

SPECIAL EDITION 05 - August 2020

# STAYING CONNECTED

## WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES

We have, since March 16th, been looking forward to welcoming you back to the Canterbury and Marwal Centres. We do not have a revised re-opening date at present. We are planning to re-commence in September, but we will be cautious and constantly respond to government requirements.

Until then we will continue to provide the best connections we can, including Meals on Wheels, conference calls, Zooms, Podiatry home visits and responses to your suggestions, where possible.

We'd like to thank everyone that took the time to send photos and write in with Words of Wisdom. We'd like to invite you to contribute again, by transporting us to your place of comfort, hallowed ground, or favourite travel destination, fictional or real. You'll find another card and self-addressed envelope enclosed so that you can tell us about your special place. Please include a photo if you wish.

Think sipping champagne in Paris, eating you grandma's scones, or maybe the MCG after your team wins the Grand Final, whatever comes to your mind! We'll share these in the coming newsletters for others to imagine and enjoy. For me it's a walk along a beach, anywhere – Apollo Bay, Pambula, St Kilda, Blairgowrie, Port Melbourne, and these days I don't mind how cold it is, as long as I'm snugly wrapped in a cosy coat.

We appreciate your cooperation and patience as we work together to keep each other and the community safe. If you have any queries or concerns please don't hesitate to call us on 9880 4709.

**Vicki Bayly**  
Social Activities Manager



## Words of Wisdom



A couple of weeks ago I found a beautiful card in my letterbox from a woman telling me her name, address and telephone number and offering assistance in any way necessary. I was so touched and rang immediately to thank her for her kindness, assuring her I was well-supported.

Moyra



I have just had my 80th birthday which looked to be a lonely event. But Dan Andrews announced a lifting of restrictions just in time to arrange a lunch with so many of the friends who have helped me reach these 80 years so happily. I didn't think turning 80 would be such fun.

Helen D



While we are more or less house bound, we have enjoyed the newsletter even more than usual and we really appreciate the work all the BASScare members are doing to keep us cheerful. We enjoy the 'Learn, Laugh and Lunch' Zoom sessions 11-12 on Wednesdays and the LLL visits from co-ordinator Judy Russell with jigsaws and books for distribution between members. LLL newsletters are great too with puzzles art projects (gold star Judy) and treats. I (Alma) really miss the Wednesday exercise sessions 10-11am, and appreciated a phone call from Bob early on.

Love and Best wishes from Alma and David Pryor.

**"Life is a compromise.  
Find some joys & laughter, everyday.  
Enjoy your friendships."** Helen G

# zoom

# trivia

Come and join us for a Zoom trivia session, it's loads of fun and you might even learn a thing or two.

We'll be holding regular sessions on

**WEDNESDAYS**

**NEXT SESSION 12th August at 11.00am**

To find out more call 9880 4709 or email us at [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au) to get involved.

**No Zoom experience necessary, it's as simple as a click! We can help get you connected.**



# Health & Wellbeing Upper Body Exercises at Home

Are you staying home and want to exercise, but you don't have specific exercise equipment? No worries!

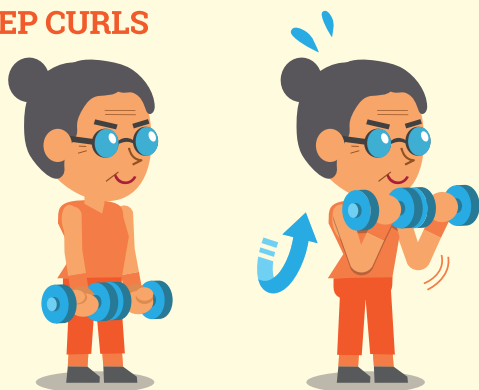
Here are some upper body resistance based exercises that you can complete with household items such as tins cans or water bottles.

**Aim to complete 3 x 10-15 repetitions comfortably, at least twice per week.**

Resistance training helps build muscle strength to assist you with daily tasks, like carrying groceries and completing activities such as gardening, cooking, home projects & more!

**TIP:** All of these exercises can be completed standing or seated. **STOP** if you experience any adverse side effects such as angina (chest pain) or severe shortness of breath.

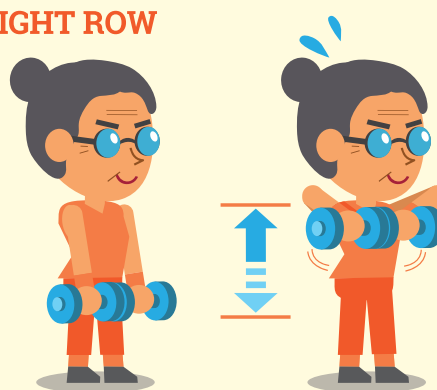
## BICEP CURLS



**START:** Holding item, hands by your side, palms facing forwards.

**MOVE:** your hands towards your shoulders while keeping your elbows close to your body (in the same position they started). Return to the starting position.

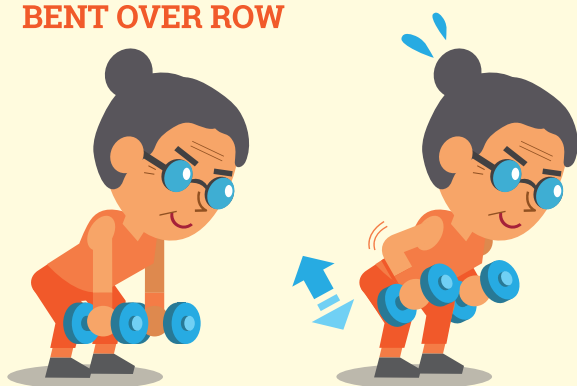
## UPRIGHT ROW



**START:** Holding item, arms relaxed in front of you, palms facing you.

**MOVE:** Keeping your hands close to your body, slowly raise your hands to chest height, allowing your elbows to point towards the side. Slowly return to start position.

## BENT OVER ROW

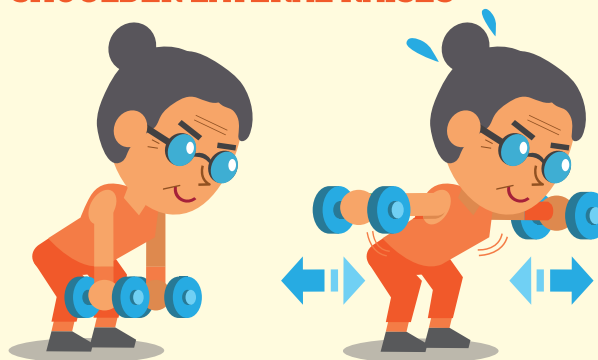


**START:** Feet hip width apart, lean torso forward slightly, you may have your legs slightly bent. Holding item, arms relaxed about knee height, palms facing inwards.

**MOVE:** Retract your shoulders backwards and then bend your elbows backwards towards your chest. Slowly return to the start position. Return to the starting position.

**TIP:** You should feel the effort in the upper back/rib region.

## SHOULDER LATERAL RAISES



**START:** Holding item, hands by your side, palms facing in towards your body.

**MOVE:** Keep your elbows as straight as you can, slowly swing your hands out to the side up to shoulder height (or a height you can manage), pause for a moment before returning to the start position.

**HINT:** you can do this standing upright or bent over slightly.



# Puzzles and Trivia

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

## SUPPORT LINES

If you're in need of a chat or extra support during this time there are support lines available:

**The Older Persons COVID-19 Support Line** 8.30am - 6.30pm

**1800 171 866**

**Friend Line Telephone Support Service** Tues - Thurs 6.00 - 8.00pm

**1800 4 CHATS (1800 424 287)**

**Coronavirus Mental Wellbeing Support Service**

**1800 512 348**

**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.

## 10 TRIVIA questions

Answers in our next newsletter, or phone 9880 4709.

1. After water, what is the next most consumed beverage on earth?
2. How many countries make up the United Kingdom and can you name them?
3. What is the highest grossing Australian made film of all time?
4. What is the correct term for a group of frogs?
5. What capital city was originally called 'Batmania'?
6. What war was fought from October 11, 1889 to May 31, 1902?
7. Flowing over 3,500 kilometres from Central Russia to the Caspian Sea, what is Europe's longest river?
8. In 1960, who asked 'Come on baby, Let's do the Twist'?
9. What are the only two mammals on earth that lay eggs?
10. Which famous Irishman said 'Be yourself; everyone else is already taken'?

## TRIVIA ANSWERS Edition 4 – July 2020

1. Bavaria/Germany
2. The Minotaur
3. Metropolis
4. Western Australia
5. Vatican City
6. China
7. The Danube
8. Pollen
9. Ava Gardner
10. Mount Everest



## NEIGHBOURHOOD WATCH

COVID-19 lockdown is an unprecedented situation for us all. Neighbourhood Watch tells us that "most crime is opportunistic. The potential offender sees a chance and takes a chance." So, a reminder to be vigilant with your home and personal safety. Check that doors are locked, and be wary of unfamiliar visitors.

## Meals on Wheels contactless delivery to your home

starting from \$9.50 per meal

**9880 4703**



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