she is an excellent teacher". June's love for creating doesn't stop there, she is also excellent at knitting and loves making jumpers and cardigans for the kids too! Do you make costumes for your grand children? What are your memories of costume making for yourself or your children? We would love to hear your stories!



GOOD NEWS STORIES



Gardening as Therapy

Thelma Beezley, from our Holder Seniors Centre, suggested we write an article on Richie's garden. Richie lived in Senior's Housing and I was fortunate to interview him last year before he passed away. Richie recalled moving in to his new home. "I've been here now a bit over 18 months. When I came here there was no garden at all; just cracked concrete in need of repair. But because of my physical limitations at the moment, I could not get down to fix it so I had to design a garden where everything was in pots". Some thought his garden was mission impossible but he gave it a go anyway. "The rockery was my very first project. I consulted with a few friends and they said 'you can't grow a garden bed on concrete.' I decide I was going to give it a go anyway. I purchased a fair portion of the succulents but different people gave me cuttings and it has all been very successful. I put black rubber tiles down because the concrete was very rough. It looks a lot better now, and I put in a bamboo fence, too, which also lifted it really nicely."



Richie grows vegies such as sugar snap peas, which he prefers over snow-peas. He plans to use them in meals like stir fries. He had a lot of success with the Asian style vegetables: "I'll do another crop before Christmas. I am enjoying eating the herbs and vegies I grow." The garden was very healing for Richie during his fight with cancer. Richie stated: "First of all, the garden has been a bit of a life-saver. The satisfaction I get from the work that I put in it, it is really fantastic. I am battling with cancer at the moment and it is just such good therapeutic value for me. It is important to me to have some sort of outlet. Above all that is the one thing I have benefited from."

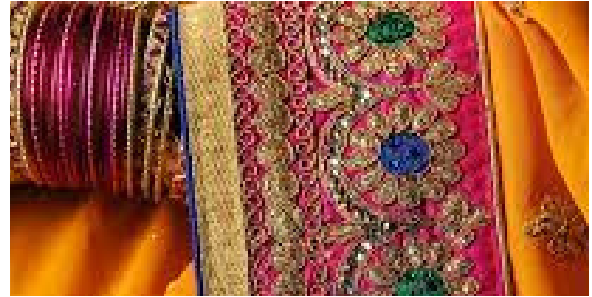


Richie loved sharing the space with friends and family, Richie said "I also take a lot of pleasure when people stick their head over the fence and ask to see the garden. I am always busy re-planting. It is forever changing. It is the sort of thing that I never have to say 'what am I going to do today?' Richie's hard work has also positively impacted those around him "Friends spend time in the garden helping me and it has inspired them too. A lot of people aren't happy here, but for me it is just ideal. My family and I had a BBQ in the garden and it was absolutely fantastic."

The Culture Exchange

Celebrating Saree day

With all of the challenging news about the COVID situation in India, we wanted to let them know our hearts are going out to them by celebrating their amazing culture! On 3rd of May 2021, our intrepid reporter Ayesha went to get the scoop at The Cultural Exchange group at Ngunnawal. The group was hosting a Saree day! A saree (also spelled sari) is a garment traditionally worn in India, Sri Lanka, Pakistan, Bangladesh and Nepal. The most well known style of draping is called 'Nivi' however a saree can be draped in over 100 ways! The women were dressed in colourful saris and draped them in a variety of ways, most of them in the traditional way, with the pattern on the left shoulder. One lady wore it on the right shoulder and one wore a ready made saree too. The different shoulders do not have a special meaning but may give a clue as to which state the wearer is from. Back at The Scoop group, whilst preparing this article, Ayesha taught us how to wear a saree too! Georgie had worn a saree before (see middle right) but it was a great experience to learn more about the tradition of the sari. We would like to thank The Culture Exchange Group for allowing us to share this special day!



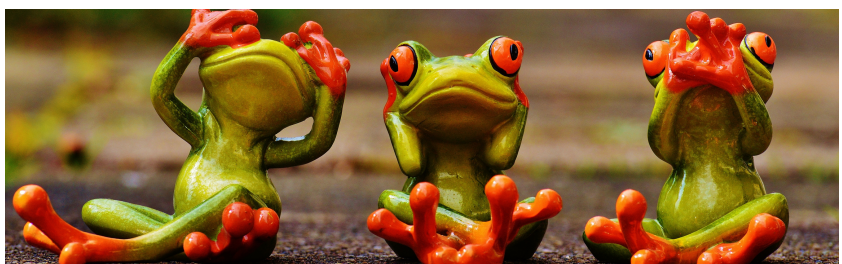
Collectors Corner

Jeans Frog Collection

Kermit may have said "It ain't easy being green" but for Jean Ryan, from our Holder Seniors Centre, it seems fairly natural. Jean lives, eats, sleeps and breathes in a world full of frogs. Indeed every corner of her house is filled with the critters, not real frogs of course, but every type of frog replica you can imagine, about 2000 of them to be precise. She has frog crockery and glasses, even frog salt and pepper shakers! She can have a shower with frog soap behind a frog shower curtain and she can dry herself with a frog towel and put on frog slippers, frog dressing gown and frog PJs! When she gets into bed, it is frog sheets and frog blankets that lull her off to sleep. If she goes out the next day she can wear a frog t-shirt with frog earrings, broach and necklace. Jean became interested in frogs about 34-36 years ago when she learned they were in danger of becoming extinct. She initially started collecting frogs and her two sisters soon followed suit. One sister continued to collect frogs until she passed away - leaving her collection to her daughter.



The other sister decided to stop collecting frogs and start collecting Russian dolls. Jean does not have a favourite frog, she loves them all! Jean said her most expensive frog item was a frog blanket for \$180. Her largest frog sits at over half a metre tall - he is dressed up as a cowboy. And her tiniest? A little metal frog which is about the size of her finger nail (bottom left). What was her greatest bargain? A frog at an op shop reduced from \$10 down to \$1. She said a lot of them are gifts, which begs the question, does she ever get gifted the same frog? "Very rarely" she replies. With a so many frogs I wonder if Jean has a fear of her frog's breaking? "Oh yes!" she replies. The photo above shows a small sample of Jean's Frog collection including a poster from the paper shop advertising to kiss a frog and turn it into a million dollars. Where will the frogs go after you pass on? Jean has an inkling that one of her great grandchildren will be happy to inherit the collection. So what does Jean not have? We asked if she had a frog tea cosy to which she replied "No, actually" Somehow we don't think she will be without one for long!



IN THE KITCHEN

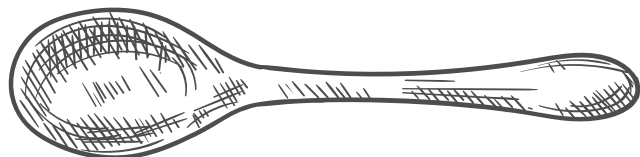
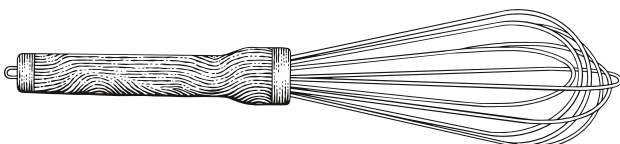
Chocolate log

INGREDIENTS

- Chocolate Ripple Biscuits
- 300ml Thickened Cream
- Raspberry Jam
- Chocolate Flakes
- Raspberries, Strawberries or your favourite fruit to decorate!

METHOD

1. Pour the cream into a mixing bowl and whip the cream. You can do it with an electric or non-electric whisk. Whisk just until the cream reaches stiff peaks.
2. Spread a little of the cream mixture along a serving platter to make the base, Stand 1 biscuit upright on its edge and spread with the jam. Place another biscuit alongside and sandwich together. Continue layering with jam and the remaining biscuits to form a log.
3. Spread the cream over the biscuit log to cover. Top with chocolate flakes (or your favourite topping or fruit) and place it in the fridge to set.
4. When the biscuits are soft it is ready to serve. You can cut on an angle to serve.
5. Enjoy!!!



POETS CORNER

The Awesome Community we love

Written by The Scoop Group

Communities at work seniors program
are pioneers
In taking care of the needs of seniors.
Be it a hospital visit, shopping or to the club
Their transporters with a smile are willing to wait
for a pickup or drop at the curb.
En route they help the seniors with small chores
Which brings a smile and relief as they get
outdoors.
A day out at the senior 's programs ,
keeps the members happy
As they forget their worries and are chirpy.
The facilitators have activities and sumptuous
meals pre-planned,
they make sure everyone has fun as planned.
Every day of the week the comms@work
Have different activities
meeting a multicultural group, movie club , arts
and crafts , which enhance their creativity .
Word games and bingo are most popular
Competing with similar age group and then
winning brings cheers
we, the seniors, look forward to coming again
and again over the years.



Just for laughs

The Donkey and the Zebra

*When the donkey saw the zebra
he shook his head and tail,
'Well I never' said the donkey,
'there's a mule that's been to jail'.*



FOR SOLVING

SUDOKU

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

JOKES OF THE MONTH

From Jean R from the Holder Group

Q: Why did the scarecrow win an award?

A: Because he was out-standing in field.

Q: Why do actors say break a leg?

A: Cause every play has a cast.

Q: What do you call two blokes sitting on a window?
Kurt and Rod.

Q: What kind of songs do planets sing?

A: Nep-tunes.

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'.

P	B	L
T	A	K
D	C	E

FOR WATCHING

MOVIE REVIEWS

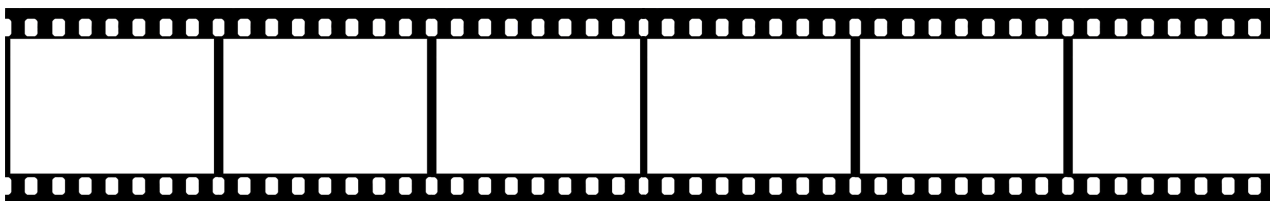
In this newsletter, we are reviewing three movies which may seem a bit excessive but all focus on challenges faced by older people. The first film, *The Father*, was recently at the cinema, however *Poms* and *Never Too Late* are older releases available on DVD or online. The latter two explore the experience of aged care, one is in a residential facility and one is in independent living. Both show people grappling to assert their identities against rules that are imposed on them. They also show older people's desire to live out dreams from their youth. But what is different about the two films is that one film, *Poms*, deals with women's perspective and the other, *Never Too Late*, deals with the men's perspective. We highly recommend watching these two close together as the comparisons are fascinating!

THE FATHER

This film is about a man who has dementia and how his brain reacts. It is a bit confusing at the start because he seems to be okay. The film shows a lot of things, like rooms from Anthony's perspective which gives the viewer a sense of what it is like to have dementia.

The film is also about his relationship with his daughter and her journey. It shows a complex relationship between father and daughter where the daughter must care for her father but her actions are not always interpreted as care by him.

It is mainly a very serious film but it has some very funny moments, like when Anthony thinks he is a dancer. One of the reviewers of this film had a family member with dementia and felt the film was very accurate. It would be a very useful – though difficult – tool for people whose family members are diagnosed with dementia to better understand the condition.



FOR WATCHING

POMS

Poms is a film which shows it is never too late to fulfil a dream. Martha is an introverted woman who moves to a retirement community in which everyone must join a club – but the clubs – such as chess and knitting – are too boring for Martha. Originally, Martha hopes to be left alone, but her neighbour Chery won't have a bar of that. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents, and the audition process is hilarious!



It's not long before the ladies face discrimination from local teenagers who tease them and say they can't be in the competition because of their age. But they finally prove themselves as cheerleaders. It is a fun but serious film and will have you wanting to laugh and dance!



NEVER TOO LATE

Never Too Late is a hilarious story about the lasting friendship of four Vietnam veterans who after 50 years find themselves in the same aged care facility. It also follows a love story between seniors trying to reconnect after half a century but finding they are frustrated by the hurdle of living in two different aged care facilities. The film is full of laughs as the boys plot an escape to fulfil their dearest wishes and making sure they have no life regrets. Be prepared for colourful language and seeing a bit too much of Jack Thompson.

On a serious note, between all of the laughs are some very serious issues. The film shows an example of poor treatment of seniors through the use of restrictive practices (that is restraining their freedom either by physical or chemical means), a serious breach of human rights. The film can still be viewed positively if we think of it as a prompt to remember best practices and how we can recognize and report issues when something does not look right.



If you have concerns about how older persons are being treated, you can contact the Older Persons ACT Legal Service (OPALS) on 6243 3436 or email on opals@legalaidact.org.au. OPALS can also be reached on the national hotline: 1800 ELDERHelp (1800 353 374).

PHOTO GALLERY

Photo Of The Month



Photo Flashback!

The photo above is from the Melbourne cup in 2019. This was a very exciting event where seniors from the Holder Groups travelled to Ngunnawal to celebrate the Melbourne cup. There were many festivities including a sweep. A highlight was the "fashions on the field" event where seniors sashayed down the catwalk to the tune of ABBA's "Money, Money, Money." This photo shows the winners of the "best dressed." Do you have a fun photo you would like to share? 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.

