


SPECIAL EDITION 01 - April 2020

STAYING CONNECTED

WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES 




On March 16th, due to our desire to keep BASScare participants, Volunteers and staff safe, and the rest of the community we are part of, we decided to close the doors and open the phone lines.

We miss you. So we'll be producing a regular newsletter until our activities return to normal. How are you managing? We have started a second round of phone calls, and will call each of you to see how you are adapting to limited, if any visitors through the front door. However, if you have a phone, there are many opportunities for conversations, and for time in the garden, home projects and linking up with technology.

No-one gets to be a mature senior without inner strength. This is yet another time for us all to draw on what has got us through tough times before. Laughing, adapting, learning and sharing all help. **Do you need anything? Call us for a chat on 9880 4709.**

And if you would like a regular conversation with those you normally see at exercise, lunch, or on outings or at craft, pottery or art, we'll arrange a conference call. Let us know if you'd like to join in.

The Mothers' Day High Tea on May 8th will have to be by phone. Bake yourself some scones, and phone a friend. Or we'll phone you between 2 and 3.30. Why not practise a



delicate way to raise your right little finger when you sip tea during our Mothers' Day celebration? Also move your feet, shifting your weight from left to right foot so you are ready to step back onto the dance floor when we are out on the streets again! The Harvest Dance for June will now be rescheduled for later in the year We're looking forward to opening up again, but meanwhile, turn the page for home exercises and other fun...

Please send in photos and short stories of your current and past activities for inclusion in the next newsletter.

Keep safe.
Vicki Bayly
Social Activities Manager



Vicki delivering
**Meals on
Wheels**

Health & Wellbeing Staying Fit. Staying Healthy

Physical activity is not only good for cardiovascular health and strength but also for mental health too. To help get you started, below are three simple resistance exercises you can practice at home, no equipment needed!

TIPS:



Easier



Challenging

REMEMBER: Safety is important. Only complete exercises that are within your ability levels and ensure you have supports in place if your balance is poor (such as a sturdy bench).

STOP if you experience any adverse side effects such as angina (chest pain) or severe shortness of breath.

SIT TO STAND / SQUAT TO CHAIR



START: Seated in a chair, feet spaced hip width apart and sitting up tall. Prepare to stand up, then sit down.

MOVE: Lean forward with your torso, then push firmly into the ground with your feet to stand up fully. Pause in a standing position before slowly lowering your hips back into the chair. Repeat.

TIPS:



Put a cushion on the seat to elevate your hips above your knee height.



Tap the chair with your buttocks before rising.

WALL PUSH UP

START: Stand facing a wall, at an arms length away. Place hands on the wall at shoulder height and slightly wider than shoulder width. Position feet hip width apart.

MOVE: Keep your feet on the ground, slowly lower your upper body towards your hands. Then using your arms/chest, push back to return to the start position.

TIP: Do this movement slowly. Do not place arms above shoulder height.



Move upper body towards wall

Push upper body away from wall

This program is part of the Commonwealth Home Support Program (CHSP), funded by the Australian Government Department of Social Services. www.dss.gov.au. This program is also supported by the Victorian Government. BASScare also receives valuable financial support from the City of Boroondara.



TIP: Aim to keep your ankles in a straight line with your toes.

HEEL RAISES - Seated or Standing

START: Seated in a chair OR standing behind a sturdy chair/bench. Feet flat on floor, hip width apart, toes facing forwards.

MOVE: Lift your heels off the ground, rising up onto the front of your feet (ball of feet). Rise as high as you can before pausing for 1 second. Then slowly lower heels back on to the floor.

MOVIE group

Calling all movie buffs to a date from the comfort of your very own home...

The plan

1. We pick a time, a channel and a movie
2. Everyone watches it
3. We have a conference call the next day to discuss the movie

Our resident movie buff Jill Moylan will host the conversation. We will chat about the movie, what we liked or didn't like, a bit about its history, how old you were when you first watched it, and when, and whatever else we want to talk about!

We'd love for you to share your thoughts and join in the group discussion via telephone. **Please contact 9880 4709 if you'd like to take part.**

Delivering nutritious Meals on Wheels in Boroondara



If you need regular meals to be delivered please contact **MyAgedCare** on **1800 200 422** to get a referral for subsidised meals from BASScare's Meals on Wheels service. Once we receive your information from MyAgedCare we will phone you.

However if you are on a package with a home care package provider please ask them to phone us on **9880 4703**.

We deliver hot or chilled meals 5 days per week and frozen meals for weekends and public holidays.

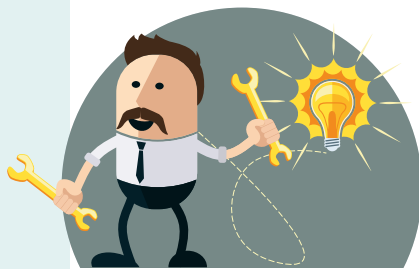
Puzzles and Trivia

ACROSS

3. Beginning
6. Something fishy
7. By the sea
10. Person receiving an allowance
11. Birthday treat
12. Part of a cornstalk
13. Essential
15. Motivate someone
17. Not great, not terrible
18. Australia's 3rd longest serving PM
19. Six balls
20. Fissure

DOWN

1. Airtight
2. Not clever
4. Puts faith in magic or luck
5. Not going forwards
8. Morse code device
9. Army rank
14. Opposite of afraid
16. Evergreen coastal tree



Our Brain Games presenter, Garry, has put together a few activities to keep your mind active.



10
TRIVIA
questions

Answers in our next newsletter, or phone 9880 4709.

1. In what year did Australia convert to decimal currency?
2. Which popular Big Band leader's plane disappeared somewhere over the English channel in 1944?
3. In the 1939 film The Wizard of Oz, what three things are the Scarecrow, the Tin Man and The Lion given by the wizard?
4. The world's first underground subway was opened in 1863 in what famous world city?
5. In 1893, Kate Sheppard worked to establish the first self-governing country to grant the vote to all adult women. In which country did this take place?
6. What was Elvis Presley's first number one hit song in 1956?
7. In a non-leap year, how many months of the year have 28 days?
8. Who are the best-selling male and female authors of all time?
9. After beer, wine and spirits, what is currently the world's fourth most consumed type of alcohol?
10. After JFK was assassinated, who became the next US president?

PODIATRY SERVICES IN HOME VISITS

BASScare's resident Podiatrist Angela has a limited number of appointment times available for home visits. There are likely be some additional costs and terms to these appointments so please phone 9880 4709 for more information.

