



**SOCIAL SUPPORT  
GROUP - "CHARM"  
December/January  
2020/21**

**(Caring, Healthy, Adult, Recreation and Music)**

**Contact Numbers**

Office: Social Support Group - 55518381

Manager: Brenda Uebergang - 55518472

Coordinator: Fiona Mitchell - 55518683



During the months of December and January, we will not be providing any programs to you. Sorry.

In December Santa's little helpers will be very busy preparing for a Christmas surprise for you all and from Christmas Allied Health is closed until 11.01.21.

In January we will be planning how we are going to support you and re commence a program in the Centre in the COVID environment. Stay tuned.



Dear Members,  
It's time to wish you all a very

**Merry Christmas and Happy New Year -**  
**May your Christmas and New Year be a special**  
**time and we look forward to 2021 for a new**  
**beginning for SSG.**

This time of year is filled with light: lights on the Christmas tree, house, and in the garden. It is also the longest day of the year on December 21<sup>st</sup>, this is called Summer Solstice. Christmas lights bring happiness and joy to our inner self, their beauty is quite surreal, especially in the dark. I would like to share a recipe for

### CHRISTMAS JOY

#### INGREDIENTS:

1/2 cup Hugs	2 tsp Kisses
3 CUPS Smiles	4 cups Love
1/2 cup Peace on Earth	3 tsp Christmas Spirit
2 cups Goodwill toward Man	1 Sprig of Mistletoe
1 medium-size bag of Christmas Snowflakes	
1 cup Special Holiday Cheer	

#### METHOD:

Mix Hugs, Kisses, Smiles and Love until consistent. Blend in Holiday Cheer, Peace on Earth, Christmas Spirit and the Goodwill toward Man. Use the mixture to fill a large warm heart, where it can be stored for a lifetime (it never goes bad) serve as desired under mistletoe, sprinkled liberally with special Christmas Snowflakes. It is especially good when accompanied by Christmas Carols and family get together's. Serve immediately.

*Brenda*

## MESSAGE FROM THE CE...

Christmas is a wonderful time to look back on the year that was.

Even though we have lived through a once in a century pandemic there is still so much to be thankful for in what's been a year of ups and downs.

I'm proud of the way the WDHS team quickly activated their plans to make sure we continued to keep in touch with you all.

Congratulations to the Social Support Group team for leading the introduction of innovative programs such as songs by request and online bingo just to name a few.

The Helping Hands program was also a huge success and at its' peak supported over 400 people across our region.

I'm delighted to announce that in light of the continuing run of COVID-19 free days we're making plans to slowly introduce limited face to face programs at the Social Support Group. I know this will be welcome news for many of you as the year comes to a close.

On behalf of WDHS I would like to thank you for your continued support during these challenging times, recognise the significant contribution of the team and importantly wish you all a Merry Christmas, Safe and Prosperous New Year.

Sincerely,

Rohan Fitzgerald

Chief Executive



## **Message from Rev. Peter Cook...**

Greetings to all!

2020... a year like no other! It makes you realise that an ordinary, normal day, in a normal year, is a really good day!

A couple of things about 2020:

1/ the goodwill and sincere endeavour that has been offered by every section of our nation from family members, neighbours, health services and business through to every level of Government; 2/ the invaluable resource of communication technology to keep us in touch.

Christmas is coming! One way to understand Christmas is captured in the chorus of a Christmas song:

"The birth of baby Jesus, wonder of wonders unfurled, God is saying, 'I love you', to everyone in the world."

The spirit of Christmas is about that love flowing through each one of us. You could think of it as an injection of good energy to enable us to live caringly and helpfully for the next year, especially in difficult times. Whilst Christmas is a Christian event, I believe that the goal of people caring for each other is to be found in all religions and in the mindset of all people of goodwill. What could make more sense than for all the world's people to be looking after each other.

Let's hope that our support groups can soon be operating better than ever and our warm thanks to those working for that to be possible.

With best wishes to all for a Happy Christmas and 2021.

Rev. Peter Cook

P.S. A special thought for anyone grieving or ill at this time.



## **Important dates in December/January:**

### **December 2020**

5<sup>th</sup> International Volunteers day,

25<sup>th</sup> Christmas day,

26<sup>th</sup> Boxing day,

### **January 2021**

1<sup>st</sup> New Years day,

8<sup>th</sup> Jan- Elvis Presley's Birthday,

26<sup>th</sup> Australia day.

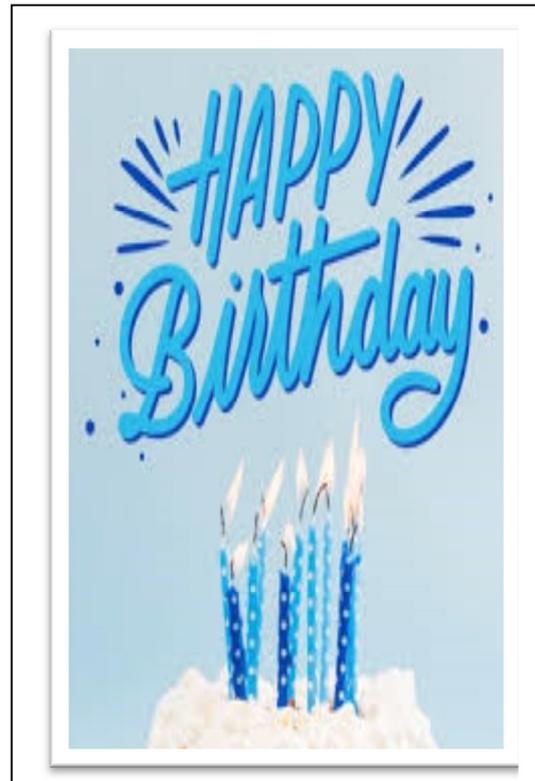
**Best Wishes from all of us at Social Support  
Group to all celebrating December and January  
birthdays!**

### **December**

June Evans	10 <sup>th</sup>
Pam Kosseck	10 <sup>th</sup>
Meryl Johnson	22 <sup>nd</sup>
Anthony Milledge	23 <sup>rd</sup>
Michael Haas	24 <sup>th</sup>
Diane Jacobson	30 <sup>th</sup>

### **January**

Sandra Linke	4 <sup>th</sup>
Glenda Schwarz	10 <sup>th</sup>
Helen Hartwich	11 <sup>th</sup>
Jeff Presser	13 <sup>th</sup>
Phillip Reid	18 <sup>th</sup>
Rex Mitchell	21 <sup>st</sup>



Anne Murray  
Brian Lacy

21<sup>st</sup>  
21<sup>st</sup>

---

**"OONYA" ~ WRITTEN BY**  
**MICHELLE MASLEN**



Chapter 5:

All the people living on Oonya are wishing the Dragons retained their presence. However, with each waning of the moon "Melodia" the purple planet appears closer. There is talk going around that the dragons are becoming restless for they know it is soon time to leave the planet. Robot dragons are now more able to fill the needs of the people.

They harvest the fruit, tend the children, fly the people to their destinations and start the fires for the caves. The dragon riders are now being employed to teach the children History and planetary observance. With change comes the need to rethink how the people live their life. The Dragons so fond of Oonya know they are ready to leave for Melodia to start again, for that is what they have always done.

A beautiful sight of Golden, blue, bronze and green dragons gather to farewell the plentiful planet and its people.

There is a massive feast and everybody is there to wish them well with tears in their eyes.

A loud whooshing of wings and rapid beating can be heard and the dragons all depart for Melodia. The people are sad but looking forward to the new future.

Alone in a cave is Hannah coupled with "Loona". Nobody knows and history will be none the wiser.

## **Jokes corner ... SMILE AWHILE ...**

A soldier serving overseas was annoyed and upset when his girl wrote, breaking off their engagement. She added insult to injury by asking for her photo back. He collected from his friends all the photos of women he could find and bundled them together, sending them in a letter.

“Jane, with regret I can’t remember which one is you. Please keep your photo and return the others. John”

*from our SSG friend Ted Holmes - Herald Sun*

+ + + + + + + +

### **Christmas fun puns!**

Q: What Nationality is Santa Claus?

A: *North Polish!*

Q: What happened to the man who shoplifted a calendar at Christmas?

A: *He got 12 months!*

Q: Why does Santa wear red underwear?

A: *He did all of his washing in one load!*

Q: What do sheep say to each other at Christmas?

A: *Can I marry ewe!*



# 50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn something NEW
- Listen to a guided relaxation
- Read a Book
- sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a friend
- Meander around Town
- WRITE in a journal
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- WALK Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go to a Farmers Market
- read or watch something FUNNY
- COLOR with crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Engage in small acts of KINDNESS
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks



Beryl Clark has been very busy putting together her Jigsaw puzzle. She will have fun colouring it in 😊



## ***PUZZLES AND QUIZZES***

### **NOVEMBER PRIZE WINNER-**

*Here is Gilly receiving her prize for the October “word maker” activity.*

*Well done Gilly and we hope you enjoy these goodies 😊*



### **THIS MONTH - DECEMBER/JANUARY**

*We hope you enjoy these quizzes, puzzles and colouring activities over the Christmas and New Year Break.*

*You may like to show us your answers and creativity when SSG resumes in January. Good luck!!!*

**MELBOURNE CUP SWEEP WINNERS**

**\$1 Sweep Number 1**

1<sup>st</sup> Glenda Schwarz

2<sup>nd</sup> Liz Chapman

3<sup>rd</sup> Sharon Smith

Last Place Trevor Dunn

**\$1 Sweep Number 2**

1<sup>st</sup> Glenda Schwarz

2<sup>nd</sup> June Evans

3<sup>rd</sup> Gilbert Habel

Last Place Audrey Hornby

**\$2 Sweep Number 3**

1<sup>st</sup> Dulcie Black

2<sup>nd</sup> Glenda Scharwz

3<sup>rd</sup> Bev Dunn

Last Place Tom Guinea

**\$1 Sweep Number 4**

1<sup>st</sup> Diane Kealy

2<sup>nd</sup> June Evans

3<sup>rd</sup> Mary McDonald

Last Place Colin Warfe

**\$2 Sweep Number 7**

1<sup>st</sup> Ilma Underwood

**\$1 Sweep Number 8**

3<sup>rd</sup> Joan Edwards

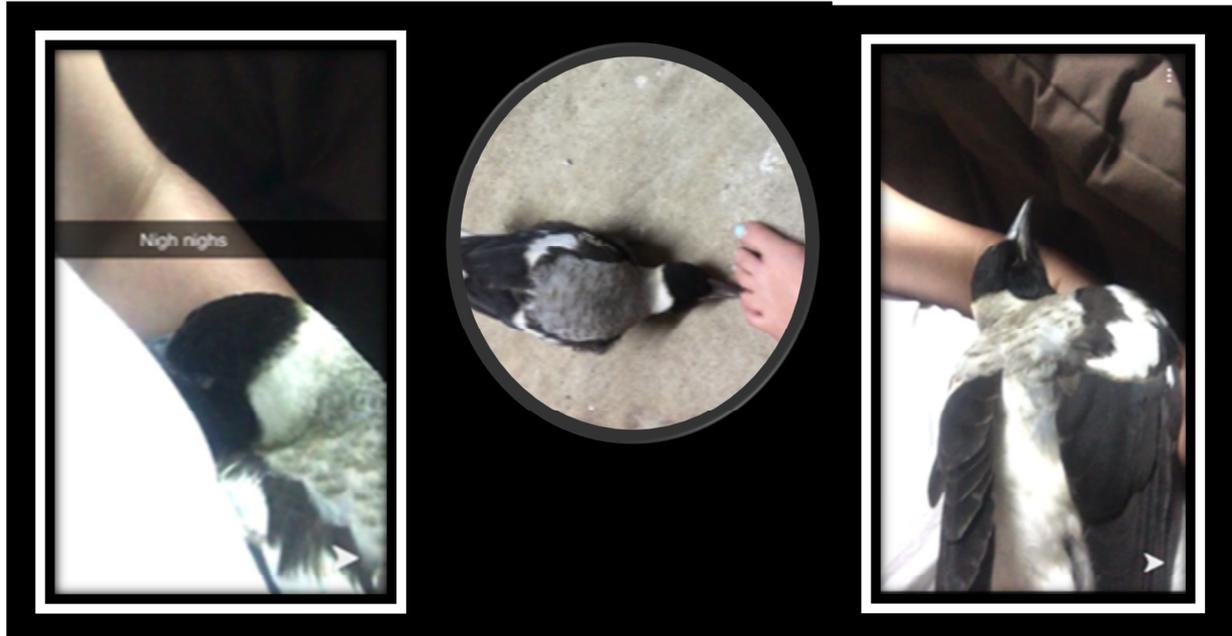
Last Place Joan Edwards

*Deepest Sympathies to the family and friends of Ron Price*

*"Those we love don't go away; they walk beside us every day".*



**Michelle E befriended a baby Magpie who was quite intent falling asleep in her lap after nibbling at her toes.**



**Merry Christmas and Happy New Year** to all our wonderful volunteers and we look forward to seeing you in 2021

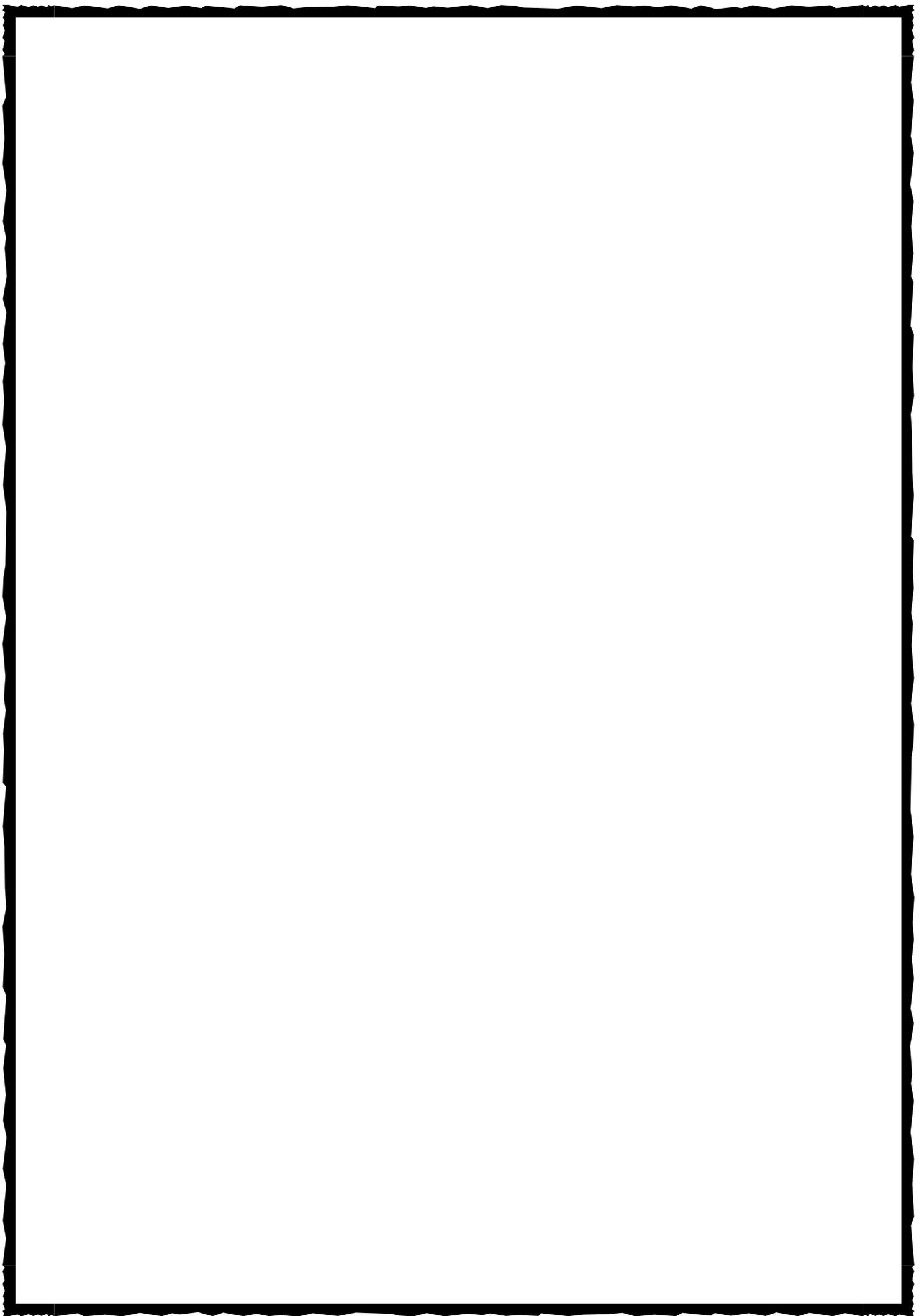


WDHS Helping Hands volunteers have been supporting SSG team to keep in touch with you by phone during the closure of SSG groups. We thank them for their friendship and care through the chats and for assisting with errands and deliveries of groceries.

The phone chats will commence again in mid January 2021.

If you require assistance during the Christmas break, please call the office number on **55518381** and we will assist you as soon as possible.





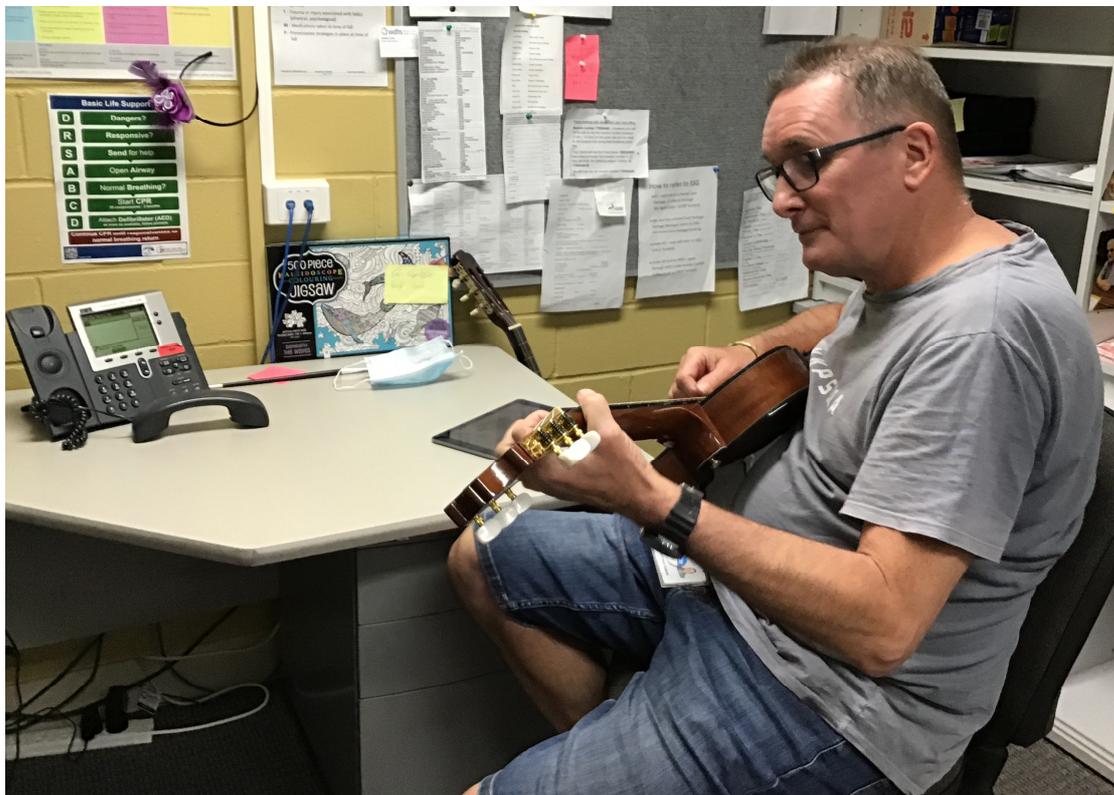


Busy little Christmas  
Elves, Amy,  
Michelle and Brenda  
Cooking up a storm  
in the kitchen  
getting ready for  
**your** Christmas





**JACQUI AND BINSU PLAYING BINGO  
WITH TELEHEALTH CALLERS**



**RUBEN SINGING ALONG WITH THE  
GROUP CHAT PARTICIPANTS**