



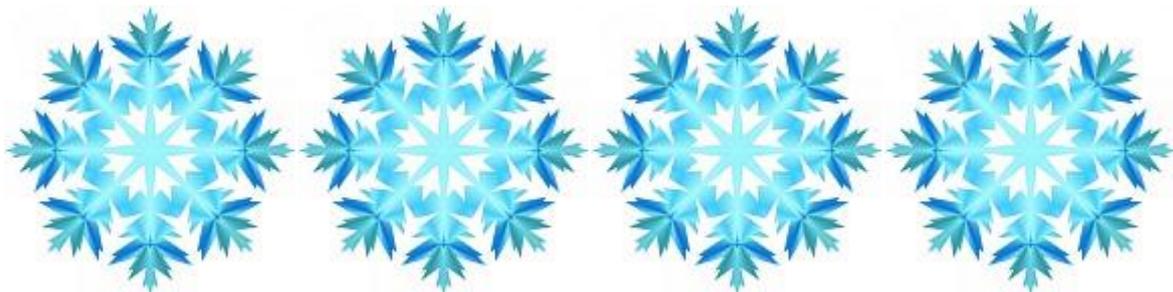
SOCIAL SUPPORT GROUP - "CHARM"

(Caring, Healthy, Adult Recreation and Music)

June 2022 edition



Throughout the newsletter there will be a few snowflakes to find, see how many you see and tell us. Let's see if you can find them all



NEWSLETTER- **June July August 2022**

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

Queens Jubilee 5th June

New Out'n>About group to commence on Thursday's (1 per month) from Hamilton

Expression of interest has been offered to members – criteria applies.

If you didn't receive this information, please speak to one of the staff

Phone Numbers

Hamilton - 555 18 381

Or 0438 003 514

Penshurst - 0417 017 728

SSG editorial

Dear Members

Can you believe that 2022 is already half way! Where has the time gone?

We have been through challenging times in the past 3 months with larger than anticipated staff illnesses and the ongoing COVID situation. However, we have soldiered on and thankfully have been able to provide a service to you most of the time. Thank you for your feedback on what is the most important to you when we are faced with 50% of our staff away. We've had very good practice of seeing how this works, thank you for your patience and support.

As we head into the winter, we are planning to re commence the Men's Out and About Group on Wednesday's monthly and a new 'Out n About' group for those who are more able and enjoy a whole day outing.

This will be a trial for 3 months on a THURSDAY, once per month. We know it doesn't suit everyone on a Thursday, however this is the day we can staff the new activity, so we will start here!

You will notice a new touch to our Newsletter. Nola our new staff member has taken over compiling/editing this for your enjoyment. Nola is bringing some new ideas to keep you all on your toes. How many snowflakes appear in the newsletter? As I sign off, we wish Fiona well for her forthcoming surgery and look forward to having you back feeling new. I will be taking Long Service Leave July and August, I look forward to seeing you in September.

Stay safe and warm Brenda

FRIENDS
FOREVER



Welcome

Jean McIntosh

Nola Spillman

Brenda Mirtschin

Roma Keating

Brian Napier

Greg Hildebrand

Des Clarke



We look forward to many happy days together and new
creating friendships with you



Farewell

Carol Roberts, John Symons, Maggie Dunbabin, James
McHugh, Elaine Hamilton, Nico Van der Breggan, Phillip
Reid, Bruce Cuming, June Evans, Julianna Hammonds,
Alana Burley



We have enjoyed your friendship and time spent
together with you at SSG. Best wishes for you
future.

Wishing you all a Happy Birthday

“SPECIAL BIRTHDAY WISHES”

Tom Guinea	85
Bruce Hines	95
Reg Forsyth	90
Keith Sanders	75



June

Julia Hearn	3rd
Mary McDonald	7th
Henni Pember	14th
Tom Guinea	18th
Lorna Thomas	19th
Joan Jenkinson	24th
Bruce Hines	25th
Kevin Commerford	29th

Birthstone



ALEXANDRITE

Birthflower



ROSE

July

Reg Forsyth	4th
Graeme Roberts	4th
Wilma Linke	9th
Dulcie Black	22nd
Barb Gabell	29th
Beryl Clark	31st



RUBY



LARKSPUR



August

David Chace	2 nd
Dot Thomas	8 th
Brenda Mirtschin	9 th
Patty Preece	11 th
Keith Sanders	11 th
Rose Sanders	13 th
Liz Chapman	15 th
Ilma Underwood	15 th
Roma Keating	15 th
Neville Blackmore	15 th
Donald MacDonald	17 th
Pat Dunn	19 th
Ruth Habel	20 th
Joyce Mirtschin	22 nd
Colin Warfe	24 th
Heather Mirtschin	26 th



PERIDOT



GLADIOLUS



FIVE MINUTES

WITH: Dot Thomas

Towns you have lived:

Born in Scotland, Glasgow
then went to Egypt



and were evacuated during the Suez crisis. Then
went back to England and the back to Malta.

My father was in the RIF. Back to England then to
Germany, Back to Britian, lived in the Coltswold. Then
married and migrated to Australia.

FIVE MINUTES

WITH: Dot Thomas



Towns you have lived: (Cont'd)

We were taken to Nudawading, a hostel for migrants. Then moved to St Kilda, Lara, Meridith, then up to Cooroy, then to Pamona then Penshurst.

Occupations:

Admin Officer, secretary



Clubs I belonged to:

Belarine Carriage driving Club, Sunshine Coast Carriage driving club, Cooloola Carriage Driving Club. I was secretary for all these clubs

Hobbies/Interests:

Carriage Driving, Knitting, cards, craft, gardening.

TV Shows you like to watch:

Movies

Favourite Food:

Mashed Potato



What would you do if you won Tattsлото:

Pay off my sons mortgage and buy a new beaut ute.

QUIZ/JOKES/PUZZLES

Why do seagulls fly over the ocean? Because if they flew over the bay, we'd have to call them bagels (bay gulls)

How do you tell what gender an ant is? Put it in water, if it sinks, it's a girl ant...if it floats its buoyant (boy ant)



A cat & a family of mice arrived at the pearly gates with only a small window of time between each arrival.



St Peter welcomed the cat & asked what he would like. Puss said a nice plump cushion to rest on. St Peter obliged.

He repeated the process with the mice. They excitedly asked for roller blades & he provided them.

A day later, St Peter was doing his rounds & he meet with the newly arrived cat. Puss said to him the cushion is great & sincere thanks for the 'meals on wheels'

Why is a nurse's favourite colour crayon red? Because they might need to draw blood



EASTER RAFFLE WINNERS

MONDAY-- 1ST- Maureen Smith
2nd- Mary McDonald
3rd—Wilma Linke



TUESDAY—1ST- Sandra Shaw
2nd- Neville Blackmore
3rd- Gilly Cutchie



WEDNESDAY-1ST-Reg Forsyth
2nd- Keith Sanders
3rd-Marg Dennert

THURSDAY- 1ST- Dulcie Black
2nd-Rex Mitchell
3rd- Annie Hunter

FRIDAY 1st Graeme Mashado
2nd Denise Gibson
3rd Aileen McColl



Penshurst 1st prize : Therese Fitzgerald
2nd prize: Deb Dyson
3rd prize: Shirley Holmes



HEALTHY EATING DURING WINTER

As the weather gets colder it is time to start thinking about all those delicious winter recipes and foods we enjoy- soups, casseroles, hot puddings with custard and an abundance of citrus fruit. To keep on top of our health during this season, it is important we are eating a wide variety of foods. The nutrients we get from different food groups, including fruits, vegetables and dairy, play a vital role in improving our health and making us feel good as we prepare for the colder weather.

Fruits and Vegetables

Contain fibre for preventing constipation, improving bowel health and controlling cholesterol. High amounts of vitamin C also keep our immune system strong.



Winter vegetables

- Beetroot, Broccoli, Cauliflower, Pumpkin, Silverbeet
- Aim for **5 serves vegetables a day**
- One serve= half cup cooked vegetables or 1 cup salad vegetables
- Fresh, frozen and no added salt canned vegetables are all healthy options

Winter fruits

- Oranges, Mandarins, Apples, Pears
- Aim for **2 serves fruit a day**
- One serve= one medium fresh fruit or one cup diced fruit



- HEALTHY EATING DURING WINTER (Cont'd)

Tips...

- Experiment with different ways of preparing vegetables- try steamed carrots mixed with honey, roasted pumpkin with cumin or paprika or a mixture of stir fried vegetables
- Add extra vegetables to soups, casseroles, stews, curries, risottos etc.
- Spread vegetables over the day- enjoy mushrooms and grilled tomatoes for breakfast, add salad to a sandwich, try vegetable soup with a meal and include three vegetables at your main meal
- Add stewed fruit to porridge at breakfast or serve with custard for dessert

Dairy

Contains calcium, protein and B vitamins for keeping our bones strong and preventing fractures



Aim for **3 serves a day for men** and **4 serves a day for women** over 50

One serve= 1 cup milk, small tub yoghurt or 2 slices cheese

Tips...

- Add cheese to sandwiches and sprinkle over Shepherd's pies, pasta, tuna mornay etc.
- Have yoghurt or custard as a snack during the day

○ **HEALTHY EATING DURING WINTER (Cont'd)**

- Make hot drinks such as tea, coffee, milo or hot chocolate with extra milk

Source: National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.

A REMINDER WHEN ENTERING ALLIED HEALTH

Reception team have asked for your assistance when you arrive in the morning by

- 1. Having your payment ready to hand over in your money bag. Place \$15 - \$20 in your bag, you will receive change***
- 2. Have credit card have it ready***
- 3. If you receive an account, please go on through to SSG, you do not need to stop at reception***

It is a busy area and they can only do one payment at a time so please be patient and wait for your turn.





PODIATRY – INFORMATION FROM PHOUNG



WHY SHOULD WE CARE FOR OUR FEET?

- Prevent Skin Breakdown
- Prevent soreness
- To keep ourselves active



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FOOT CARE DO'S

- Inspect feet daily for cuts, blisters, redness, swelling, nail problems, changes in feet. Use a mirror to look at the bottom of your feet.
- Inspect between your toes. Ask a family member or friend to help if you need them.
- Dry between your toes. Do not use powder.
- Moisturise feet daily to prevent open cracks and itch. No cream between toes.

PODIATRY – INFORMATION FROM PHOUNG (Cont'd)

- **Periodic foot exam by podiatrist.**
- **Wear protective and supportive footwear**
- **Clean socks everyday.**



FOOT CARE DON'T'S

- **Don't go barefoot indoors or outdoors**
- **Never cut nails, corns or calluses yourself.**
- **Do not expose your feet to extreme temperatures.**

Good foot treatments: Tea Tree Oil, Sorbelene and Urea

**YOU CAN MAKE AN APPOINTMENT WITH
PHOUNG BY RINGING THE ALLIED HEALTH
CENTRE ON 55518351**



SNOW AND WINTER QUIZ

Questions

Can you name a fairytale with the word 'snow' in the title?

Snow White – The Snow Queen

What is the German word for 'snow'?

You wear me on your hands. I rhyme with "kittens".

SNOW AND WINTER QUIZ



Questions (Cont'd)

Can you name two breeds of cold-weather dogs?

Which Canadian singer had a hit single in 1970 called 'Snow Bird'?

You wear me on your upper body. I rhyme with "better".

What is the word for winter in Italian?

I am long and heavy. I usually have buttons. You wear me outside. I rhyme with "boat".

At what temperature does water freeze?

I am short and light. I usually have a zipper. You wear me outside. I rhyme with "racket" .

What season starts in Australia when winter is starting in the U.K.?

I am a soft, warm type of cloth used to make shirts, sheets, and blankets. I rhyme with "Channel".

How many sides does a snowflake have?

You wear these instead of shoes when you visit an ice rink. They rhyme with "plates".

Can you name two songs with the word 'Snow' in the lyrics?

You wear me on your hands. I have a place for every finger. I rhyme with "doves"

Which winter sport are Canadians known to excel in?

You wear me around your neck. I rhyme with "laugh"

SOME MORE JOKES FROM RUTH (FRONT DESK OF ALLIED HEALTH) THANK YOU RUTH

What do you call a pig that does karate? A pork chop

Why was the tomato red? Because it saw the salad dressing

Why did the scarecrow win an award? Because he was outstanding in his field

What did the evil chicken lay? Devilled eggs

What do you call a story about a broken pencil? Pointless

What types of sandals do frogs wear? Open toad

Are monsters good at math? Only if you Count Dracula



Winter Hike Word Search

F N P E G O V E R C O A T V K G H J M W
I V D H C H I L L Y N A U A O A E L D J
R S M E Q Q B V D U M B T Y W S P Z C C
E L M O R S N B F P P G F D W I I O T J
W I K C M K W I N D C H I L L B I J P Z
O P B I F A I Z F Q C W N K X X Y S K V
O P Q M C T F I Z N V X C H I H K H V Z
D E M K W I F O O T P R I N T S Z J K L
M R N T J N R Z S B I B L I Z Z A R D M
Z Y B B A G A E O B H K H O C K E Y Y K
Q B F Q X F E Y L U Y E U S S H W L E J
A F W D Q X A T S H P S L M N I W J Z T
I R F D R R R A T W O T U A O Y Y P C O
C E T P Y U M M I T T E N S W O Q T I B
I E H A E H U P C L H E B O B S L E D O
C Z A T Q C F T E H E O O U A E F Q C G
L I W A P L F B B L R O A T L L Q Q R A
E N I R K P L P Q W M U H D L N M O Q N
S G N P S O E S K I I Z B K S S C S H Q
M Q G T E T U N D R A D N Z Z R J B M T

Icicles

Chilly

Hockey

Footprints

Firewood

Mittens

Skating

Blizzard

Bobsled

Hypothermia

Freezing

Tundra

Earmuffle

Windchill

Overcoat

Thawing

Snowball

Tobogan

Solstice

Slippery

PUMPKIN SOUP RECIPE



INGREDIENTS:

2 tablespoons olive oil

1 onion, finely chopped

1 leek, white part only, finely sliced

1 garlic clove, crushed

1/2 teaspoon ground coriander

1 teaspoon ground cumin

1/2 teaspoon freshly grated nutmeg

1kg peeled pumpkin, diced

1 large potato, peeled, diced

1L Massel chicken style liquid stock or vegetable liquid stock

1/2 cup (125ml) thin cream



METHOD



Step 1

Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.

Step 2

Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.





Josphine's Lily

Brunsvigia josephinae



You may have noticed this beautiful Lily flowering in the Allied Health garden. I have taken photos of it as it developed this year and thought you'd all like to see its progress.

This lily was named after Napoleon's empress, Josephine de Beauharnais. Known also as Candelabra Lily, Josphine's Lily is a deciduous, subtropical plant from South America. It flourishes in medium humidity at temperatures between 50 and 75 °F (10 to 24 °C). Flowering stems appear from the bulbs in March and

Josphine's Lily (Cont'd)

April, and the leaves develop later. These bulbs can take 12 years to settle before they flower, but they flower annually once established. It is about 0.65 m tall when flowering. Its bulbs are some 200 mm in diameter and usually exposed. Leaves appear only in winter; they are blueish grey and typically range from 8-20 leaves per plant. Dark red, tubular flowers appear in late summer to autumn; they are 15 mm long atop stalks approximately 650 mm long, with 30-40 flowers per plant. Plants may take as long as 14 year to mature from seeds.

FLU INFORMATION FOR WINTER

No one wants to get sick and there are a number of things you can do to protect yourself. Use our Influenza Tips as a guide throughout the season. Keep in mind flu symptoms can be similar if not the same characteristics as COVID so we always recommend you test and of course take the time to rest and not attend Social Support Group during this time.

Importantly speak to your GP about the flu vaccination and COVID boosters.



FLU INFORMATION FOR WINTER (Cont'd)

Symptoms

Typical influenza symptoms include:

- High fever
- Chills
- Severe cough
- Headaches
- Muscle aches or pain
- Sore throat
- Influenza symptoms can start to subside in as little as two to five days, but you're more likely to be out of commission for at least a week, and up to two weeks.



Treatment

- Stay home
- Rest and keep warm
- Consume plenty of liquids
- Do not consume alcohol
- Wash hands regularly
- Cover nose and mouth when coughing or sneezing
- Avoid physical contact with others
- Avoid mixing with other people, particularly those in a high-risk category, while contagious
- Stop smoking or cut your consumption down as much as you can
- Ensure someone checks on you and does your shopping

FLU INFORMATION FOR WINTER (Cont'd)

NB: Antiviral medications can limit the effect of influenza if they are taken within 48 hours of the onset of symptoms. Influenza antivirals are only available by prescription from a doctor. It is important to see your GP immediately if you believe you're suffering influenza and wish to reduce the duration of your illness.

Protect yourself and others

- Clean your hands frequently using an alcohol-based hand rub or soap and water
 - Cough and sneeze into a tissue, not your hand. Throw the tissue out right away and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm
 - Don't share things that go in the mouth
 - Stay home if you are ill and do not return to group activities until you are feeling well enough to take part again.
-
- **MAKE SURE YOU HAVE HAD THE AVAILABLE FLU VACCINE THROUGH YOUR DOCTOR**





Cancer Council
Australia's Biggest
Morning Tea



**Make your very own zucchini
and cheese arancini balls!**

Preparation time: 5 minutes

Cooking time: 45 minutes

Serves: 12

0.5 serves of vegetable in each serve.

Ingredients

- 2 tsp olive oil
- ½ cup Arborio rice
- 2 small zucchinis, grated
- ½ cup frozen peas, defrosted
- 1 tsp reduced-salt vegetable stock powder
- 1 cup water
- 2 tbsp fresh chives, finely chopped
- 2/3 cup reduced-fat cheddar cheese, grated
- 1/3 cup light cream cheese
- 1 cup wholemeal breadcrumbs

Method

1. Heat oil in saucepan over a low heat. Add the rice and zucchini and stir for a few minutes. Add the stock powder and water and simmer for 15–20 minutes or until rice is cooked through and the water has been absorbed, adding more water if required to finish cooking the rice. Stir through the peas, chives and cheeses and allow to cool.
2. Preheat oven to 190°C and line a tray with baking paper. Roll the cooled mix into 12 balls and coat with breadcrumbs.
3. Place on the baking tray and bake for 20–25 minutes or until golden.

Tip

- Store leftovers in an airtight container in the fridge for 3–4 days.



yum

SATURDAY OUT AND ABOUT GROUP



Saturday Out and About Group cheering on Wendy's son Grant on getting a century in the cricket! We love keeping up with his scores and when he hits a 6!



During the last few months Saturday Out and About Group has been to:

- **Balmoral**
- **Little Koi Hamilton**
- **Glendenning**
- **Penshurst Pub**

You are eligible to attend Saturday Out and About Group if you are a Commonwealth Home Support Program (CHSP) recipient, attending Social Support Group and have a carer, who can be a family member or friend. The carer will need to be registered with Carer Services, which Brenda or Fiona can help with. Please let us know if we can help.

WINTER QUIZ ANSWERS

1. Snow White – The Snow Queen
2. 'Schnee'
3. Mittens
4. Saint Bernard – Siberian husky – German Shepherd
5. Socks
6. Anne Murray
7. Snow pea
8. Sweater
9. Inverno
10. Coat
11. 0 degrees C or 32 degrees F
12. Jacket
13. Summer
14. Flannel
15. Six
16. Skates
17. Let It Snow – Frosty the Snowman
18. Gloves
19. Ice Hockey
20. Scarf



BELOW ARE PICTURES OF MEMBERS AND TEAM AT SOCIAL SUPPORT GROUP OVER THE LAST FEW MONTHS.....

KEEP WARM EVERYONE, WE HOPE YOU HAVE ENJOYED WINTER'S EDITION OF THE SOCIAL SUPPORT GROUP NEWSLETTER.



**How Many Snowflakes
Answer = 46**