

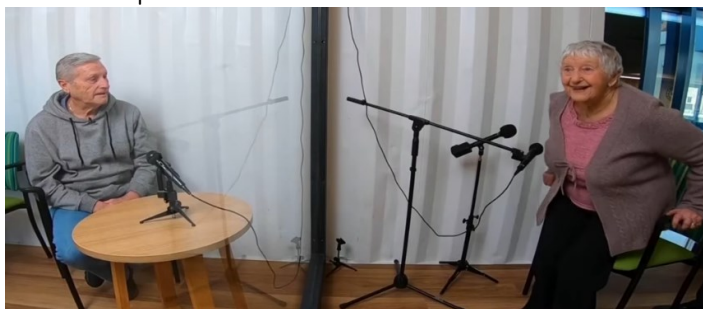
REACHING OUT

Keeping our Community Connected - Edition 18



FEEL GOOD NEWS... 'Connection Pods'!

While visits to most aged care facilities are currently banned, one facility in Croydon has an innovative solution allowing residents to have face to face contact with their loved ones. A humble shipping container has revolutionised the lives of the residents of Donwood Aged Care Facility. The visitors enter one end of the 'connection pod' while the resident enters through a separate door at the other end. The two ends of the container are separated by a glass wall, allowing visitors to see and hear each other with the aid of microphones. The residents of the facility love seeing their family and friends and it is reassuring for the visitors to have a real impression of how their loved ones are doing. There is also a personal connection for one of the residents, whose grandson designed and built the pod himself!



Donwood are not the only ones thinking outside the box (or inside it in this case!) MACS (Multicultural Aged Care Services) aged care home, located in Geelong, have also introduced visitor pods! Joy Leggo from MACS says, "This was an idea that came about and became a reality within three weeks. We were able to source the container, get it fitted out within seven days and bring it on site." The pods are fully furnished and are available for bookings every day for 20 minute appointments. ♥♥

HAPPY SNAP OF THE WEEK



Romy and her brother are connecting with their community by taking part in Spoonville at their local park, this gives the children a sense of belonging and being able to contribute. Romy loves the movie Frozen; she has made Elsa from Frozen.

Best wishes to the lovely Meryl Reddenbach who is celebrating her birthday on the 7th of September. Happy Birthday and enjoy your celebrations Meryl- from all your friends at Sandybeach xxx



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 - Step ups or leg lifts

A step up targets the quadriceps and hamstrings as well as the gluteal muscles in the buttocks. This is a good general lower body conditioning exercise.

Standing

(please only do the standing version with a low step and position it next to the kitchen bench for stability)

- To start, stand in front of the step with legs hip width apart.
- Place your entire right foot onto the bench or step. Press through your right heel as you step onto the bench, bringing your left foot to meet your right so you are standing on the bench.
- Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.
- Complete 15 steps leading with the right foot, then repeat another 15 steps leading with your left foot.
- Do three sets



***You can
do this!!***



Seated

- To start, come forward slightly on the chair and hold sides of the chair with both hands for stability
- Keeping your back straight and without slouching, lift the right leg as high as is comfortable.
- Return the leg to the floor and repeat with the same leg for a total of 15
- Repeat the exercise with the left leg.
- Do three sets



EXERCISE 2 - Wide leg step ups or leg lifts

- The exercise is the same as above for both seated and standing but start with legs shoulder width apart.
- Please note you will have less stability with this stance, so please ensure you are maintaining your straight back and your stability with the help of the bench (or the chair if doing the seated version)



*Happy Birthday Angel for the 6th of September!!
Have a fabulous day and enjoy your celebrations!
xox From your Sandybeach crew ♥*

LET'S STAY HEALTHY WITH ELANA

Lemon Slice

Ingredients

- 1/2 cup of sweetened condensed milk
- 100 grams of butter
- 200 grams of granita biscuits
- 1 cup of desiccated coconut
- 2 teaspoons of finely grated lemon rind
- **Lemon Icing** - 2 cups icing sugar, 20 grams butter, softened and 2 & 1/2 tablespoons of lemon juice

Method

1. Grease a 3cm deep 15.5cm x 25cm base pan. Line with baking paper.
2. Place condensed milk and butter in a saucepan over a medium heat. Cook, stirring for 5 minutes or until smooth and combined then remove from heat.
3. Using a food processor or similar appliance to process biscuits until fine crumbs. Transfer to a bowl, add coconut and lemon rind, then stir to combine. Add hot butter and mix well to combine. Press mixture over base of prepared pan. Cover and refrigerate for 1 & 1/2 hours or until firm.
4. Make lemon icing by sifting icing sugar into a bowl, add butter and lemon juice, then beat with a spoon until smooth. Spread over slice, let set then cut and serve.



Stay Well with Asthma this Spring

Spring is the season where the weather warms, flowers begin to bloom and there's an overall sense of new beginning in the air. However, for many people, spring can be a difficult time. This is particularly so for people with [asthma and/or allergies](#) as during spring there is often an increased amount of [pollen](#) in the air which may trigger [hay fever](#) symptoms or an asthma flare-up or attack.

Asthma and allergies are closely related - did you know that up to 80% of people with asthma also have allergies? Common allergens include pollen, mould, animal fur, some foods and medicines. People with uncontrolled allergies and asthma are more likely to get symptoms and touch their face more frequently due to a runny nose, cough and irritated eyes. This is known to be a way people can be infected by COVID-19.

It is important to learn more about what can trigger your asthma or allergies especially in spring and with the added difficulty of trying to prevent the spread of the Coronavirus.

Information from Asthma Australia



MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go?



GETTING TO KNOW YOU:

NAME: Jessica Lee **PLACE OF BIRTH:** Seoul, South Korea

FAMILY: My parents who are now retired and enjoy playing golf, a younger sister who lives in Sydney and a younger brother who lives only a few minutes away.

CONNECTION TO SANDYBEACH: As an Admin and Volunteer Coordinator I work full time overseeing the duties in Reception/Admin and looking after 74 volunteers across the organisation.

HOW LONG HAVE YOU BEEN AT SANDYBEACH?: I started working at Sandybeach Centre in Dec 2016, so it's now been 3 years and 8 months. Time flies when you are having fun!

HOBBIES: One of my hobbies is cooking and baking where my inspirations come from my parents who used to run a restaurant and still enjoy cooking and sharing meals with others. Also, living in a multicultural city like Melbourne, I love trying out new cuisines and incorporating unique cooking ideas into my own dishes. I'm also passionate about Art.



Self portrait

Coming from an Arts background working in galleries and museums most of my career, I enjoy visiting galleries and seeing the latest exhibitions.

HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME?

I am cooking more and eating more, video calling my friends and my nephews in Sydney, a bit of yoga time and I recently started sketching again.

BOOK/Author: I enjoy a range of books from art, history, philosophy etc.

Alain de Botton is one of my favourite authors/philosophers. He is also a founder of "The School of Life" – an organisation to help people to deal with everyday life issues, to find calm, self-awareness and resilience. There's a

great YouTube channel to follow.

MOVIE: Depending on the mood, I enjoy various genres of movies, to name a few: "Before Sunrise", "The Imitation Game", "Eat Pray Love" and "Midnight in Paris".

TRAVEL: I love travelling and discovering the hidden corners of different cities around the world. I usually like to travel around Aug/Sep to escape from Melbourne's cold winter to somewhere nice and warm. The only downside of travelling for me is suffering from airsickness, but nothing beats the experience of walking around foreign cities waiting for surprises! Last year, I travelled to Japan and South Korea. It's been 7 years since I last went to Korea and a lot had changed. We stumbled across a little village called Ik-seon-dong



Ik-seon-dong



located right in the middle of Seoul city, where the traditional Hanok houses dating back to 1920s have been converted into little cafes, restaurants and handcraft shops. I could have spent a whole day exploring this village.

WHAT WAS YOUR FIRST JOB?

My first job was working at RMIT gallery assisting various departments with organising exhibitions and handling of artworks which was great fun. This experience eventually led to my further studies in MA Museums studies and Curatorship and later working in the field.



With my brother, sister and nephew

RIDDLE AND PUZZLES

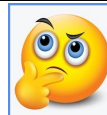
				5			9	6
1		2						8
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	2	3				7		
	1					4		3
			1	7	2			
	8		9	6			1	
	9		3		4	6		

SUDOKU

Within the rows and columns are 9 “squares” made up of 3x3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column or square.

RIDDLE :

A man stands on one side of a river and his dog on the other. The man calls his dog, who crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?



COMMON THREAD Unscramble the letters to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme. **THEME: FRUIT**

1 LUMP

--	--	--	--

2 LEAPENIPP

--	--	--	--	--	--	--	--	--

3 NABNAA

--	--	--	--	--	--

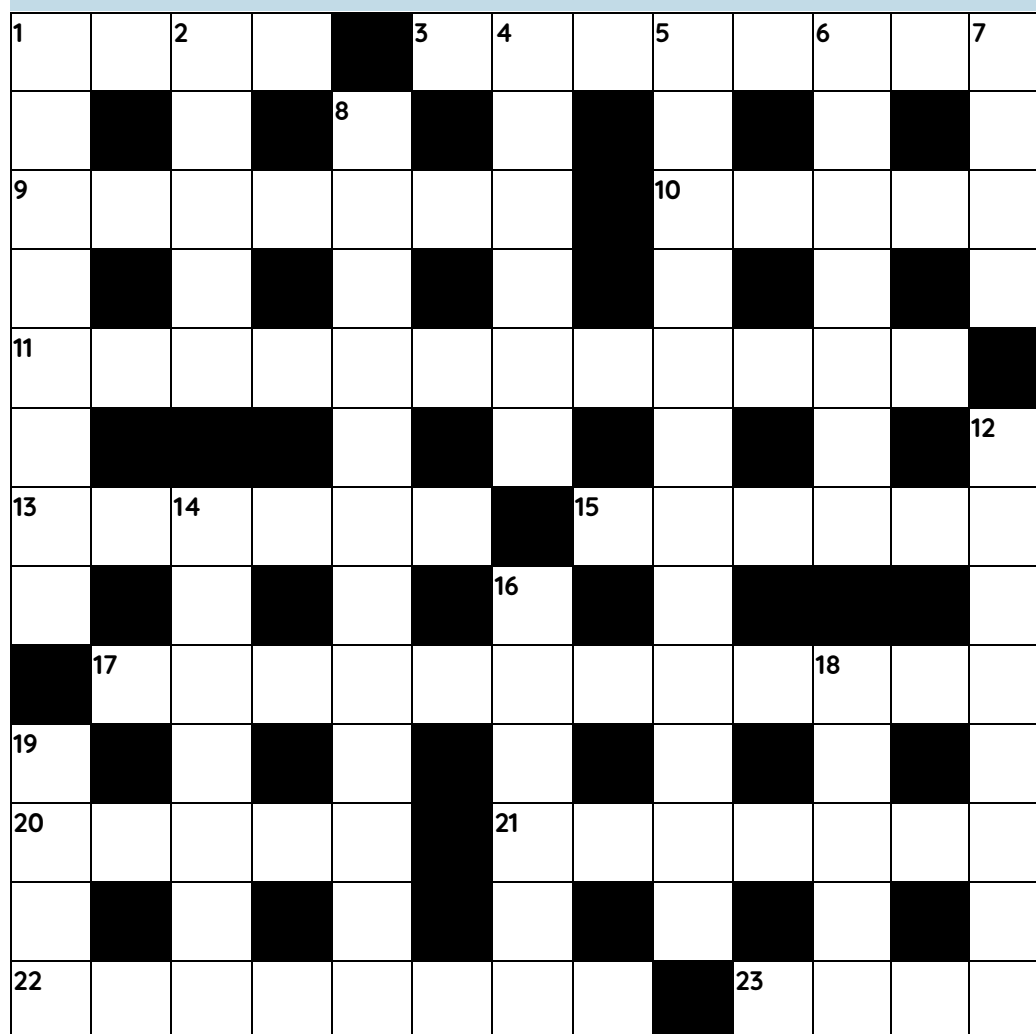
4 EPRAG

--	--	--	--	--

5 GLONTEA

--	--	--	--	--	--	--

BIG CROSSWORD AND ????



**SANDYBEACH CENTRE
ON THE RADIO!**

TUESDAY

8th September

3pm - 4pm



**88.3 SOUTHERN FM
TUNE IN TO HEAR
WHAT'S BEEN
HAPPENING AND
WHAT IS COMING UP!**

See page 12 for Elana's
'Radio Days' piece
about her experience
on the Radio. Listen in
to find out who will be
talking to
Molly or
Colin on
the 8th.



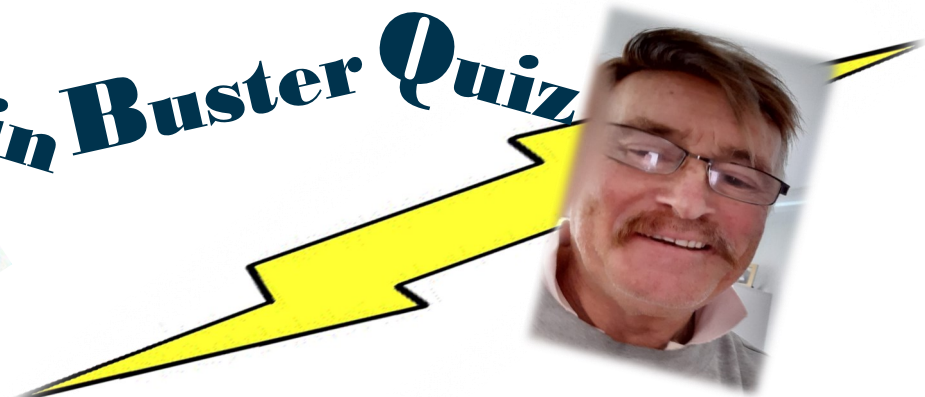
Across

- 1** newborn (4)
- 3** a tiny portion (8)
- 9** proverbs (7)
- 10** harmonious sounds (5)
- 11** climbers (12)
- 13** still batting in cricket (3,3)
- 15** dull and uninspired (6)
- 17** strong beliefs that something will happen (12)
- 20** suspicion (5)
- 21** official who determines cause of death (7)
- 22** unnecessary (8)
- 23** weapons (4)

Down

- 1** Cellar (8)
- 2** swampy section of river or lake (5)
- 4** relating to the countryside; rural (6)
- 5** people who talks about sports (12)
- 6** covered by a policy (7)
- 7** slang for steal (4)
- 8** music with no vocals (12)
- 12** ugly things that offend the eye (8)
- 14** feel or consistency (7)
- 16** twigs (6)
- 18** possessor (5)
- 19** Thor's father (4)

Bill's Brain Buster Quiz



- Q 1** Can you name the American actress, dancer, pin-up girl, model and singer who in 1946 had her legs insured for \$1 million and in describing her film career said ... *"Hey I've got two reasons for success and I'm standing on both of them"* ?
- Q 2** Which Tasmanian city is further South ... Burnie, Hobart or Launceston ?
- Q 3** A vodka and tomato juice is called a Bloody Mary ... however in which 1958 movie musical did Juanita Hall play the manipulative character *"Bloody Mary"* ?
- Q 4** Who played the role of super bitch Alexis Carrington in the TV soapie *"Dynasty"* ?
- Q 5** Name the Andrew Lloyd Webber musical where Debbie Byrne played the role of the trendy Grizabella and some years latter Delta Goodrem starred in the same role.
- Q 6** What are you drinking when mum and daughter are working for the 'Yankee Dollar' ?
- Q 7** Name the song and movie of the same name when Elvis sings ... *"The warden said, don't you be no square, if you can't find a partner use a wooden chair"*.
- Q 8** What song is *behind* these lyrics ... *"There's an old piano and they play it hot - don't know what they're doing but they laugh a lot"* ?
- Q 9** He played the ukulele, sang *"Tiptoe Through The Tulips"* in a distinctive high falsetto, married Miss Vicki (*pictured*) on the Johnny Carson Show (*however they never consummated the marriage*) ... Can you name him ?
- Q 10** *"Stranger On The Shore"* is by Acker Bilk ... What musical instrument did he play ?
- Q 11** In the 1932 movie 'Grand Hotel' which legendary actress said ... *"I want to be alone"* ?
- Q 12** *"Moonlight Serenade"* was the signature tune for which band leader ?
- Q 13** Name the movie that was made *twice*, about a drifter who teams up with a scheming Cora Smith to murder her husband - firstly in 1946 with John Garfield as the drifter and Lana Turner as Cora - and then in 1981 with Jack Nicholson and Jessica Lange.
- Q 14** Name both the song and the guy singing these lyrics ... *"she lives on just coconuts and fish from the sea, a rose in her hair, a gleam in her eye and love in her heart for me"* !!
- Q 15** Who said ... *"Politics doesn't make strange bedfellows ... Marriage does"* ?



Miss Vicki

Why do French people eat snails ?



Because they don't like fast food !!





SHOWBIZ with Andrea



★★★★★ Who's on Stage Today ?

Jon Mol

From humble beginnings when he scored a runaway win on Nine's 'New Faces' with a show stopping rendition of Don McLean's "Vincent", Jon has been an integral part of the Australian music scene for almost thirty years. He was a regular artist on 'The Graham Kennedy Show' and 'The Penthouse Club' as well as performing at many live venues featuring his amazing vocal talents and musical expertise on both piano and guitar.

Jon is also an accomplished composer and co-wrote many of the songs on his album. The theme and incidental music for the TV series "Tandarra" as well as the Melbourne Storm theme song (*still a favourite with Storm fans today*) are just some of the projects he has been commissioned to write.

Jon continues to consolidate his live performances in and around Victoria including Melbourne's Crown Casino, various corporate events and gigs at many leading restaurants and hotels.



Q. Now Jon, tell us who are your favourite artists that have inspired you over the years ?

A. I'm a big fan of Steely Dan, Chicago, Glen Campbell and singer/songwriter Jimmy Webb.

Q. How about your favourite songs ?

A. Jimmy Webb's "McArthur Park", Eric Clapton's "After Midnight" and "Change The World".

Q. You also play a mean piano - do you prefer electric or acoustic and why ?

A. I prefer the electric piano because you actually have a choice of a number of piano and keyboard variations with total control over the volume.

Q. What would you say would be the best gig you've done ?

A. Years ago I filled in for Melbourne singer Matt Flinders who was booked to perform on King Island. The weather was terrible so he cancelled and I went instead (*probably cause I needed the money*). After a really bumpy flight we arrived and were treated like absolute royalty and could not put a foot wrong - really a great gig !!

Q. What famous people have you worked with ?

A. Julie Anthony, Ted Hamilton and 'tutti frutti she's a beauty' Maria Venuti.

Q. Tell us something we don't know about you ?

A. I had my own piano bar with long hours, some great times and fantastic functions. I learnt how the other half lives. I love the piano bar concept where the audience is close with lots of interaction and you get 'tips'.

Q. What do you like most about performing at "Music Alive" ?

A. I love performing for you guys because you are so attentive and really appreciate the music and the effort we put into our performance !!



ARMCHAIR TRAVEL and POETRY

HOLIDAYS IN NEW ZEALAND -

Totaranui by Jim Hessel (Miranda's Dad)

When Miranda was a small girl our family would take an annual camping holiday. This involved mum, dad (me) and three kids and often included the grandmother of the family (my mother) who had also been introduced to camping as a young girl by her father Gilbert in Wales!. (He was a romantic nature lover and nicknamed his daughter "Dodo" after the extinct bird from Madagascar!). As I was based in Wellington (as a meteorologist), some of our trips were in the South Island which meant that the first stage was a trip on the Cook Strait ferry which plies between Wellington and Picton.

Our first South Island holiday was in Totaranui (in Maori, meaning "many Totara trees") located in Abel Tasman National Park. We proceeded to the ferry after packing up our Holden HD with all we needed for a two week spell. This included our worthy old tent stowed on the roof rack. Wellington is a pretty windy place and sometimes odd bits of equipment would escape down the road! The strong wind also meant that the crossing could be pretty rough! This all added to the excitement and made a good contrast when the ferry entered the Marlborough Sounds at Tory Chanel which was flat calm. Then we felt that the holiday had really begun. Being North Islanders, we were not used to South Island scenery and the drive on the first day to Totaranui through the Sounds was beautiful and new to us.

When the bay was explored by Captain Cook some of his crew were killed by Maori and thus was named by him "Murderers Bay" but this name was changed to "Golden Bay" by early settlers. The name was inspired by the colour of the sand at



Totaranui which is indeed the most glorious golden colour typical of many of the beaches in the Park. At this time, the Park was comparatively deserted but had some lovely walking tracks through native bush (including Totara trees!) leading to beaches even less inhabited than the main camping ground. One of these was Anapai, to the west of our camp which we had truly to ourselves. This made a great impression on Dodo who was inspired to write the following poem.



At Anapai by Dora Hessel 'Dodo'

*Lying on the hot sand
I thought how I would paint the driftwood log;
So beautifully its smooth shape turned
From milk-white to bone-white
Above its violet shadow
On the golden sand.
Skilfully, carefully but with a boldness
I would paint it
And the sea - Prussian blue, viridian
under a blank sky.
And I slept.
Perhaps, jostled by the sea
It has moved to a new shadow.

But, still there,
It is painted in my mind
At Anapai*



Needless to say this was a long way from the harsh rocky landscapes of her youthful holidays in Wales.

Our camp was basic but had all we needed and many a lovely day passed with swimming, 'swingball', tramping or just lazing. In the evening, our meal would be cooked on an open fire or on our trusty gas stove.

There were numerous beaches to be explored to the east of the camping ground. One day, we walked to one of these, taking our sleeping bags, through a lengthy, flat bushy walk, then across a broad tidal river to Awaroa. Here, we stayed the



Awaroa Hut

night in a hut, sharing a meal and bunks with other trampers. The next morning, we retraced our steps, to our main camp at Totaranui.

A few days later it was time to drive back to Picton, reboard the ferry, and head home to windy Wellington, with memories of this magical place to treasure!

All Along the Bay

An online art exhibition that takes us on an extraordinary voyage through the wonders of our Bayside area



Call for Submissions



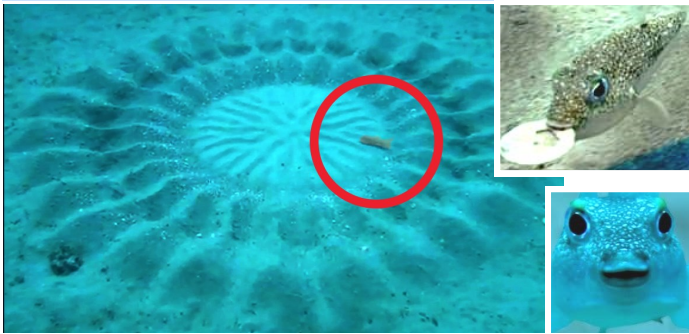
Entry fee:
\$15 (one artwork)
\$20 (two artworks)
Children's entry \$10

sandybeach.org.au/events

Online submission portal open 4th -18th September

Enquiries: please email tinab@sandybeach.org.au

OUR AMAZING WORLD



These beautiful circles are nests made by male pufferfish, who spend 10 days constructing and decorating the structures to woo females. The fish uses his body to create peaks and valleys in the sandy bottom around a central circle of smooth sand. He also decorates the peaks with shell and coral fragments. When a female partner arrives on the scene, the male stirs up the fine sand in the centre. If she deems the nest, and the male who built it, satisfactory, she lays her eggs in the centre of the nest and leaves.

Wednesday, September 2, 2020

Going 'live' in October

Peoples Choice Award
1st 2nd 3rd prizes (to be judged by panel)
Child Artist Award

Submissions information:

- Open to anyone with a connection to the Sandybeach Community: participants of any Sandybeach programs, carers, family members, Sandybeach volunteers and staff
- Maximum size 91.5cm x 91.5cm (36" x 36")
- All works **MUST** be created in 2020
- Children's category: We encourage entries from ages 3 -15.
- Subject matter can be anything to do with our lovely bayside area such as local fauna, flora, sunsets, sea views, sea creatures, local nostalgic buildings etc.
- Visit our website for further information
- **Entry fee registrations are now closed.** If you are experiencing financial difficulties and still wish to take part please let us know. We wish to provide the opportunity for everyone with a connection to The Sandybeach Community to be part of this event.
- **The online submission portal will be open from the 4th Sept - 18th Sept for you to start uploading a photo and details of your artwork. Instructions on how to do this will be emailed beforehand.**

Radio Days by Elana Pedersen

I meet Molly for my interview at Southern FM Community Radio. She welcomes me with a cheeky smile. 'We're gonna have fun today' she blurts with a wicked grin. Glen 20 is sprayed with gusto while wiping and laughing. We start the show. Molly accidentally calls Crowded House Crowded Pants! 'How could I have done that?' she shrieks.

Molly conducts our interviews with a keen enthusiasm and the community learns a bit more about the wonderful work Sandybeach is doing in these difficult times. We giggle and boogie while 'Pump it Up' blares over the airwaves. Then the hour is up. Molly finishes with 'say bye Elana' and I reply 'bye Elana' and we both smile.

Sandybeach Centre PH: 9598 2155 email: ad-

*Be inspired by various subject matter for **'All Along the Bay'** online exhibition*

There is so much to appreciate in our Bayside area.

Here are some images to spark some ideas.

Transform your photos into aspiring artworks!



What's on our doorstep!

Let's take a closer look! Taking an interesting section of a photo can give you some amazing ideas for your artworks. We may see shape, colour and subject matter in a different way.



**Online portal open for submission of artworks
4th - 18th September**

Wednesday, September 2, 2020

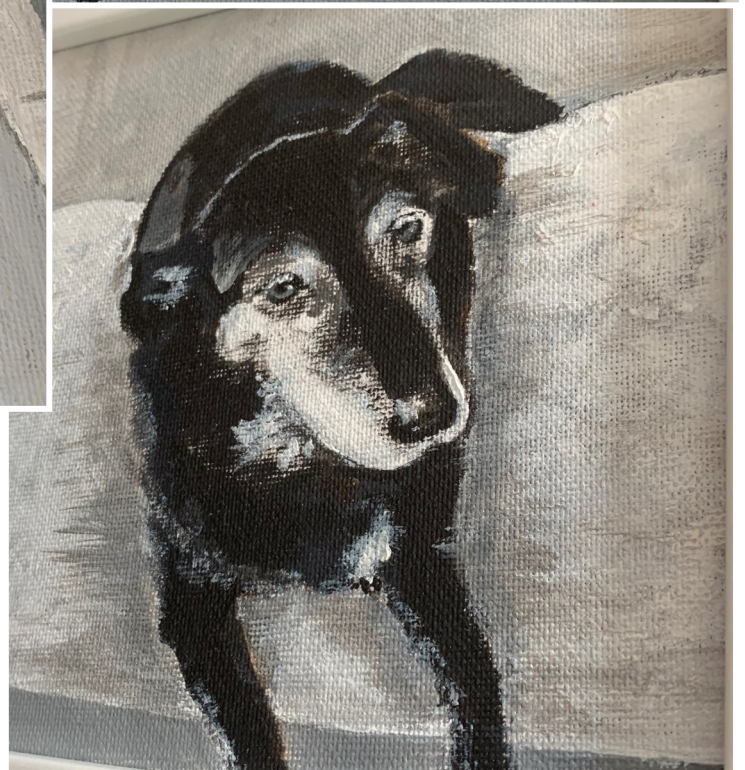
Sandybeach Centre PH: 9598 2155 email: ad-

READER CONTRIBUTIONS

Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

If you have anything to share, please email it to us at
armchairtravel@sandybeach.org.au
OR send to 2 Sims St Sandringham
3191



This week's contributions come from Lynne Bell who does art on Monday at Sandybeach. Some lovely moments captured of her beloved Ruby ♥

QUIZ AND PUZZLES ANSWERS

CROSSWORD SOLUTION

Across

- 1 Baby
3 fraction
9 sayings
10 music
11 mountaineers
13 not out
15 stodgy
17 expectations
20 doubt
21 coroner
22 needless
23 arms

Down

- 1 Basement
2 bayou
4 rustic
5 commentators
6 insured
7 nick
8 instrumental
12 eyesores
14 texture
16 sticks
18 owner
19 Odin

SUDOKU SOLUTION

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

RIDDLE ANSWER : The River was Frozen

COMMON THREAD (EXTRA WORD MANGO)

P	L	U	M					
P	I	N	E	A	P	P	L	E
B	A	N	A	N	A			
G	R	A	P	E				
T	A	N	G	E	L	O		

DON'T FORGET TO
SUBMIT YOUR
ARTWORKS FOR THE
ONLINE ART
EXHIBITION

All Along the Bay
by 18th September
see Tina's Art pages
for details and
inspiration and start
creating!

ANSWERS TO THE BRAIN BUSTER

Q1: Betty Grable. Q2: Hobart. Q3: South Pacific. Q4: Joan Collins.

Q5: Cats. Q6: Rum and Coca Cola. Q7: Jail House Rock.

Q8: The Green Door. Q9: Tiny Tim. Q10: Clarinet. Q11: Greta Garbo.

Q12: Glenn Miller. Q13: The Postman Always Rings Twice.

Q14: She Wears Red Feathers by Guy Mitchell. Q15: Groucho Marx.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

CONNECTING WITH OTHER CARERS:

A lot of people think carers are saints and may not think of them as real people who can, on occasion suffer from isolation, stress and burnout. This is why it's so important for carers to connect with each other. Online forums are anonymous. You can share your experiences, seek advice, or just read about what other carers are going through. As a carer, it is very important to try to look after yourself and stay connected. Caring for a loved one can bring joy but some days it can be lonely or a little bit confusing. Here are a few resources that may be useful for you.

- Carer Gateway Community Forum provides a safe, anonymous space to connect with other carers and support each other.

<https://forum.carergateway.gov.au/s/>

- ReachOut Parents Peer Support is an online forum that provides a safe space for you to connect with other parents who have similar experiences, and for you to get help, or help others.

<https://forums.parents.au.reachout.com/>

- SANE Forums is a moderated, online discussion space for Australians 18 years and over who are living with complex mental health issues, and families, friends and carers of people living with complex mental health issues.

<https://saneforums.org>



Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**.

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

CONVERSATIONS with



Carers Victoria's new videocast *Conversations with Carers Victoria* has now launched via Zoom

Every Monday, Wednesday and Friday at 2pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new.

The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.



WE WANT TO HEAR FROM YOU!

Let us know if you have found connecting with other carers beneficial
armchairtravel@sandybeach.org.au

PH: 9598 2155