

*WE WOULD LIKE TO
WISH ALL RESIDENTS
CELEBRATING THEIR
BIRTHDAY IN
SEPTEMBER A VERY
HAPPY DAY!!!*



WEEKEND MEAL DELIVERIES

We are calling for volunteers to assist with the weekend meal deliveries. We have a number of spots to be filled this month.

The delivery sheet can be found on the notice board in the Community Centre.

If you are able to assist, please add your name to the list, or contact the office.

Your assistance with helping your fellow residents is greatly appreciated.

SCAMS

We have been advised of an increase in scam phone calls of late. The most recent scam is advising people that they need to be tested for Covid-19 and then advising they will post out a test kit for a one- off fee of \$50, and asking for credit card details. This is a scam and if you are concerned you need to be tested and/or receive one of these calls please contact your GP.

NEVER EVER give out your personal details over the phone.

FROZEN MEALS

The next order will be due in by **Monday 7th September 2020** and will be available for collection on **Thursday 17th September 2020**. If you would like any extra meals between orders, we have a significant amount of surplus. Please contact Sal, Nat or Leanne to find out what is available.

FALLS

If you have a fall and cant get up, please ensure you call an ambulance straight away. UPA staff and residents should not be helping you up for their own safety and yours.

We have been in contact with NSW Ambulance and they have instructed us that getting people up after a fall, even if they don't have to go to hospital, is part of their job and they are happy to assist.

NOTICES (cont.)

ACTIVITIES (NO MORE THAN 10 PEOPLE TO ATTEND AT ONE TIME)

Painting Group - Tuesdays at 1pm

Gentle Exercise - Tuesdays at 5pm

Arts and Craft - Thursdays at 1:30pm

Cards - Wednesdays & Saturdays 1pm till 4pm

Mahjong - Fridays 1pm till 4pm

If you are unsure if your activity group has recommenced please contact the organiser of your activity, a member of the Social Committee or the Regional Office.

HAIRDRESSER

Kim has recommenced hairdressing at the Murray Vale Salon in the Community Centre. If you would like to make an appointment to see Kim you can contact her on **0400 485 808**.

FIRE SAFETY GUIDELINES

If you have not yet returned your completed Fire Safety Guidelines form please do so as soon as possible. Thank you



Farewell Dear Neighbours,

Derek and I have the opportunity of living closer to our sons and their families who live on the Northern Beaches of Sydney.

Our new home will be in another Retirement Village in Forestville.

Our stay here has been a very happy one and we will miss you all, especially the Friday night Happy Hour and all the other social events.

Sadly there is not time to say goodbye to you all as we leave on Monday 24th August.

Love and God Bless,

Derek and Mary Lefevre

DON'T THINK OUR GRANDKIDS KNOW WHAT AN APRON IS

The principal use of Grandma's apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion, was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

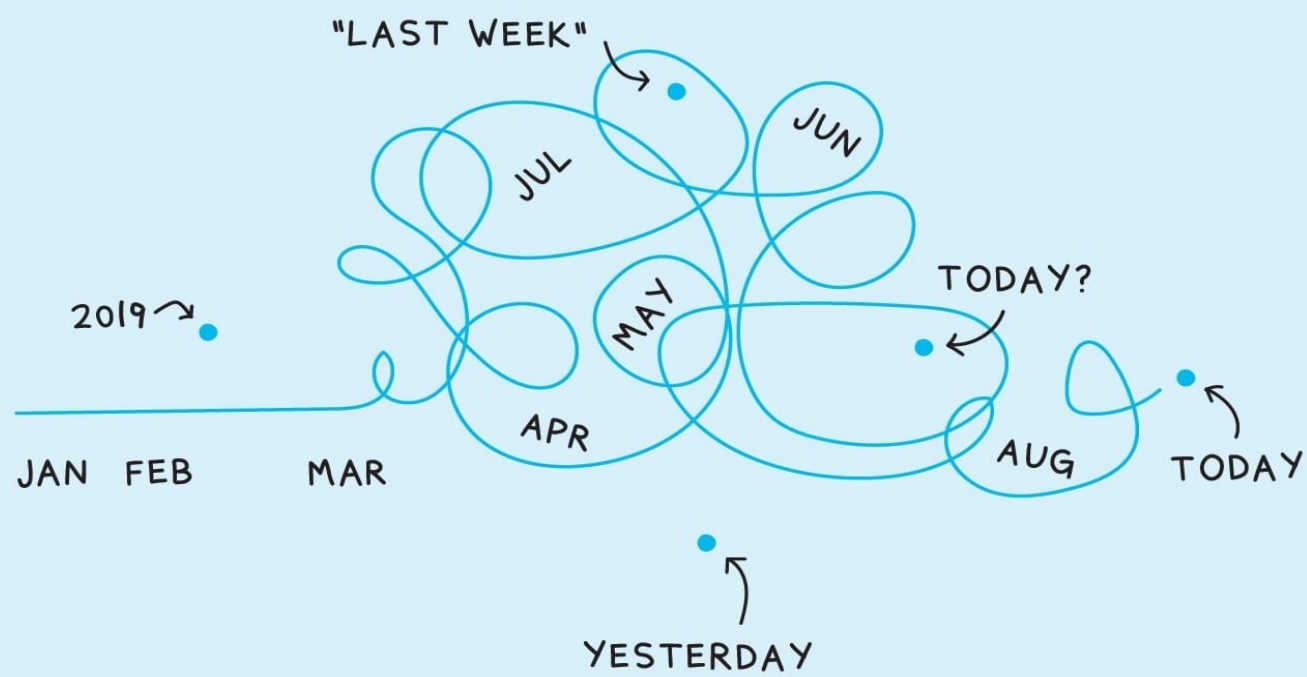
REMEMBER Grandma used to set her hot baked apple pies on the window sill to cool.

Her granddaughters set theirs on the window sill to thaw!



NOTICES (cont.)

A CHRONOLOGY OF 2020



@LIZ AND MOLLIE

HAPPY
Father's
♥ DAY ♥

Sunday 6th September 2020

FUNNY/ ACTIVITIES

Here is a funny Senior Citizens version of Are You Lonesome Tonight -
with apologies to Elvis Presley!

Are you lonesome tonight, does your tummy feel tight?
Did you bring your Mylanta and Tums?
Does your memory stray, to the bright sunny day?
When you had all your teeth and your gums?
Is your hairline receding, are your eyes growing dim?
Hysterectomy for her, and a prostate for him.
Does your back give you pain,
Do your knees predict rain?
Tell me dear, are you lonesome tonight

Is your blood pressure up, your cholesterol down?
Are you eating your low-fat cuisine?
All that oat bran and fruit,
Metamucil to boot,
Keeps you fit like a well oiled machine.
If it's football or cricket,
He sure knows the score,
Yes he knows where it's at,
But not what it's for.
So your gallbladder's gone, but the gout lingers on,
Tell me dear, are you lonesome tonight.

When you're hungry, he's not,
When you're cold, he is hot,
Then you start that old
thermostat war,
When you turn out the light,
He goes left, you go right,
But you still hear his symphonic
snore.
He was once so romantic,
And witty and smart,
So how did he turn out such a
cranky old fart?
So don't take any bets,
It's as good as it gets,
Tell me dear, are you
lonesome tonight?

Gwyneth

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

QUIZ

Use the clues provided to guess the type of cake alluded to!

1	What kind of cake do you feed your rabbit?	_____
2	What kind of cake is eaten annually?	_____
3	What kind of cake does a mouse like best?	_____
4	What kind of cake does a monkey like?	_____
5	What kind of cake do you get in heaven?	_____
6	What kind of cake is a big flop?	_____
7	What kind of cake do you have for breakfast?	_____
8	What kind of cake goes well on a saucer?	_____
9	What is the heaviest cake?	_____
10	What kind of cake is found on the ocean floor?	_____
11	What kind of cake is the opposite of #5?	_____
12	What kind of cake should be eaten in bed?	_____
13	What kind of cake is a game for children?	_____
14	What kind of cake do you order at a seafood restaurant?	_____
15	What kind of cake do you find at a fabric store?	_____
16	What is a pirate's favourite cake?	_____
17	What cake do the English love to eat in the afternoon?	_____
18	What cake has a lot of Ho Ho Ho	_____
19	Which cake is name after a city in Scotland	_____
20	Michaelangelo's favourite cake	_____

QUIZ

All the answers to this quiz are boys names!

1. Candid _____
2. A legal document _____
3. Old German currency _____
4. Lifting device _____
5. A male cat _____
6. A winner _____
7. Narrow beam of light _____
8. Short haircut for women _____
9. Worker in stone _____
10. Voice amplifier _____
11. Someone who stalks wild animals _____
12. Astrological lion _____
13. Steal from _____
14. Biblical first man _____
15. Distance measurement _____
16. Farthest or highest _____
17. Lendl of tennis _____
18. Lover boy _____
19. Native of Helsinki _____
20. Throw carelessly or casually _____

WORD SEARCH

Word Search

BUTTERFLIES



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

Antennae

Butterfly

Caterpillar

Wings

Egg

Elegant

Graceful

Hatch

Imago

Larva

Legs

Lifecycle

Magical

Metamorphosis

Native

Nectar

Pollen

Pollinate

Pupa

Transform

OLD WIVES TALES—TRUE OR FALSE

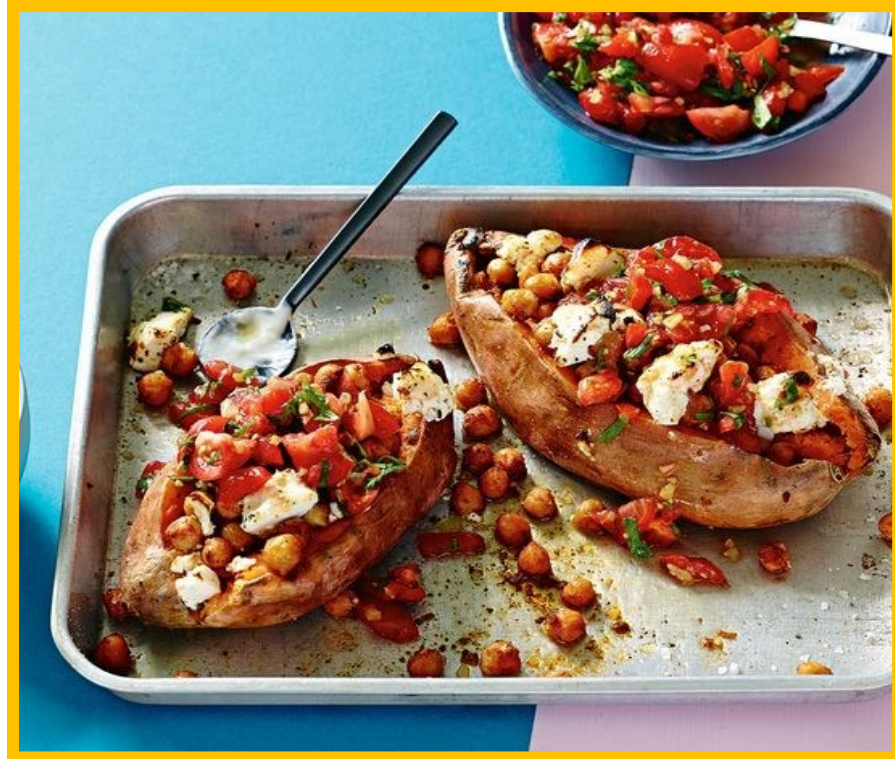
Old wives tales are widely held traditional beliefs that are now thought to be unscientific or incorrect. Nevertheless, many old wives tales have been scientifically proven to be true! Can you guess which ones?

1	The Five Second Rule	_____
2	You lose most of your body heat through you head	_____
3	Pregnancy: If a woman's carrying low, it's a boy; if she's carrying high, it's a girl	_____
4	Life speeds up as you get older	_____
5	Feed a cold, starve a fever	_____
6	Chocolate causes acne	_____
7	Sleep on it	_____
8	Spicy foods can cause ulcers	_____
9	If you go outside with wet hair, you'll catch a cold	_____
10	Too much TV is bad for your eyes	_____
11	A spoonful of honey is good for coughs	_____
12	You can predict the sex of your baby with a wedding ring test	_____
13	Too much loud noise can cause hearing loss	_____
14	Thumb sucking causes buck teeth	_____
15	Reading in dim light will damage your eyes	_____
16	Vitamin C help with colds	_____
17	Put some brandy on your baby's gum	_____
18	Spilling salt brings bad luck	_____
19	Terrible things come in threes	_____
20	Count your blessings	_____

RECIPE OF THE MONTH - 15 MINUTE JACKET SWEET POTATOES

INGREDIENTS

- 4 x 350g sweet potatoes (skin-on)
- 400g can chickpeas, rinsed, drained
- 2 tbs harissa paste
- 150g marinated feta, drained, crumbled
- 2 truss tomatoes, roughly chopped
- 1/2 bunch coriander, leaves chopped
- 1 tbs finely chopped preserved lemon rind, white pith removed
- 2 tbs extra virgin olive oil



METHOD

1. Pierce potatoes all over with a fork. Place on a plate and microwave on high, turning halfway, for 8 minutes or until tender.
2. Meanwhile, preheat oven grill to high. Combine chickpeas and harissa in a bowl, then place on a baking tray and grill for 4 minutes or until crisp.
3. Meanwhile, preheat oven grill to high. Combine chickpeas and harissa in a bowl, then place on a baking tray and grill for 4 minutes or until crisp.
4. Combine tomato, coriander, preserved lemon and oil in a bowl. Season.
5. Top potatoes with salsa to serve.

ANSWERS

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

Boys Name Quiz

1. Frank, 2. Will, 3. Mark, 4. Jack, 5. Tom, 6. Victor, 7. Ray, 8. Bob, 9. Mason, 10. Mike, 11. Hunter, 12. Leo, 13. Rob, 14. Adam, 15. Miles, 16. Max, 17. Ivan, 18. Beau, 19. Finn, 20. Chuck

CAKE QUIZ

1. Carrot Cake, 2. Birthday Cake, 3. Cheesecake, 4. Banana Cake, 5. Angel Food Cake, 6. Upside Down Cake, 7. Pancake, 8. Cupcake, 9. Pound Cake, 10. Sponge Cake, 11. Devil's Food Cake, 12. Sheet Cake, 13. Patty Cake, 14. Crab Cake, 15. Red Velvet Cake / Chiffon Cake, 16. Rum Cake, 17. Tea Cake, 18. Christmas Cake, 19. Dundee Cake, 20. Marble Cake

ANSWERS

Old wives tales

1	False. The time your food spent on the ground matters very little to bacteria; they'll crawl onto it as soon as it hits the floor!
2	False. You can lose heat through any part of your body that's exposed to the elements.
3	False. If a woman's carrying high, this may be her first pregnancy or her body's in good shape. Stomach muscles have a tendency to become more elastic with each pregnancy, so a belly that's seen more than one pregnancy may hang a little low.
4	True (it seems to). When we are children, we are constantly being introduced to new things and ideas that leave lasting impressions on our memories. We gauge time by memorable events and fewer new things occur as we age to remember, making it seem like childhood lasted longer.
5	False. Both high fevers and colds can cause fluid loss. Drinking plenty of liquids such as water, fruit juice, and vegetable juice can help prevent dehydration. And with both fevers and colds, it's fine to eat regular meals — missing nutrients may only make a person sicker
6	False. Although eating too many sugary, high-fat foods is not a good idea for anyone, studies show that no specific food has been proven to cause acne.
7	True. Sleeping on it improves decision-making.
8	False. Spicy foods may aggravate ulcer symptoms in some people, but they don't bring about ulcers.
9	False. Cold weather, wet hair, and chills don't cause colds; viruses do. People tend to catch colds more often in the winter because these viruses are spread more easily indoors, where there may be more contact with dry air and people with colds. Dry air — indoors or out — can lower resistance to infection.
10	False. Watching television won't hurt your eyes (no matter how close to the TV you sit).
11	True. Honey is a demulcent, which means it forms a membrane on your throat that soothes an irritation. It's also an antibacterial. Spoonful's of honey can help sooth a child's cough (and it's one medicine they might actually take!).
12	False. An old wives tale that has been around for many moons is to put a thread through the wedding band of the pregnant woman and hold it over her palm. If the ring swings in a circle it's said the baby is a girl and if it swings in a straight line the baby is a boy. It's good fun, but certainly not an accurate measure.
13	True. Just 15 minutes of listening to loud, pounding music; machinery; or other noises can cause temporary loss of hearing and tinnitus, a ringing in the ears.
14	True. Thumb sucking beyond the ages of 4 to 5, when permanent teeth start to come in, can cause problems to the jaws and teeth.
15	False. Although reading in a dimly lit room won't do any harm, good lighting can help prevent eye fatigue and make reading easier.
16	False. Vitamin C boosts immunity, but once you are already sick, it doesn't help.
17	False. Medical professionals strongly advise to not use brandy to help a teething baby. A very small amount of alcohol can be toxic to a baby.
18	True. If you want to believe in this superstition, then its true. Salt use to be a form of currency. Therefore spilling salt was a big waste. This is also where the expression "not worth one's salt" came from.
19	True! Almost anything can come in threes if that is what you believe.
20	Absolutely. It's one of the most scientifically validated ways to increase happiness.

Contact Us

ph (02) 6025 1776 fax (02) 6025 5712



Our other services & locations

Community Care

Amaroo Dementia Day Club
Lavington
ph (02) 6025 1776

Henty Meals on Wheels
Community Centre Ivor Street
Henty, NSW, 2658
ph (02) 6929 3244

Commonwealth Home Support Program - CHSP
Lavington
ph (02) 6025 1776

Home Care Packages - HCP
Lavington
ph (02) 6025 1776

Community Home Care
Unit 46/43 Shaw Street
Wagga Wagga NSW 2650
Ph: (02) 6921 3219

For any general enquiries please contact the regional office:

342 Wagga Road
Lavington NSW 2641
ph (02) 6025 1776
e regionaloffice@upamurray.org.au
www.upamurray.org.au

Independent Living

Hillsborough Retirement Village
32 Sydney Road
Beechworth ,VIC, 3747
ph (02) 6025 1776 fax (02) 6025 5712

Murray Vale Self Care
340 Moore Street
Lavington, NSW, 2641
ph (02) 6025 1776 fax (02) 6025 5712

Myoora Independent Living
Allan Street
Henty, NSW, 2658
ph (02) 6025 1776

Park Hall Village
Park Hall Village Place
Wodonga, VIC, 3690
ph (02) 6025 1776 fax (02) 6025 5712

Elms Self Care - Retirement Village
Balfour Street Culcairn, NSW, 2660
ph (02) 6025 1776 fax (02) 6025 5712

Gumleigh Gardens Retirement Village
23 Albury Street
Wagga Wagga, NSW, 2650
ph (02) 6921 3219

Knightleigh Cottages
Cnr John & Nicholas Streets
The Rock, NSW, 2655
ph (02) 6921 3219

WT Wilson Homes
Near Cnr North & Operator Streets
West Wyalong, NSW, 2671
ph (02) 6921 3219

Residential Care

Gumleigh Gardens Hostel
29 Shaw Street
Wagga Wagga, NSW, 2650
ph (02) 6931 0409 fax (02) 6971 9610

Holbrook Village Hostel
45/47-55 Bowler Street
Holbrook, NSW, 2644
ph (02) 6036 2817 fax (02) 6036 3618

Jindera Gardens Hostel
80 Creek Street
Jindera, NSW, 2642
ph (02) 6026 3799 fax (02) 6026 3477

Oolong Hostel
97 Sturt Street
Howlong, NSW, 2643
ph (02) 6026 6800 fax (02) 6026 5111

Murray Vale Shalem Hostel
342 Wagga Road
Lavington, NSW, 2641
ph (02) 6025 4889 fax (02) 6040 0359

Myoora Homestead Hostel
Bartsch Ave & Keighran Street
Henty, NSW, 2658
ph (02) 6929 3200 fax (02) 6929 3602

compassion . respect . integrity . kindness . inclusiveness