

NEWSLETTER- WINTER 2023

The focus of your Social Support Group is

- To support you to live well by maximizing independence
- To enable you to achieve and feel valued
- Helping you to build on what you can do
- Building friendships and social connections
- Achievable exercises
- Offering choices
- Support and Respite

Held at:- WDHS

Allied Health Centre
Hamilton

Penshurst Campus

Coleraine Campus

COMING EVENTS

Office Closure:

12th June – King's Birthday
Public Holiday

Tuesday 'Up and Go' Group
Dates for the next 3 months:

20th June, 18th July and

15th August 2023

Conditions apply



Phone Numbers

Hamilton - 555 18 381

Penshurst – 555 18 381

Coleraine – 555 32 084

SSG Editorial



Dear Members,

Winter is closing in upon us, whilst we have experienced some lovely days leading up to, we can't avoid it for too much longer. We understand it is much harder to get moving on those cold days, but where possible please let us know before 9 a.m. if you cannot attend Social Support Group on the day. We are hoping that the later start in Hamilton, also supports our members, commencing the day from 10a.m. with pickups for an 11a.m. start.

Hamilton and surrounds is experiencing its first wave of flu in the last month, and COVID numbers are building again. This has lead the WDHS to implement face mask protocols again, for staff and volunteers. What this means is staff and volunteers are required to use a P2/N95 mask as well as protective eyewear. These protocols are regularly reviewed, and you may expect to see these protocols come and go depending on the rate of infections within the local area.

We ask that members continue to wear masks, unless you have an exemption. A little while ago we had Rohan visit and we conducted a survey in regards to whether members wanted to continue to wear masks. Currently because of the latest growing numbers of infection, we do need to stipulate mask wearing as a proven protective measure. This will be reviewed as required also.



Tuesday 'Up and Go Group'



This is exciting for those who are wishing for full day outings and experiences. Members from across all days, Coleraine, Merino and Penshurst are invited to place an expression of interest. If you have already placed an expression of interest, you will already be on our list for contacts.

The program will be for those who are physically and cognitively able to function at a safe and active level of independence, you will see more information in this newsletter. This group will be run once per month on a Tuesday. A report to follow in the Newsletter about our trip to Timboon.

Staffing updates

We have said goodbye to Barbara in the Coleraine Social Support Group Team. Barbara worked with the Coleraine Group for nearly 1 year, and we know the members appreciated her role in the team, her special talents and lovely kind manner. We wish Barbara well and one day we may be fortunate enough to see Barbara again.

Michelle Maslen who has worked with Social Support Group for 20 years is also leaving, transitioning into her well-deserved retirement from WDHS. Michelle has recently finished working on Tuesday in Hamilton, and will finish working in Penshurst at the end of June 2023. Michelle will be missed and we wish her well with her retirement. A special memory, Michelle would come in

early on a Tuesday and place flowers on our tables for the enjoyment of our members, and was always thinking about activities which would benefit all who attended Social Support Group. Michelle has written a reflection piece on her time with Social Support Group, which is lovely to read in this Newsletter. Thankyou Michelle.

We are currently advertising for new team member/s, which you may have seen in the Hamilton Spectator. We are hopeful we will be seeing some lovely new staff members soon.

Keep warm everyone, *Brenda and Fiona*



Welcome to new members

Bernadette Norris – Monday Hamilton

Don Sharrock – Wednesday Hamilton

Bevin Ollis – Thursday Hamilton

Eric and Gabrielle Boardman – Thursday Hamilton

Barbara Finlay – Thursday Penshurst

Henk Van Wegen – Friday Hamilton

Dick Walter – Friday Hamilton

Please everyone, make our new members feel welcome.

We are also welcoming many members to additional days across the week, so you may see new faces in addition to the above list. A reminder that you can attend Social Support Group up to 3 days per week.

See Brenda or Fiona if you are interested in increasing your attendance, or mention it to staff at SSG.

FAREWELL TO

Joan Jenkinson – Monday Hamilton

Joan Edwards – Monday Hamilton

Val Kenny – Monday Hamilton

Nola Spillman – Monday Hamilton

Betty Innes – Tuesday Hamilton

Andrew Jolly – Thursday Hamilton

Alana Burley – Thursday Penshurst

Graeme Roberts – Friday Hamilton

We treasure the times we spent with you and wish you well for the future. Thank you for your friendship to us all at SSG. We will miss you.



WITH SYMPATHY

Our deepest sympathy to the family of Maggie Dunbabin.



Maggie, was a long standing and much loved member of our Social Support Group family. We will miss Maggie and Quade (pictured with Valda Huf).

We would also like to take this opportunity on behalf of all of the members and staff at Social Support Group to send our deepest sympathy to Wendy Waldron. For those of you who know Wendy, you will have known she was a devoted daughter to Wilma who passed away on the 22nd May, 2023.

We send all of our love to you and your family Wendy.



EASTER RAFFLE RESULTS

Congratulations to all the lucky winners of our Easter Egg Raffle. Thank you to everyone who purchased a ticket to support our Social Support Group

1st Prize

Keith Dunn from Social Support – Left

2nd Prize

Graeme Mashado from Social Support Group - Right



3rd Prize

Rita O'toole Staff Member from WDHS

Up and Go Group



"Up and Go" is the name our participants chose for the Tuesday outing group. Colin Warfe, one of our Tuesday members, is the genius behind the name, thank you Colin.

Our first outing was held on Tuesday 16th May 2023 and was enjoyed by everyone who attended.

We travelled to Timboon for a lovely lunch at the hotel. The journey was the main focus of this trip and we were not disappointed. We saw the landscape change from the familiar Hamilton surroundings, to the lush green pastures and dairy cows of Warrnambool area, then the forested, hilly terrain around Timboon, so reminiscent of the outlying areas of the Otway's Nation Park.

We had time to have a quick browse in the "Little Bit of Sweet" Lolly Shop and Op Shop. We also enjoyed a lovely meal at the local hotel which was set into the side of a hill and had many levels inside.



We capped of lunch with a visit to the famous Timboon Fine Ice Cream Shop, which did not disappoint.





“A Little Bit if Sweet” Lolly Shop



Homeward Bound

We are looking forward to our next “Up and Go” adventure.



WELCOME – NEW SSG TEAM MEMBER

We are so excited to welcome Ruth Owens to the Social Support Group Team. Ruth is currently working with us on a Wednesday from 11a.m. until 3p.m. with the Members and as needed on a Monday.

Ruth will be a familiar face to you all as the friendly and welcoming face of the Allied Health Centre, during the time we had to check and register visitors during COVID. Ruth is also currently working 2 days a week with Phoung in our Podiatry Dept. A busy lady :)



A couple of number games to test yourself:

$$1 + 3 = 12$$

$$1 + 4 = 15$$

$$2 + 5 = 21$$

$$2 + 6 = ??$$

$$3, 2 = 24$$

$$5, 1 = 20$$

$$6, 2 = 48$$

$$2, 10 = ??$$



PROTEIN PACKED WINTER BREAKFAST - BANANA PORRIDGE

Ingredients

- 1 cup rolled oats
- 1 cup water
- ½ cup milk, plus extra to add during cooking
- 1 banana, preferably overripe
- 1-2 eggs (use 2 eggs if they are small)
- Cinnamon to taste
- Honey or maple syrup to taste

Method

1. Finely slice or mash the banana and set aside. Whisk the egg/s and set aside.
2. Place the oats, water and milk in a saucepan. Bring to a boil then reduce heat to low and cook, stirring gently, for about 5 minutes or until the mixture starts to soften and thicken.
3. Add the banana, whisked egg and a pinch of cinnamon and cook for a further 2-3 minutes, stirring continuously, until the ingredients have been thoroughly incorporated and the egg has cooked into the porridge. If the porridge is too thick, add extra water or milk.
4. Serve the porridge hot with a drizzle of honey or maple syrup. Add toppings as desired.

HAPPY BIRTHDAY



SPECIAL BIRTHDAYS

Henni Pember 95

Doreen Lindeback 85

Audrey Hornby 90

Neville Blackmore 85

Ilma Underwood 85

JUNE 2023

Julia Hearn 3rd

Tom Guinea 18th

Kevin Commerford 29th

Henni Pember 14th

Bruce Hines 18th



HAPPY BIRTHDAY



JULY 2023

Val Lambert 3rd

Reg Forsyth 4th

Barbara Finlay 4th

Audrey Hornby 11th

Doreen Lindeback 14th

Dulcie Black 22nd

Barbara Gabell 29th

Beryl Clark 31st

AUGUST 2023

David Chace 2nd

Helen Kirby 3rd

Keith Sanders 11th

Rose Sanders 13th

Roma Keating 15th

Neville Blackmore 15th

Ilma Underwood 15th

Liz Chapman 15th

Pat Dunn 19th

Rosemary King 20th

Ruth Habel 20th

Joyce Mirtschin 22nd

Colin Warfe 24th

Audrey Steers 28th

SOCIAL SUPPORT GROUP STAFF AND MEMBERS
WOULD LIKE TO WISH OUR MEMBERS A VERY
HAPPY BIRTHDAY FOR THEIR SPECIAL DAY. WE
HOPE YOU HAVE A WONDERFUL DAY
CELEBRATING AND YEAR AHEAD.



COLERAINE

SOCIAL SUPPORT GROUP REPORT

As we are coming into Winter we like to reflect on what has happened during Autumn.

We started with a Postie Party where some of us bought some lovely clothes to update our wardrobes for the coming months. We raised some much needed money which we will put toward the purchase of some supplies for craft or outings in the near future.

The members requested some guest speakers to come and speak. So far our guest speakers have been about incontinence, which is subject that tends to get hidden but is none the less extremely important. This was very informative with suggestions on how to control this embarrassing problem as well as things that can be done to help.

Our other guest speaker is on Podiatry, this is also an important subject as our feet carry us all of our lives and the more we can do to take care of them the better.

St Patrick 's Day is always fun celebrating everything Irish and of course dressing in green.

It was a great pleasure for us to host a BBQ with one of the Hamilton groups coming to enjoy this with us. It was wonderful to see everyone socialising and making new friends. Frank McInerney came to entertain us one afternoon with his beautiful guitar work and his singing that all joined in with having a lovely time.

It was decided that it would be nice to try and make some fairy gardens so we ran away to the Big Green Shed in Hamilton and found some lovely gems that will enhance the gardens. There will now be a push to make little houses and garden furniture to bring these gardens to life.

Our Outings have been to the Casterton Op shop again to find some bargains and enjoyed a lovely lunch at the Glenelg Inn.

To recognise ANZAC Day the group made ANZAC biscuits and went to the Light Horse Museum in Dunkeld, this was very enlightening and generated much conversation about our fathers and grandfathers who fought in the Light Horse and at Gallipoli.

We will be going to Port Fairy by the time this goes to print to have a look around and lunch at the surf lifesaving club.

As a treat we will also be cooking hot spuds for lunch, this is something everyone enjoys.



Tongue Twisters



Whether the weather be fine,
Or whether the weather be not,
Whether the weather be cold,
Or whether the weather be hot,
We'll weather the weather
Whatever the weather,
Whether we like it or not

Three thin thieves thought a thousand thoughts,
Now if three thin thieves thought a thousand thoughts,
How many thoughts did each thief think?

Of all the felt I've ever felt,
I never felt a piece of felt which felt as fine
As that felt felt, when first I felt
That felt hat's felt.



PENSHURST SOCIAL SUPPORT GROUP REPORT

On Thursday 18th May Penshurst Group had a wonderful day in Hamilton and surrounds. We drove to Nigretta and had fresh scones and a cuppa form morning tea, whilst surrounded by all the tall timbers. There were some funny looks at the toilet when someone said “Oh no, it’s a long drop”. We ventured on to Wannon Falls and stepped out onto the Lookout. We visited the swimming hole of the Hamilton residents of old and saw the lush areas surrounding the Wannon. We eyed the old scout Hall and Buildings at the Wannon Settlement.

We were all hungry and galloped off to Alexandra House. The meals were delicious and we had eaten too much so didn’t have sweets. Everyone was in favour of going to

the Argyle OP shop. Some great buys were had. All satisfied we returned home.





In other Penshurst News the Shepherd Centre is nearing completion and we have been advised that all of the Renovation works will be completed and ready for the community to enjoy by Mid-June.

We have been so thankful to have the use of the Penshurst Senior Citizens Rooms during the time of renovations. The Rooms have offered an exciting change of atmosphere for the group. We have enjoyed a larger space for carpet bowls and an opportunity hold Community BBQ's with thanks to our Volunteer Don Adams.

Member Profile

Freddie Elton

Monday Social Support Group



Towns you have lived: Born in Sale, lived in Canberra, Lake Bolac and currently living in Hamilton.

Occupations: Freddie worked in hospitality for 32 years and also a milk bar.

Clubs I belonged to: the only club Freddie has belonged to is our Monday Social Support Group and we are very glad she does.

Hobbies/Interests: Gardening, jigsaws, and reading (gruesome crime novels are her favourite)

TV Shows you like to watch: following on from the gruesome crime novel theme, Freddie enjoys watching CSI LA and CSI Miami, and also sports.

Favourite Food: Freddie's favourite foods are a nice roast lamb or pasta.

What would you do if you won Tattsлото: Freddie would help out her family and donate to cancer, MS and heart research.

What is your best advice for the youth of today:

Listen to your parents and have good manners.

What is your favourite activity when you attend Social Support Group?? Freddie enjoys everything, but particularly craft and bingo.

INFORMATION PIECE - HOW TO BEAT THE WINTER BLUES

Winter is a tough time for many seniors, who may find it harder to get out and do things. It can be hard to get out of bed when it's cold, dark, and windy outside.

As we reach an older age, keeping warm in winter becomes a challenge. Our bodies tend not to feel the effects of cold weather immediately. And this can be particularly dangerous for clients living with diabetes, thyroid problems, Parkinson's, arthritis or dementia/memory loss. Thus, staying healthy in winter is very important.

However, locking in and staying at home to prevent shivering into the bitter cold of winter is also not the answer. Winter blues is also a serious issue for seniors. It can lead to depression and other mental health issues. But it's also preventable—and we've got some winter tips for

seniors to ensure that they are warm and safe during winter.

Winter safety tips

Senior winter safety tips while indoors

There is nothing better than being comfortable and toasty at home during winter. To keep the house warm enough, here are some tips:

- If there is a thermostat, make the temperature somewhere around 22° Celsius.
- Close windows to avoid cold breeze from entering the home.
- Close doors when not in use to make heating solutions more effective.
- Check that no additional drafts are coming through the home – take note of door and window frames. Depending on the condition, a repair may need to be scheduled if cold air is getting in.
- Get additional blankets to have in the living room and bedroom so that you can have additional warmth over your legs.
- Seniors should be dressed warm, even with the heating on, while ensuring they are comfortable and able to move and do things.
- Fireplaces, electric blankets and portable heaters may be enticing, but it's important to be aware that they are a fire hazard and should be used in moderation. Seniors

may not be able to escape a fire as quickly and may even forget that these are on. Blankets with timers may be a good option. However, these must always be laid flat when in use.

- Ensure electric equipment is being checked on regularly. This may require collaboration among family, neighbours, carers and other people who will be happy to help.

Winter safety tips when outdoors

As lovely as it would be to stay inside all the time during winter, seniors have to go out to get things done, such as groceries and visiting doctors. To stay warm and safe outdoors, make sure to follow these tips:

- Wear the appropriate clothing for the weather. If it's raining, take an umbrella and wear waterproof clothing to ensure that your body remains dry. If it's cold, make sure to wear plenty of loose layers, which help keep the heat around the body.
- Additional items like a hat and scarf are important as they keep the neck and face warm – an area where body heat can be lost if uncovered!
- Ensure shoes with a firm grip are worn to avoid slipping on wet surfaces.
- Long socks are great under trousers to keep legs warm.
- When returning home, change clothes if they get a little wet or extremely cold.

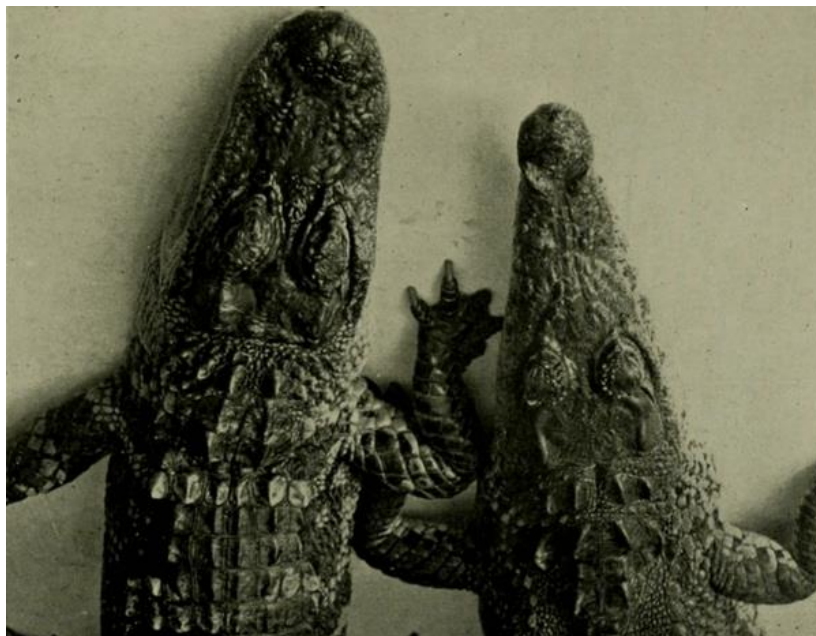
How to stay healthy in winter

- **1. Watch daily food intake.**
- Sweet and fatty foods are best eaten during the winter. However, keep the amount in check as too much of anything can also be bad for the body. It's also important to make sure that seniors eat foods rich in vitamins A and D, antioxidants and probiotics, and essential minerals like zinc to keep bodies strong.
- **2. Keep your body moving.**
- Regular exercise can boost the mood and help strengthen the bodies of older people. Whether it is a simple indoor exercise or a short walk outside your home, it should help jumpstart your day with more energy!
- **3. Keep track of doctor's appointments**
- Prevention is better than cure. Make sure to be updated with doctor's appointments.
- **4. Watch out for signs of seasonal depression.**
- How to beat the winter blues for seniors is one of the hardest things to battle during winter. Some of the best winter tips for seniors to overcome this include seeing family and friends whenever possible and doing activities they enjoy the most. (Like coming to Social Support Group :)) We should stay connected

with the people we love and enjoy being around as much as possible. Even if we don't know people that well, it is important for our mental health, and we enjoy the benefits of connectedness.



What is the difference between a crocodile and an alligator?



I believe the main difference is that one will see you later and the other will see you in a while. I could be wrong, I'm not a zoologist.

Reflections

By Michelle Maslen

Social Support Group/ Planned Activity group and Adult day Activity Support Services.

I was a very shy person to start with and I was asked to stand out the front of the group and talk to them about the day. I was scared and thought how am I going to do this? Being challenged was both scary but changed my perspective. Then getting my Bus Licence was eventful especially in a big truck.

The many ideas we floated and delivered were amazing and the staff were very eager and caring. Together we had some memorial days on Outings discovering Victoria's Western District. We drew on all our contacts and the community to create meaningful days for members.

I've seen many come and go and they were all great people. The stories of their life were what interested me and I can only be amazed at what some of you have done in your life.

Thank you to the members who were in the Swimming Group. What fun we had and what milestones you all reached.

Also the garden Group, we could never find enough Nurseries to visit.

The Overnight trips that were three days and two nights were always fun and what better way to explore Victoria and South Australia. Some places we visited, Horsham, Mt Gambier, Nelson, Warrnambool, Swan Hill, Bendigo, Maldon, Melbourne, Ballarat, Anglesea, Portland, and Port Fairy.

What an amazing job when you look to see what is attainable. We should have been called the intrepid explorers.

The support from Allied Health staff and PPH Director was great and always a blessing.

Thankyou for your great support with all the activities we did and the fun and laughter that followed.

Thank you to the very best managers, Brenda and Fiona. You are both refreshing and have different outlooks on all situations.

Cheers and love Michelle





EXPRESSION OF INTEREST

ACTIVITY: Tuesday Up and Go Group

CRITERIA:

Each person will be physically and cognitively able to function at a safe and active level of independence:

1. Physical: Independent with walking aides or wheel chair, must meet the following level of Risk Criteria
 - a. Not requiring 1-1 supervision
 - b. "Low Falls Risk" as per Falls Risk Screen
2. Cognitive: To be able to follow instructions from leaders, not at risk of wandering away, order own meals, independent with eating and managing money

3. Transport: Participants will arrange their own transport to and from the pickup/drop off point
4. Toileting: Independent with toileting, continence

Based on the above criteria you will be informed by the Social Support Group Staff if you meet the criteria.

OBJECTIVE of the Up and Go Group

Trips will be planned around member's choices and requests providing opportunities to meet goals, interests, enjoyment, build friendships and maintain community connections. Staff will plan outings that will take advantage of local events and community activities

TIME FRAME OF ACTIVITY

1 day per month

Program will run from February – November

DETAILS OF ACTIVITY

Program will be advertised in advance, members will place their name down on a list. Wait list will apply, places will be rotated to provide fair and equitable opportunities for all.

1 Bus load per trip (13 participants) pending staffing availability

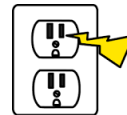
Cost: Daily Service charge without meal provided plus cost of activities/entries and lunch

PLEASE KEEP THE INFORMATION ON TOP OF THIS
PAGE AND RETURN SLIP BELOW

I meet the above criteria and would like to participate in
the SSG Outings/Mystery Trips

☐

DOUBLE ADAPTER WARNING



One of our Monday members, Freddy Elton, kindly brought in
this damaged double adapted to show us, so that we may be



aware that we should
regularly check any
double adapters in our
homes. She told me that
her electrician needed to
use a screwdriver to force
apart the electric plug
from her dryer and this
adapter. He told her that
if she had used the
appliance a few more

times, it could have caused a house fire.

Thank you Freddy for that timely warning. A good reminder to be
vigilant about checking appliances and adapters, and not to be
complacent about electricity.

POWER SAVING BONUS FOR VICTORIAN HOUSEHOLDS

The Power Saving Bonus (PSB) is a one-off \$250 payment to Victorian households who look for a better energy deal on the [Victorian Energy Compare](#) website.

The new \$250 payment builds on the existing PSB program, previously available to eligible concession card holders.

Eligibility

To be eligible for the PSB you must be:

- a Victorian residential energy consumer (i.e. have a residential electricity account)
- the account holder.

Only one payment is available per household.

On **24 March 2023**, a new round of the PSB program commenced. Victorian households are now able to receive a new \$250 payment, including any households that received a payment through previous rounds of the program.

This program is available to all, but it will need to be applied for through the website as above. Maybe you

could ask friends or family if you do not have access to a computer.

If you wish to apply the payment once received will be deposited into your bank account.



Our Outstanding Volunteers

Thank you so much for volunteering at our Social Support Group. We value the time and support you give us all.

During Volunteers Week on Wednesday 20th of May a special afternoon tea and presentation was arranged for some of our volunteers to attend with the members. Our members are so grateful and benefit from the time that is given whilst at Social Support Group. Volunteers are part of our extended family at Social Support Group and we cannot thank them enough. We missed them so much during COVID and are so happy to have the opportunity to build our volunteer group.

If you know anyone who may like to Volunteer with Social Support Group contact the Volunteer Services Co-ordinator at Western District Health Services. Volunteers are always welcome and are required in Coleraine and Penshurst as well.

Thank you to Chris, Neil and Josh pictured below.



Chris

McDonald (Volunteer) pictured with Kimi

