

Care and Share at Home

PATTERNS OF LIFE

Events like infectious diseases often follow a predictable course. In the past 50 years there have been multiple national and international episodes of concern around conditions such as tuberculosis, SARS, Ebola, HIV, hepatitis, measles, to name a few. Initially, there is often scepticism, followed by attention, followed by panic, followed by reality, followed by a return to normality. Stock markets and supermarket shelves are good indicators of where we are in the course. **Reminding yourself of these patterns can help you to understand the course and plan for the future.** Mindspot.org.au

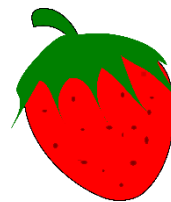


JUST CHECKING TO SEE



IF Y'ALL DOING ALRIGHT

***Joke of the Week**
Parallel lines have so much in
common, it's a shame they'll
never meet.*



**What happened when the
strawberry crossed
the road?
There was a traffic jam.**



This Week in History

- 1840** Governor William Hobson declares British sovereignty over the islands of New Zealand.
- 1932** Amelia Earhart becomes the first woman to fly solo nonstop across the Atlantic. The U.S. aviatress' disappearance on an attempted round-the-world flight five years later is one of the most discussed unsolved mysteries in the history of flight.
- 1980** Star Wars Episode V: The Empire Strikes Back is released in theatres.
- 2004** Stanislav Petrov is awarded the World Citizen Award for averting a potential nuclear war in 1983 after correctly guessing the Russian early warning system was at fault



Appreciation

GRATITUDE

In the midst of the difficulties caused by the restrictions, we are learning about the often forgotten virtue of gratitude. Right now millions of people in the west are realising just how much we have taken for granted: our health, travel, socialising and even trips to the park. Ironically, it is when these are stripped back that we start to appreciate the things that we have. "It changed me. I understand the importance of things that used to seem insignificant," Fausto Russo, 38, a fitness trainer living in Latino, the south of Rome explained. "Things that signify living - breathing, a walk, a hug, a glass of wine."
What are you grateful for?



Q. Why did the meteor do well in school?

A. It was the teacher's star pupil

Q. Why did the baker study hard in school?

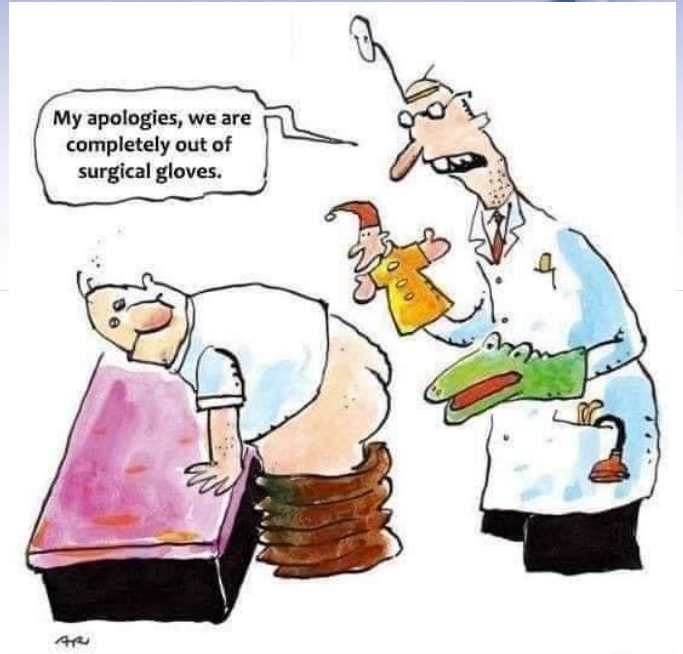
A. So he could make the honor roll

Q. Why was the sailor upset over his report card?

A. His grades were at C level

Q. Why were the kids wet when they got to school?

A. They'd ridden in a car pool



THOUGHT OF THE WEEK

When I'm worried and I can't sleep,
I count my blessings instead of sheep.
And I fall asleep... counting my blessings.
-- Bing Crosby

You can teach an old dog new tricks

I enjoy going to the centre because I always get a lovely smile from the ladies there and I can impress them with new computer tips.

Lady, 100, attending computer classes
You are never too old. One of many examples, Grandma Moses (1860-1961), she started painting in her late 70s. She is best known for her documentary paintings of rural life. If you ever think you are too old, think of Grandma Moses!
Catherine Pulsifer

I'm having difficulty getting the doctors to sign the appropriate form.

Spike Milligan, on seeking permission to celebrate his 80th birthday with a skydive

