



## SOCIAL SUPPORT GROUP - "CHARM"

June, July August  
2021 Winter Edition

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



### Contact Numbers

Office: Social Support Group - 55518381

Manager: Brenda Uebergang - 55518472

Coordinator: Fiona Mitchell - 55518683

### EDITORIAL:

Hello Dear Members,

At the time of initially writing our editorial, we had spoken about getting closer to 'normality' with Social Support Group as each day goes by. We have since hit a 'hurdle' of a 7-day lockdown, but hopefully this will pass soon. In the meantime, we hope you enjoy our daily calls and phone activities at 1.30p.m., if you choose to participate. We will keep you informed with any changes to the Group as news comes to hand.

For those of you who came more than one day a week before COVID ‘happened upon us’ you should now be back to your regular attendance. For anyone who would like to increase their attendance, please don’t hesitate to chat to anyone in our team, we will do our best to try and accommodate additional days.

We have commenced a 2<sup>nd</sup> Men’s Group on a Thursday, with an outing 1 day per month. Jacqui is leading this group and our new group of men were excited to attend Campe’s Motor Museum and have lunch at Ted’s Cafe. Ruben is back and the Men’s group on Wednesday is ‘humming’ along with an outing once per fortnight, great to see these two groups working so well. Our garden group has also had a couple of outings to Bunnings and we have seen quite a few plants going home with members, so good to see. Whilst we continue to build the program, we will look at introducing more interest groups and offering them to you. We will also be recommencing our members meetings, so we would like to hear what is important for you when you attend Social Support Group.

As you will be aware, we still have number restrictions on our bus capacity, so we still require those who can make their own way in, to continue to do so. Let us know if this ever causes any issues for you, and we will do our best to assist when we can.

We are also starting to see our volunteers return and we would like to send a special thanks to Christine, Neil, Peter and Jean for all of your help since your return.

Michelle Maslen and Brenda will be having some well-deserved Long Service Leave during the next couple of months. We wish them safe and happy holidays during this time. We will be welcoming a new staff member to Wednesday and Thursday groups. Welcome Morgan Mason, we look forward to working with you and we know that Morgan is very excited to be joining Social Support Group.

A reminder to those of you who choose to, book in a COVID vaccination on the following number 1800 313 021. It is also the time for Flu Vaccinations again. We would recommend speaking to your GP about arranging to have your vaccination during your next visit. As we go into Winter we remind you not to come to Social Support Group if you are unwell, and all going well we will get to enjoy the rest of the year together.

*Kind Regards Brenda, Fiona and the SSG team*

### **Upcoming Important Dates:**

Queen's Birthday Public Holiday (No SSG) – Monday 14<sup>th</sup> June  
Men's Health Week 14<sup>th</sup> – 20<sup>th</sup> June  
World continence week – 17<sup>th</sup> -19<sup>th</sup> June  
NAIDOC Week – 4<sup>th</sup> to 11<sup>th</sup> July  
Red Nose Day – 13<sup>th</sup> August  
National Stroke Day - 30<sup>th</sup> August



### **MOTHERS DAY RAFFLE**

**Winners are grinners:**

**1<sup>st</sup> Maggie Dunbabin**

**2<sup>nd</sup> Denise Gibson**

**3<sup>rd</sup> Joyce Mirtschin**

**Thank you for all being willing to put the \$ raised aside for our special prize kitty. We raised \$166.40**

**Best Wishes from all of us at Social Support Group**  
**to everyone celebrating June, July and August**  
**Birthdays!**



**JUNE**

Julia Hearn	3 <sup>rd</sup>	Tom Guinea	18 <sup>th</sup>
Carol Roberts	4 <sup>th</sup>	Lorna Thomas	19 <sup>th</sup>
Mary McDonald	7 <sup>th</sup>	Elaine Hamilton	23 <sup>rd</sup>
Henny Pember	14 <sup>th</sup>	Joan Jenkinson	24 <sup>th</sup>
Diane Kealy	14 <sup>th</sup>	Bruce Hines	25 <sup>th</sup>
Jean Fyfe	15 <sup>th</sup> (90 <sup>th</sup> )	Maurice Watson	27 <sup>th</sup>
Coral Templeton	17 <sup>th</sup>	Bruce Cuming	28 <sup>th</sup>
		Kevin Commerford	29 <sup>th</sup>

**JULY**

Reg Forsyth	4 <sup>th</sup>	Audrey Hornby	11 <sup>th</sup>
Graeme Roberts	4 <sup>th</sup>	Dulcie Black	22 <sup>nd</sup>
Wilma Linke	9 <sup>th</sup>	Roma Clausen	29 <sup>th</sup>
		Beryl Clark	31 <sup>st</sup>

**AUGUST**

David Chace	2 <sup>nd</sup> (60 <sup>th</sup> )	Neville Blackmore	15 <sup>th</sup>
Dot Thomas	8 <sup>th</sup>	Donald McDonald	17 <sup>th</sup>
Patty Preece	11 <sup>th</sup>	Pat Dunn	19 <sup>th</sup>
Keith Sanders	11 <sup>th</sup>	Ruth Habel	20 <sup>th</sup>
Rose Sanders	13 <sup>th</sup> (50 <sup>th</sup> )	Joyce Mirtschin	22 <sup>nd</sup> (90 <sup>th</sup> )
Liz Chapman	15 <sup>th</sup>	Colin Warfe	24 <sup>th</sup>
Ilma Underwood	15 <sup>th</sup>	Barbera Gabell	29 <sup>th</sup>



**BETTY NEMET  
DOROTHY LOGAN  
JOCK MCRAE  
CAROL AND GRAEME ROBERTS  
NEVILLE BLACKMORE  
JAMES McHUGH**

## **FAREWELL**

**EILEEN SCARBOROUGH  
CHRIS VOCKINS  
ELEANOR BRIGGS**

**VOLUNTEERS WEEK  
24<sup>TH</sup> - 31<sup>ST</sup> May 2021**



**WE HAVE BEEN SO EXCITED TO WELCOME BACK VOLUNTEERS. DURING VOLUNTEERS WEEK WE ENJOYED AN AFTERNOON TEA WITH CHRISTINE AND NEIL, WHO HAVE RECOMMENCED WITH US. UNFORTUNATELY, WE**

**HAVE NOT YET BEEN ABLE TO CATCH UP WITH PETER AND JEAN FOR THEIR 'SPECIAL PRESENTATION', BUT LOOK FORWARD TO DOING THAT SOON. A BIG THANKYOU TO ALL OF OUR BRILLIANT VOLUNTEERS AND WE ARE EXCITED TO INCREASE OUR NUMBERS DURING THE YEAR.**





# Member Profile

## Diane Kealy

Towns you have lived: Born in Melbourne, lived in various towns in Victoria and also SA and moved back to Hamilton 3 years ago.

Occupations: Secretary, Telephonist, CSSD in Hamilton, EN nurse training which mostly was in aged care until retired.

Clubs I belonged to: U3A, Probus

Children: 3 boys and 2 girls

TV Show you like to watch: Home and Away

Favourite Food: Pasta

What is your best advice for the youth of today: to learn to respect yourself then to respect others.

What is your favourite activity when you attend Social Support Group? Quizzes and Trivia.

## **COOKS CORNER:**



### **Butter chicken with turmeric rice**

- 40g butter
- 2 brown onions, thinly sliced
- 2 garlic cloves, thinly sliced
- 1/2 teaspoon MasterFoods Ground Turmeric
- 750g Coles RSPCA Approved Chicken Thigh Fillets, cut into 2cm-thick strips
- 1 red capsicum, coarsely chopped
- 2 tablespoons tomato paste
- 175g pkt MasterFoods Butter Chicken Recipe Base
- 2/3 cup (160ml) light thickened cream
- Slivered almonds, toasted, to serve
- Coriander leaves, to serve
- Greek yoghurt, to serve
- Naan bread, to serve
- Turmeric rice
- 1 1/2 cups (300g) SunRice Jasmine Rice
- 20g butter
- 1 cinnamon stick or quill
- 4 cardamom pods
- 6 whole cloves
- 1/2 teaspoon MasterFoods Ground Turmeric

#### **➤ Step 1**

To make the turmeric rice, place the rice in a small bowl. Cover with water. Set aside for 15 mins to soak. Rinse until water runs clear. Drain.

Heat the butter in a saucepan over medium heat. Add cinnamon, cardamom and cloves. Cook, stirring, for 1 min or until aromatic.

➤ Step 2

Add rice and turmeric. Cook, stirring, for 1 min or until rice is lightly toasted. Add 1 3/4 cups (435ml) water. Bring to the boil. Reduce heat to low. Cover and simmer for 12 mins or until the liquid is absorbed. Set aside, covered, for 10 mins.

➤ Step 3

Meanwhile, heat the butter in a large frying pan over medium heat. Add onion and garlic. Cook, stirring, for 3 mins or until soft. Add the turmeric and chicken. Cook for 5 mins or until chicken starts to brown. Add the capsicum and cook for 2 mins or until capsicum softens slightly.

➤ Step 4

Stir in the tomato paste and recipe base. Cook, stirring, for 1 min. Add the cream. Simmer for 5 mins or until the chicken is cooked through.

➤ Step 5

Divide rice and curry among serving bowls. Top with almonds and coriander. Serve with yoghurt and naan bread.

## **LAUGH OUT LOUD!!**

*At a couples conference the speaker mentioned that couples are so disconnected that 85% of husbands don't know their wives favourite flower. Paddy turned to his wife and whispered: "Its self-raising isn't it?"*

**Q:** Why did the monkey put a chop on his head?

**A:** He thought he was a gorilla!

A guy took his blonde girlfriend to the superbowl game. They had great seats right behind thier teams bench. After the game he asked her how she liked it. "Oh, I really liked it", she replied, "especially the tight pants and all the big muscles, but I couldn't understand why they were killing each other over 25 cents." Dumbfounded, her boyfriend asked, " What

do you mean?" "Well they flipped a coin, one team got it and then for the rest of the game, all they kept screaming was...'Get the quarter back! Get the quarter back! Im like...helloooo? Its only 25cents!"

*An elderly man called Keith.  
Mislaid his set of false teeth.  
They'd been laid on a chair,  
He'd forgot they were there,  
Sat down, and was bitten beneath!*

## **What is Important to You When you Attend Social Support Group? By Fiona**

I recently attended an education session on Social Support Groups. This session was delivered by Mr Roger Hastrich, who has worked in the area for more than 30 years. He was posing some interesting questions, which I thought are useful for you to consider when you come along to spend the day with us.

What is important to you in order to keep well and living independently?

Mr Hastrich talks about wellness domains, which are all important to us to achieve wellness.

### **Individual and Social Wellbeing Domains**

**Personal** – Our family, work, culture and our life experiences

**People** – Our support networks, carers, family, significant others and friends

**Enjoyment/Interests** – What do we like to learn, volunteering, giving, hobbies, what makes a good or bad day for us, work history

**Social Interaction** – Who do we like to be with, what do we enjoy doing when we are with people?

### Health Care and Wellness Domains

**Physical Health** – Fitness, Mobility, Eating well, Self-care

**Emotional Health** – Do we have a positive outlook or not, connection with the world and others

**Brain Health/Cognition** – Learning, thinking, memory and mental health

**Spiritual Health** – Positive acknowledgement of beliefs, whatever they may be.

These are all areas that we can focus on in order to live well. What can we do within these domains to stay well? What sort of activities might you do in your home, community and at Social Support Group that may fit in the above categories to achieve good health?

When you come along to Social Support Group, you may hear us talk about some of these domains to help us prepare meaningful activities for you. We would also welcome your feedback about activities you may like to do which will help you keep well. Are there some domains that you feel you would like to work on and build to make your day more meaningful?

Until next time .....