

# REACHING OUT



Keeping our Community Christmassy - Edition 38



## A NEW JOB THANKS TO COVID

After 15 years out of the workforce, Samantha Spence was overjoyed when she finally found a job - and surprisingly, she has COVID-19 to thank for it. While the pandemic has caused job cuts for many, it has also led to new opportunities for some Australians living with a disability.

Mrs Spence, 57, decided 18 months ago she was ready to return to work after spending years learning how to manage the symptoms of multiple sclerosis (MS).

Mrs Spence has worked in retail management, interior decorating, and as a dental nurse, but despite her extensive experience, she struggled to find a suitable position.

"It was really hard because there were not a lot of jobs where I could actually work from home," she said. But, thanks to the pandemic, she noticed a surge in job ads offering remote working and in February she landed a part-time job with an energy saving company. "I'm so grateful they gave me a chance and put their faith in me," Mrs Spence said. "And it's so good to be back, to be useful. It's absolutely wonderful. I feel like I'm making a contribution again, not only for myself, but for my family."

The Adelaide mother of two said working from home allowed her to manage her symptoms, including seizures, fatigue, pain and mobility issues. She is one of many Australians now working from home.

Mrs Spence said being back in the workforce had improved her self-esteem.

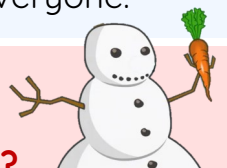


Samantha with assistance dog, Boston

"After being out of work for so long and having a foggy MS brain I thought I would struggle to learn new things but I've been able to pick up things and if I don't know something, I just get onto 'Teams' and ask someone. In our culture the first thing we ask when we meet people after their name is, what do you do? So being able to say, this is what I do and be proud of that is amazing. Being able to work from home is just so worthwhile not only for people with disabilities, but everyone."

## FESTIVE FUNNIES:

**Why was the snowman looking through the carrots?**  
*He was picking his nose!*



**Why don't you ever see Santa's helpers in hospital?**  
*Because they have private elf care!*



## IMPORTANT NUMBERS

**COVID-19 HOTLINE - 1800 675 398**

**BEYOND BLUE - 1300 22 4636**

**LIFELINE - 13 11 14**

**EMERGENCY SERVICES - 000**

**SANDYBEACH CENTRE - 9598 2155**

## A SHORT MESSAGE FOR A LONG YEAR

Someone said this time last year ***“Goodbye 2020 and hello 2021 as I can’t wait for 2021”*** ...Well in some ways that person (me) was right and other ways I was so off the mark. What a year it was!

For all of us it has brought into sharp focus the need to have good social connection, compassion and care when we were so restricted and could not see each other face to face for many a month this year. So I truly wish to thank the amazing REACH team (staff and volunteers included). I am thankful for all the support, consideration and care you provided over the past two years, especially this year.

To our participants I thank you as well for staying connected and positive even when the rules and the world kept changing around us.

I acknowledge that this time of year is not always easy and positive for some and we are here to support you as best we can. Please take the time to pause, reflect and show compassion to yourselves and others as able.

Have a safe festive season and I really do look forward to an exciting year ahead.

**Kind Regards**

**Chris Hill**

Chief Executive Officer



## REACH 2022 - WHAT'S NEW?

As 2021 finally comes to a close we are looking ahead to 2022 and can't wait to welcome you back to Sandybeach Centre! The REACH programs will be starting up on Monday January 17. We have been very busy planning our schedule of interest based social activities and we are sure that we have something to tempt everyone!

- ◆ We are excited to announce that our much loved music program, **Music Alive**, will be returning again in 2022 with a line-up of popular live entertainers and, of course, our much loved Sandybeach performers Andrea Lees and Peter Sullivan.
- ◆ **Sandybeach Social Club** will be back on Friday afternoons, jam packed with interesting guest speakers, games, musical entertainment and now includes monthly excursions running throughout the year!
- ◆ Why not join our monthly **Excursions** program? It's a great opportunity to get out, socialise and explore places of interest in our local community and beyond.
- ◆ If you are keen to expand your creativity and art skills then our friendly **Artbeat** group, led by artist tutor Tina Blackwell, might be just the program for you.
- ◆ Or, if keeping fit and improving your health and wellbeing is your focus for the new year, then why not try out one of our two popular fitness programs - **Strength Training** and **Fit and Fabulous** - run by our familiar, experienced and supportive fitness instructors Angel Parker and Elana Pedersen.

We'd love to welcome you back to a program and would also be delighted to offer you a free trial in a different program if you feel like trying something new. Get in touch with us if you would like more information or wish to enrol.

## REACH Programs Term 1, 2022

PROGRAM	DAY	TIME
Strength Training	Monday	12pm - 1pm
Artbeat	Monday	1:30pm - 4pm
Fit and Fabulous	Tuesday	9.15am - 10.15am
Music Alive	Tuesday	1pm - 3pm
Artbeat	Wednesday	10.30am - 1pm
Strength Training	Thursday	11am - 12pm
Strength Training	Thursday	1.30pm - 2.30pm
Sandybeach Social Club	Friday	1pm - 3pm
Sandybeach Excursions	Friday (once a month)	11am-3pm
REACHing Out Newsletter		One per term
Social Support Calls		Weekly / As requested



### DATES FOR TERM 1 AND TERM 2, 2022

DAY	TERM 1	TERM 2
Monday	17 January- 4 April	2 May - 20 June
Tuesday	18 January - 5 APRIL	19 April - 21 June
Wednesday	19 January - 6 APRIL	20 April - 22 June
Thursday	20 January - 7 APRIL	21 April - 23 June
Friday	21 January - 8 APRIL	22 April - 24 June

#### **PUBLIC HOLIDAYS:**

Australia Day **Wed 26 Jan**, Labour Day **Mon 14 Mar**, Good Friday **Fri 15 Apr**,  
Easter Monday **Mon 18 Apr**, Anzac Day **Mon 25 Apr**, Queens Birthday **Mon 14 Jun**



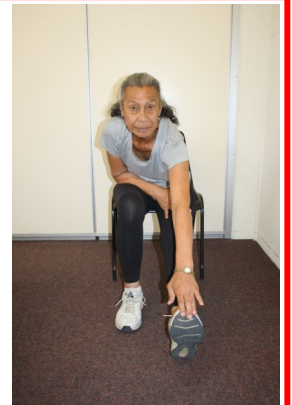
## KEEP MOVING WITH ANGEL



### EXERCISE 1 - Calf Stretch

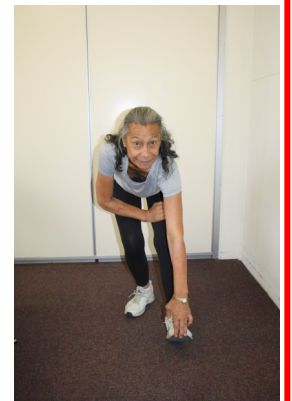
#### Seated

- Come forward on the chair.
- Extend the right leg out with the heel on the floor.
- Bring the upper body down towards the thighs and pull the toes towards the knee to stretch the whole of the back of the leg.
- Repeat same stretch with the left leg. (see picture)
- Do two sets of 5 with each leg.



#### Standing

- Make sure you are standing next to a bench or a chair for stability if you need it.
- Repeat the stretch as above, standing. (see picture)

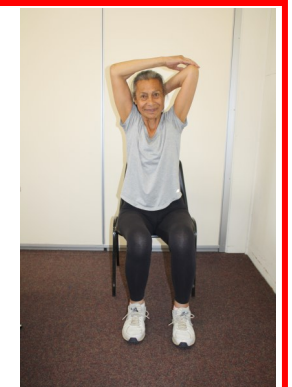


### EXERCISE 2 - Tricep Stretch

#### Seated

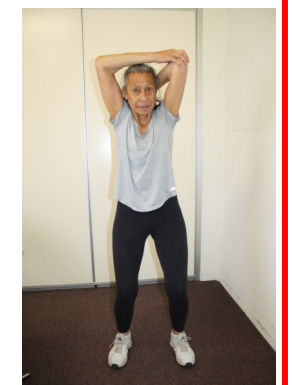
- Come forward on the chair.
- Raise the right arm upward and bend at the elbow, placing your hand behind your head if possible.
- Place the other hand lightly on the elbow applying a little downward pressure until you feel a stretch.
- Hold the move for the count of 8 and release.
- Repeat the stretch with the left arm. (see picture)
- Do two sets of 4 each arm

*YOU CAN  
DO THIS!!*



#### Standing

- Make sure you are standing next to a bench or a chair for stability if you need it.
- Repeat the stretch as above, standing. (see picture)



Do not forget to breathe and do only what is comfortable for you.

You will thank me for this!!

Take care, stay safe and have a wonderful Christmas, Angel Parker xx



## LET'S STAY HEALTHY WITH ELANA

### Christmas Biscuits

#### Ingredients

- 125 grams of butter, diced and softened
- 1/2 a cup of brown sugar
- 1/2 a cup of caster sugar
- 1 egg, extra large
- 2 and 1/2 cups of self raising flour
- 1 teaspoon of mixed spice
- 1/2 a cup of fruit mince
- 80 grams of macadamias, chopped
- Icing - 1 cup of pure icing sugar and 25 ml of milk

#### Method

1. Preheat oven to 160°C fan forced. Place butter and sugars into the bowl of an electric mixer. Beat until pale and creamy. Add egg, mixing until well combined.
2. Fold in combined flour and spice alternately with fruit mince until well combined. Remove bowl from machine and fold in chopped nuts with a spoon. Roll tablespoons of mixture into small balls and flatten slightly onto lined oven trays. Bake for 16 minutes until golden. Transfer to a cooling rack.
3. For icing, whisk together icing sugar and milk until smooth. Allow to sit to thicken slightly if required. Dip a fork into icing and drizzle over biscuits. Allow to set.  
Enjoy!



### Exercising in Summer

1. **Be an Early Riser** - schedule your walk or exercise session during the early morning when the temperature is cooler.
2. **Wear lightweight, light coloured clothes and SPF high factor sunscreen.**
3. **Drink plenty of water to keep hydrated.**
4. **Exercise in the Shade** - where possible when exercising outside keep to shaded areas or when resting do so in the shade.
5. **Don't Push Yourself too hard** - exercise within your limits and if it is a hot day, exercise inside.



## **ARMCHAIR TRAVEL: Heading North - by Mary Gates**

With much excitement on Friday 19 November my eldest daughter, Pia, and I set off to Tullamarine to catch a Qantas flight to Ballina NSW. My husband Steve had bundled our kelpie Billie into the car two days prior to meet us at our South Golden Beach Airbnb on our arrival. South Golden Beach is north of Byron Bay very near Brunswick Heads.

Throughout the journey I was poised ready to show my COVID vaccination certificate. Not once did anyone ask to see it. The only time COVID was raised was when we were checking in. We ticked the digital declaration stating we had no COVID symptoms and had had no contact with anyone with the virus. Needless to say, we were fully masked throughout the journey, finally landing in Ballina south of Byron Bay around midday. It was in contrast to Melbourne, hot and steamy.

Things were certainly a bit hit and miss up in Byron Shire in terms of COVID restrictions compliance. Mask wearing and QR code scanning expectations varied from shop to shop and cafe to cafe. The Brunswick Heads pub was doing a roaring trade with a security guard religiously checking certificates and ensuring all customers checked in. In contrast our mask wearing diligence in some situations seemed to be frowned upon, clearly labelling us as interlopers.

My youngest daughter, Anna, is currently working remotely up in Byron for her Melbourne-based architectural firm. She has embraced the lifestyle, surfing at the end of the work day and eating freshly laid eggs and produce from the garden. Her partner Pat is also



**Dragon lizard  
Tweed Heads, NSW**

managing his construction company from afar. They plan to return to Melbourne in September 2022. Anna and Pia decided to treat me to a surprise experience in Mullumbimby. All I was told was to bring bathers and a towel. I prayed it wasn't going to be a stint in a floatation tank! I was initially relieved to be taken down a back alleyway to a spa retreat. Mask wearing was definitely not the rigour. After a quick outdoor shower we climbed through a small doorway into a wooden panelled sauna. There were about eight of us gathered in the hot domed steamy sauna. All I could think was COVID super

spreader event! The sauna was followed by a spa bath, again with skimpily clad more than likely unvaccinated young locals. I obviously had a look of apprehension on my face because my girls kept checking - "Are you having a good time mum?" Much of our ten day holiday was spent on the relatively desolate Golden Beach, walking Billie and swimming in the ocean. Our three bedroom house was very comfortable, sheltering us from the torrential rain squalls that passed through. Of an evening we dined out in one of the many restaurants in the area.

Following the locking down of the backpackers in the Byron township due to a positive COVID case, we made sure we gave Byron a wide berth. On Monday 29 November, I flew home to return to Hampton to my vaccinated friends and family. It's always a joy to be back in our lovely Bayside bubble.



**Billie enjoying  
South Golden Beach, NSW**



## MIRANDA CHATS WITH COLETTE HAAS

Colette is reasonably new to Sandybeach but has embraced it with joy and enthusiasm as she seems to do with everything in her life. She comes to the centre for Social Club on Tuesday, Artbeat on Wednesday and Strength Training on Thursday.

Colette grew up in Monaco in the South of France. When she left school, she moved to Paris where she studied Art, Chemistry and Poetry for the next 7 years. After graduating, she worked as an art critic writing a column in a monthly publication for artists, galleries and museums. She took a break from working when she married and started her family (she has 2 daughters and 2 sons)

When one of her daughters married an Australian and moved here then became pregnant in 2010, Colette wanted to be involved with her first grandchild and made the move herself. She now divides her time between Australia and France, visiting both Monaco to see family and Paris to catch up with friends. She considers herself very lucky to lead this life and as she says “twice lucky because I know that I am lucky”. She loves her life in Australia and says it is because of the people who she finds very friendly and “willing to accept you for who you are”.

Christmas in Colette’s French household is a bit different. The family attends church late on Christmas eve then returns home at midnight to eat traditional French donuts followed by Christmas dinner - a true midnight feast! The meal is usually traditional but Colette always loves to try some new recipes out. No one goes to bed - they stay up and spend the remainder of the day grazing on the leftovers. According to Colette, “there are always left over leftovers!” She says one of her favourite things about Christmas is the preparation - the hours spent pouring over recipes, decorating the house and the tree and trying to make it even more special for her family than the year before. She loves to spend the day itself reflecting on her good fortune and this year will be with her family including 11 year old grandson Romain who was one of the reasons for her move down under.

Her most memorable Christmas was 1981 when she and her husband adopted 3 month old twins - “without a doubt my best Christmas present ever!” Seeing their faces light up as they experienced their first Christmas is a memory she treasures. Another of her fondest Christmas memories is the year they held up their one year old daughter to the Christmas tree and laughed as she huffed and puffed trying to blow out all the twinkling lights on the tree!

Colette would like to send best wishes from the bottom of her heart to everyone for a harmonious, peaceful and happy Christmas filled with love and joy.



*‘What’s more beautiful  
than a flower?’  
by Colette Haas*





**ANDREA CHATS TO ROBIN**

Hello Everyone,

My name is Robin Prem and I attend Sandybeach Centre on Tuesdays for Music Alive.

Andrea has asked me to contribute my Christmas recollections to the newsletter so I will try, though my memory is unreliable and I often struggle to find the appropriate words so my mother, Grace, has assisted with the writing.

Christmas during childhood was with my parents and brother at Grandma and Grandpa's dairy farm at Oxley and with Nanna and Pop in Beechworth. They were huge family gatherings at laden dining tables, sometimes outdoors by the river. Tents were often erected in the backyard to accommodate the hordes. There were always too many gifts and piles of wrapping paper littering the floor.

Our dog liked to find the bell on the Christmas tree and ring it with his nose. One year he managed to find a special cake hidden in one of the bedrooms and emerged with a creamy guilty face.

Lunch or dinner was followed by cricket in the backyard and swimming in the river or lake. Grandpa would appear from the paddock on his tractor, smelling of heat, cows and dust, shedding straw from his heavy duty work clothes, grumbling at having to stop harvest for the celebratory meal, though he found time for a sleep in his chair after feasting. His grandchildren called him "Grumpa" and liked to play pranks on him while he slept, such as painting his fingernails bright purple.

Farm tasks did not stop for Christmas so everyone helped out with feeding animals and carting hay. The CFA fire radio, positioned on top of the fridge, would be chattering in the background, so Grandpa would have one ear open to that and command silence from the mob if the communication sounded serious. Then, there might be a sudden exodus from

**ROBIN AND HIS BROTHER GET CREATIVE WITH THEIR DECORATING.**



the table by the men, dashing out to load the water tank with pump on the truck, then roar off to fight a fire. Hay stacks were prone to spontaneous combustion or lightning strike during summer.

Christmas dinner with Gramma and Grumpa in high summer temperatures was cold meats such as pickled pork, ham, and turkey with many wonderful gourmet salads, such as Gramma's refreshing watermelon salad and Mum's mango, avocado, walnut salad. Dessert was homemade plum pudding icecream using fresh cream and eggs from the farm and a summer berry pudding. Gramma made gifts such as crocheted finger puppets to accompany a story book, Christmas cakes drenched in brandy or sherry, jams, chutneys and sauces.



**ROBIN AND GRACE WITH ANDREA AND PETER**

Nanna and Pop loved to spoil everyone rotten at Christmas as they had experienced deprivation during the war years in Europe and liked to make up for it by providing abundance for their family. They stuck to the traditional hot European Christmas foods despite the air temperature being in the high 30's and their house packed to the rafters with adults and kids. Nanna reigned supreme in the kitchen overseeing and directing the activity of the family while conveying instructions to Pop, who, dressed in his shorts, thongs and singlet, cooked a pig on an outdoor rotisserie.

My best Christmas present was a fishing rod and reel which I used many times on fishing trips with Pop and the Sandringham Anglers Club.

With the passing of time, additions and losses of family, changes in health and circumstance our Christmas day celebration has adapted to suit. When Grandma moved to Wangaratta and was widowed, we spent each Christmas with her until bushfires and COVID got in the way and now she is no longer with us. These days Christmas day is with my mother and a couple of friends, picnicking on lots of lovely seafood by the beach. I love to eat seafood for Christmas dinner, prawns, oysters, crab, Balmain bugs and lobster. My favourite celebration in recent years is Christmas at the Bethlehem Calvary Day Centre where I have wonderful friends to share love and laughter. We also sing carols together and make a CD of our choir.

Pre COVID Mum and I would celebrate Christmas in July at our house with some good friends who would arrive decked in green and red, wearing silly hats, bearing platters of delicious food. Our front pathway would be lined with candles twinkling in the dark and our house decorated with toys and tinsel. Much hilarity accompanied the opening of Kris Kringle gifts and party games.

I have a Mitochondrial disorder which is causing neuromuscular degeneration so that I depend on my Mother, Grace as my carer. As my abilities decline I have found new activities and wonderful new friends including Sandybeach Centre's Music Alive. Music was the background to my youth, summer, special occasions and holiday seasons so that, although I may not recall the details of those times, music lights up my brain and brings forth the wonderful emotions of those days.

Prior to COVID restrictions there was a different entertainer each week with great variety from an Elvis performance to Abba. These wonderful people dress up in suitable stage costume and treat the performance as though they are in front of a large audience. At present we have the pleasure of Peter's wonderful piano playing and Andrea's beautiful singing and dancing. They lift our spirits, get our minds smiling and inspire us to move our bodies to the music.

The Armchair Travel is also something that I love to listen to at Sandybeach. I come home feeling happy and stimulated, as though I have been to those far off places.

Thank you Andrea, Peter and all the wonderful Sandybeach people who make my Tuesday very special. Merry Christmas

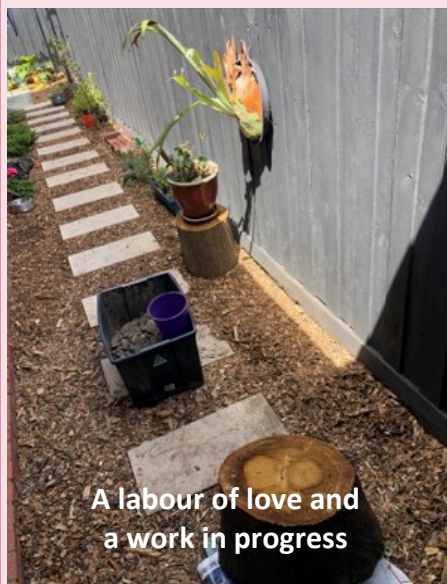
*Thank you Robin and Grace for your wonderful memories of Christmas and your kind feedback. Bringing happiness and a sense of community is what we are all about! Wishing you all the best over the holiday season and we look forward to seeing your smiling faces back at Sandybeach in the New Year - Love Andrea and Peter xx*





## MIRANDA CHATS WITH JENNY LEE

Jenny is a program leader, volunteer and support worker across both REACH and STEP programs at Sandybeach and next year will be taking on a new role in the first term as co-program leader for the Friday Sandybeach Social Club. She used to live in Ashwood but when the family home was sold, she felt like a 'seachange' and moved to Bayside. She now lives in Bentleigh in a 'small but special' house and is working on creating a garden that is not only



A labour of love and a work in progress

lovely but useful. It is a labour of love that she is hoping will eventually be able to feed not only herself but also the birds and the bees. Jenny is passionate about living in a simple and sustainable way and thereby leaving a small footprint. Jenny has many passions in life including dance (she has run her own dance club for the better part of 30 years), badminton (she plays competitively and is the secretary of her club), the environment, sport and life in general. As well as her work at Sandybeach, Jenny also works at the Cheltenham Community Centre as a dance instructor and is a disability support worker with private clients. She has a Leisure and Lifestyle

Diploma and a background as a practice manager for specialist physicians. She values real connections with the people she meets. Jenny always strives to be both a good listener and talker, enjoying relations with people from all walks of life. Friends, family, singing and playing guitar have helped her with the challenges of the last 18 months and she is looking forward to enjoying the festive season by celebrating the deeper meaning of Christmas. Jenny has two children - 'Meags' who is a senior midwife and 'Ace' who is a fireman and she



Rollerblading with daughter Meags and two of the grandchildren

also has three grandchildren. One Christmas that stands out is when a huge family group came together to celebrate, so many that they spilled out of the large family home onto the patio. A gift she remembers as a child was a large blow up seal called Sammy that was big enough to sit on! Jenny would like to share the following message with the Sandybeach community.

*No matter how large or small your gathering may be, may it resonate with joy and laughter and provide comfort after such a trying period.*





## TINA CHATS WITH ANNE WORTHY

Anne Worthy started at Sandybeach centre in 2017 where she enjoyed Strength Training classes and Artbeat. She has lived in Hampton for 34 years and now resides in Cheltenham.

This past year has been a difficult one but Anne says her art has always helped her throughout the year and kept her in a positive frame of mind. You may not know but Anne won an art exhibition back in 2015 with her seascape entry. She continues her creativity in Artbeat and loves being back at the centre. She appreciates how much Sandybeach has supported her and everyone over the last two years. She loves attending as it allows her to get out and mix with lovely people whilst doing her art.

Anne enjoys the festive season as it's a good time to have a traditional lunch with sisters and brothers. They share fond memories together. One Christmas she remembers getting a bike which was also to be shared with her two sisters. She laughs as she remembers that no one could ride it. They each took turns in the backyard and persevered for many hours!  
*Anne wishes everyone at the centre a 'Happy Christmas and Happy New Year!'*

### IT'S TIME TO PLACE YOUR VOTE!

#### SANDYBEACH MURAL – STRENGTH THROUGH CONNECTION

We are excited to present the two designs created by our mural artist Danny Awes for our outside walls. Which one is your favourite?

Vote by emailing: [juliet.collins@sandybeach.org.au](mailto:juliet.collins@sandybeach.org.au)

**\*IMPORTANT\*** In the subject heading of the email please put the following:

'Mural Vote Option 1' (or 'Mural Vote Option 2' if that is your preferred design)

**Please get your vote in by Friday 7 January to make it count! Work is due to commence at the end of Jan.**

Thank you for your input – we look forward to announcing the winning design soon.

#### DESIGN 1



Picture Sims Street

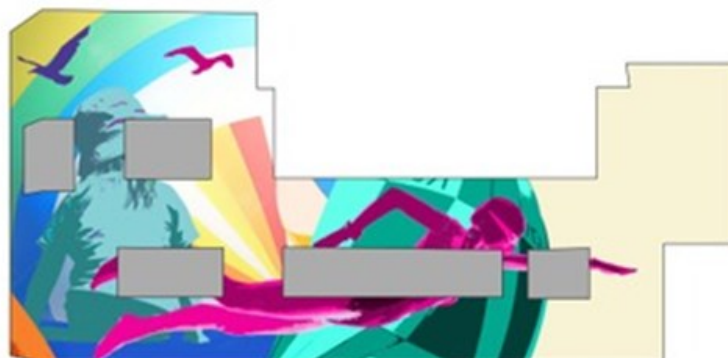


Picture Beach Road

#### DESIGN 2



Picture Sims Street



Picture Beach Road

## SOME FRESH AND INTERESTING ADDITIONS TO YOUR CHRISTMAS TABLE

### MIDDLE EASTERN WATERMELON AND GOAT'S CHEESE BITES

- 1.6kg wedge seedless watermelon
- 1/4 red onion, finely chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1/4 cup roughly chopped pistachio kernels, toasted
- 1/3 cup pomegranate seeds
- 50g goat's cheese or feta crumbled
- 1/4 cup small fresh mint leaves
- Sumac, to serve (optional)



1. Remove and discard watermelon rind. Cut flesh into 2cm wide slices. Using a 4cm round cutter, cut out 25 rounds from watermelon slices. Place on a large serving plate.
2. Combine onion, oil and vinegar in a bowl. Season to taste. Whisk to combine. Add pistachio and pomegranate. Stir to combine.
3. Spoon a little pistachio mixture onto each piece of watermelon. Top with goat's cheese and mint. Sprinkle with sumac. Serve.

### CUCUMBER BITES

- 2 continental cucumbers
- 1 avocado, stoned, peeled
- 80g marinated feta, drained
- 1 tbsp thyme leaves
- 1 tbsp chopped chives
- 1 tsp finely grated lemon rind
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 2 tbsp baby capers, drained
- 1 tbsp dukkah

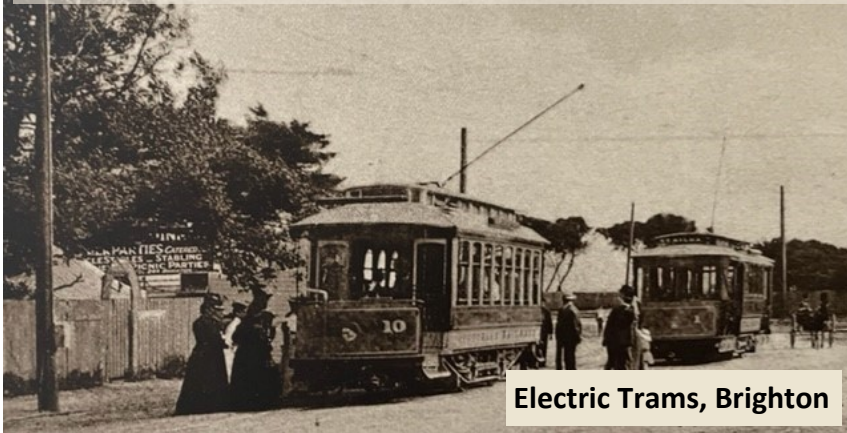


1. Cut the cucumbers crossways into 2-3cm slices. Use a small spoon or melon baller to scoop about half the seeds from the centre of each cucumber slice to make a cavity. Discard seeds. Place cucumber slices on a serving plate.
2. Place the avocado, feta, thyme leaves, chives and lemon rind in a food processor. Process until almost smooth. Add the lemon juice and process until smooth. Season.
3. Transfer avocado mixture to a piping bag fitted with a 1.5cm plain nozzle. Pipe evenly into the cucumber cavities.
4. Heat the oil in a frying pan over medium-high heat. Cook the capers for 3-5 mins or until golden and crisp. Use a slotted spoon to transfer capers to a plate lined with paper towel. Sprinkle capers and dukkah over cucumber bites.

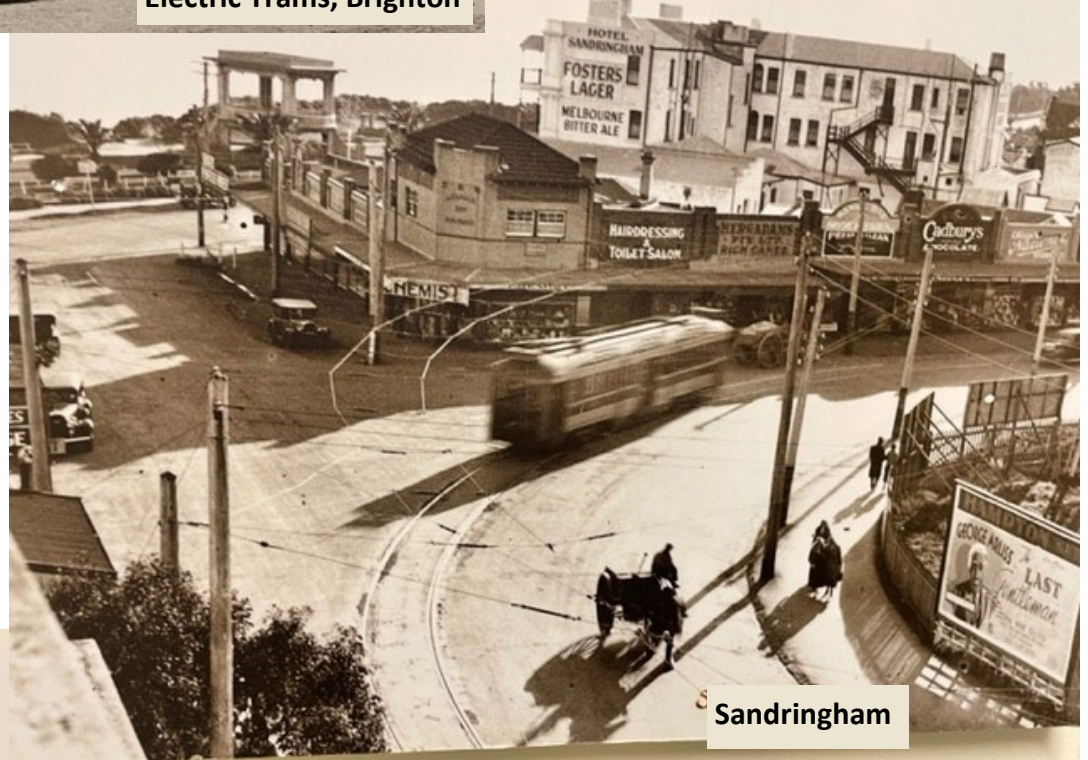


ENJOY THIS COLLECTION OF PHOTOS - '*BAYSIDE THROUGH THE YEARS*' INCLUDING THREE STAGES OF OUR VERY OWN SANDYBEACH CENTRE BUILDING - AS DETROIT MOTORS (CIRCA 1934), ALL SOULS PARISH AND GETTING A FACELIFT PRIOR TO BECOMING SANDYBEACH CENTRE.

**\*BE SURE TO CHECK OUT PAGE 11 TO HAVE YOUR SAY ON THE NEXT CHAPTER OF OUR BUILDING\***



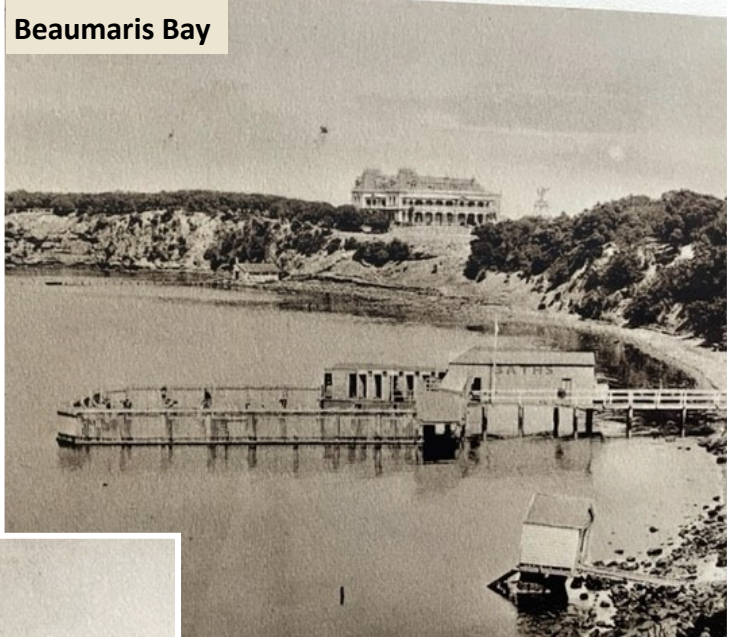
Electric Trams, Brighton



Sandringham







**Beaumaris Bay**

**Beach Road Sandringham**



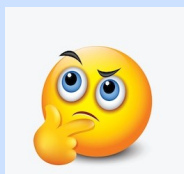
**Bathing Beach Black Rock**



**Mentone Hotel**



## RIDDLES AND PUZZLES



### RIDDLE :

I am one quarter but if you  
add five I become one third.  
What am I?



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

<div>□ □ □ □ □ □ □</div>	Toys with
<div>□ □ □ □ □ □</div>	Conflict, trouble
<div>□ □ □ □ □</div>	Initial
<div>□ □ □ □</div>	Split
<div>□ □ □</div>	Healthy
<div>□ □ □ □ □</div>	Clenched hand
<div>□ □ □ □ □ □</div>	Simple dress
<div>□ □ □ □ □ □ □</div>	Obsession
<div>□ □ □ □ □ □ □ □</div>	Type of stockings



*Miranda and Luna*

After our 16 year old darling cat, Kasey passed away, we were reluctant to replace her. Well we lasted 3 weeks before we missed a furry friend in the house! It took about 5 seconds to choose 'Luna' at the RSPCA. Despite the staff telling us 'this one is trouble', we just had to take her home! Our furniture may be regretting it but we aren't. She has been so helpful with the washing and helping me with the REACHing Out newsletter too! 😊

**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: CHRISTMAS**

1 SNELIT

□	□	□	□	□	□
---	---	---	---	---	---

2 KRACERCS

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

3 RYEKUT

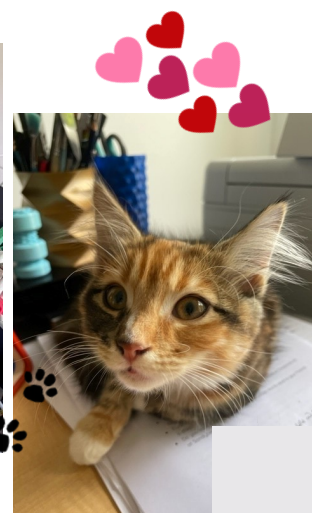
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4 RESTPENS

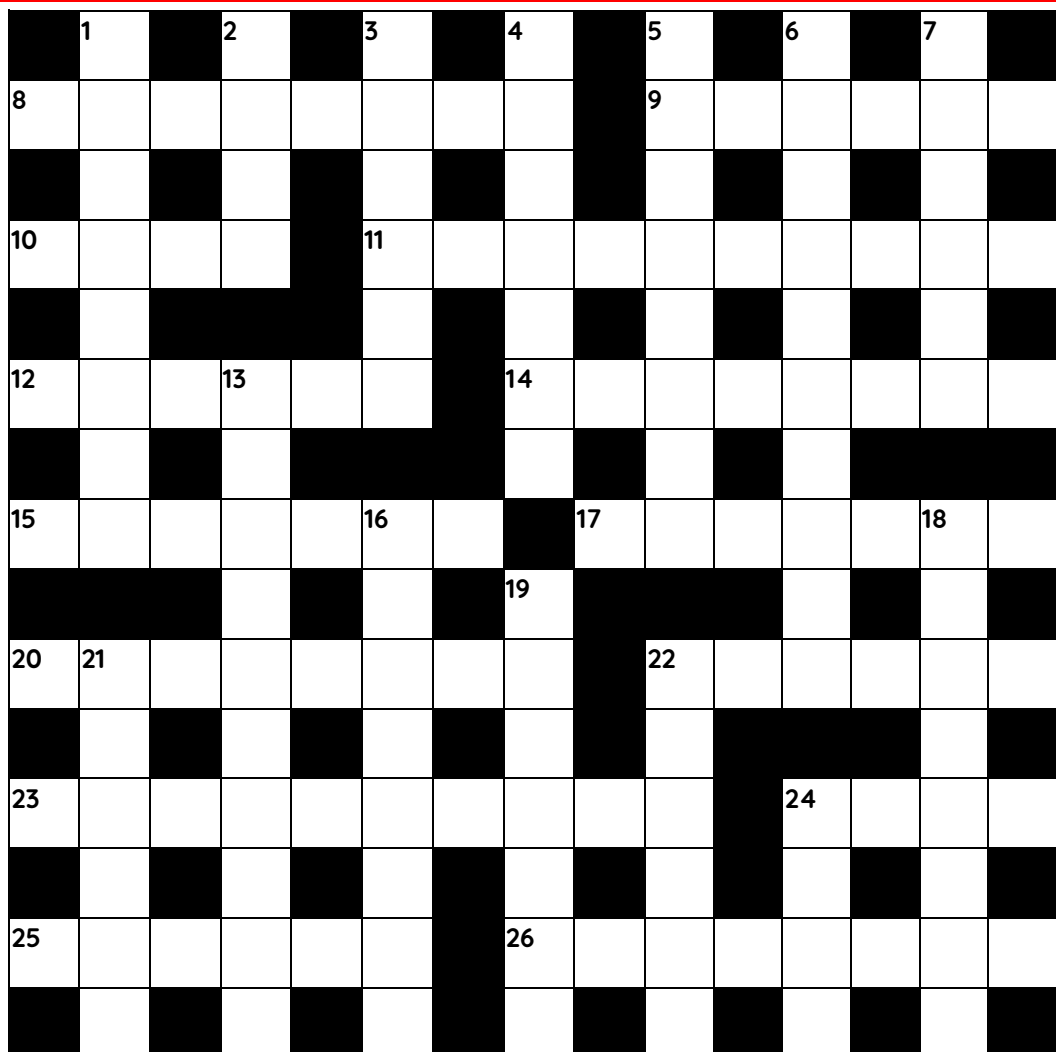
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5 SLAROC

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# BIG CROSSWORD!



**SANDYBEACH  
CHILDCARE IS  
AWASH WITH  
CHRISTMAS  
CREATIVITY.  
THANKS TO  
OUR YOUNG  
ARTISTS FOR  
THE LOVELY  
CHRISTMAS  
TREES**

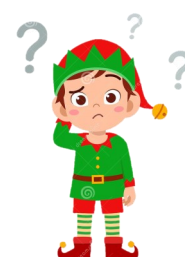


## Across

- 8 Lifted (6)
- 9 Shout of joy (6)
- 10 Shock (4)
- 11 Able to speak three languages (10)
- 12 Recess in wall (6)
- 14 Signed up (8)
- 15 Wound dressing (7)
- 17 Location (7)
- 20 A dealer in equipment for ships (8)
- 22 Agile, flexible (6)
- 23 Contestant, rival (10)
- 24 Loathe (4)
- 25 Selected (6)
- 26 Non-professionals (8)

## Down

- 1 Small fleet (8)
- 2 Not odd (4)
- 3 Sculptured figure (6)
- 4 Fan, devotee (7)
- 5 Excited, exhilarated (8)
- 6 Medicine for a cold (5,5)
- 7 Decanter (6)
- 13 Type of Sheepdog (3,7)
- 16 Large sailing vessels (8)
- 18 Alone (8)
- 19 A television broadcast (7)
- 21 Santa's jolly cry (2,2,2)
- 22 Shriek (6)
- 24 Take notice (4)





## CHRISTMAS WORD SEARCH

### MERRY CHRISTMAS

K	F	A	M	I	L	Y	T	R	N	K	B	J	L	H
Y	M	U	T	J	C	O	R	B	S	X	G	O	J	H
Y	U	P	L	R	C	A	R	O	L	S	I	Y	I	F
Y	C	M	R	R	E	Q	N	W	E	E	V	E	N	N
L	H	F	E	E	P	E	H	D	N	D	I	J	G	O
S	R	B	T	D	S	C	S	S	Y	W	N	G	L	R
Y	I	Q	M	T	Y	E	R	C	M	C	G	S	E	T
U	S	T	O	C	K	I	N	G	S	J	A	E	I	H
U	T	L	I	G	H	T	S	T	G	S	D	N	W	P
L	M	F	L	I	O	V	S	M	S	N	J	S	E	O
K	A	V	F	X	B	I	Z	G	I	I	G	D	T	L
B	S	R	E	B	Z	S	L	E	I	G	H	X	C	E
F	K	Y	O	L	Q	H	R	N	S	N	O	W	R	U
X	N	L	R	J	F	Z	C	D	N	D	E	X	X	V
H	S	T	A	R	W	S	A	N	T	A	T	L	V	M

BOW  
CANDY CANE  
CAROLS  
CHRISTMAS  
ELF

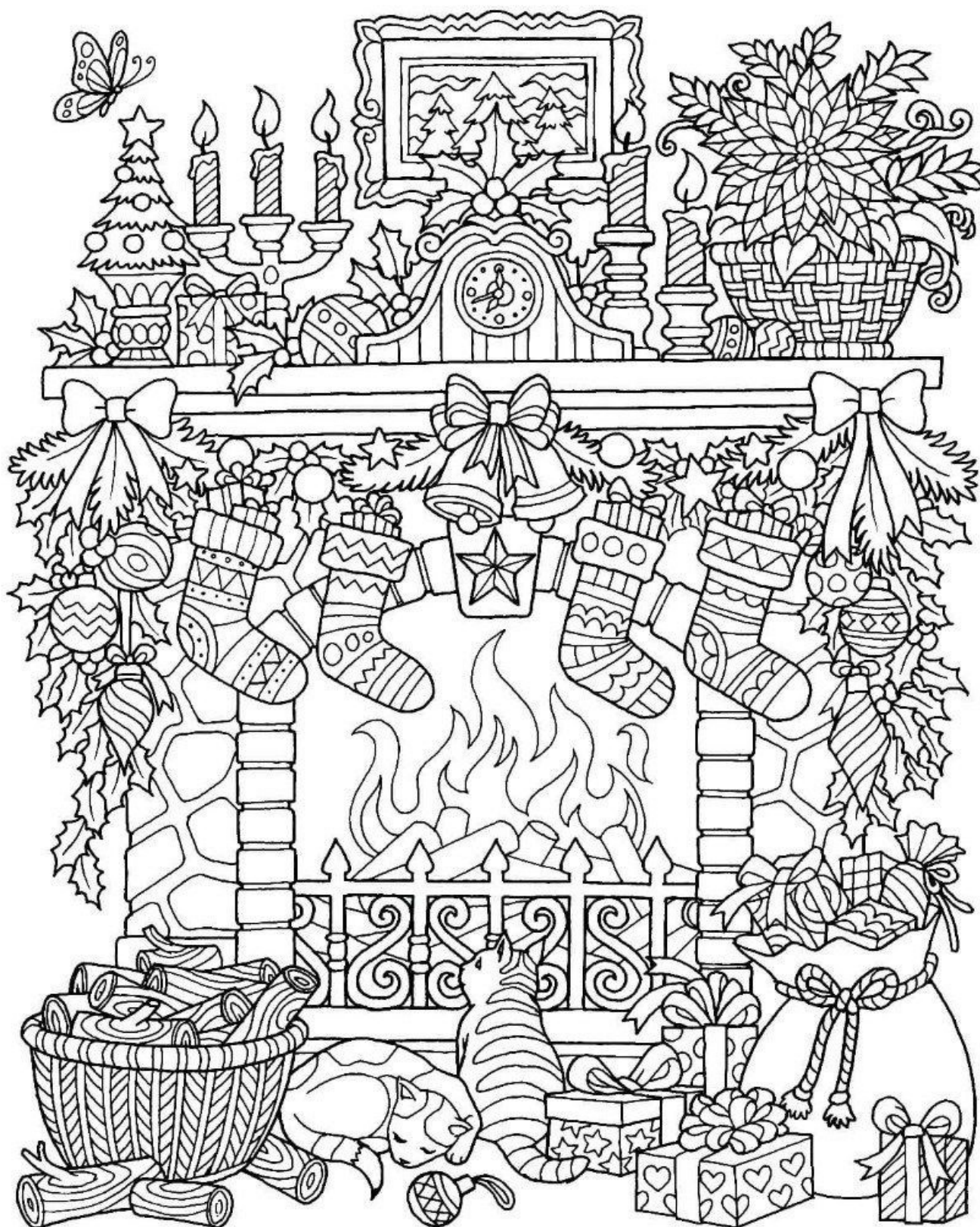
FAMILY  
GIVING  
JINGLE  
JOY  
LIGHTS

NORTH POLE  
PRESENTS  
REINDEER  
SANTA  
SLEIGH

SNOW  
STAR  
STOCKINGS  
TREES



**MINDFUL COLOURING** can be relaxing and helpful in relieving stress.  
Enjoy colouring this cheerful Christmas scene.





# SHOWBIZ WITH ANDREA!

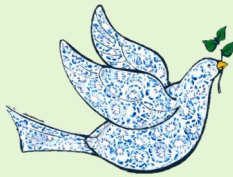
ANDREA PRESENTS...



## HAPPY XMAS (WAR IS OVER)

Please sing along to your Happy Christmas Show DVD with the lyrics to this much loved Christmas anthem. It was first released in 1971 as a single by John Lennon and Yoko Ono with the Harlem Community Choir. Also a protest song against the Vietnam War, 'Happy Xmas (War Is Over)' was the culmination of more than two years of peace activism undertaken by John Lennon and Yoko Ono that began with the bed-ins they convened in March and May 1969, the first of which took place during their honeymoon. The song has since become a Christmas standard, frequently recorded by other artists.

*So this is Christmas  
And what have you done?  
Another year over  
And a new one just begun  
And so this is Christmas  
I hope you have fun  
The near and the dear one  
The old and the young*



*A very Merry Christmas  
And Happy New Year  
Let's hope it's a good one  
Without any fear*



*And so this is Christmas (War is over)  
For weak and for strong (If you want it)  
For rich and the poor ones (War is over)  
The road is so long (Now)  
And so Happy Christmas (War is over)  
For black and for white (If you want it)  
For yellow and red ones (War is over)  
Let's stop all the fight (Now)*

*A very Merry Christmas  
And Happy New Year  
Let's hope it's a good one  
Without any fear*

*So this is Christmas (War is over)  
And what have we done? (If you want it)  
Another year over (War is over)  
And a new one just begun (Now)  
And so Happy Christmas (War is over)  
We hope you have fun (If you want it)  
The near and the dear one (War is over)  
The old and the young (Now)*

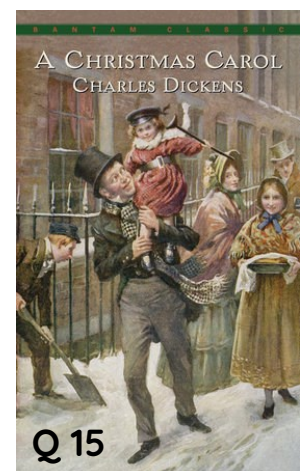
*A very Merry Christmas  
And Happy New Year  
Let's hope it's a good one  
Without any fear  
War is over  
If you want it  
War is over  
Now*





# CHRISTMAS TRIVIA

1. Christmas Island has an annual migration of which animal?
2. How many gifts in total are mentioned in the Twelve Days of Christmas?
3. Who invented the first electric Christmas lights?
4. When should you take down your Christmas tree?
5. What country has the tradition of filling children's clogs with candy and treats on December 5?
6. What tragic event took place at Christmas in 1974?
7. What is the best selling Christmas song ever?
8. What is the most popular Christmas movie?
9. In what city did the 1947 film 'Miracle on 34th Street' take place?
10. Finish this line from How the Grinch Stole Christmas 'It came without packages, boxes or ?'
11. What Christmas food lasts the longest after Christmas?
12. In which country is KFC hugely popular at Christmas?
13. Which popular holiday plant is known to be an aphrodisiac?
14. Which of Santa's reindeer shares a name with a famous symbol of Valentine's Day?
15. In Charles Dickens' 'A Christmas Carol', what was the first name of Scrooge?
16. Which fairy tale inspired the first gingerbread houses?
17. What Christmas beverage is also known as 'milk punch'?
18. How do you say "Merry Christmas" in Spanish?
19. What was the first company that used Santa Claus in advertising?
20. What country is the Poinsettia, with its red and green foliage, native to?







*Wishing you a Merry Christmas  
and Happy New Year from Artbeat*

## Having fun experimenting!

Working at our own pace on different  
subject matter and choice of mediums.  
Busy hands creating some beautiful artworks!



Artbeat and STEP Art  
in Action participants  
enjoyed creating  
Christmas  
decorations to deck  
the halls of  
Sandybeach!



**A POLITICALLY  
CORRECT  
CHRISTMAS.  
- ANON**



Twas the night before Christmas and Santa's a wreck...  
How to live in a world that's politically correct?  
His workers no longer would answer to "Elves",  
"Vertically Challenged" they were calling themselves.  
And labor conditions at the North Pole,  
were alleged by the union, to stifle the soul.

Four reindeer had vanished without much propriety,  
released to the wilds, by the Humane Society.  
And equal employment had made it quite clear,  
that Santa had better not use just reindeer.  
So Dancer and Donner, Comet and Cupid,  
were replaced with 4 pigs, and you know that looked stupid!  
To show you the strangeness of today's ebbs and flows,  
Rudolf was suing over unauthorized use of his nose.  
He went to the press, in front of the Nation,  
demanding millions in over-due workers compensation.

So half of the reindeer were gone, and his wife  
who suddenly said she'd had enough of this life,  
joined a self help group, packed and left in a whiz,  
demanding from now on that her title was Ms.

And as for gifts...why, he'd never had the notion  
that making a choice could cause such commotion.  
Nothing of leather, nothing of fur...

Which meant nothing for him or nothing for her.  
Nothing that clamored or made lots of noise.  
Nothing for just girls and nothing for just boys.  
Nothing that claimed to be gender specific,  
Nothing that's warlike or non-pacifistic.

No candy or sweets...they were bad for the tooth.  
Nothing that seemed to embellish the truth.

And fairy tales...while not yet forbidden,  
were like Ken and Barbie, better off hidden,  
for they raised the hackles of those psychological,  
who claimed the only good gift was one ecological.

No baseball, no football...someone might get hurt,  
besides - playing sports exposed kids to dirt.  
Dolls were said to be sexist and should be passe.  
and Nintendo would rot your entire brain away.

So Santa just stood there, disheveled and perplexed,  
he just couldn't figure out what to do next?

He tried to be merry he tried to be gay,  
but you have to admit he was having a very bad day.  
His sack was quite empty, it was flat on the ground,  
nothing fully acceptable was anywhere to be found.

Something special was needed, a gift that he might,  
give to us all, without angering the left or the right.

A gift that would satisfy - with no indecision,  
each group of people in every religion.

Every race, every hue,  
everyone, everywhere...even you!

So here is that gift, it's price beyond worth...

**"May you and your loved ones enjoy peace on Earth."**



## DID YOU KNOW? - by Nick Turner

We have all read the story of the three wise men bearing gifts - Gold, Frankincense and Myrrh. We are all familiar with Gold but what are the other two used for?

**Frankincense** is an aromatic resin used in incense and perfumes, obtained from trees of the genus *Boswellia*. The word is from Old French *franc encens* ('high quality incense') Frankincense has been traded on the Arabian Peninsula for more than 5,000 years and thousands of tons are traded every year to be used in religious ceremonies as incense in churches and by makers of perfumes, natural medicines, and essential oils. It can be inhaled or applied to the skin for its supposed health benefits. Most frankincense comes from the Horn of Africa, and India, but also in Oman, Yemen, and western Africa. The use of *Boswellia* resin for spiritual and medicinal purposes dates back to ancient civilisations. Clinical studies have demonstrated the effectiveness of frankincense resin in some conditions like asthma, rheumatoid arthritis, irritable bowel diseases, osteoarthritis, and relapsing-remitting multiple sclerosis.



**Myrrh** is a gum resin extracted from a number of small, thorny tree species of the genus *Commiphora*. Myrrh resin has been used throughout history as a perfume, incense and medicine. Myrrh mixed with wine was common across ancient cultures, for general pleasure, and as an analgesic. In pharmacology, myrrh is used as an antiseptic in mouthwashes, gargles, and toothpastes. It is also used in some liniments and healing salves that may be applied to



abrasions and other minor skin ailments. Myrrh can be used for bruises and aches, and sprains. Myrrh gum is commonly claimed to remedy indigestion, ulcers, colds, cough, asthma, lung congestion and arthritis pain. As well as being one of the gifts presented to Jesus at his birth, Myrrh was also present at Jesus' death when he was offered wine and myrrh at his crucifixion. Because of its mention in the New Testament, myrrh is an incense offered during some Christian liturgical celebrations

## THANK YOU TO OUR WONDERFUL VOLUNTEERS:

The REACHing Out newsletter and the Happy Show DVDs are a team effort that involve not only input from our dedicated and hardworking staff but also endless hours of input from a core group of volunteers. We would like to extend our sincere thanks and gratitude to our selfless volunteers. Andrew Comport (editor of the DVDs), Mary Gates (regular contributor of wonderful travel stories), Nick Turner ('Did you Know?') and performers Sonja Kosky and Tina Appleby ('*The Sontinas*'), Adrian Scott, Sandra Taylor and Bob Valentine. Also huge thanks to Elana Pedersen who volunteers her already stretched time to proofread the newsletter. Thanks also to the many others who have submitted

WE LOVE  
OUR VOLUNTEERS

articles, artwork and ideas to help keep the issues lively and interesting for us and our readers. We are so grateful for your time and all that you do. Wishing you all the best for a safe and happy Christmas with your loved ones.

xx The Sandybeach REACH team.





## QUIZ AND PUZZLES ANSWERS

### RIDDLE ANSWER :

15 minutes. (One quarter of an hour but add 5 minutes and you get twenty minutes which is one third of an hour)

### WORD CASTLE ANSWER

T	R	I	F	L	E	S
S	T	R	I	F	E	
F	I	R	S	T		
R	I	F	T			
F	I	T				
F	I	S	T			
S	H	I	F	T		
F	E	T	I	S	H	
F	I	S	H	N	E	T

### COMMON THREAD (EXTRA WORD: TARTS)

1 SNELIT	T	I	N	S	E	L	
2 KRACERCS	C	R	A	C	K	E	R S
3 RYEKUT	T	U	R	K	E	Y	
4 RESTPENS	P	R	E	S	E	N	T S
5 SLAROC	C	A	R	O	L	S	

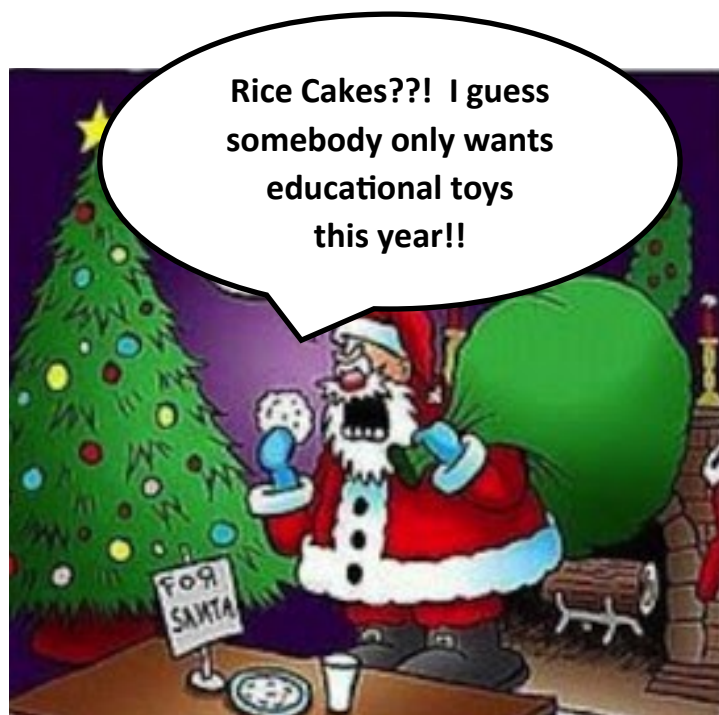
### CROSSWORD SOLUTION

#### Across

- 8 Elevated  
9 Hooray  
10 Stun  
11 Trilingual  
12 Alcove  
14 Enlisted  
15 Bandage  
17 Address  
20 Chandler  
22 Supple  
23 Challenger  
24 Hate  
25 Chosen  
26 Amateurs

#### Down

- 1 Flotilla  
2 Even  
3 Statue  
4 Admirer  
5 Thrilled  
6 Cough syrup  
7 Carafe  
13 Old English  
16 Galleons  
18 Solitary  
19 Program  
21 Ho Ho Ho  
22 Scream  
24 Heed



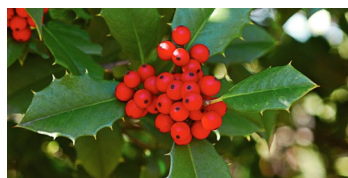
## TRICKY TRIVIA ANSWERS

1. Crabs 2. 364 gifts 3. Thomas Edison in 1880 4. According to superstition you should take down your tree on December 31st before midnight, to avoid bringing misfortune from the old year into the new. 5. The Netherlands 6. Cyclone Tracey 7. Bing Crosby's White Christmas  
8. Home Alone 9. New York City 10. Bags 11. Fruitcake 12. Japan 13. Mistletoe 14. Cupid  
15. Ebenezer 16. Hansel and Gretel 17. Eggnog 18. Feliz Navidad 19. Coca-cola 20. Mexico

# SANDYBEACH CARERS

Sharing Information and Connecting with Carers

## CARING FOR PEOPLE WHO HAVE DEMENTIA AT CHRISTMAS



### 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**

Christmas time can be stressful even for those family members in good health. For people who have dementia, the festive season can be extremely overwhelming and anxiety inducing. Disrupting elder's daily routine may cause challenging and out of character behaviour. You can help to ensure a peaceful Christmas by following these helpful tips.

### Prepare your guests

Caring for someone with dementia means that you know how to act around them. Unfortunately some of your guests won't be familiar with the situation. Things will run a lot smoother, if you talk to them beforehand. Be honest and explain how to handle talking with a person who has dementia. You can also consider spreading out visitors. Crowds and loud sounds are sometimes the enemies of dementia, hence it is wise to organise several smaller gatherings rather than a large one.

### Decorate gradually

It has been proven, that people who have dementia feel best in familiar surroundings. That's why it is crucial to introduce the Christmas environment slowly and gradually. Don't go over the top with decorations – bright lights can bother elderly. Keep it simple to avoid overstimulation and confusion.

Putting decorations up bit by bit is a great idea. It will give people who have dementia enough time to get used to the new situation. Keeping up every day routine is essential, while caring for seniors. We know, that Christmas time is usually very busy. You probably won't have time to prepare special meals on top of the holiday madness. Prepare any special meals well ahead of time.



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herein does not necessarily represent the views or policies of the Australian Government.

Our organisation acknowledges the support of the Victorian Government.

Programs are also supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained



### **Get them involved in Christmas preparation**

One of the worst feelings in the world is being left out, particularly for seniors suffering from dementia. The feeling of loneliness and separation may lead to depression and anxiety. Encourage seniors to be involved in preparations. It can be as easy as asking them what to buy grandchildren. If a person that you're caring for is mobile, asking them to do small, manual tasks is also a great idea. Putting a bauble on a tree or making mince pies will connect elderly to the past and will bring the feeling of comfort and familiarity.

### **Bring back old memories**

Stimulating the brain in old age is very important. Exposing those in your care to mental and emotional stimulus has a positive impact on their wellbeing. Christmas time is a great opportunity to stimulate long forgotten memories. Simply talking to a long unseen family member can be beneficial. Looking through old photo albums is also a great Christmas activity for a person who has dementia. Putting up some old decorations will also put a smile on everyone's face.

### **How to talk to a person with dementia at Christmas.**

Instead of asking them if they remember something, involve them with conversation by telling a story. Speak slowly, deliberately and give them plenty of time to respond. They need to feel engaged but on their own terms. When telling a story remember to always use names rather than just pronouns (like 'she' or 'he'). Try to stick to one train of thought. People who have dementia will often have difficulties in following multiple threads, so keep it simple. But most importantly, be patient, mindful and considerate. When speaking to someone with dementia or Alzheimer's you may need to repeat the information several times. Wait patiently for the person to respond, it may take them a while to gather their thoughts. As for the topic of a conversation, try to avoid bombarding elders with "how are you feeling?". Answering that can be very painful for a person suffering from any disorder. Be creative, maybe ask about their favourite bauble on the Christmas tree or their favourite food on the Christmas table.

### **Create a quiet space**

We have to remember that people who have dementia will get tired much more quickly than we will, especially when there is lots going on. In order to prevent some distress, you can prepare a quiet room to unwind. It is a great place to relax far from all the noise, that can be overwhelming at times. You can also encourage more naps - this can be a good idea for everyone during this exciting but often exhausting time.





## READER CONTRIBUTIONS

Each month, 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

**If you have anything to share, please email it to:**

**[armchairtravel@sandybeach.org.au](mailto:armchairtravel@sandybeach.org.au)**

**OR send to 2 Sims St Sandringham 3191**

**This month's contributions come from John Hunt who is a member of Tina's Monday Artbeat class.**

**Love your work John!!**

