

SPECIAL EDITION 02 - May 2020

STAYING CONNECTED WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES 

HOW WELL WE HAVE DONE IN FLATTENING THAT CURVE! An astonishingly good result so far. Thanks to you, your relatives and friends.

Are extra opportunities for conversations, and for time in the garden, home projects and linking up with technology working for you? Are you waiting for restrictions to be lifted so that outings and group gatherings resume? I am.

Until then, we all have an opportunity to build and hold onto new routines including activities that sustain your good health. The film group and exercise classes have taken off with 5 conference calls per week. We will continue to host more conference calls for other groups over the coming weeks.

National Volunteer Week is from 18-24 May. We'd like to take this opportunity to thank all our Volunteers for their commitment and dedication. Social Support programs have more than 50 volunteers assisting with 2000 hours of programs annually. We look forward to welcoming our Volunteers back as soon as we can.

We welcome Rebecca Barnard, as Client Liaison Officer at Canterbury Centre. She will be answering calls from Monday to Wednesday, 9am until 3pm. She is looking forward to meeting many of you, over the phone, in the coming weeks.

Send us a photo for the newsletter please! Staff and other clients would love to see photos and hear your stories. We've loved hearing about how you're keeping active and relaxed. One of our clients' told us her grandchildren put the edges of jigsaw puzzles together and she completes the rest.

A reminder that there are services and initiatives in the community such as local shops doing home deliveries and our own BASScare Meals on Wheels service.

Looking forward to welcoming you back as soon as government restrictions allow,

Vicki Bayly
Social Activities Manager

Welcome to
Rebecca Barnard
Client Liaison Officer
at Canterbury Centre



Health and Wellbeing Staying Fit. Staying Healthy

Matthew Azzopardi,
BASScare Exercise Coordinator

In this period of social distancing, many of us are missing our regular activities and gatherings but we can still keep in contact to maintain social connections and our wellbeing. Social wellbeing is an important part of life. It was also a key component of research into human behaviour by American Psychologist Abraham Maslow in the 1940's. His work included a well-known theory titled the 'Hierarchy of Needs'. The theory details 5 layers of human need, including one encompassing social needs, often referred to as the need for love and belonging. It includes

connections through friendships and community groups. The principle of the theory remains widely accepted; emotional social needs play a role in driving human behaviour.

The government restrictions have limited our opportunities to fulfil this need in ways we were accustomed to previously, however, there are still options to keep in contact such as phone calls, video calls, social media and the humble hand written letter. While some of these may feel daunting at first, they can be a simple and effective way to communicate. If you've never done a conference call it is surprisingly easy and great way to keep in touch.

QUICK STEP GUIDE: HOW TO JOIN A CONFERENCE CALL

STEP 1

Phone us on 9880 4709 to book in:

- Write down the regular landline number we give you.
- Note the time of the conference call – usually the time you attend BASScare for your regular activities

STEP 2

- Phone the special BASScare landline number we gave you (*it won't be the 9880 4709 number*)

STEP 3

- You will hear a recorded greeting. When prompted push the hash key (#).



Call from your mobile



OR call from a landline phone

STEP 4

- The BASScare staff member/host will start the conference call
You've successfully joined the call!



EXPERT TIP: Make sure you are sitting in your comfy chair and have a cuppa tea in hand.

Next issue: step-by-step guide how to use Zoom so you'll be able to talk to us, your family & friends



A regular attendee at our Tuesday morning exercise class, Amy was our very first participant to call in for a group conference call. Now enjoying a regular phone catch up with other exercise participants, Amy equally enjoys receiving her Meals on Wheels delivery which she only started a few weeks back.

A WALK IN THE PARK

A top tip from our Exercise Coordinator Matthew Azzopardi

Walking is a practical, social and effective type of aerobic exercise. Of course, always consider your surroundings, mobility, balance and current level of fitness before exercising. You don't have to run a marathon, you can try starting with a 10 minute walk (at a pace that is moderate for you) and increase gradually as your fitness improves.



MOVIE group with Jill

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

This group has been a big hit with participants watching classics such as "The Great Train Robbery" and "Singing in the Rain". They have been joining each other in a group discussion about the films via Conference phone weekly. If you'd like to know what the next movie is or to join the discussion group, please call.

Calls take place on Thursdays at 1.30pm. Phone 9880 4709 to let us know if you'll be joining in.

Contactless delivery of nutritious meals 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

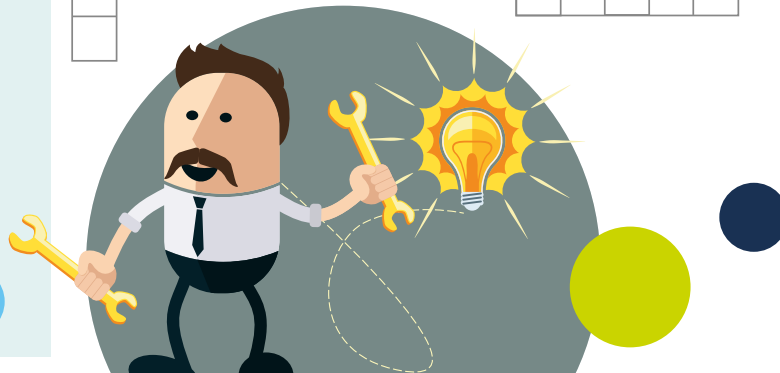
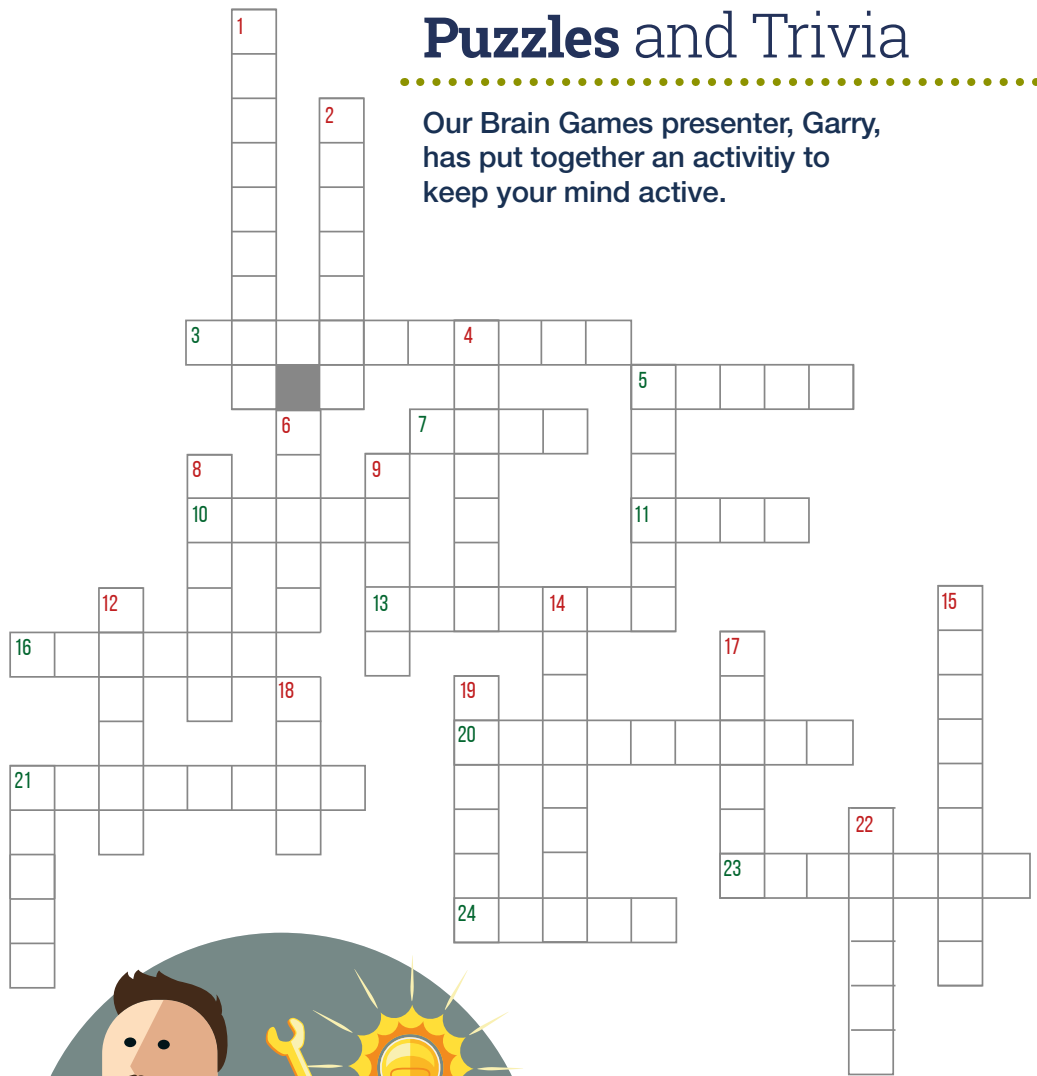
Our Brain Games presenter, Garry, has put together an activity to keep your mind active.

ACROSS

- 3. not above
- 5. to input
- 7. give for a short time
- 10. largest of the big cats
- 11. musical element
- 13. not anything
- 16. to talk
- 20. big appetite
- 21. not sure
- 23. dictionary
- 24. fish

DOWN

- 1. make a call
- 2. shows you how
- 4. part of
- 5. festive beverage
- 6. message received
- 8. dual sounding
- 9. type of piano
- 12. easily irritated
- 14. not appropriate
- 15. to try
- 17. around the world
- 18. ring
- 19. egg shaped
- 21. country not city
- 22. martial art



Answers to Edition 1 – April 2020 Crossword and Trivia

Crossword: Across 3. start, 6. tuna 7. beach 10. pensioner 11. cake 12. ear 13. vital 15. Inspire 17. average 18. hawke 19. over 20. chasm **Down:** 1. hermetic 2. stupid 4. superstitious 5. reversing 8. telegraph 9. major 14. brave 16. palm

Trivia: 1. 1966 2. Glen Miller 3. A brain (Scarecrow), courage (Lion) and a heart (Tin Man) 4. London, England 5. New Zealand 6. Heartbreak Hotel 7. All of them 8. William Shakespeare & Agatha Christie 9. Vodka 10. Lyndon Johnson

PODIATRY SERVICES IN HOME VISITS

Home visits for those who need podiatry services are available by **booking on 9880 4709**. The visit costs a little more (adjusted according to income) than appointments at the Centres at Canterbury and Marwal.



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.