

**AUGUST
2020**



August Already?

It is hard to believe we are already over halfway through this year. And what a year it has been so far! Despite the ever-changing restrictions we face you have all shown amazing strength, resilience and flexibility while keeping in contact with your residents.

Although it is often hard to tell if you are making a difference, please know that you are. Every time your resident receives a card, letter or phone call you will make them smile and that is priceless.

Please keep going over this next period of lock down. Write letters, send a photo with a note about where the photo took place, send a card just saying 'thinking of you'. Every little bit helps!

We also want to ensure that you all remember to take care of yourselves over the coming months. Just as you are making a difference for your resident, we want to ensure we can support you as much as we can.

We are always available for a chat, whether you want to talk about your resident, ideas for how to communicate, or are just feeling like you want to chat about the weather - we are here and more than happy to talk with you all!

There are many ways to take care of yourself. Here are a few to try and incorporate each day:

1. Stay active
2. Take 10 minutes for mindfulness activities eg, meditation, deep breathing, or focusing all your attention on a small task
3. Talk with friends
4. Eat well – make homemade meals
5. Switch off the news for a while!
6. Listen to music
7. Read something uplifting
8. Learn something new
9. Join a support group

There are plenty of great articles to help you practice self-care. If you are interested in reading more here are some to get you started:

- If you are interested in reading more about this topic, we recommend you google 'self care for seniors' as there are a variety of helpful articles to review.

Remember to look after yourself and let someone know if you are not coping. We are all in this together and we will all get through this difficult time by supporting those around us. Stay safe everyone!

Andrea

Deep Breathing for Stress Relief

1. Close your eyes. Find a scene in your mind's eye that you find relaxing.
2. Take several slow deep breaths. Breathe in, and in doing so imagine the air is full of peace and serenity.
3. Allow calmness to spread through your whole entire body.
4. Breathe out, and in doing so imagine that the air being exhaled is taking away all of your stress and heaviness.
5. Now repeat breathing in, and accompany it with a phrase such as "I breathe in weightlessness."
6. Breathe out with a phrase in your head, such as "I breathe away my stressors."

Do this for 10-20 mins.



Save The Dates



Zoom Catch Ups

We received some great feedback from our zoom sessions held in May for National Volunteers Week that we have scheduled another one for Wednesday 16th September. If you are interested in having a chat please let us know so we can send you the link. It is important we all stay connected, now more than ever.



Christmas Catch Ups

We are also currently looking at options for our annual Christmas celebrations, usually held in November. As soon as we have some definite plans of how this will occur this year we will let you know.



Liezel (left) and Bron (right) showing off their coincidental matching outfits.

Vale Liezel Jonker

We have learned the very sad news that Liezel Jonker has passed away following a long fight with cancer.

Liezel was an incredible lady, admired colleague and a treasured friend. Many of you may remember the bright and vibrant approach she brought to her role as Volunteer Programs Officer during her time with The Centre, including her work with the Community Visitors Scheme.

Her dedication to and passion for her role, along with her humour, confidence and optimism ensured that she was able to support all of our volunteers and residents wholeheartedly.

Liezel fought with such strength to the very end. Our thoughts and best wishes are with her family, including her husband and son, during this sad time.

About Grief

Looking after yourself

When grieving, or supporting someone who is grieving, it can be all too easy to neglect our own needs. Taking the time to look after yourself, however, can make a big difference in your ability to function on a day-to-day basis, especially in the longer term. Below are some suggestions about how to get through some of the difficult times.

Privately and personally

- » Try to delay major decisions that cannot be reversed for 6–12 months, e.g. disposing of belongings.
- » Keep a diary or journal.
- » Create a memorial – do or make something to honour your loved one.
- » Develop your own rituals, e.g. light a candle, listen to special music, make a special place to think.
- » Allow yourself to express your thoughts and feelings privately. Write a letter or a poem, draw, collect photos, cry etc.
- » Exercise – do something to use pent-up energy, e.g. walking, swimming, cycling, gardening.
- » Draw on your religious or spiritual beliefs and practices.
- » Explore other people's experiences through books, movies, articles, etc.
- » Do things that are relaxing and soothing.
- » Some holistic or self-care ideas that may assist include meditation, distractions, relaxation and massage.
- » To help with sleeplessness: exercise, limit alcohol and caffeine and try to maintain a routine, especially around bedtime.

With other people

- » Sharing with other people can reduce the sense of isolation and loneliness that comes with grief.
- » Allow people to help you; don't be embarrassed to accept their help. You will be able to help someone else at another time. It is your turn now.
- » Talk to family and friends; sharing memories and stories, thoughts and feelings can be comforting and strengthen your connection with your loved one.
- » Consider joining a support group to share with others who have had similar experiences.
- » Take opportunities to join in public ceremonies where you can be private, yet part of a larger group.
- » Use rituals and customs that are meaningful to you.
- » Talk with a counsellor to focus on your unique situation, to find support and comfort, and to find other ways to manage, especially when your life or your grief seems to be complicated and particularly difficult.

When to seek further help

Although grief can be very painful, most people (85–90%) find that with the support of their family and friends and their own resources, they gradually find ways to learn to live with their loss and do not need to seek professional help.

Sometimes however, the circumstances of the death may have been particularly distressing, such as a traumatic or sudden death, or there may be circumstances in your life which make your grief particularly acute or complicated. If you are finding it difficult to manage on a day-to-day basis, it may be helpful to see a counsellor or other health professional. It's okay to admit you are struggling with your grief. No-one will think any less of you if you ask for help along the way.

EASY SUDOKU #3

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The wellbeing clinic for older adults

Counselling, Volunteering, Education and Research

Telehealth Counselling and Support Service for Residential Aged Care

The impact of COVID-19 upon the aged care community has been unprecedented and significant. Aged care residents, their families and staff may feel isolated, worried or anxious.

The Swinburne Wellbeing Clinic for Older Adults has been operating for 10 years. In response to the COVID-19 crisis, we are now offering a free tele-health service to provide ongoing emotional support during this challenging period.

You can receive this service if you are an aged care resident. You can also receive this service if you are a family member, friend or staff and would like support in caring for a resident.

Our counsellors are provisionally registered psychologists, social work interns, and counselling postgraduates, who are supervised by experienced practitioners.

Our counsellors are ready to support you through the next few months by phone or video calls.

Further information, questions and contact details

Please do not hesitate to contact Swinburne University if you have questions about the service. They are currently piloting this service, and so expect that you may have suggestions for how we can improve our services.

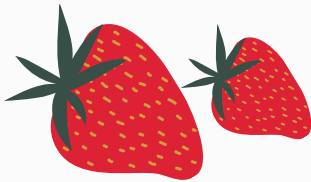
To contact us, please complete our online contact form available at <https://bit.ly/3cFyv8K> or email wellbeingclinic_agedcare@swin.edu.au

To request our tele-health service for yourself or another person, complete our online referral form <https://bit.ly/3cFyv8K>.

We wish you the very best - from all of us at the Swinburne Wellbeing Clinic for Older Adults.
Professor Sunil Bhar PhD



Lacy Cornmeal Pancakes with Strawberry Compote



Compote

- 1 lb. Strawberries, hulled and halved
- 2 Tbsp. dark rum (optional)
- 2 Tbsp. sugar

Pancakes

- 1 1/2 cups milk
- 4 tsp. apple cider vinegar
- 1 1/2 cups (225g) cornmeal
- 3/4 tsp. baking soda
- 3/4 tsp. kosher salt
- 2 large eggs
- 4 Tbsp. unsalted butter, divided

Method

- Cook strawberries, rum, sugar, salt, and 2 Tbsp. water (add 1/4 cup water if not using rum) in a medium saucepan over medium heat, stirring occasionally, until strawberries are softened and juices have thickened and are syrupy, 20–25 minutes. Let compote cool completely before serving.
- Stir milk and vinegar in a small bowl. Let sit until milk curdles and sours, about 5 minutes.
- Meanwhile, whisk cornmeal, baking soda, and salt in a medium bowl.
- Whisk eggs into milk mixture, then add to dry ingredients and whisk vigorously to combine.
- Melt 1 1/2 tsp. butter in a large nonstick skillet over medium-high. Ladle 1/3 cup batter into skillet. Cook pancake until lacy and browned underneath, about 3 minutes.
- Flip and cook just until cooked through, about 1 minute. Transfer to a plate (or keep warm on a baking sheet in a 300° oven until ready to serve if desired). Working in 7 more batches, repeat process with remaining butter and batter to make a total of 8 pancakes.
- To serve, divide pancakes among plates and spoon compote over.

Brain Teasers

1.

I am lighter than air but a hundred people cannot lift me. Careful, I am fragile. What am I?

2.

What has six faces, but does not wear makeup, and twenty one eyes, but cannot see?

3.

What time does Roger Federer wake up in the morning?

4.

I do not have wings, but I can fly. I don't have eyes, but I will cry. What am I?

5.

What do you find in the middle of nowhere?

6.

The more you take, the more you leave behind. What am I?

7.

What runs around the whole yard without moving?

8.

Before Mount Everest was discovered, what was the highest mountain on earth?

1. A Bubble 2. A Dice 3. 10-ish 4. A Cloud 5. The Letter H 6. Fingerprints
7. A Fence 8. Mount Everest

What to do in the garden in August



Your garden is mostly dormant in winter and the cold, wet weather makes it hard to get outside. But August marks the transition period between the cold and warm months, making it a great time to get out there and get your garden ready for spring.

When it comes to growing, timing is everything.

You can still plant winter veggies like peas, broad beans, onions, spring onions, chives, and leeks. It's getting a bit late for cabbages, cauliflower and broccoli now but you could still plant in some good-sized seedlings at the start of the month. Early varieties of spring vegetables like carrots, silverbeet, and spinach can tolerate the cold. However, you're better off with seedlings because seeds will take a while to come up.

If you're really keen, you can grow spring and summer vegetable seedlings indoors. Plant pumpkins, beans, tomatoes, corn, zucchini or watermelons in seed trays and place them in a well-lit area. Nurse them through until the weather warms up and transfer to your garden in spring. But if you live in a warmer region, you can start on spring vegetables a bit earlier. Think about snow peas, rocket, silverbeet, spring onions, cabbage, lettuce, parsley, zucchini, pumpkin, leek and parsnip. And as it gets warmer, sow tomatoes, capsicum, eggplant, beans, cucumber, pumpkin, beetroot, silverbeet, cabbage, carrots, lettuce, radish, and even early season potatoes.

FACT SHEET

Using technology to communicate effectively

There are a number of ways to stay connected when you can't physically see someone. Some ways are easy – make a phone call, write a letter or card, send a parcel. But other ways are new and harder to navigate. Use this fact sheet to help understand other ways to use technology to stay in touch with others.



Facetime

FaceTime is used exclusively on apple products and is already preinstalled for one on one video calling. Face time operates through your phone, data or internet plan that your device uses.



How to use Face time on iphone or ipad - <https://www.youtube.com/watch?v=TXLZ-egtle0>



Written instructions for Facetime on Apple computer - <https://www.businessinsider.com/how-to-facetime-on-mac?r=AU&IR=T>



WhatsApp

WhatsApp is a free app that can be used on any phone connected to Wi-Fi. The app allows you to make voice and video calls, send and receive messages, documents, photos and videos.



Written and video instructions to set up WhatsApp
<https://www.whatsapp.com/coronavirus/get-started>



Skype

Skype is an application that specialises in video chat and voice calls. It can also be used to send messages and images. It can be used on computers, phones, tablets, ipads and other devices connected to the internet. You can have multiple people involved in the one video call at once. It has many free features and some additional paid features.



To use you need to download skype to your device and create an account. There are many online tutorials on how to use Skype. Some simple tutorials are:



Written instructions - <https://mashable.com/2014/07/09/skype-for-beginners/>
Installing skype (Video instructions) - https://www.youtube.com/watch?v=Bhwens7f_tg



Zoom

Zoom is a cloud-based system that operates through the internet or calls, video calls and online chat. Zoom has full basic plans for free with higher paid plans available. All of Zoom features can be used on computers, smartphones. The calling function can also be used from a standard telephone.



To use you need to download zoom to your computer. If you are joining a zoom meeting someone else has sent you then you do not need an account. You just need to join the meeting.



How to join a zoom meeting <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

If you would like any further help in learning how to use any of these communication programs please let us know.

Light as a Feather

Find all of the hidden words and the letters that remain spell out a funny saying about our feathered friends.



BLUE JAY
CANARY
CRANE
CROW
DOVE
DUCK
EAGLE
EGRET
EMU
FALCON
GOOSE
GULL
HAWK

HERON
IBIS
KINGFISHER
KIWI
LARK
LOON
MACAW
MAGPIE
ORIOLE
OWL
PELICAN
PENGUIN
PUFFIN

QUAIL
QUETZAL
RAVEN
ROBIN
STORK
SWALLOW
SWAN
TERN
TOUCAN
TURKEY
WREN

Information for CVS auspices on the older person's COVID-19 support line

As members of the Community Visitors Scheme supporting older Australians at this time, we thought it was important to share with you one of the resources available to you and your care recipients **if they are feeling worried or distressed about COVID-19.**

A new Older Person's COVID-19 Support Line has been set up to provide information and support, and to check on the wellbeing of older Australians during the period of social distancing measures in response to the COVID-19 pandemic. Council on the Ageing (COTA) Australia, National Seniors Australia, Dementia Australia and the Older Person's Advocacy Network (OPAN) are delivering this service with support from the Australian Government.

Many of you have asked how you can support older Australians outside the Aged Care System; this support line will be a great resource for you. The service includes outbound calls to home care recipients and receives inbound calls to provide contact, reassurance and practical advice on COVID-19 resources. As the service is provided by community groups, they will also assist with connecting these older Australians to services that maximise social engagement and wellbeing whilst at home.

Your care recipients may wish to call the Support Line, **1800 171 866**, if they:

- would like to talk with someone about what COVID-19 means for them or a loved one
- are caring for someone and need some information or a listening ear about what COVID-19 means for their circumstances
- are worried about what COVID-19 means for their usual aged care service
- are worried about a friend or family member living with dementia
- are unable to access information on the internet and would like up-to-date advice.

This phone service is designed as a short term wellness check and COVID-19 advice service, and is not designed to replace the ongoing relationships built through the Community Visitors Scheme.

The Support Line staff have information about the CVS scheme and know how to recognise who may benefit from the scheme and will refer to the relevant CVS state network.





THE VOLUNTEER CENTRE

Connecting volunteers and volunteering opportunities across the Hume region



VOLUNTEERING OPPORTUNITIES

Explore the current volunteering opportunities within our region

[READ MORE →](#)



BECOME A VOLUNTEER

Learn more about becoming a volunteer with a local organisation

[READ MORE →](#)



ORGANISATIONS

Find volunteers for your community group or organisation

[READ MORE →](#)

"VOLUNTEERING IS TIME WILLINGLY GIVEN FOR THE COMMON GOOD AND WITHOUT FINANCIAL GAIN"

The benefits of volunteering

Volunteer Skillsbank has been rebranded as The Volunteer Centre. To visit our brand new website, head to <http://volunteercentre.com.au/>



Are you following us on
facebook

@volunteercentreVic



Residents currently awaiting visitors

Please spread the word about our residents currently awaiting volunteers.

Our aim is to match residents with a volunteer as soon as possible. If you are interested in visiting another volunteer, are ready to start visiting again after some time off, or if you know of anyone who might be interested in joining the program then get in contact with us!

We have the following residents ready and waiting for their match:

Yarrawonga – An elderly lady in her own home is seeking someone to talk to during lock down and then visit when we are able.

Yarrawonga – An elderly gentleman in his own home is seeking someone to talk to during lock down and then visit when we are able.

Wallan – An elderly lady living in her own home in Hidden Valley (Wallan) is seeking a female volunteer for phone conversations (during Covid) with the ability to continue in-person visits after the restrictions lift, to share a cuppa and a chat. This lady loves gardening, is a passionate cook and has interests in sewing and knitting. Ideally the volunteer needs to be in Wallan.

Alexandra – An elderly gentleman in a facility in Alexandra is seeking a male volunteer to talk to when restrictions lift. He has virtually no male contacts to speak of, someone willing to chat about blokey things would be great.

Nathalia – An elderly lady in her own home is seeking someone to share a coffee and chat and is willing to take her out for coffee when restrictions lift. The lady has no family in the area, so would be suited to someone who is a conversationalist.

A number of volunteers are needed in the Mitchell, Moira, Indigo and Murrindindi shires as we have multiple residents waiting in these areas. If you know of anyone, for example a friend or neighbour, that can donate an hour of their time once a fortnight, please call Nanette on 03 5721 0242



Tagliatelle with Prosciutto & Peas

Ingredients

- 1 lb. tagliatelle – or Fettuccini
- 1½ cups shelled fresh peas (from about 1½ lb. pods) or frozen peas
- ½ cup (1 stick) unsalted butter
- 6 oz. prosciutto, thinly sliced (about 12 slices)
- 16 sage leaves
- 2 oz. Parmesan, finely grated (about 1 cup), plus more for serving

Method

- Cook pasta in a large pot of boiling salted water, stirring occasionally and adding peas about 2 minutes before pasta is done, until al dente. Drain pasta and peas, reserving 1½ cups pasta cooking liquid.
- Meanwhile, heat butter in a large Dutch oven or other heavy pot over medium until frothy. Tear prosciutto slices into bite-size pieces and add to pot along with sage. Cook, stirring occasionally, until prosciutto is golden brown and beginning to crisp, about 4 minutes. Remove from heat and let sit until pasta is done.
- Add pasta, peas, 2 oz. Parmesan, and 1 cup reserved pasta cooking liquid to pot with prosciutto and return to medium heat. Cook, tossing vigorously and adding more pasta cooking liquid if needed, until saucy and pasta is coated, about 30 seconds.
- Taste and season with more salt if needed. Divide pasta among bowls and top with more Parmesan.

HAPPY BIRTHDAY



August

Ellen Sadler
Peter Shaw
Lynette Barclay
Sherren Tilson
Karen Blick
Leanne Monro
Marilyn Munro
Desmond Moylan
Sabrina Anglin



September

Kay Tyres
Robert McDougall
Anne Laver
Sharon Billings
Jennifer Stephens

October

Michael Jinnette
Elizabeth Madden
Sheryl Vandenakker
Jennifer Gale
Jo-Ann Gooden
Chris Gooden
Daniel Anderson
Jenny Chuck
Lena Vicary
Carol Vick
Kylie Chew



Congratulations to those celebrating
their birthdays!

We looking forward to catching up with
you and hearing more of your stories .

Our next edition of the CVS newsletter
will be released in November.

To submit stories, photos, puzzles or
anything that you think would be great
for the newsletter please email us.

The CVS Team

Answers

EASY SUDOKU #3

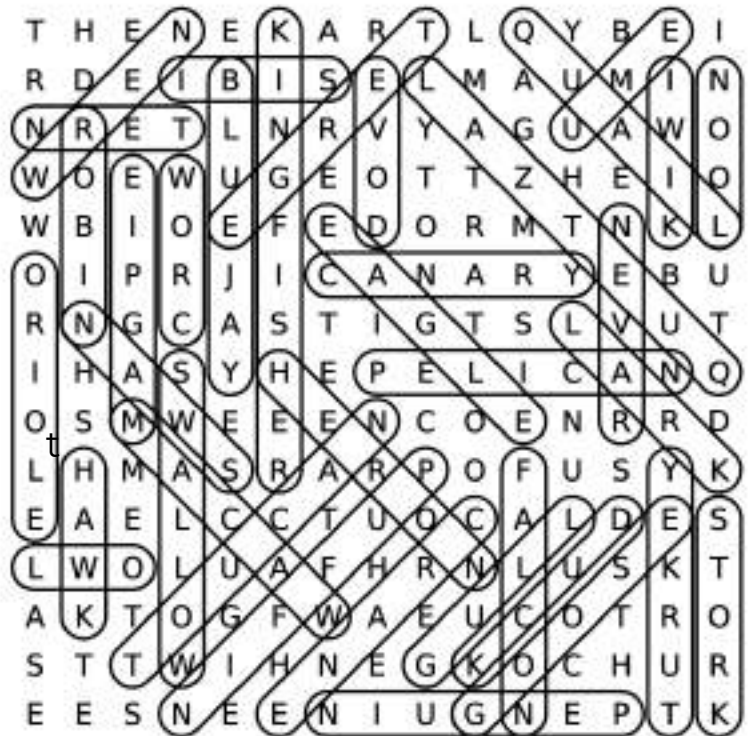
SOLUTION

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Find more: [Easy Sudoku Puzzles](#)

Light as a Feather

SOLUTION



The early bird may get the worm, but it's the second mouse that gets the cheese.