

ON THE SQUARE

Summer

2020



(Water lily pond, Benoa Bali)

Hello to everyone, Welcome back to Care and Share

We are well into summer now. I am so glad that the days with the temperature over 45 degrees are few and far between. No body copes well under these conditions, let alone our gardens and street verges. The recent rains and cooler conditions over the eastern sea board have certainly helped contain and extinguish some of the fires. It certainly has been a catastrophic time over Christmas and January. Our hearts go out to those who have lost loved ones and property in these extreme conditions. It has been wonderful to see people from all around the world contribute to the relief effort in whatever way they can. Difficult times can certainly bring out the best in human kind.

News Update; What has been happening:



Goals in action: For those of you that attend on Thursdays, you will already know Shirley and David. Some time ago when I was talking to Shirley about what she would like to achieve or learn she said "I have always wanted to learn how to paint a gum tree and that David is interested in painting too". As none of the staff, least of all me have painting skills we set about to find a skilled volunteer. Then along came Ian Clover (sitting on the left) who has started doing some painting tutoring with Shirley and David on Thursday afternoons after lunch. Ian has a very supportive manner and the sessions have been a real highlight for David and Shirley. I hear that they will be going onto sea scapes next. At this time I would also like to introduce Chris Thompson (second from the left) who has just commenced volunteering in the program on Mondays. He will fill in for Naomi on Thursdays while she is on holiday and will then come along on Fridays as well. Please say hello to Ian and Chris and introduce yourself if you have not already done so.

A big thankyou to Ian and Chris for volunteering you skills and time to the Care and Share community. We really appreciate you investment in the program.

There has been a lot of news in the media about the Coronaviruses. The information below is from a Dept. of Health newsletter.

***An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, Hubei Province, China in late December 2019.***

## What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus seen in mainland China is called 'novel' because it is new. It has not been detected before this outbreak. Most people currently infected live in, or have travelled to mainland China. There have been some cases of 2019-nCoV reported in other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

## What are the symptoms?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

## How can we help prevent the spread of 2019-nCoV?

Practising good hand hygiene and sneeze/cough hygiene is the best defence. Encourage everyone to:

- wash their hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others by keeping family members, including children, at home if they are unwell; and
- cough and sneeze into their elbow.

Happy 90<sup>th</sup> Birthday to Ross in January!





## Chinese New Year.

We recently celebrated Chinese New Year, the year of the Rat. Every year has an animal as the year title (12 in total I think). All the animals are meant to have different characteristic and strengths. It was a good opportunity to learn about Chinese cultural traditions. Everyone was told what animal they were based on the year they were born.

It was discovered that using chopsticks is not that easy but with a little bit of practice it can be done. Everyone received a Fortune cookie and read out their fortunes to the group. A lot of fun was had by all.

A bit thankyou to Deidre for providing the interesting and fun activity.

I am not really going to eat this!!!



I am certainly not going to eat this!

(Cotton balls were used for chopstick practise 😊)



In case you have not met yet:

New staff member Ann Kinsella commenced at Care and Share in December 2019. Ann recently moved back to SA from Melbourne. She has a wealth of experience in working in social activity groups. For those of you who have been attending for some years, you will remember Sharon who used to be a staff member, well Ann is Sharon's sister. Must be something in the genes 😊

Welcome about Ann!

Participant advisory group.

Soon I will be sending around a form for people to express their interest in participating in an advisory group. What is an advisory group you may ask? It is a group of participants that get together every 2 months to discuss any issues and /or potential improvements that could be implemented in to how Care and Share is run. It is an opportunity for you to have a say in the future development and improvement of the program. Depending on who is interested, we could plan meeting dates around Care and Share attendance days and transport will be provided for those who require assistance. It is part of the Standards that we actively seek feedback, besides that, we would really appreciate you input. Please indicate on the form that will be circulated a yes/no and sign the form. Thankyou

#### **JUST A REMINDER.**

Sometimes it is easy to overlook things when we are busy, but we ask that if a participant is unable to come to Care & Share that they please contact the office so that the booked taxi can be cancelled.

Please ring office and leave a message as soon as possible. The answering machine is always on.

PH: 8276 1144

Hand sanitiser – just a little reminder to use the hand sanitiser, especially throughout winter. We have enjoyed a lower incidence of sickness since introduction which is great. 😊

Ps: I took the image of the waterlily while staying at the resort in Bali in November last year. Kind regards, Janine

Just for fun.....

