


STAYING CONNECTED WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES





HAPPY WINTER! I know you're all loving the cold mornings as much as I am but what's been warming me up is hearing all the updates and fantastic stories of how you're getting on in this strange world of isolation.



We've had over 50 of you join in our conference calls and heard an update from nearly all of you over the phone since the temporary closure of our community centres in March.

As those calls continue, we'd also love to hear from you by good old fashioned pen and paper! That's why in this month's edition we have enclosed a self-addressed postcard for you to fill out. We'd love to hear your words of wisdom to share with others or just a message for your friends at BASScare. We'll share some of your messages in our next newsletter and on the television at reception so please send them through!



Over the next few months we are hoping that we will see a slow return in some services starting with essential services such as Podiatry and Exercise Physiology. We really appreciate your patience over these past weeks whilst we review updates and advice from government about safely re-commencing the programs you need and enjoy.

Our program leaders are working on plans to deliver more online digital sessions, phone groups and remote access to resources such

as online trivia, group video calls and virtual exercises for home.

We're excited to start some contactless door drops for people wanting a visit from a smiling BASScare team member. So if you'd like a book to read, a DVD to watch, a jigsaw puzzle to do or just a friendly chat at a distance with a BASScare team member at the front door please give us a ring and let us know.

We are here for you during business hours on 9880 4709.
Stay safe and warm,

Tom Edwards
Social Support Coordinator



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Health and Wellbeing Staying Connected.

Connecting you face to face from home!

You may have heard of Zoom because of its huge spike in popularity since the COVID isolation measures. This is because it is a relatively simple and easy to use application that allows people

to have video conversations with others from the convenience of home. All you need is an internet connection and a compatible laptop, (computer, mobile phone or tablet) with a webcam or face camera.

QUICK STEP GUIDE: HOW TO JOIN A ZOOM CALL

STEP 1 DOWNLOADING/ACCESSING ZOOM

- **Apple devices** (including iPad & iPhones) download from the **Apple App Store**.



- **Tablets and Android smart phones** download from **Google Play Store**.



- **Windows computers** access via link or download app from...



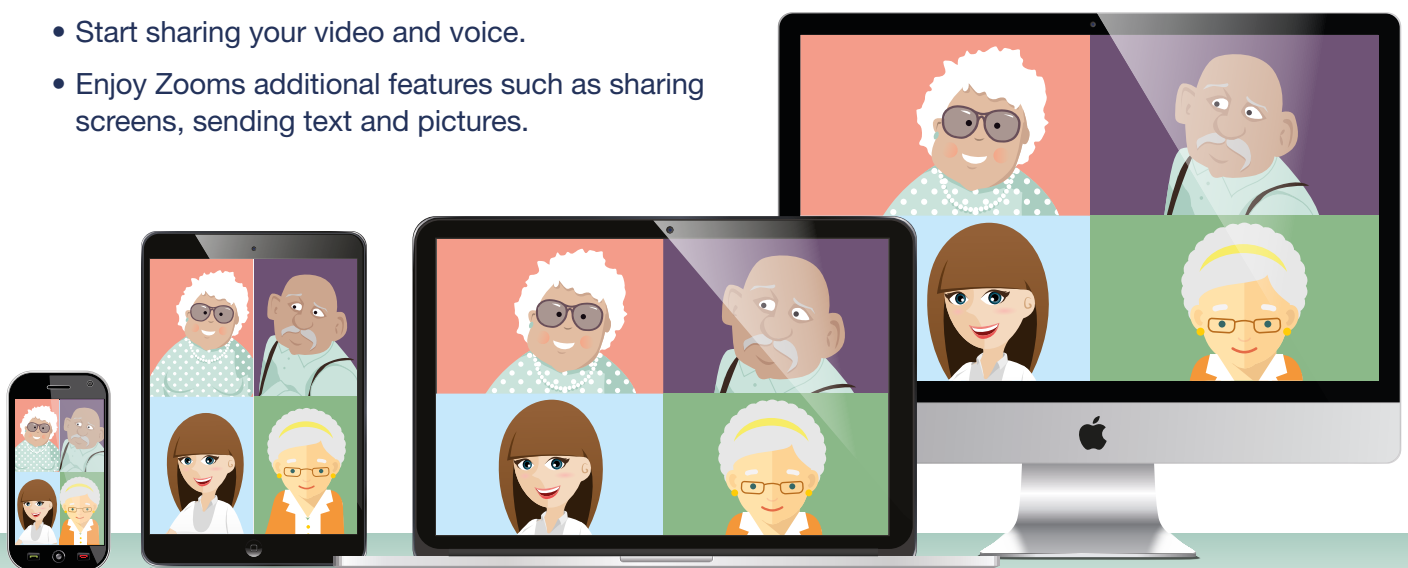
www.zoom.us

STEP 2 JOINING A ZOOM CALL

- Join a meeting via an email link or key in the meeting ID and Password.
- You can sign up for a free Zoom account using an email address to schedule your own meeting and invite others.

STEP 3 YOU'RE IN!

- Start sharing your video and voice.
- Enjoy Zooms additional features such as sharing screens, sending text and pictures.



We're running phone tutorial sessions to help you talk to family and friends via Zoom in no time!

We look forward to having you in one of our Zoom get-togethers, if you're interested in learning Zoom or speaking to some of your BASScare friends via Zoom let us know on **9880 4709**.



Have you been missing your outings? Here is a taster of what we have planned once we get the all clear to get the buses out on the road again. Janet from the office



We are looking forward to a trip to 'Two Beans and a Farm' restaurant at Carome Homestead in Mernda. The gorgeous bluestone 1860s farm house oozes heritage charm and sits amongst established gardens, wonderful views and a short path away from the Plenty River Gorge. We'll enjoy something tasty from the menu featuring rustic Australian favourites as well as classical dishes from European, South American & Mediterranean cuisines then perhaps take a stroll to spot the local kangaroos, rabbits and ducks.



WINTER SAFETY ANNOUNCEMENT

Carbon Monoxide & gas heater safety

Make sure to have your heater serviced at least once every two years.

Gas heating should not be left running continuously overnight or for extended periods of time.

Carbon monoxide is an odourless, colourless gas that may cause symptoms including tiredness, shortness of breath, headaches, dizziness, nausea, weakness, confusion or chest pain if inhaled. Symptoms can be mistaken for a flu-like illness. Very high levels of carbon monoxide can be fatal.



We're still laughing & learning

Here is a photo of our Learn, Laugh and Lunch group's long time participant Phil Candy and wife Mary-Anne as we did a doorstep visit to collect his contribution for the 'Heart of Kindness' art project. The nine group members and six volunteers are all busy with pencils and paintbrushes to decorate their section of a large heart to be assembled and displayed on our return from isolation. It will be a beautiful symbol of our friendship to show that we have always been together in thought even though we've been apart.

Over the past couple of months the Learn, Laugh and Lunch group have been busy catching up via phone calls, texts and FaceTime. The sharing of books, recipes, jokes and puzzles among our participants, their carers and our volunteers has been a wonderful show of the camaraderie that our BASScare social support community enjoys.

Contactless delivery of nutritious meals on wheels in Boroondara phone: 9880 4703

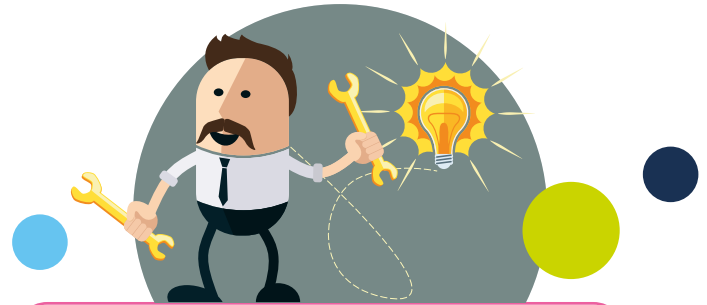


Puzzles and Trivia

	2		6				4	
6	8	3	2	7				
		7	3		9		6	
3	6		4					
2			1		6	7	5	
	7			9	2		1	3
			9	6				8
		5		4				
		6		2		4		

SUDOKU

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9.



Answers to Edition 2 – May 2020 Crossword

ACROSS: 3. Below 5. Enter 7. Lend 10. Tiger 11. Note 13. Nothing 16. Parley 20. Voracious 21. Reticent 23. Lexicon 24. Perch

DOWN: 1. Telephone 2. Teacher 4. Element 5. Egnog 6. Roger 8. Stereo 9. Grand 12. Crusty 14. Improper 15. Endeavour 17. Global 18. Band 19. Oval 21. Rural 22. Aikido

10 TRIVIA questions

Answers in our next newsletter, or phone 9880 4709.

1. What is the name of Batman's butler?
2. In 1901, where was Australia's first capital city?
3. What animal is featured at the centre of the Porsche automobile logo?
4. By mass, what is the body's largest internal organ?
5. On an alphabetical list, which US states would come first and last?
6. In food terms, what is the official national dish of Australia?
7. In 1922, Howard Carter became famous for doing what?
8. Highly successful English singer born 25th March 1947 Reginald Dwight is better known by what stage name?
9. Before the Titanic departed from England and famously sunk on April 14, 1912, what city was its intended destination?
10. Which alcohol shares its name with the capital city of a country on the Arabian Peninsula?

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.