

Seniors@Monash

**The Newsletter of the Monash Branch NSA - Your guide to our information and events
September 2020**

Meetings: No meetings at present – we'll be in touch before they resume.

From the President

What can I say??? Still in isolation and no end in sight. Walking is great through the Village as we are not in total lock down – thank goodness. We see others doing their daily walk or sitting on their front terrace, so we have a chance to stop and chat...

The Village has organised coffee and cake mornings, outdoors, twice a week. I have met Trish and Les a couple of times and fellow member Mary Turudia who also lives at Cumberland View. We can sit and chat at a distance (in the sun so far), and can meet other residents we may not have previously met.

Monash Council continue to communicate with our Branch and are also keen to open up facilities for all local groups. Their decisions of course follow the Victorian Government decisions, so we will keep you posted as we move forward.

The Committee is planning a 'Party Meeting' for our first meeting back together. Watch this space to find out how you will be able to get involved (apart from attending)!!

There are new dates for the Flinders Island trip and they can be found in a separate notice. Also 'Your Help Is Needed' is another note which I, or any of the Committee would like to hear from you if you can help.

Keep well, safe and SANE

Cheers.....Elaine

NATIONAL SENIORS SPECIAL SUPPORT LINE

As we all know National Seniors Australia together with a number of other Seniors groups have set up a **support telephone line**.

I have now been advised that National Seniors also have their own Covid19 Support Line should anyone like to have a friendly chat, or discuss a specific problem.

THE NUMBER IS - 1300 887 626

Please call this number if you would like to discuss any issue about National Seniors or any other topic, the staff are also happy to just have a general chat about day to day life and how you are feeling about the world in general!

Positions Vacant

(or really: **Help Wanted!!**)

Secretary, Webmaster and Newsletter Editor

Even in lockdown, time doesn't stop, and the end of our NSA Branch year is fast approaching. When you look at the last page of this Newsletter, you can see the number of people who contribute to making this Branch work, for the benefit of all of us. There are still some vacancies; and if you want the Branch to continue, please give careful consideration to your skills and to putting your name forward to help:

Secretary

Les Cooper has served this Branch of NSA and its predecessor with great distinction for many years, in just about every role there is. But Les has found that it is time for him to retire, and we need to replace him. There will be lots of help, and **IMPORTANTLY**, there will also be a separate Minutes Secretary. The Branch cannot legally function without a Secretary.

So please contact Elaine (9790 5073) or Les (8759-5450) to find out more and then put your name forward.

Newsletter Editor/Assistant EDITOR

With any luck (ie the COVID emergency coming to an end) Blair and Rewa plan to be away from Melbourne for some time during 2021 and 2022, which means that he will be unable to meet the Newsletter deadlines.

So we are looking for a new Editor to take over from Blair, who would continue to help as Assistant Editor; or alternatively, an Assistant Editor who can help him, especially with those deadlines.

If you can help in either role, please contact Elaine (9790-5073)

Webmaster

This role is responsible for managing the loading of news and other items onto our page of the NSA website, where these can then be seen by the whole NSA membership. So if you have some computer/internet skills, please consider this and contact Elaine on 9790 5073.

Tour to King Island

Yes our trip to King Island is still on the drawing boards. Because of the uncertainty of travel being available this year, Trade Travel has put the trip back to **APRIL 16TH, 2021**. King Island is governed by the Tasmanian State Government, who currently have their borders closed.

We have 12 members interested in joining the tour, and there is availability for a few more. We fly to King Island from Tullamarine on a Rex flight and will be escorted throughout the trip by a fifth-generation King Islander. We will spend four nights and three days visiting many places of interest, such as the King Island Dairy, a tour of the Currie township, a beef farm, lakes, beaches and witnessing the local Penguin Parade. There is also the King Island Kelp Industries, the viewing platform at the Calcified Forest and the Seal Rocks Lookout. On the last morning we will have a look around the King Island Historical Society Museum where a number of relics from various shipwrecks can be viewed.

Flights, coach travel on the Island, accommodation, nine meals, all entry fees and the local tour guide costs are also included.

Please call me if you would like full information on this trip – 9790 5073 or 0412 100 074

It would be really great if we could have another 6 or 7 members join us. This would make the tour solely for National Seniors, Monash members only.

Elaine

JOIN US FOR AN ONLINE COFFEE AND A CHAT

This is the year of Zoom, it seems. So we are thinking of holding online Coffee and Chat sessions with Zoom. Please let me know if you would like to join us. Numbers may be limited, (more than a few on Zoom requires stringent discipline, and who wants that?) so please call me soon on 9790-5073 to indicate your interest. There is an answering machine for you to leave a message if I am (I emphasise legally!) out.

Cheers.....Elaine

RECIPES FOR YOU

Here is very easy recipe which I thought may be suitable for next month's edition.

TUNA AND SWEET POTATO BURGERS.

1 medium Sweet Potato
1 large tin Tuna, drained and flaked
1/3 cup Almond Meal
3 Spring Onions, chopped
1 egg
1/2 tsp. Oregano
1/2 tsp. Paprika (or Turmeric)
1/2 tsp. Sea Salt

Peel the Sweet Potato and chop into large chunks, cook well, transfer into a bowl and mash.

Preheat oven to 220 C. and line a tray with baking paper

Combine tuna, mashed sweet potato, almond meal, spring onions, egg, oregano, paprika and sea salt together in a bowl – mix well

Form into even patties and place on the tray. Place in the oven and cook for 15 mins. Once done, turn the patties over and place back in the oven for another 10 mins.

Serve with a dollop of mayonnaise on the top. Freeze any burgers not used.

COVID-19 RESTRICTIONS

For those who need some indication of 5 kilometres from your residence, check the State government website below:

<https://www.vic.gov.au/coronavirus-5km-from-home-map>

Did you really mean that?

*The items below are said to be extracts from Church notices & Newsletters run by Ladies Groups.
Thanks to Chris for finding it:*

- The Fasting & Prayer Conference includes meals.
- Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- The sermon this morning: “Jesus Walks on the Water” The sermon tonight: “Searching for Jesus.”
- Ladies, don’t forget the rummage sale. It’s a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don’t let worry kill you off – let the Church help.
- Miss Charlene Mason sang, “I will not pass this way again”, giving obvious pleasure to the congregation.
- For those of you who have children and don’t know it, we have a nursery downstairs.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- At the evening service tonight, the sermon topic will be “What Is Hell”? Come early and listen to our choir practice.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- Please place your donation in the envelope along with the deceased person you want remembered.
- The church will host an evening of fine dining, super entertainment and gracious hostility.
- Potluck supper Sunday at 5:00 PM; prayer and medication to follow.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- This evening at 7 PM there will be a hymn singing in the park across from the Church Bring a blanket and come prepared to sin.
- The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- Low Self-Esteem Support Group will meet Thursday at 7 PM. Please use the back door.
- The eighth-graders will be presenting Shakespeare’s Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

And this one just about sums them all up:

- The Associate Minister unveiled the church’s new campaign slogan last Sunday: “I Upped My Pledge – Up Yours”.

HELP NEEDED!!!

WE NEED HELP TO ORGANISE A ZOOM MEETING

Your Committee would like to hold a Zoom meeting for all Monash Branch members. Is there any member who would be able to host such a meeting, and connect those interested?

My technical knowledge is, unfortunately, not up to organising a hook-up of members; however I am sure there is someone amongst you who could undertake this task literally 'standing on your head'!

Please contact me, or our Vice President Phil Allen (9802 7073) if you could take on this task.

Elaine.

Some tips from abroad

Hospital cleaners on keeping your home COVID free

Les Cooper has found the following tips published in the Belfast Telegraph earlier this month, and we thought it would be useful to share them. Some journalese has been deleted:

Here's what you should be doing to keep your home virus free. And of course always follow the directions from the Victorian health authorities.

It's always nice to have a clean home – and right now, home hygiene is especially important.

Although it's unclear exactly how long the COVID-19 virus lingers on surfaces – and the risk of infection depends on lots of things, including the type of surfaces contaminated and the amount of virus shed – but keeping aware and on top of cleaning routines is generally a good idea.

It's recommended to clean and disinfect frequently-touched objects and surfaces, such as bathrooms, grab-rails in corridors and stairwells, and door handles; and use regular household disinfectants to clean surfaces. It's advised to use a disposable cloth and first clean hard surfaces with warm soapy water – and who better to share some hands-on cleaning advice than cleaners who work in hospitals?

Donna Williams and Diane Cullen work as part of the domestic team at NHS Property Services and over the past few months they've been on the frontline in the UK, undertaking deep cleans and helping minimise the spread of COVID-19 in hospitals. But as well as helping to keep hospitals germ-free, the pair are keen to ensure householders know how to reduce contamination risk in their own homes, too.

“Cleaning at home will probably seem like a chore for most, especially now we're expected to do it even more often, and in day-to-day life it's easy to let it slip down the priority list,” says Ms Williams. “However, there are easy ways to keep on top of it and simple things you can do to stop the spread of germs, without having to do really deep cleans every time.”

They add: “When lockdown measures are lifted, we'll be coming into more and more contact with people outside of our households. While the house may seem like a safe environment, it's still good to take precautions. We won't be able to eradicate all germs or bacteria but it's still important to be careful and keep up with basic cleanliness around the house, to stop any bacteria we may pick up spreading further.”

Here are their tips:

1. Don't use cloths

“Our number one piece of advice – which people may find surprising – is not to use cloths when cleaning as they can cling on to germs and bacteria much better than other products,” they say. “We expect these will be one of the top items in people's cleaning artillery, but it's just as important to think about how and where you might be spreading germs, as well as cleaning them in the first place.”

2. Do use kitchen roll

Kitchen roll is a great alternative for cleaning surfaces to help stop the spread of germs. However, remember that once an area's been wiped, you'll need to dispose of the paper towel – don't use it to

clean more than one area. “It’s also good to clean in one direction, so you’re wiping everything the same way,” she advises.

3. Don’t forget touchpoints

Places people always forget to clean are regular household touchpoints, such as door handles and handrails on staircases. “They may seem less important than food areas, for example, but everyone in the house will come in to contact with them all the time without thinking. People returning home from a trip outside will be heading into different rooms, or to the bathroom to wash, and touching various communal points along the way. This is even more important if friends and family are visiting from outside the household.”

4. Keep surfaces clear

Do try to keep surfaces clean and clear where you can. “This is especially important at the moment, as most of us will be bringing in things from the outside, such as shopping, food or parcels and placing them around the house, so keeping surfaces clean and clear will help ensure germs don’t linger.”

5. Disinfect when necessary

Householders won’t always need to use disinfectant, but “If someone in your house does have COVID-19 or is suspected to, ensure you’re thoroughly disinfecting all areas and surfaces,” she stresses.

6. Wash your hands during house cleaning

“Just as we need to wash hands after being outside or handling things, we recommend always washing your hands after carrying out different tasks in the home,” says Ms Cullen. “This will again ensure germs don’t spread to different areas of the house. At work, we always make sure we have some moisturiser at hand, as washing all the time can dry them out.”

7. Take wipes when out and about

If you’re out and about, make sure you’ve got cleaning wipes to hand, as these can be used for anything you take with you so you can clean it before heading home. “Remember to clean any toys you might take out for the little ones too, as they’ll be bringing them back into the home – and, knowing my own grandchildren, might be putting them in their mouths,” they add.

8. Take care with takeaways

As an extra tip, they say that if they get a takeaway meal, they take an additional precaution. “When I take it out of the bag, I like to put down some kitchen roll first so it’s not touching the table and you have an extra barrier between the surface and the container.”

Have you been taking extra precautions with cleaning during the pandemic? How has your cleaning routine changed?

STAY ON YOUR FEET –

A shoe safety checklist:

Falls are preventable. Complete this checklist to see if you need safer shoes.

- Do your shoes fit well?
- Do you mostly wear flat shoes?
- Does the sole of your shoe bend at the ball of your foot, not the arch?
- Does your shoe have a textured sole?
- Does your shoe have a firm heel collar?
- Does your heel have a rounded edge?
- Does your shoe fasten to your foot with laces, straps, elastic, velcro or a buckle?

If you ticked “NO” to any of these questions your risk of falling may be increased. Please take this checklist to your Podiatrist or GP to discuss ways to reduce the risks.

Source: Western Australia Department of Health

Monash Positive Ageing Reference Group

Hello to my fellow Monash residents. We have just finished a Zoom meeting of Monash Council's Positive Ageing Reference Group and I thought some of the items discussed could be of interest.

- Active Monash are still providing Active at Home virtual classes which they are updating regularly
- They are working with Monash University on an "Are you O.K.day" for September which will deal with Anxiety and Depression
- Following a recently conducted survey on the need for more social housing in Monash, a draft has been produced and has gone to Council for consideration.
- "Have your Say" is a quick survey about homelessness, public housing availability etc.and can be found on the Council website - www.Monash.vic.gov.au/social-housing-framework
- PALS (Positive Ageing Lifestyle) are reducing the size of their quarterly magazine however they are producing an additional Seniors Directory which will list relevant organisations/services in Monash
- Monash Library is still providing an on-line borrowing service and is also delivering books to homes.

Councillor Salloumi reported:

- Council Offices are closed but still have their Customer Service operating.
- There is a supply of masks available for the vulnerable
- Council elections are going ahead later this year
- There are changes to some Ward boundaries but will keep the same number of Councillors per ward as current numbers. Information will be distributed shortly
- The transfer station is only open to the trade.
- Meals on Wheels are currently being delivered Monday, Wednesday and Fridays
- A grant has been sought to provide technology training to Seniors
- 1st October will be "National Day for Older People"
- Council have committed to retaining all staff, even if their roles will change over the current period.
- The Men's Shed are still operating and are doing a ring-around to all members.
- National Seniors are producing a monthly newsletter and are ringing all members.

Remember to consult the City of Monash website for general information. If you have any queries about Council's Ageing policies and activities, please let me know and I will endeavour to obtain answers for you.

Keep safe and 'sane'

Cheers.....Elaine

A Virtual Challenge

Is Stage 4 getting you down, are you feeling flat, not exercising or moving as much as you would like? The Active Monash Health and Fitness team is here to help with their Virtual Challenge: A free 4-week challenge to improve or kick start your health and fitness routine whilst at home

The challenge includes a calendar that will help you keep track to your goals. Points will be allocated to our different activities, workouts, webinars, recipes, blogs and more. Your goal is to collect 80 points during the 4 week program

Here's a [link](#) to the live web-site:

<https://www.monashaquaticrecreationcentre.com.au/Fitness/Active-at-Home/Virtual-Challenge>



*To all members who have been unwell,
we hope you feel better soon.
Best Wishes for a speedy recovery and we look forward to you being back with us fit and well.
If you know of a member who is unwell, please contact our welfare officers
Danny and Christina Ward on 98071524*

Vale – Margaret Critchley

We were saddened to learn of the passing of our one of our long serving members Marg Critchley. Marg was a past President of the Branch and had numerous friends within it. She will be remembered for her commitment to our Branch over a long period. More recently ill health kept her away from joining us on a regular basis. We extend our sincere condolences to Marg's family; our thoughts are with you at this difficult time.

Thanks from the Editor

Thanks to everyone who sent in material for this issue of Seniors@Monash. I haven't been able to include it all, but rest assured I'll try to put in those I missed next month. Do keep the contributions coming – jokes, good advice, tips and tricks, recipes -- they are all of interest.

Monash Theatre Lovers – Future Theatre Events



Contact Leonie: leonietlc@y7mail.com or 9899 1990
(leave message with your name and contact details)

It's a gloomy outlook but here is Leonie's latest information

I have been trying to get some information regarding theatre events...however not much luck with trying to speak to someone on the phone...My usual contacts are very helpful with finding me great seats/dates/ etc. I am hoping that they will be available in the not too distant future.

THEATRE - ARTS UPDATES:

I have been notified that Cirque du Soleil "KURIOS" has a new date for a tour.
(I had booked and paid for seats for May 2020, which was cancelled.)...

Now updated to: Sunday 9th May 2021. at Flemington Racecourse.

MELBOURNE OPERA COMPANY

"Das Rheingold" at Regent Theatre - Collins St. MELBOURNE.

Rescheduled from 2nd August 2020 to Sunday 07 February 2021

MUSICAL "9 TO 5" – MUSIC BY DOLLY PARTON.

At Her Majesty's Theatre

Waiting NEW rescheduled dates – we previously had a booking for September 2020.

MALVERN THEATRE COMPANY (Amateur Theatre Company) Malvern East.

Due to Covid 19 they have cancelled all their productions for 2020.

We look forward to seeing them perform most of the plays listed for 2020, next year.

Their Gala Nights are very popular: included in the ticket price (\$30) is a chance to eat, drink, and chat with friends and the cast.

THE ARCHIBALD PORTRAIT EXHIBITION

The Finalists and the Packing Room Prize Winner will be announced on 17 Sept. 2020

The Prize Winner will be announced on 5 September 2020

The Exhibition will be open at the Art Gallery of NSW from 26 Sept 2020 to 10 Jan 2021, and then will be on tour around Australia.

Assuming that we will no longer be in total lockdown, we are looking forward to a day trip in 2021 to view the Exhibition when it comes to Melbourne – probably at the Tarra Warra Art Gallery – Yarra

'HARRY POTTER" at the Princess Theatre.

Bookings have been cancelled over past months, and will need to be re scheduled, which will have an impact for our future booking date.

IT GIVES US A CHANCE TO SAVE UP FOR THE TICKETS,
AND TO LOOK FORWARD TO A SPECIAL THEATRICAL EXPERIENCE IN 2021

I suggest that we aim to see Part 1 and Part 2 on the SAME day...
(say Wednesday matinee/afternoon)

(Or we would have to see Part 1 one week and Part 2 the next)

Seating / Dress Circle cost approximately TOTAL \$355 + booking (total two shows)

Dates will depend on availability.

I LOOK FORWARD TO SEEING YOU ALL SOON.

Leonie



Trade Persons Register

Many members need jobs done and are looking for reliable and economical Tradespersons.

We have a list covering the various trades. Please add to the list if you have used someone recently whom you can recommend; However please keep in mind that we will be having only one person in each category.

Some of the Tradespeople have advertised below. Other Trades are shown on the following list:

Garden Maintenance; Plumber; House Painter; TV Service; Pest Control; Auto Mechanic Mobile Service; Upholsterer; Curtain Maker; French Polisher; Handyman.

For the details of the relevant tradesperson, contact any member of the Committee

WARD'S WINDOW CLEANING SERVICE

- Window Cleaning
- Gutter Cleaning
- Pressure Cleaning
- Preparing homes for sale

Bill Ward
0414 817 739

All work Guaranteed
Family Business for over 50 years

LEWIS & MCCONNELL
OPTOMETRIST
EST. 1963

STEWART MCCONNELL
BSc.Optom

51 Hamilton Place,
Mt Waverley, Victoria, 3149

p: 03 9807 4288 f: 03 9888 2094

e: optom@bigpond.net.au

STEV-COMPUTER

Home & Small Business

STEVE A POLGAR
Qualified Repairer

Workshop: Unit 1,
8 Wirreanda Court,
BLACKBURN VIC 3130
Tel/Fax: [03] 9878-9818
Mobile: 0417 338 704
Email: stevpc@tpg.com.au
Web: www.stevpc.com



Lee Keskic Electrical Services

Domestic, Commercial, Industrial

Mobile: 0466 650 930

Email: leekeskic@gmail.com



Australian Dental Prosthetists
Association (Victoria)

Gary J. Linkin
Dental Prosthetist

Telephone: (03) 9888 1332
324 Stephenson's Rd. Mount Waverley

DENTURE CLINIC
(No Referrals Required)
SPECIALISING IN ALL YOUR DENTURE NEEDS

Acrylic
CO/CR (Metal)
Flexible Dentures
Implant Overdentures
Invisible Clasps

Denture: Repairs
Additions
Relines

Thinking of **selling?**

With a combination of experience, dedication and market knowledge,
The team at Jellis Craig will achieve an **exceptional result** for your property.
Call Jellis Craig Mount Waverley on **8849 8088** to experience the difference.

Paul Polychroniadis
M: 0414233234
JellisCraig.com.au



**Jellis
Craig**

This Newsletter is Proudly Sponsored by

Monash Financial Solutions

**Most Companies specialise in some product or idea;
We specialise in You and Your Ideas!**



Peter Dunn

9888 3690

www.monashfs.com.au

goodadvice@monashfs.com.au

2/49 Wadham Pde, Mt Waverley

Peter G Dunn CFP Dip FP of Peter Dunn & Assoc P/L is an authorised representative of Charter Financial Planning Ltd AFSL 234665

President	Elaine Forde	9790 5073	elainefo183@gmail.com
Vice President	Phil Allen	0429 197 585	pma27@tpg.com.au
Secretary	Les Cooper	8759-5450	crusader711@optusnet.com.au
Treasurer	Len Walker	9560 7424	len.walker73@bigpond.com
Branch Membership	Peter Cartledge	9802 6406	pcart8@optusnet.com.au
Publicity			
Policy Officer	Les Cooper	8759-5450	crusader711@optusnet.com.au
Newsletter	Blair Feenaghty	9560 0829	monashnsa@gmail.com
Speakers	Bob Thorne	9560 5360	lrthorne@bigpond.net.au
Outings	Phil Allen	0429 197 585	pma27@tpg.com.au
Theatre	Leonie Taylor	9899 1990	leonietlc@y7mail.com
Group Co-ordinators			
Investment/Travel	Danny Ward	9807 1524	dwcw@optusnet.com.au
Wednesday Lunches	Anne Walker	9560 7424	len.walker73@bigpond.com
Saturday Dine Outs	Russell & Patricia Mills	9764-4415	russmills36@bigpond.com
Sunday Lunch	Win Murphy	0421 467 995	win.murphy42@gmail.com
Welfare	Danny and Christina Ward	9807 1524	dwcw@optusnet.com.au
Book Exchange	Noelle Rigby & Lina Agius		
Kitchen	Shirley Miller & Helpers		