

Care & Share at Home

INTRODUCTION

We thought it might be fun to start up a Newsletter as we go into a Recess while the Coronavirus impacts Adelaide life. We are thinking of you as you embark on extra time at home and offer this little pack of goodies to help you along your way.

During the last week of meeting we were able to do a couple of brainstorming sessions about things we could do at home and came up with the following list. Here's a reminder:

Plan your day

Knitting

Colouring in

Crocheting

Jigsaw puzzle

Word Search

Craft

Painting

Embroidery

Cross stitch

Quilting

Write a letter

Gardening

Check on neighbours

Write your life story

Genealogy

Put photos in albums

Clean out drawers - one at a time

Crossword

Keep a diary

Play music

Sing

Watch a movie

Exercise

Library -

Read a book

Magazines

Audio Books

Newspapers

Patchwork

Baking

Phone a friend

Boardgames

Play Cards

Walk the dog

Sudoku



OUTDOORS

The benefits of exercise are well documented. We'd love to see you take some time outside while we are in Recess - get some fresh air, sun on your skin and move that body. A stroll around the garden or up the street each day will do wonders for us all. During the Spanish Flu of 1919 it was recommended that getting out into the sun would do wonders for your constitution. While outdoors take time to smell the roses, do some birdwatching and take deep breaths. Enjoy



HAND WASHING

Don't forget to wash your hands often - this is the best way to ward off COVID-19.

[This Photo](#) by

Please refer to the information Janine gave us in the Handouts

Did you hear the one about.....?

I don't know about you but all this talk of virus' can be so discouraging. I need some fun in my day so take the time to read the fun stuff in the Newspaper, on the Internet or on TV. There are Joke Books available in many cheap shops. Enjoy as much comedy as you can.

Why can't you borrow money from leprechauns?
Because they're always a little short.



THANK YOU

Our thanks go to Janine for researching the COVID-19 situation, liaising with Government Departments and overseeing Care and Share during this period.

We appreciate you Janine.



Why don't you iron a 4 leaf clover?
Because you don't want to press your luck.



How to Cope with the Mental Health Impacts of COVID-19

Prepare, don't panic - make preparations for self-distancing: non-perishable foods for a fortnight only. No need for panic purchases
Practice mindful exposure - keep well informed but limit media
Stay social - avoid large gatherings but keep up with those who are low risk. Use telephones
Practice good selfcare habits - exercise, eat well and keep your usual bedtime schedule
Do things you enjoy - If you're staying at home, there is a bright side: You may have an abundance of free time. Take advantage of this ** Good Therapy Blog **

THE WEEKS AHEAD: A PROJECT

We have at least 5 weeks at home from Care and Share, so let's spend the time wisely, doing something you will enjoy. Based on the list of activities we brainstormed, or another idea you may have, let each of us complete a project. It can be large or small, whatever you decide you would like to do. We can plan the project out over the weeks. Then when we return we can bring it in and show everyone what we have achieved. What a great way to be productive!

12 Famous Museums Offer Virtual Tours You Can Take on Your Couch:

<https://www.departures.com/art-culture/museums-with-virtual-tours?fbclid=IwAR2NH5Wplh79hh7vijiF3ePISkUO5u-ernAd0ycPoN0OUJhfHxQU4rpPZV4>

15 Broadway Plays & Musicals you can watch on stage from home:

Playbill.com



We miss you all

