

Care and Share at Home

CONGRATULATIONS

Well it seems like things are working in Australia with the efforts we are making to keep the spread of Coronavirus at a minimum. Congratulations!
Don't lose heart and keep up what you are doing.



Father: 'What's wrong Julie? Usually you talk on the phone for hours. This time you only talked for half an hour. How come?'
Julie: "It was the wrong number".



HAPPY HOUR - FROM A DISTANCE

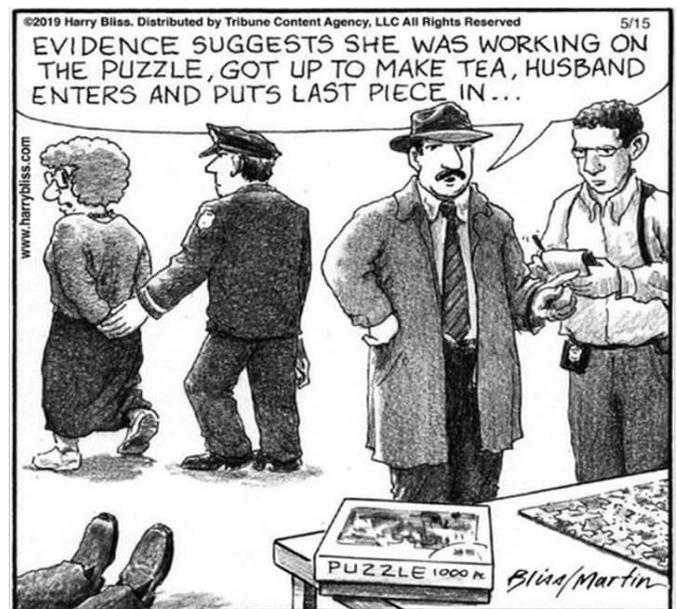


There are ways we can all improve the wellbeing

1. STAY CONNECTED - pick up the phone and call; also email or skype
2. REMINISCENCE - instead of talking about the challenges of today, talk about earlier times.
3. VISUAL REMINDERS - look at old photos, school records of yourself or children, or take out old projects and put them on display.
4. EXERCISE - even a short walk outdoors can-do wonders for physical and mental health.
5. MUSIC - instead of constantly watching the news, listen to music on your tv, radio or CDs. Dig out those old records that have gathered so much dust and enjoy them.
6. READ - books, magazines, newspapers



Son: "Dad, will you help me find the least common denominator in this math problem?"
Dad: "Don't tell me that hasn't been found, they've been looking for it since I was in school!"



OUR THANKS

THANK YOU

We would like to take this break in our meeting together to thank Kelly for her contribution to our Program. You are so effervescent Kelly and it's contagious. We appreciate you



Poem submitted from an 80yo poet

THE WEEK AHEAD

Have you thought about attracting birds to your garden? It's so wonderful to watch them go about their business and see the many types. We have enclosed an instruction sheet on how to make a Bird Feeder. If you don't want to make it but would still like to attract the birds, you could simply put out 2 dishes: one with birdseed and the other water. It takes 2 weeks for them to come regularly so persevere. Enjoy!

A wife says to her husband one weekend morning, "We've got such a clever dog. He brings in the daily newspapers every morning." Her husband replies, "Well, lots of dogs can do that." The wife responded, "But we've never subscribed to any!"



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GRATITUDE

In a previous Newsletter we suggested the benefits of thinking about 3 things we can be grateful for each day. We have enclosed some Post-it notes for you to write them down. Perhaps you could do it first thing each morning and then stick them to the fridge or similar.



FOLLOWING THE RULES
The world has caught a virus
but it's nothing you can see
So here I am on house arrest
in case it's after me!
It seems I'm very vulnerable
cos' my youth is in the past
Age is the only thing that
suddenly works fast!
They've banned nice friendly chats
to anyone that's near
But if I follow - all the rules
I might be here next year!