



SOCIAL SUPPORT GROUP - "CHARM"

(Caring, Healthy, Adult Recreation and Music)

NEWSLETTER- SUMMER 2018

The focus of your Social Support Group is

- To support you to live well
- To enable you to achieve and feel valued
- Helping you build on what you can do

Through

- Active Service Model
- Person Centered Care
- Goal Setting
- Exercise program
- Support and Respite.

Held at:-

WDHS

Allied Health Centre
and
Penshurst Sheppard
Community Centre

COMING EVENTS

- **Christmas celebrations**
- **Welcome to 2019**
- **Let's celebrate being Aussie's**
- **Exciting Interest Group activities**

Phone Numbers

Hamilton - 555 18 381

Or 0438 003 514

Penshurst - 0417 017 728

Cherish all your happy moments; they make a fine cushion for old age.

Booth Tarkington

BrainsQuote

Editorial

Welcome to the latest edition of the Social Support Group Newsletter!

So spring has sprung we are rapidly approaching both Summer and Christmas. Over the last 3 months a lot has happened with the Group. Spring has seen each day travel all over the countryside to Ararat, Casterton, Halls Gap, Kirkstal for the Peshurst Group and Great Western. We've also enjoyed Footy Week, Seniors Month activities and Melbourne Cup celebrations.

During the last 3 months we have been without our Coordinator who snuck off to Europe for 7 weeks of much needed R and R... apparently the Photos are AMAZING!! But all good things have to come to an end and we would love to welcome Kate Coote back to work!

You will be pleased to know that Hamilton Social Support Group has passed both National Disability Insurance Scheme (NDIS) and Commonwealth Home Support Program (CHSP) Accreditation with FLYING COLOURS! Whilst all the staff have been working hard behind the scenes to make sure that all the boxes were ticked, what really struck the Accreditors was the liveliness and enthusiasm of you the members. It is a credit to all of you how much you enjoy and take ownership of YOUR group.

Speaking of which... after requests from members we have trialled the addition of a Photography Group once a month on Fridays and Scrapbooking Group once a month on Mondays, these will recommence in the New Year when all the madness of Christmas calms down. We have even had interest in starting up a Wine Tasting Group and we are looking forward to getting the Under 65's Group up and running in the New Year as well.

Staff will be having a Professional Development day in December where we will be focussing on Innovation and Future Planning for the SSG heading into the next few years. Don't let the opportunity to have your say go past, if you don't want to make a suggestion at the members meeting please see staff or put it in writing and give it to us, your feedback is essential to the success of this group.

In closing, Christmas is only a few weeks away and we are looking forward to our Christmas light tours and Christmas parties (wonder what Santa is going to bring and what crazy things are the staff going to do for their Chrissy Number??) and then some well-deserved holidays.

Enjoy the Summer and we will see you for the next edition.

Belle

SENIOR CITIZENS FESTIVAL 2018

JADE HURLEY CONCERT

On Monday 22nd October, the Monday group participated in the Jade Hurley concert at Hamilton Performing Arts Centre. What a trip down memory lane and to top off the day, some ladies their photos taken with the spunky 70+ year old Jade who sang and entertained a full house. We purchased a double CD for your enjoyment; ask the staff to put it on anytime and enjoy.



Glenda with Jade



Denise and Pat with Jade

*Are you prepared for the
Bushfire season?*

PREPARE

ACT

SURVIVE

Keep grass short, spouts clean, have a mop and bucket and container of fresh water and torch ready for fire emergencies



On declared Total Fire Ban Days

- Close blinds
- Drink plenty cool water
- Keep your home cool
- Wear light cotton clothes
- Don't go outside

IN EMERGENCY

CALL 000

*Tune into ABC & radio stations
for weather updates & alerts*

A SOCIAL MORNING OF DANCING AND SINGING

We received \$500 funding from Shire of Southern Grampians to host an event. We held a morning of dancing, singing and old fashioned fun on Friday 26th October at the Senior Citizens Club, Lonsdale St, Hamilton. Entertainment was by Eric Ryan and Tony Donkers: "**Mista Beat**"

Everyone had a great time; here are some comments from those who participated:

- If I don't try I will never know (we danced a lap of the hall safely)
- How am I doing? I haven't danced for years
- I loved it; it took me back to when I was 16
- I realise how active we used to be when I was going to dances every week.
- I always love dancing

By popular vote, we hope to plan this event again for 2019 Seniors Festival



Belinda and Pete



Wendy and Bruce



Merle with her daughter Kerry

On the dance floor



Jan and Nan

OVERNIGHT TRIP TO MELBOURNE

We received funding for a one-off overnight trip to Melbourne for eligible members up to the age of 65 years. Four participants were accompanied by Ruben and Brenda. The purpose of the trip was to respond to the needs of these younger members by identifying new, targeted activities to meet their goals, build capacity and promote independence. We travelled by train from Ballarat to Melbourne and return. A great time was had by all. *Here are a few happy snaps -*



SOCIAL SUPPORT GROUP INTEREST GROUP ACTIVITIES REPORT

Thursday Group Round Robin Challenge Annual Report

We have been encouraging our Thursday group to participate in a bi monthly Round Robin Challenge. Each month we divided the group into teams and each month these teams consisted of different members to encourage a broader social network. The activities that we have chosen for this activity are Ping Pong Bingo, Quoits, basketball, mini golf, hookey, which we mix up each time. This activity began as a once off, but the members really enjoyed it and requested that we keep it going as they really get competitive and interacted really well and encouraged one another to do their best. It has been satisfying watching the members grow. A great story to come out of these sessions is a new member with an intellectual disability, who is really quiet and did not participate in any activities has shown much happiness and is really starting to get involved ,because the whole group really got behind him and helped him achieve.

Tarrington School and Social Support Group Report 2018

2018 has seen another wonderful year of our Thursday Group members enjoying the company and friendship of 24 bright and bubbly Year four students from the Tarrington Lutheran School. The students have come in to the centre and played whiteboard games and Bingo, done scrapbooking and enjoyed afternoon teas. For the last visit of the year our members presented the students and their teacher Mrs Huf with a plaque showing their appreciation of the enjoyment the children have given them with their visits.

When our members have travelled out to Tarrington they have been treated to a variety of activities including a full dress rehearsal of their concert play and a report with photos on their outdoor education school camp. We have also been spoilt with delicious afternoon teas provided by the parents of the students that our members have enjoyed immensely.

The benefits of our members interacting with our younger generation are immeasurable with conversations and friendships made throughout the year. Opportunities to learn from each other and share experiences with school buddies were prominent throughout the year.

We look forward to continuing this partnership with the Social Support Group and Tarrington Lutheran School in 2019.

Garden Club Chatter:

We have a great lot of members who have loved going on the Outings to visit Nurseries and places of interest with lunch included. Members have loved Lake Bolac and its hidden treasures, its lake, and great BBQ facilities and quaint Nursery. Halls Gap has been the most loved place with a visit to Pomonal, Vaughans Nursery, and Brambuk Café for lunch with its cultural interests.

Koroit was another amazing place to visit with a succulent Nursery and vivid blue backdrop of beach and Tower Hill. We look forward to our trip locally to support our local business and to see what our eyes appreciate with so many wonderful plants to buy and look at. Thanks to all to all the members for being part of this interest group.



Bev Lyons looking carefully for that special succulent.

Val Groves chatting to her friends about the plants



Paddock to plate:

Thank you to all the members who have participated in this adventure. We have had lots of fun with mushrooms, making pasta from scratch, sushi, Soup etc but the best part is to see the raw product straight from the paddock and cooking it up to become a delicate delight to taste. I'm told the favourite would have been the sushi, rice wrapped in seaweed wraps. Let's think of some adventurous morsels for 2019. We will be making Thai Spring rolls soon as well.



AQUA SPLASH

What a dedicated group this is, going to the Pool in Winter, Autumn and Spring regardless of the weather. The pool sits at 28 degrees but the smaller pool sits on 30 degrees. We splash, kick and chat but the exercises are amazing for us with arthritis and warm us up for the day.

Thanks members for a great year and keep up the good work it pays off in the end.

Men's Out and About

Well what a three months we have had. On our numerous drives we have witnessed a few changes around the town including the progress of the new Servo on Coleraine Rd and the many changes up the main street.

We had a catch up with our friends with the Cavendish Men's shed and a BB.Q at Rex's farm in Glenthompson.

We also made progress on the painting of our outdoor furniture and The maintenance boy's have been busy connecting the power to our shed.



Wishing you all a Happy Birthday

“SPECIAL BIRTHDAY WISHES”

Glad Pech	2 nd Dec	95
Joan Blain	8 th Dec	95
Anthony Miledge	23 rd Dec	60
Di Jacobson	30 th Dec	60
Caroline Gardiner	6 th Jan	85
Jeff Presser	13 th Jan	80



December

Birthstone

Birthflower

June Evans	10 th	
Pam Kosseck	10 th	
Pat Kenna	20 th	
Kath Torney	22 nd	
Meryl Johnson	22 nd	



Torquise

Daffodil

January

Birthstone

Birth flower

Sandra Linke	4 th	
Helen Hartwich	11 th	
Phil Reid	18 th	
Rex Mitchell	21 st	
Anne Murray	21 st	
Bert Dimond	30 th	



Garnet

Carnation

February

Birthstone

Birth flower

Reg Anderson	3 rd	
Elma Noske	4 th	
Beverley Dunn	4 th	
Merle Ryan	20 th	
Aileen Corbett	21 st	
Olive Walker	20 th	
Kaye Menzel	26 th	



Amethyst

Iris

Welcome

We will like to say a big welcome to Pam Kosseck, Bev Pitman & Nanette Beveridge

Farewell

Wishing Gary Keen, Edna Burger, Roy Lumb and Ted Barker all the best in their new homes, may you meet new and old friends.

SYMPATHY

We extend our deepest sympathy to the Alexander family on the passing away of Winsome. We will remember Winsome with fondness of her beautiful drawings and fun nature.

Also to the families of Ray Lucas, to Helen and her family, we will miss Ray and his warm humour.



RECENT FUND RAISING

Fathers Day Raffle \$450.00:

1st Prize - Joy Ahearn 2nd Prize - Doug Prest
3rd Prize - Katie Kuiper 4th Prize - Val Groves
\$30.00 voucher - Pat & Trevor Dunn

A big thank you to the following sponsors to our father's day raffle - Buckles Men's wear, Hair for Men, Health on Gray, Amcal Chemist, Accurate Clothing, Guardian Chemist, Sportspower, Chris's Kebab's, Karesh & Slades Newsagency.

Footy week Meat Raffles \$146.50

Monday - Ruth Silcock Tuesday - Katie Kuiper
Wednesday - Rosie Trimnell Thursday - Kath Torney Hamilton
Thursday - Ray Lucas Penshurst Friday - Keith Sanders

Footy Tipping Winners 2018 Congratulations

Overall Winners 2018	Points
Brenda Hartwich	146
Dulcie Black	139
Glenda McKenzie	137

FIVE MINUTES WITH BERYL CLARK



WHERE WERE YOU BORN? Horsham, Victoria

TOWNS WHERE I HAVE LIVED? Polkemmet East, Dunkeld and now Hamilton

OCCUPATIONS: Housemaid, Cook and helping in the shearing sheds

SPECIAL ACHIEVEMENTS: Tennis Premiership trophies, Golf minor Championship, also trophies in Bowls

CLUB I BELONGED TO: Bowling club, 17 years as treasurer in Dunkeld, life member of Dunkeld museum

HOBBIES/INTERESTS: Playing Sport and Reading

TV SHOWS LIKE TO WATCH: The Chaser and other game shows

FAVOURITE FOOD: I have a sweet tooth and love slices and also salads

WHAT I WOULD DO IF I WON 'TATTS LOTTO': Give it to my family, maybe a holiday

MY ADVICE TO THE YOUTH TODAY: To have respect and good old fashioned values

WHAT DAY DO YOU ATTEND SOCIAL SUPPORT 'CHARM' GROUP: Wednesday

Topical Information for you

9 Safe Summer Tips for the Elderly.

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Summer is the season for outdoor fun, BBQ's and relaxation. But with higher temperatures and a stronger sunshine it can also pose some serious health threats if the proper precautionary measures aren't taken. This is even more important when it comes to older people. So whether you're an elderly person, carer or family member - make sure you or your loved ones have a fun and safe summer by following these 9 safe summer tips for the elderly.

1. Contact Your Doctor

Check with your GP to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

2. Drink Plenty of Water

Older people are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst

and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

Carers should make sure seniors are drinking sweat replacement products (that contain salt and potassium) to replace water they lose during the summer.

3. Dress Right

Everyone, including elderly people, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibres. Stock your summer wardrobe with light-coloured and loose-fitting clothes to help feel cooler and more comfortable.

4. Sunscreen & Hats

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Carers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light coloured hair and those with only distant memories of a full head of hair.

5. Put Shades On

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

6. Stay Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theatres and libraries provide welcome, cool spaces if an elderly persons' own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Older people are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature. Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature.

7. Beware of Hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures -- a

condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- sudden change in behaviour, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures. As a result, they are more prone to heat stroke.

If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

8. Intelligent Exercise

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

9. Keep in Touch

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening. [Elderly carers](#) should check on the health and welfare of their loved ones at least twice a day.

Get in touch with those who live in your neighbourhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbour -- perhaps even one of their kids -- can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

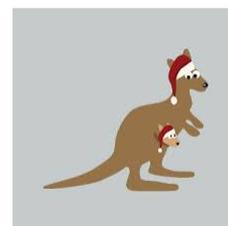
Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer -- no matter how old you are.

An Australian Christmas



**Australians have a special way,
Of spreading Christmas cheer,
Ploughing snow is a no-no,
We have sun over here**



**Christmas pud is a pav instead,
While lunch is on the beach,
Cold ham replaces turkey,
And we have three servings each.**

**Kangaroos help Santa out,
'Cause reindeer just won't do,
For they don't know the bush so well,
Roos just bound on through.**

**Forget the fur lined boots this year,
Thongs are what you need,
Rudolf will have to sit it out,
While Skippy takes the lead.**



**But don't you worry, have no fear
Santa's used to us down here!**

White Christmas

Stuck on ideas for sweet treats and snacks this festive season? We all get stumped sometimes when we are asked to bring something to a Christmas party. Why not try turning a household cereal into an easy to make and tasty festive snack? This recipe is quick, delicious and sure to be a festive season hit with the whole family.

SERVINGS: 8-10

PREP TIME: 10 MIN

INGREDIENTS

- 3 cups Kellogg's® Rice Bubbles®
- 1 cup desiccated coconut
- ¾ cup icing sugar, sifted
- 1 cup powdered milk
- 1 cup dried mixed fruit
- 250g Copha®*
- Glacè cherries for topping

DIRECTIONS

1. Combine dry ingredients in a mixing bowl.
2. Melt Copha® slowly over low heat.
3. Cool slightly, pour onto dry ingredients. Mix well.
4. Be sure to work quickly, spoon the mixture into either paper patty cases or press into a lamington tin.
5. Freeze until set (about 15 minutes), then store in the refrigerator.
6. Serve cut into fingers and topped with glance cherries.

Serving Suggestion: You can also finish this dish by pressing dried fruits into the top. For a more decadent finish, drizzle melted milk chocolate over the top.



SPRING PHOTO'S

