

REACHING OUT

Keeping our Community Connected - Edition 16



FEEL GOOD NEWS...

Nursing home recreates famous album covers in lockdown

The residents of Sydmar Lodge Care Home in the UK have been recreating iconic album art – from Johnny Cash to Taylor Swift and everything in between. Entertainment manager Robert Speker wanted to engage the residents in something more creative than bingo or art therapy. He orchestrated the photo shoots himself, then edited them so they

were bang-on replicas. “I made the suggestions of which albums and which resident

best suited the look, or had a vague similarity to the artist, then I proposed the

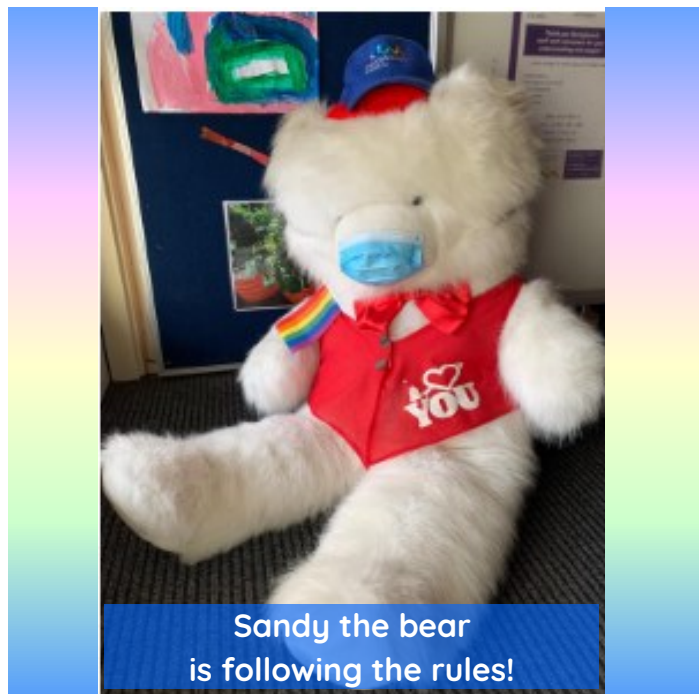


idea to each resident. Gladly all of them were

enthused and perhaps a bit bemused by the idea, but happy to participate. Even the staff got involved, recreating the iconic Queen II album cover (below) ♥



HAPPY SNAP OF THE WEEK



Sandy the bear is following the rules!

DON'T FORGET TO REGISTER FOR THE
ONLINE ART EXHIBITION

All Along the Bay

Register by 14th August

Submission of artworks due

by 18th September

see Tina's Art pages inside for details and
inspiration and start creating!

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

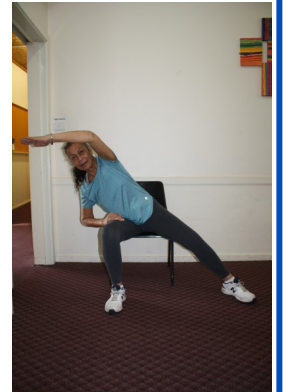
SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 - Side Stretch

Seated

- Come forward on the chair with legs hip width apart.
- Extend the right leg out to the side, foot flat on the floor
- Lean the upper body towards the left side and stretch right arm out and across the head.
- Hold the pose for 8 counts.
- Slowly release and repeat the stretch on the other side. (see picture).



Standing

- Stand with legs shoulder width apart, and in a squat position
- Lean the upper body over to the left side and stretch the right arm over the head and towards the left of the body.
- Hold the pose for 8 counts
- Slowly release and repeat the stretch on the other side. (see picture).



EXERCISE 2 - Back Stretch

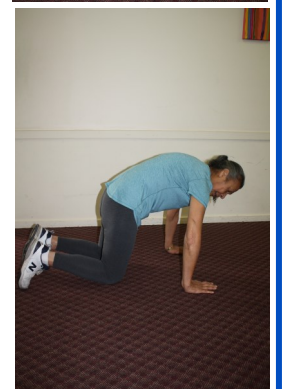
Seated

- Come forward on the chair with legs hip width apart.
- Bring arms out in front and interlock fingers, palms facing towards the body
- Round out the shoulders and breathe in, at the same pushing the back out.
- Hold the pose for 8 counts and release
- Repeat the stretch on the other side. (see picture)



On the floor - (Cat Stretch)

- On the floor hands and knees.
- Legs should be shoulder width apart and palms on the floor shoulder width apart.
- Breathe in, at the same time push the back upwards (like a cat), hold for 8 counts and slowly release. Repeat the stretch on the other side. (see picture).



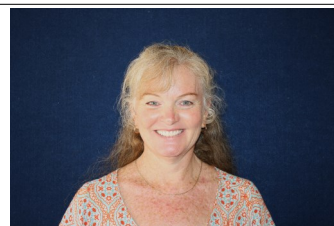
A reminder, as winter is here please remember to do some stretches before going for a walk or any other physical activities!! As I keep saying "You will thank me for this". Have a great week and stay safe. Angel Parker.

LET'S STAY HEALTHY WITH ELANA

Traditional Fruit Salad

Ingredients

- 600 grams of pineapple, peeled and chopped
- 800 grams of rockmelon, chopped
- 800 grams of seedless watermelon, chopped
- 250 grams of strawberries, hulled and quartered
- 200 grams of seedless green grapes
- 200 grams of seedless red grapes
- 4 passionfruit, halved
- 1 tablespoon of lime juice



Method

Place pineapple, rockmelon, watermelon, strawberries, grapes, passionfruit pulp and lime juice in a large glass or ceramic bowl. Toss to combine, serve and enjoy!

Some simple Sign Language to help while wearing Face Masks

While we are all wearing face masks, it is important to remember that the elderly or those with a hearing impairment will find it difficult to communicate with you. Here are a few simple words and signs to help you during this unusual time.



HELLO



GOODBYE



PLEASE



THANK YOU



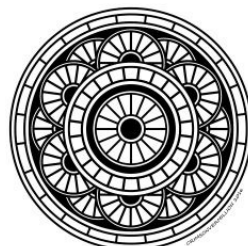
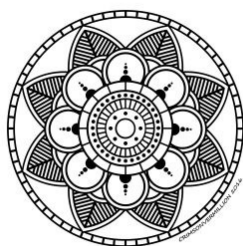
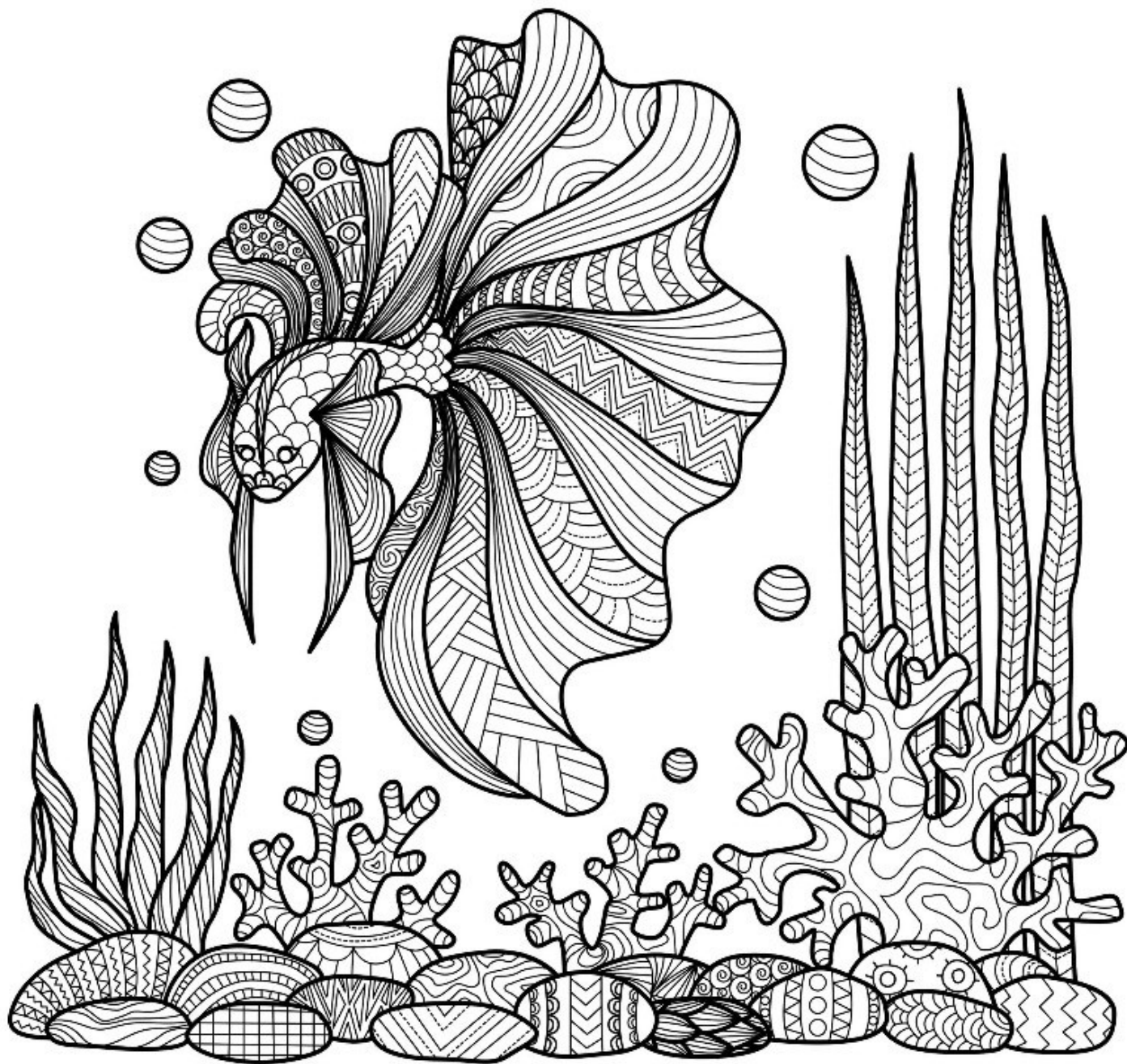
YES



NO

Images from: takelessons.com/blog/asl-for-beginners

MINDFUL COLOURING can be relaxing and helpful in relieving stress. Why don't you give it a go? (you could colour the strip of mandalas at the bottom of the page, then cut out for a bookmark)



GETTING TO KNOW YOU

NAME: Miranda Turner **PLACE OF BIRTH:** Lautoka, Fiji (My Dad was a meteorologist stationed there with the NZ Met Service - myself, my brother and my sister were all born there - we returned to NZ when I was 3)

FAMILY: Husband, John, daughter, Jess, and son Nick (both 25 - twins)

PETS: A gorgeous 16 year old Tabby, Kasey (the most spoilt cat in existence!)

HOBBIES: I love to walk, swim, read and spend time with friends and family. I also belong to a choir, Vocally Wild. (Oh, and binge watching Netflix!)

FAVOURITES: BOOK: Hard to pick just one but I love 'The Pillars of the Earth' by Ken Follett **MOVIE:** The Shawshank Redemption

MUSICIAN: This changes almost weekly but at the moment, I am just enjoying the 'Happy Tunes' playlist on Spotify. **TV SHOW:** Schitts Creek (hilarious!) - I also love the UK version of The Chase.

TRAVEL DESTINATION: For me it always comes back to New Zealand, in particular, a heavenly beach on the Coromandel Peninsula in the North Island. I call Whangapoua (meaning harbour of shellfish) my spiritual home and we have spent many happy summers there with family and friends.

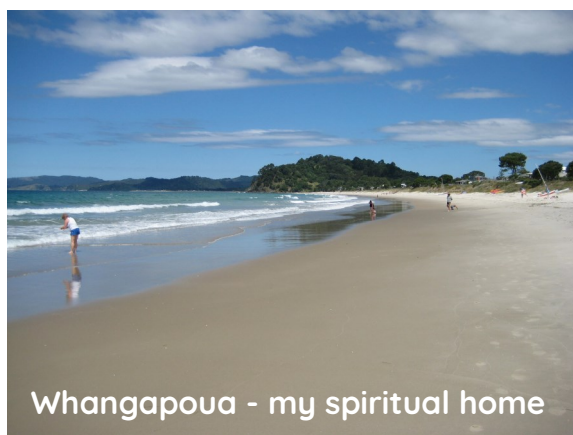
HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME?

I have done a 'deep clean' of some long neglected spaces as well as some painting (both house and 'artistic') Artistic is in quotes because I am just starting out and have a LONG way to go - but I am really enjoying it and it allows my brain to wander! (not that it needs much encouragement!)

WHAT WAS YOUR FIRST JOB? I worked in travel before moving to Melbourne. I spent many years as a software trainer as well as a few temping jobs since moving to Australia in 2000.

HOW LONG HAVE YOU BEEN AT SANDYBEACH? About 8 years. I first came to do my Cert IV in Training and Assessment and loved it so much, I decided to stay! I have a few different roles across both REACH and STEP programs as staff and as a volunteer.

WHAT IS SOMETHING WE MAY BE SURPRISED TO LEARN ABOUT YOU? I can yodel, speak 8 languages and play the didgeridoo! - Just kidding, I am a fairly open book - I did jump out of a perfectly good aeroplane back in 2012 though!



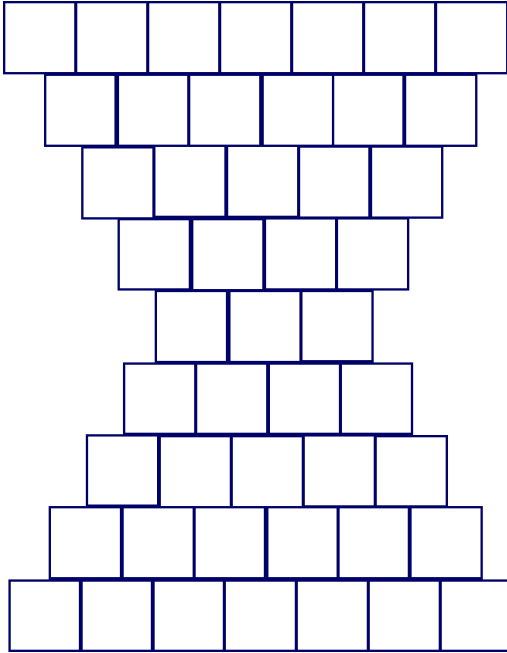
Whangapoua - my spiritual home



RIDDLE AND PUZZLES

RIDDLE : What kind of coat is always wet when you put it on?

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Suffocated, repressed (starts with St.....)

Picked up

Area for sports

Dossier

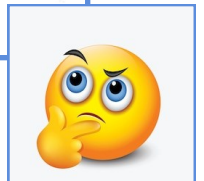
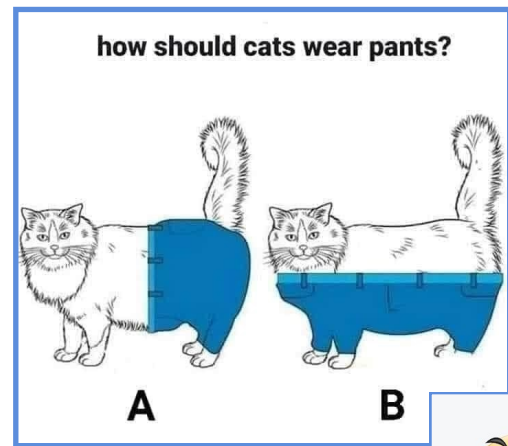
Santa's helper

Page (of book)

Misleading

Myths

Puzzles (verb)



CRYPTIC INCRE - MENTAL

Change the first word to the last by altering one letter at each stage to make a new word each time - there are cryptic clues to help you!

G	L	O	V	E
T	R	I	P	S

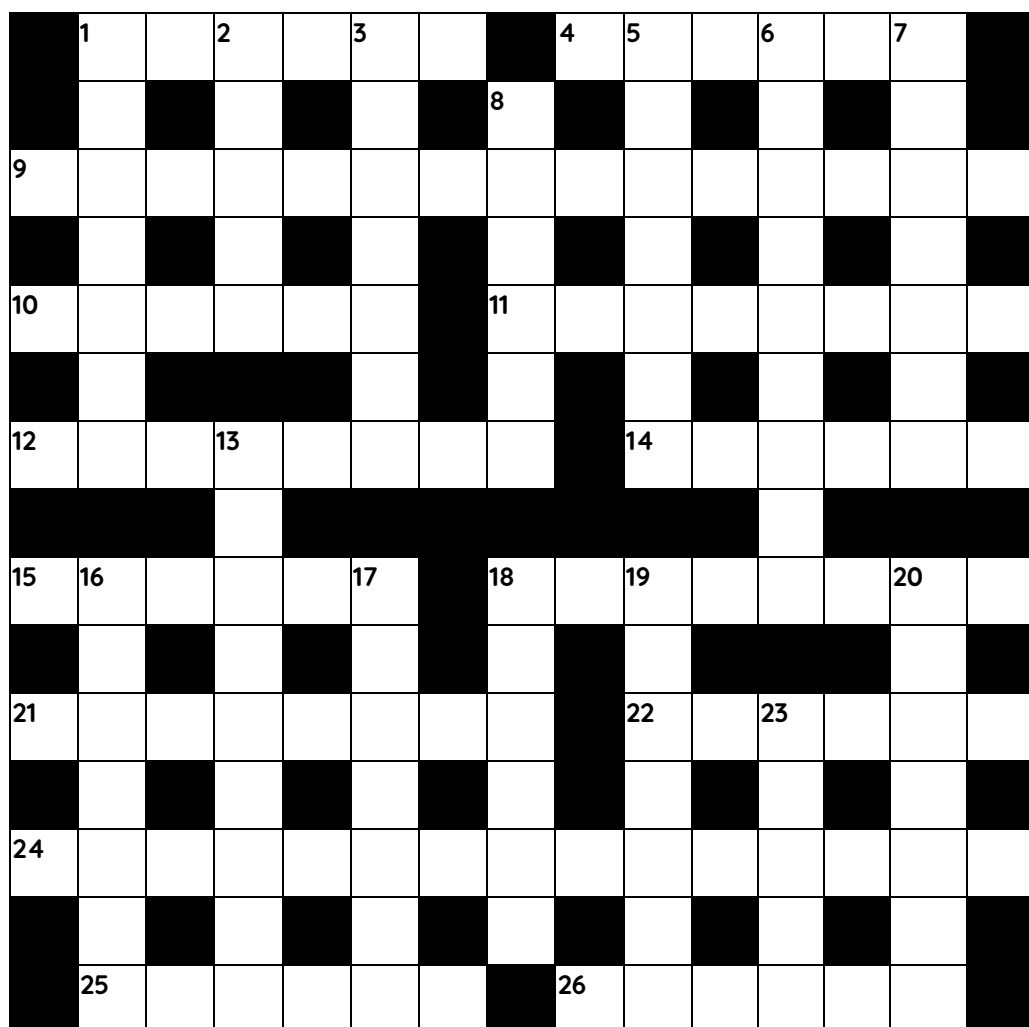
Olive farm goes after man

Search blindly for rope after midnight

Complaint Rod left porridge out

Journey east for offal

BIG CROSSWORD AND A SPRUIK!



**SANDYBEACH CENTRE
ON THE RADIO!**

**TUESDAY
11 AUGUST**

3.pm - 4pm



88.3 SOUTHERN FM

**TUNE IN TO HEAR
WHAT'S BEEN
HAPPENING AND
WHAT IS IN THE
WORKS!**

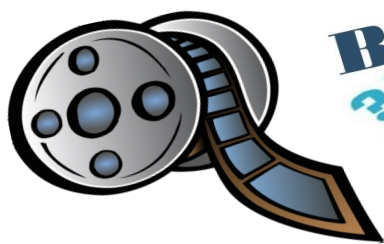


Across

- 1** season of growth (6)
- 4** needed to 'snap a selfie' (6)
- 9** to botch something (2,4,1,4,2,2)
- 10** a tiny bit of food (6)
- 11** enough, sufficient (8)
- 12** lawbreaker (8)
- 14** slalom performers (6)
- 15** German city (6)
- 18** a memory jogger (8)
- 21** Nero was doing it while Rome burned (8)
- 22** times of darkness (6)
- 24** become acceptable (4,2,2,7)
- 25** lost in thought (6)
- 26** taunted (6)

Down

- 1** an exhibitionist (4,3)
- 2** harvests (5)
- 3** provoked, annoyed (7)
- 5** solutions (7)
- 6** speech training (9)
- 7** pilot (7)
- 8** weaken, damage (6)
- 13** perpetrators of wickedness (9)
- 16** regulation dress (7)
- 17** sharp bend in the road (7)
- 18** area (of a country) (6)
- 19** restraint (7)
- 20** drawn in (7)
- 23** lawn (5)



Bill's Brain Buster Quiz



Name the following **Movie Musicals** from the photos and clues provided !!



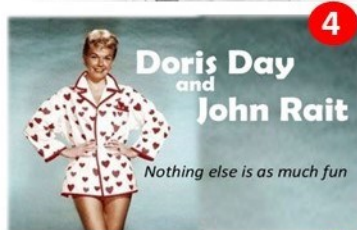
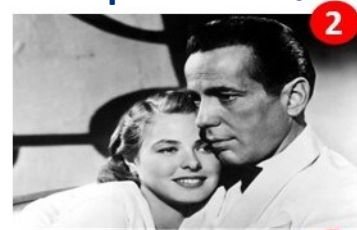
Q1: Gordon MacRea and Shirley Jones take a ride in *"The Surrey with the Fringe on Top"*

Q2: Sam said to Ilsa ... *"I remember it well, you wore blue and the Nazi's wore grey"*



Q3: Damon Runyon characters like Society Max, Nicely-Nicely Johnson and Harry the Horse

Q4: *"Just knock three times and whisper low, that you and I were sent by Joe"*



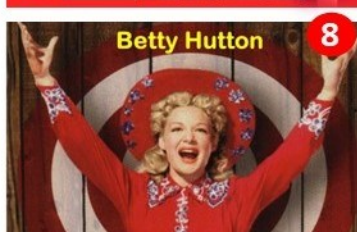
Q5: Mitzi Gaynor as Nurse Nellie is gonna ... *"Wash that man right out of her hair"*

Q6: Pearl Bailey sings ... *"Beat out dat rhythm on a drum - Beat out dat rhythm on a drum"*



Q7: Like *"Ol Man River"* Howard Keel, Kathryn Grayson and Ava Gardner keep rollin' along

Q8: *"No you cain't" - "Yes I can" - "No you cain't" "Yes I can" - "Yes I can" - "Yes I cannnn"*



Q9: *"I used to have a girlfriend known as Elsie with whom I shared four solid rooms in Chelsea"*

Q10: Bing Crosby loves Betty (Rosemary Clooney) whilst Danny Kaye loves Judy (Vera Ellen)



Q11: The rain in Spain stays mainly in the plain ... *"I think she's got it - I think she's got it"*

Q12: Ann Miller is *"Always True to you in her Fashion"* when it's *"Too Darn Hot"*



Q13: Gene Kelly, Debbie Reynolds and Donald O'Connor dance and sing *"Good Morning"*

Q14: I love those *"Baubles, Bangles, Bright Shiny Beads"* for I'm *"A Stranger in Paradise"*





SHOWBIZ with Andrea



★★★★★ Who's on Stage Today ?

Suzy Singer

Suzy's lifelong love of music began in her school choir - and winning a high school Talent Quest singing "Sailor" in German, set her on the path to a life in entertainment. While studying voice production, she competed in eisteddfods and acted in plays and musicals. Suzy has performed in Melbourne venues alongside some of Australia's most well-known acts - The Easybeats, John Farnham and Normie Rowe. Her repertoire has evolved from classic pop to the more mature cabaret style of today.



Q. Now Suzy, tell us, who are your favourite singers ?

A. There are so many ... Tina Turner, Bette Midler, Judy Garland, Robbie Williams, Elaine Page, Eva Cassidy, Amy Whitehouse, Peter Allan, Neil Diamond, and of course Edith Piaf.

Q. How about your favourite songs ?

A. I have many favourite songs, but two which can bring me to tears are "Bring Him Home" from Les Miz and Eva Cassidy's "Anniversary Song".

Q. Everyone loves you at Sandybeach, how did your "Music Alive" journey begin ?

A. I answered an ad for a 'Music Helper' in the local Bayside paper and started as Brenda's helper and occasional duet partner. Sometimes I sang a couple of songs with the late Tom Hales as my accompanist on piano. This then enhanced my journey performing as a soloist with my friend Pammy Player and now Vaudeville Val Noonan.

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

A. There are two ... Singing "River Deep" on National Television and doing a floor show at Wrest Point Casino with my parents and sister in the audience.

Q. Did you ever go down the road of Musical Theatre ?

A. During the years raising my family, I joined the 'Sandy Light Opera Co' playing small roles in "The Gypsy Princess" and "Die Fledermaus".

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

A. I held a 'Black belt' in Karate !! I love messing around in the garden, sewing and walking on the beach listening to the waves - very calming.

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

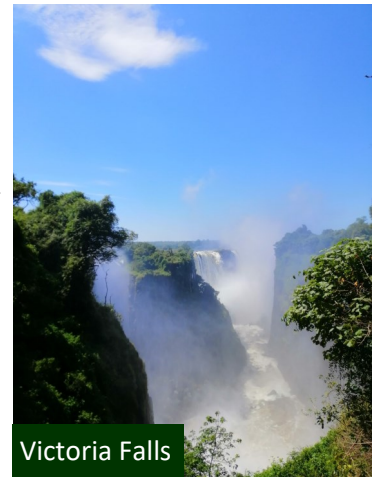
A. "Music Alive" started me on a new journey with participants like Meryl, Linda, Pat and Jude still there today and giving me encouragement. The audience sings along with me and I'm as happy as "a pig in (oops) mud".

As Tina would sing **"You're simply the BEST"**

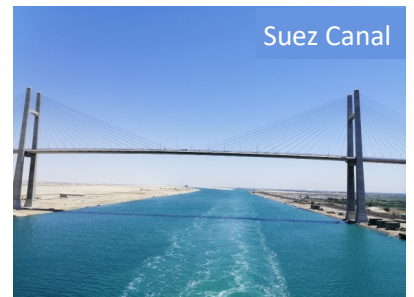


ARMCHAIR TRAVEL: - Grand Tour of Africa and Europe by Ian Beaumont

During April/May last year (2019) my wife Diana and I embarked on an 8 week holiday beginning in South Africa and finishing in Italy. Our aim was to link up with family members whom we had not seen for many years. We flew from Melbourne to Johannesburg where we caught up with my sister and her husband – together we flew from Johannesburg to Victoria Falls in Zimbabwe where we spent a relaxing week in a private safari camp. During this time we enjoyed many game viewing excursions where we saw elephant, rhino and antelope. We also spent a few days sight-seeing around Victoria Falls with the highlight being a visit to the spectacular Victoria Falls. At the end of the week we flew back to my sister's home town of Durban in South Africa for a few days to catch up with family, nieces and nephews.



The next part of the holiday was joining a 25 day cruise from Durban to Venice via the Suez Canal. Along the way we had numerous stopovers in Mauritius, Reunion, Seychelles, Jordan, Greece, Montenegro and Croatia before disembarking in Venice (Italy). It was an interesting voyage as we visited places we had never been to before – the highlight of the



voyage was our passage through the Suez Canal which took 10 years to build and cost the lives of 130 000 labourers involved in the construction.

We spent a couple of days in Venice before boarding a train to Milan where we visited some of the main attractions i.e. Piazza de Duomo and La Scala to mention a few.

From Milan we flew to Toulouse in France to link up with my brother and sister-in-law for a week. We rented a house in the foothills of the Pyrenees in a small village called Pech-Luna and spent the week exploring nearby towns and villages including Carcassonne and Mirepoix. At the conclusion of the week my

brother and his wife returned to the UK and we headed north into Central France to explore the Occitanie region, the highlights being the towns of Rocamadour and Padirac.

After eight weeks we bid farewell to Europe and flew home to Melbourne happy that we had achieved what we had set out to do.

Thanks for sharing Ian - what an interesting and varied trip!!



POETRY

SONNET FOR A TIME LIKE NO OTHER - By Jocelyn Wood

The virus health checks on a cruise were lax
A whole new world with plans all gone awry
The last six months have now slipped quietly by
In Lockdown each another's company lacks.
The nursing staff has been stretched to the max
And folks have lost their jobs in numbers high



The social distancing that some defy
Has meant not one of us should now relax.
“We’re all in this together” I hear said
Worldwide we would agree this is the case



But somehow in this time there's hope that's shared
A smile exchanged while walking near your base
One checks to see how kith and kin have fared
Let's hope before too long we can embrace!

Thanks for these positive words Jocelyn ♥

DID YOU KNOW?... Contributed by Nick Turner

How many grapes are in your bottle of wine?



Generally a bottle of wine contains between 600 to 800 grapes, which is an average of 10 clusters. To put this into perspective, when you buy a bag of grapes from the supermarket, they usually contain between 3 and 4 clusters, so you'd have to buy about 3 bags of grapes for just one bottle! That's a lot of grapes!

Why are some bottles so much more expensive? Some vineyards produce a higher quality grape that needs longer to grow and develop a full flavour, hence, the lower yield and the higher price!



Have you ever wondered what happens to the leftover 'goo'? A lot of it is used as fertilizer or animal feed but sometimes it is used to make more booze! The 'pomace' (as the by product is called), can be distilled to make grappa, a traditional Italian brandy. Scientists are also studying other applications such as fuel alcohol and biofuel energy production, and for the production of biosurfactants, which are used in environmental cleanups. Nice to know nothing is wasted! (except occasionally the drinkers of the wine!)

So next time you pop open a bottle of your favourite Pinot Noir, take a moment to remember the hundreds of grapes that gave themselves up for just one glass!

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

Due by Friday 14th August

REGISTER NOW
sandybeach.org.au/events

Enquiries: please email tinab@sandybeach.org.au

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
- **Submission of artworks due 18th September.** Further details on how to submit work will follow

OUR AMAZING WORLD



Blood Falls - Antarctica

About two million years ago, a hyper-saline body of water became trapped beneath Taylor Glacier, isolated from light, oxygen and heat. As the saltwater trickles through a fissure in the glacier, it reacts with the oxygen in the air to create this spectacular, rust-hued cascade. Taylor Glacier is accessible only by helicopter from McMurdo Station or Scott Base, or cruise ship in the Ross Sea.



Looks like Sandybeach children are already working on their entries for Sandybeach Centre's online art exhibition; "ALL ALONG THE BAY". Could she be the winner in the Children's category?

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.

These images are available on

<https://www.webfx.com/blog/web-design/sites-public-domain-images/> Pixabay site

Be inspired by the beautiful artworks of Marta Blaszak

<https://martablaszak.com/>

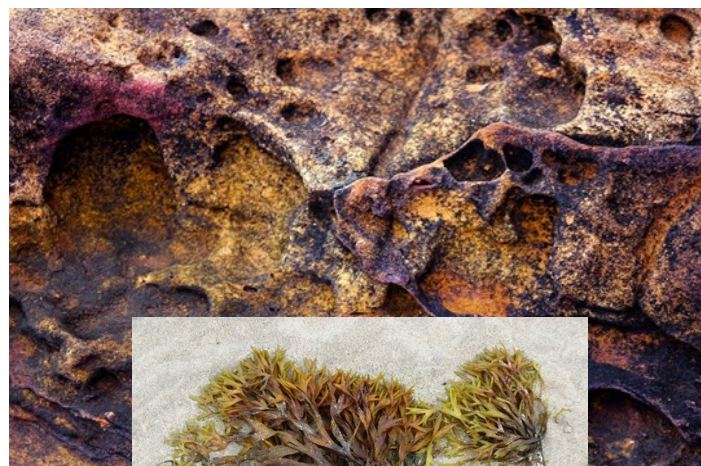


'Beneath the Sea'



What's on our doorstep!

Our beautiful beaches are filled with shells and driftwood, interesting rock pools and landforms. These can all make great subject matter for any artworks and can be created in either abstract or realistic form.



Remember

Exhibition entry fee due by Friday 14th August.

Submission of artworks due by 18th September

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 Maria Flego who attends Music Alive on Tuesdays - lovely examples of Mindful Colouring from the newsletter. Thanks for sharing Maria ♥



QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER

S	T	I	F	L	E	D
L	I	F	T	E	D	
F	I	E	L	D		
F	I	L	E			
E	L	F				
L	E	A	F			
F	A	L	S	E		
F	A	B	L	E	S	
B	A	F	F	L	E	S

CRYPTIC INCRE - MENTAL ANSWER

G	L	O	V	E
G	R	O	V	E
G	R	O	P	E
G	R	I	P	E
T	R	I	P	E
T	R	I	P	S

CROSSWORD SOLUTION

Across

- 1 spring
4 camera
9 to make a mess of it
10 morsel
11 adequate
12 offender
14 skiers
15 Munich
18 reminder
21 fiddling
22 nights
24 come up to scratch
25 musing
26 teased

Down

- 1 show off
2 reaps
3 needled
5 answers
6 elocution
7 aviator
8 impair
13 evil doers
16 uniform
17 hairpin
18 region
19 manacle
20 enticed
23 grass



"She doesn't suspect a thing! She thinks I forgot her birthday!"

RIDDLE ANSWER : A coat of paint.

ANSWERS TO THE BRAIN BUSTER

- Q1: Oklahoma. Q2: Casablanca. Q3: Guys and Dolls.
Q4: The Pajama Game. Q5: South Pacific. Q6: Carmen Jones.
Q7: Showboat. Q8: Annie Get Your Gun. Q9: Cabaret.
Q10: White Christmas. Q11: My Fair Lady. Q12: Kiss Me Kate.
Q13: Singing In The Rain. Q14: Kismet.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

WAYS TO HELP YOU GET A GOOD NIGHTS SLEEP

While sleep requirements vary from person to person, most adults need between 7 to 9 hours of sleep to function at their best. You can ensure you get more deep sleep by avoiding screen time, alcohol, nicotine, and being woken during the night by noise or light. Here are a few other things you may like to try if you are having trouble getting to sleep:

Wind down and calm your mind by taking a warm bath, reading by a dim light, or practicing a relaxation technique.

Find an app on your phone such as 'Calm' which has a number of different calming sounds like rain on a tin roof, crackling fire, burbling stream etc to listen to.

Postpone worrying. If you wake during the night feeling anxious about something, make a brief note of it on paper and postpone worrying about it until the next day when it will be easier to resolve

Try the breathing method called the 4-7-8. You breathe in for 4 seconds, hold for 7 seconds and then breathe out for 8 seconds

Try a few drops of lavender essential oil on your pillow or pyjama top to help a restful nights sleep.

Use the muscle relaxation technique. Starting with the arches of your feet, tense the muscles for 5 seconds then relax feeling the weight of your feet on the bed. Feel the weight for 20 seconds. Work your way up the body tensing then relaxing every muscle group as you go..



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!
What does Sandybeach Centre do to enhance your wellbeing as a carer?
What more could we be doing to enhance your wellbeing?
armchairtravel@sandybeach.org.au