



Welcome to the second edition of Communities@Work's Seniors Newsletter! We hope this newsletter finds you well and that you are staying nice and warm as winter arrives. It has been exciting to see our team finding new ways to stay connected with you and this month we have rolled out new activities. In addition to offering weekly calls for a chat, we are now providing online video group sessions using "Zoom". Our weekly Zoom sessions include groups facilitated by Tess, Bianca and more recently, Praksis have been joining us for gentle exercise sessions. We have been Zooming like we have never Zoomed before!

Along with phone calls and Zooming, the team also successfully coordinated the roll out of a mass delivery of fresh produce from both Seniors Centres vegetable gardens. I'm looking forward to hearing what you cooked! While COVID-19 restrictions are starting to ease in each State and Territory, we are still subject to social distancing and limitations to the number of people we can have in our centres at any given time. We remain committed to providing high quality services and want to ensure we continue with the relevant adjustments when we resume group activities in our centres, for the safety of you and our team. For now, we will continue to provide calls, Zoom activities and activity packages for you to complete at home. A review of our Centre programs will commence toward the end of June.

In the meantime, we will keep you in the loop using this newsletter and our calls with you. Any significant changes will be communicated with you by phone and letter. If you have any questions, please do not hesitate to contact Tess Hutchison or myself on 6293 6500. Stay well, stay connected, and stay warm!  
Hope McMahon.

## COVID-19 HEALTH UPDATES

The ACT Government has established a dedicated website for all information relating to COVID-19 in the ACT including the latest health updates and statistics, advice about protecting yourself and others, how to self-isolate or quarantine, details about economic support and much more. Visit the website at <https://www.covid19.act.gov.au/> or call the ACT Government Covid-19 Hotline on 6207 7244.

You can get tested for COVID-19 in the ACT if you have the following symptoms:

- Fever of 38 degrees or greater (or recent history of fever such as chills or night sweats)
- Symptoms of respiratory infection (such as shortness of breath, cough, or sore throat)

In addition, people who have sudden onset of loss of smell, loss of taste, runny nose, muscle pain, joint pain, diarrhoea, nausea, vomiting or loss of appetite may be eligible for COVID-19 testing, after assessment by a health professional. If you develop any of these symptoms, please call your GP or visit a Respiratory Assessment Clinic.

Information via the ACT Seniors and Veterans Newsletter. If you would like a copy of this newsletter, please call us on 6126 9022.

## HOLDER UPDATE – Tuesday Bianca

Tuesday group members are going well. It appears that there is quite a bit of gardening happening and going for walks in the sunshine when the weather is good. Georgie went down the coast to stay with her daughter and had a wonderful lunch in Ulladulla. Jean R has provided some fun jokes for the newsletter. These will be in the jokes section!

I have started a weekly zoom chat group. It is currently on Thursdays at 2pm with eight different people from the Tuesday and Thursday groups have participated so far. We have been discussing what we have been up to, show and tell on our craft projects, discussing ideas for TV shows and movies to watch and we even a South Coast bushfire recovery update from Georgie's daughter. If you would like to join in a Zoom chat, please call me on 6293 6245.

## HOLDER UPDATE – Thursday Bianca

Moraig is out of hospital and is doing well. Connie recently made a great pavlova for a mother's day dessert with her daughter. She said she might even send us the recipe. Like the Tuesday group, a lot of you are gardening. Maria started a beautiful community garden in a spare patch of land in her front yard. We look forward to seeing the photos! Pauline has a funny joke to share: What animal needs oil? A mouse because it squeaks!

A few of you have been working on some interesting pieces. Bev W is knitting a beautiful scarf in shades of red ranging from deep dark red to light pink. Faizah has been practicing sketching. June has recently made a terrarium with plants and it even has a little fake spider, lady beetle and a grasshopper!

## NGUNNAWAL UPDATE – Tess

Hello Tuesday and Wednesday Group Seniors! We hope you are keeping well. It has been great to hear about what you are all up to. Gladys has been working on her mosaics, Jan is busy knitting and Julie has been helping in the community garden in her complex. And of course, a number of you are dusting off the jigsaw puzzles in the cupboard and testing your patience, well done!

As you will read throughout the newsletter, we have a number of new activities happening online. If you are having trouble getting connected or would like to participate but you aren't sure how, please let me know on 6126 9022. I would be more than happy to help set you up and see your lovely faces! I look forward to more chats over the coming weeks. Stay warm!

## NGUNNAWAL UPDATE - Yvette

With Autumn in full swing and Winter nearly upon us, this time of year makes me think of hearty soups, delicious stews, open fires and spiced mulled wine...

As a child, my family would go camping and we would spend the day exploring a new area, hiking along bush trails and fishing in nearby rivers. Then at night we would sit around the fire, telling jokes, sharing stories, roasting marshmallows and drinking hot chocolate.

How did you spend the cooler months as a child? Do you have a story you'd like to share in our next newsletter? Maybe you can recall a favourite place you and your family would visit together. Feel free contact me via to email at [yvette.jones@commsatwork.org](mailto:yvette.jones@commsatwork.org) or give me a call on 6293 6245.



## MENS GROUP UPDATE - Bernie

Hi everyone,

Hope you are all staying warm and well. Things are starting to improve in Australia however we still need to remain cautious.

As you have seen our gardens have produced nice veggies and we are now looking at setting them up in time for spring. We are also planning to do some creative activities online via Zoom for you guys, so watch this space. Let us know if you wish to do something in particular or have any ideas to share. I'll leave you with a joke.

'Singing in the shower is fun until you get soap in your mouth.

Then it becomes a soap opera!

## MOVIE NEWS

While a number of film releases have been put on hold due to the coronavirus, there are several films that are still scheduled for release later in 2020 with cinemas hoping to open in July by running staggered sessions and implementing a number of safety measures. These include Marvels *Black Widow* in October, Warner Brothers *Wonder Woman 1984* in August and the new James Bond film *No Time to Die* in November.

In the meantime, if you have run out of things to watch, why not borrow a DVD from Communities@Work Seniors Library! We not only have books, we have a great selection of DVDs including comedies, dramas, documentaries, and old classics! If you are interested, you can find the details under 'Book News' below.

## ART NEWS

Have you ever wanted to visit The Louvre in Paris? Well now you can! Visit Paris from your lounge room. Using an Ipad or computer, you can go on a virtual tour of The Louvre – The most famous art museum in France. You can visit different rooms and exhibitions at the click of a button. The link:

<https://www.louvre.fr/en/visites-en-ligne>

Other virtual tours and live camera set ups can be accessed using the links below!

Met Museum -

<https://www.metmuseum.org/art/online-features/met-360-project#>

San Diego Zoo -

<https://kids.sandiegozoo.org/videos>

Yosemite National Park -

<https://www.virtualyosemite.org/virtual-tour/#node27>

## BOOK NEWS

We are excited to announce we have set up our first mobile Communities@Work Seniors Library! The library will be run out of our Ngunnawal Seniors Centre and all books will be available to borrow through our wonderful transport service who will drop off straight to your door and pick them up when you are finished!

We have a great selection of books including romance, dramas and thrillers, as well as gardening, history and cook books! We are currently putting together a catalogue which will be available soon.

If you are interested in borrowing books or DVD's from the library, please get in touch with Tess on 6126 9022 or via email [tessa.hutchison@commsatwork.org](mailto:tessa.hutchison@commsatwork.org)



## GOOD NEWS STORIES

### Communities@Work Seniors Garden

With the weather cooling down and the first frosts having been seen, things in the garden will be slowing down a little bit, while we enjoy the warmth of the sunset pallet as the trees and bushes shed their leaves to sleep through winter. Since our last newsletter, we have harvested both the Holder and Ngunnawal gardens with the produce delivered to many of you. We hope that you have enjoyed the fresh produce! At Holder we harvested 24 pumpkins in total, some of which were used in the centre, shared out amongst clients and cooked by Leah to provide meals to families in need. Several kilos of tomatoes were harvested from the four plants in the bed by the gate, along with some chillies and herbs. I have planted some cabbages, garlic and silver beet at Holder. The pumpkins have been tidied away, the spinach and lettuce are growing, the peas are starting to blossom and the geraniums are a picture still.

The Ngunnawal bed was surprisingly productive producing a large cauliflower, potatoes, silver beet, butter lettuce and spring onions which were delivered to clients. There were also many 'self-sown' or 'volunteer' celery seedlings popping up in the wicking beds along with some well-established cos lettuce seedlings. The leeks are still maturing and some potatoes were too small to dig up. There are shoots at the base of the cauliflower which should provide some smaller heads shortly.



It is also time to plant strawberries! They grow well in self-watering pots or hanging pots as well as in the ground. There is a lady in Canberra who grows hers in stackable self-watering pots and she grew almost 50 kilos of strawberries in her back yard patio area. I will be planting some strawberry runners in both the senior's gardens shortly - Sue.



### Communities@Work Seniors and Australian Angel Babies project

Angel Gowns for Australian Angel Babies Inc. is a not for profit organisation run solely by volunteers who donate their time and skills to transform donated wedding attire into small Angel Gowns for babies up to 18 months, who have sadly passed away and grown their Angel Wings. Our packages are donated to hospitals, funeral homes and directly to parents Australia wide. Each "Angel Gown Package" contains a Gown/Wrap, Blanket, Nappy, Beanie, Booties as well as a Keepsake.



Currently, there are a number of Communities@Work clients who are knitting and crocheting blankets for the cause; however we still need help from knitters to



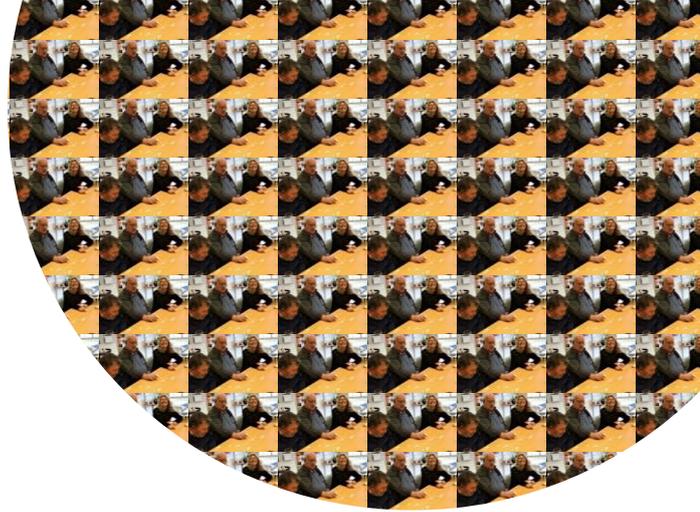
make beanies and booties, and sewers to make wraps and fabric blankets. If you would like to be involved, please get in touch to discuss your skills and sign up to the program. All materials for the projects are supplied by the organisation and can be dropped off to you by a Communities@Work staff member with your instructions inside. Please contact Yvette for further details on 6293 6245 or [yvette.jones@commsatwork.org](mailto:yvette.jones@commsatwork.org)

### **Captain Tom Moore, UK war veteran and hero coronavirus fundraiser, to be knighted** (ABC.NET.AU)

After becoming a national hero in Britain for his world record fundraising efforts, topping the UK music charts and being appointed an honorary colonel, 100-year-old war veteran Captain Tom Moore — soon to be known as Sir Tom — is about to become a knight.



Captain Moore became a global inspiration when he raised 33 million pounds (\$61.8 million) for the UK National Health Service (NHS), which is under extreme pressure amid the COVID-19 pandemic. The World War II veteran raised the Guinness World Record sum in the run-up to his 100th birthday by painstakingly completing 100 laps of his garden with the aid of a walking frame. When he first started, he was a mere retired captain



with a goal of raising 1'000 pounds. But as he walked, a nation in lockdown became captivated by the veteran's simple determination and promise that "tomorrow will be a good day".

### **School Bus Drivers Arrange Heart-warming Aerial Tribute for Graduating Students in Quarantine**

(GOOD NEWS NETWORK.COM)

Since the novel coronavirus shutdowns have cancelled thousands of graduations ceremonies across America, these



devoted Ohio bus drivers went above and beyond the call of duty to honour their senior high school students. In a heartfelt display of love, the Loveland High School's transport department arranged 22 of their buses to spell out "2020" when viewed from above. Jim Barrett, the school's art and photography teacher, used an aerial drone to capture footage of the buses waving up at the camera from in between the buses. 'Some of us have been around long enough to transport these kids since kindergarten. This is a huge accomplishment and anyway we can show them some love, we will do it. So here's to the Class of 2020' said Loveland bus driver Jennifer Bloom.

## IN THE KITCHEN

### PORCUPINE MEATBALLS

#### INGREDIENTS

- 500g beef mince
- ¼ cup long grain rice, uncooked
- 1 egg, slightly beaten
- 1 tablespoon parsley, chopped
- ¼ cup onion, finely chopped
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- Salt and pepper
  
- 1 400g can condensed tomato soup
- ½ cup water
- 2 teaspoons of Worcestershire sauce

#### METHOD:

1. In a bowl, combine meat, rice, egg, parsley, onion, garlic powder, paprika, salt, pepper, and ¼ cup of tomato soup
2. Mix thoroughly to combine and shape into about 20 meatballs
3. Heat a frypan and place meatballs in to cook
4. While the meatballs are cooking, mix the remaining tomato soup, water and worcestershire sauce.
5. Pour the soup mix over the meatballs in the frying pan and bring to boil, then reduce heat.
6. Cover and simmer for about 35-40 minutes stirring often. Serve with rice, mash or veggies!



#### A NOTE FROM LEAH

Hello everyone! Well Anzac Day has been and gone and most of us have either lit the fire or turned on the heater. I would like to start giving you some easy and nutritional, comforting winter recipes you can cook and eat, but also freeze for later use. This recipe is a family favourite I have been making since my children were young. It's nothing fancy, just really great flavours that work well with either rice, pasta or mashed potato on the side. Please give it a go, we would love to hear your feedback! – Leah

Recipe from [therecipecritic.com](http://therecipecritic.com)



## 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 are 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](mailto:tessa.hutchison@commsatwork.org) for details.

Dates: From the 2<sup>nd</sup> of June to the 23<sup>rd</sup> of June, 2020

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 **two weekly video calls** via Zoom for a social catch up with a group facilitator and other Seniors clients!

**Online Activities:** We will be running activities every Friday at 10am, starting on Friday 12<sup>th</sup> of June. The activities will include **Bingo, Trivia, Art and Garden** activities as well as **Cooking demonstrations!**

**Pen Pal Activity:** We are excited to announce a Pen Pal program in partnership with our Communities@Work Child Care and Education Centre 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 any of these activities, please call us on 6126 9022 or email [tessa.hutchison@commsatwork.org](mailto:tessa.hutchison@commsatwork.org) and we will provide you with all the details and help you get connected!



## FOR SOLVING

### Sudoku # 2 - EASY

	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: What is green, short and goes camping?

A: A boy sprout.

Q: What do you call a monster sleeping in a chandelier?

A: A light sleeper.

Q: Why did the police man arrest the turkey?

A: He suspected foul play.

Q: What did the duck say when it bought lipstick?

A: 'Put it on my bill'.

**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+. Women's Weekly Australia.

E	O	R
I	U	T
D	S	B

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## FOR LAUGHS

### Brushing Roulette

From 'Keep your brain alive' by Lawrence C Katz, Ph.D. & Manning Rubin

Brush your teeth with your nondominant hand (including opening the tube and applying toothpaste). You can substitute any morning activity – styling your hair, shaving, applying makeup, buttoning clothes, eating or using the TV remote.

This exercise requires you to use the opposite side of your brain instead of the side you normally use. Consequently, all those circuits, connections, and the brain areas involved in using your dominant hand are inactive, while their counterparts on the other side of your brain are suddenly required to direct a set of behaviours they usually don't participate in.

Research has shown that this type of exercise can result in a rapid and substantial expansion of the circuits in the parts of the cortex that control and process tactile information from the hand.

## FOR FUN

### Italian Hot Chocolate

How long has it been since you had a really good hot chocolate on a chilly evening? If your answer is 'I can't remember' then it has been too long. I researched hundreds of recipes to find one that will make you melt into your seat. I promise this drink is both thick and decadent. You really have to try it – Leah.

- 100g chopped dark chocolate or chocolate chips
- 2 tbsp cocoa powder (unsweetened)
- 2 tbsp caster sugar
- 2 cups (500ml) milk + 2 tbsp
- 4 tsp corn flour
- Pinch smoked salt or regular

Add the milk to a saucepan and add the chopped chocolate, cocoa powder and sugar. Heat the mixture, stirring occasionally until all the chocolate and sugar has melted. Mix the corn flour with 2 tbsp of milk then add it to the chocolate milk. Stir the hot chocolate until thick and smooth, add a small pinch of salt and serve in mugs. Recipe via [insidetherustickitchen](http://insidetherustickitchen)



PHOTO OF THE MONTH!



Above is the lovely Iris from the Holder Seniors Group on her wedding day. Isn't she beautiful!

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](mailto:tessa.hutchison@commsatwork.org) or call 6126 9022 to chat about how we could take a copy for you.

