



Welcome to our September newsletter!

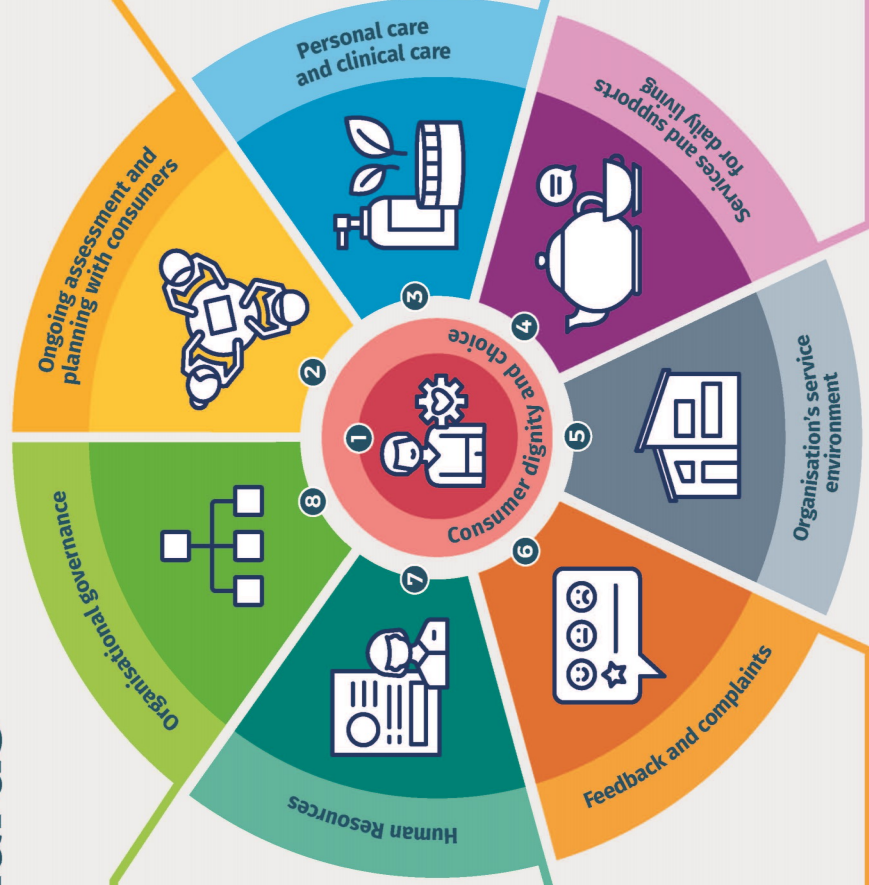
**Have fun with these strange celebrations
in September!**

September is National Happy Cat Month

- **September 8:** National Hug Your Hound Day
- **September 13:** Kids Take Over the Kitchen Day
- **September 19:** International Talk Like a

Aged Care Quality Standards

carequality.gov.au



Standard 8

Consumer outcome

I am confident the organisation is run. I can partner in improving delivery of care and services.

Standard 7

Consumer outcome

I get quality care and services when I need them from people who are knowledgeable, capable and caring.

Standard 6

Consumer outcome

I feel safe and am encouraged to give feedback. I am supported to make complaints. I am engaged in processes to address my feedback complaints, and appropriate action is taken.

Standard 5

Consumer outcome

I belong and I am safe and comfortable in the organisation's service environment.

Standard

Consumer outcome

I am treated with dignity, respect, and can maintain my identity. I can make informed choices about my care and live the life I choose.

Standard

Consumer outcome

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and wellbeing.

Standard

Consumer outcome

I get personal care, clinical care or both personal care and clinical care, that is safe and right for me.

Standard

Consumer outcome

I get the services and supports I need for daily living that are safe and right for my health and wellbeing that enable me to do the things I want to do.



Australian Government

Aged Care Quality and Safety Commission

As part of our Falls Prevention Program, we have partnered with Deanna Austin of Re:Aligned Pilates here in Wagga to provide exercise classes on a Tuesday from 1130-1230 at the hall at the Gumleigh Gardens Retirement Village. It will be \$25 per person per session and can be paid for from your homecare package; funds permitting. If you would be interested in attending, can you please call Jo or Talia on (02) 6921 3219.

Why should you participate?

- 1. Helps maintain or improve general health and well-being, including mobility into your later years**
- 2. Builds confidence with movement and function**
- 3. You'll be in an environment where you can enjoy exercising with like-minded people**
- 4. Well researched, age and skill appropriate exercises to improve strength and balance**
- 5. Helps prevent falls**
- 6. Teaches correct exercise techniques for optimal results**
- 7. Sets achievable training goals to help continually improve your strength and**



COVID-19 (coronavirus): We are here to help


Call us on **1800 237 981**, 8am-8pm (AEDT),
Monday to Friday, to chat about your concerns.

[READ MORE](#)



National Coronavirus Helpline

Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week.

 [1800 020 080](tel:1800020080)



Translating and Interpreting Service (TIS National)

TIS National is for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

Teresa

What is your family?

I have four children - Jill who is 19, Pippy who is 17, Stella who is 14 and a son Leo who is the baby of the family! I have been married to my husband Brad for 21 years!

What is your favourite colour?

My favourite colour would have to be blue.

What food do your family love that you cook?

My family love to eat my creamy chicken pasta.

What is your favourite movie?

It would have to be Wedding Date which is about a lady who is set to be the maid of honor at her younger sister's wedding but is taken back when she finds out that the best man is none other than her ex-fiancé.

What pets do you have?

I have the cutest mini-daschund ever!

How many siblings do you have?

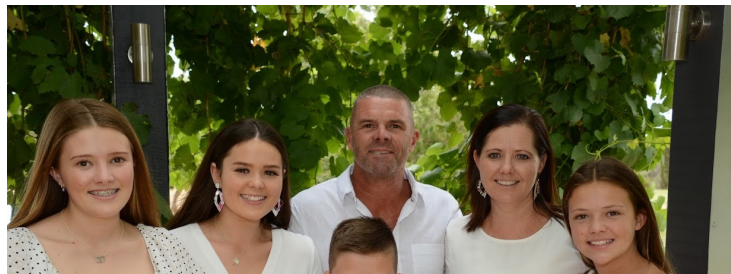
I am one of eight children.

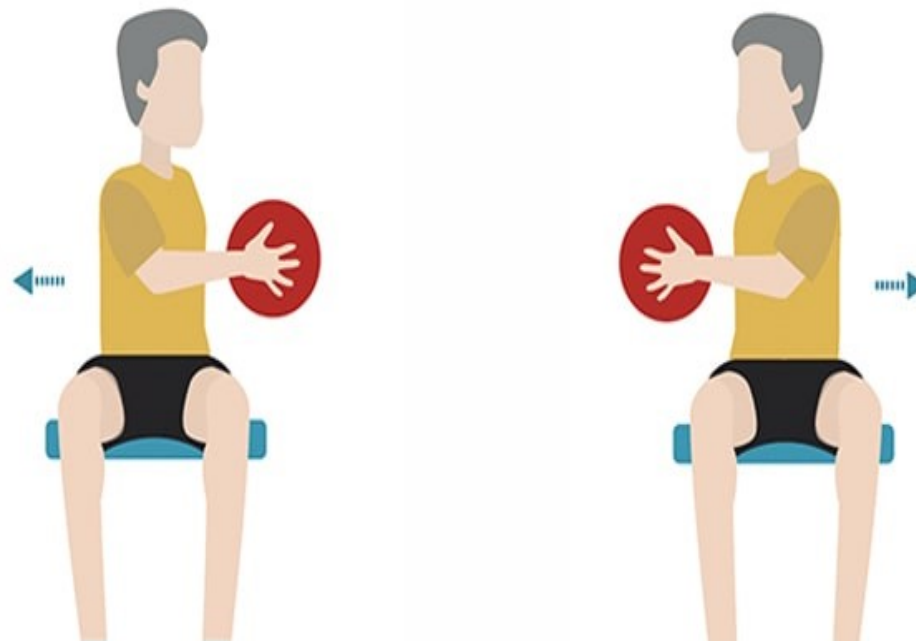
What is your dream holiday destination?

My dream holiday would have to be to Cocos Island which is around 3000km away from Perth. It looks so relaxing.

Tell us a funny story?

When Brad and I were getting married, Brad whistled and our blue heeler came running up the aisle with our wedding rings.





This is a well-rounded exercise for the entire core and can aid in stretching the spine. This should be performed using a medicine ball or a similar object for full tension in the abdomen.

Steps:

1. Grab a medicine ball (or similar object).
2. Sit comfortably in the chair toward the edge of the seat for extra room. Keep the core (abs and lumbar) tight. Stick the chest out. Both hands should be in front of the body gripping the sides of the medicine ball, with elbows bent.
3. Lift the ball a couple inches off the lap then rotate the upper body to the right, keeping the ball in front of the body.
4. Rotate to the middle of the body then rotate to the left, finish by rotating back to the middle.

Each “rep” is one full rotation.

Depression can happen to any of us as we age, regardless of our background or achievements. And the symptoms of elderly depression can affect every aspect of your life, impacting your energy, appetite, sleep, and interest in work, hobbies, and relationships.

Unfortunately, all too many depressed older adults fail to recognize the symptoms of depression, or don't take the steps to get the help they need. There are many reasons why elderly depression is so often overlooked:

- You may assume you have good reason to be down or that depression is just part of aging.
- You may be isolated—which in itself can lead to depression—with few around to notice your distress.
- You may not realise that your physical complaints are signs of depression.
- You may be reluctant to talk about your feelings or ask for help.

It's important to realize that depression isn't an inevitable part of getting older—nor is it a sign of weakness or a character flaw. It can happen to anyone, at any age, no matter your background or your previous accomplishments in life. While life's changes as you age—such as retirement, the death of loved ones, declining health—can sometimes trigger depression, they don't have to keep you down. No matter what challenges you face as you age, there are steps you can take to feel happy and hopeful once again and enjoy your golden years. ‘

Signs and symptoms of depression in older adults

Recognizing depression in the elderly starts with knowing the signs and symptoms. Depression red flags include:

- Sadness or feelings of despair and unexplained or aggravated aches and pains
- Loss of interest in socialising or hobbies and Weight loss or loss of appetite,
- Feelings of hopelessness or helplessness
- Lack of motivation and energy and sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)



Wedge cushion to raise legs



Handy table



Commode Chair



Ring pull-opener



Easy jar opener



Easy-pour kettle



Easy-Peeler



Grabber



**Long handled shower
sponge**



Back cushion

Please contact your coordinator if you would be interested

Yom Kippur—the Day of Atonement—is considered the most important holiday in the Jewish faith. Falling in the month of Tishrei (September or October in the Gregorian calendar), it marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year. According to tradition, it is on Yom Kippur that God decides each person’s fate, so Jews are encouraged to make amends and ask forgiveness for sins committed during the past year. The holiday is observed with a 25-hour fast and a special religious service. Yom Kippur and Rosh Hashanah are known as Judaism’s “High Holy Days.”

According to tradition, the first Yom Kippur took place after the Israelites’ exodus from Egypt and arrival at Mount Sinai, where God gave Moses the Ten Commandments. Descending from the mountain, Moses caught his people worshipping a golden calf and shattered the sacred tablets in anger. Because the Israelites atoned for their idolatry, God forgave their sins and offered Moses a second set of tablets.

Yom Kippur is Judaism’s most sacred day of the year; it is sometimes referred to as the “Sabbath of Sabbaths.” For this reason, even Jews who do not observe other traditions refrain from work, which is forbidden during the holiday, and participate in religious services on Yom Kippur, causing synagogue attendance to soar. Some congregations rent out additional space to accommodate large numbers of worshippers.



Support Services

Self-isolation is a tough time for everyone. Below are some numbers that you can contact if you feel like you are struggling and need someone to talk to:

Beyond Blue support line: 1800 512 348

Lifeline: 13 11 14

National Coronavirus helpline: 1800 227 981

Older Persons Advocacy Network helpline: 1800 700 600



Look at the wonderful work that Tracey has been doing with our consumer's Pat and Beryl at our social lunch on Thursdays!



The famous line in *Titanic* from Leonardo DiCaprio, “I’m king of the world!” was improvised.

A single strand of Spaghetti is called a “Spaghetto”.

Sunflowers can help clean radioactive soil. Japan is using this to rehabilitate Fukushima. Almost 10,000 packets of sunflower seeds have been sold to the people of the city.

To leave a party without telling anyone is called in English, a “French Exit”. In French, it’s called a “partir à l’anglaise”, to leave like the English.

If you cut down a cactus in Arizona, you’ll be penalized up to 25 years in jail. It is similar to cutting down a protected tree species.

The Buddha commonly depicted in statues and pictures is a different person entirely. The real Buddha was actually incredibly skinny because of self-deprivation.

IKEA is an acronym which stands for Ingvar Kamprad Elmtaryd Agunnaryd, which is the founder’s name, farm where he grew up, and hometown.

Violin bows are commonly made from horse hair.

Johnny Cash took only three voice lessons before his teacher advised him to stop taking lessons and to never deviate from his natural voice.

Signs of Spring



This spring Peony is going on a field trip with her class to the state park. Her teacher gave the class a list of things to look for in the woods and meadows, but the words got all mixed up. Can you help Peony unscramble her list?

1. OFGR _ _ _ _
2. FEUYRBTLT _ _ _ _ _ _ _ _
3. SRSGA _ _ _ _
4. ORMHTARWE _ _ _ _ _ _ _ _
5. SNTGLHUI _ _ _ _ _ _ _
6. UDB _ _ _
7. DDNLIAENO _ _ _ _ _ _ _ _
8. ORELWF _ _ _ _ _
9. EBE _ _ _
10. GLBDYAU _ _ _ _ _ _ _
11. OMLOB _ _ _ _
12. ERGEN _ _ _ _