REACHING OUT

Keeping our Community Connected - Edition 28

Sandybeach Centre

FEEL GOOD NEWS…

Living Memories helps older people through lockdown by prompting them to reminisce about 'the good old days'

As many elderly and vulnerable people may still be facing more time at home with limited social contact, a new online service is offering them a valuable lockdown lifeline.

The Living Memories Online portal (*livingmemories.imagencloud.com*), a not for profit community interest company, contains more than 2,000 archive films and newsreels from the 1930s to the 1970s. As well as capturing important world events, the clippings cover everyday life at home and work.

The idea is that the films help spark memories and encourage older people, including those with dementia, to reminisce with families, friends and carers.

Brian Norris, founder of Living Memories, said: "Archive films are a wonderful way of prompting older people to share memories and life experiences. Long term memory is usually one of their strengths, so reminiscence encourages them to communicate and feel more confident about themselves.

"This is important in combating isolation, especially now that many elderly people are unable to access community groups or even see their own families."

HAPPY SNAP OF THE WEEK

People are going mad for selfies with the Quokkas on Rottnest Island, WA. Dubbed 'The happiest animal in the world', you are always guaranteed a smile ! ☺

FUNNY ONE LINERS:

I hate Russian dolls - they are so full of themselves!

If I got 50 cents for every failed math exam, I'd have $6.30 now.

My girlfriend and I often laugh about how competitive we are. But I laugh more.

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

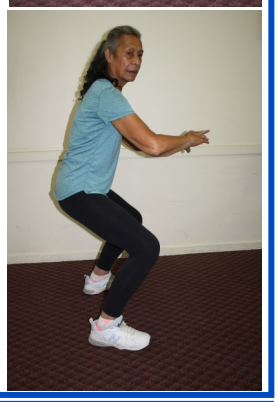
KEEP MOVING WITH ANGEL

EXERCISE 1 - SQUATS

Seated Squats

- Come forward on the chair holding on to the sides of the chair.
- Lift the right leg up and turn outward. See picture
- Return to starting position - do 10 repetitions.
- Repeat the movement on the left leg.
- Do 2 sets of 10 repetitions each leg.

Standing Squat



- Stand with legs hip width apart.
- Slowly squat down, keeping feet flat to the floor.
- Return to starting position - See picture.
- Do 2 sets of 10 repetitions.

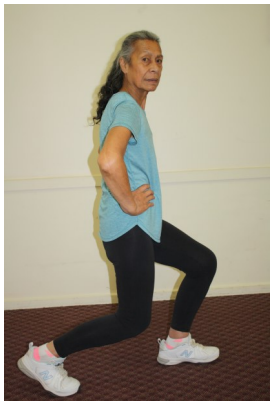
EXERCISE 2 - LUNGES

Seated Lunges

- Come forward on the chair
- Extend the right leg out and bend at the knee bringing the heel towards the floor and then bring the leg back up. See picture.
- Do 10 repetitions.
- Repeat the movement with the left leg.
- Do 2 sets of 10 repetitions for each leg.

Standing Lunge

To help with balance, you may find it useful to hold the back of a chair or the bench.



- Step right leg forward and slightly bend left knee
- Slowly bend right knee and lower down towards and the floor, keeping the upper body straight and in an upright position. See picture.
- Come back up to starting position.
- Do 2 sets of repetitions with each leg.

A reminder, please remember to do some stretches before going for a walk or any other physical activities!! As I keep saying "You will thank me for this".
Have a great week and stay safe. Angel Parker.

LET'S STAY HEALTHY WITH ELANA

Fruit Salad

This fruit salad is full of fresh and healthy ingredients

Ingredients

- 2 cups of strawberries
- 3/4 of a cup of blueberries
- 3/4 of a cup of raspberries
- 3 kiwi fruit, peeled and sliced
- 1 orange, peeled and wedges cut in half
- 2 apples, peeled and chopped
- 1 mango, peeled and chopped
- 2 cups of grapes
- Dressing - 1/4 cup of honey, 1/4 cup of orange juice and zest of 1 lemon.

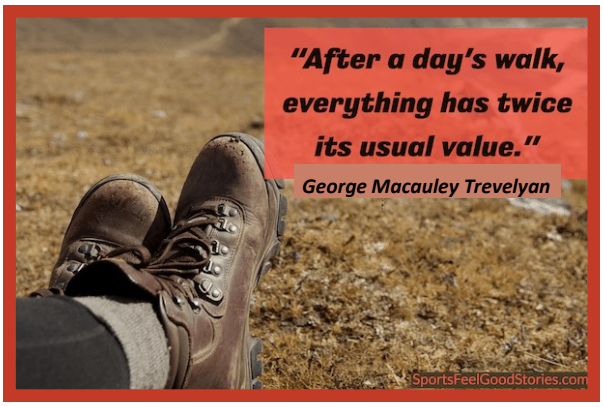
Method

1. In a small bowl whisk together the honey, orange juice and lemon zest. Add fruit to a large bowl and pour over dressing, tossing gently to combine.
2. Chill until ready to serve. Enjoy!

Walking your way to Fitness!

Walking is more than just a way to get around. Walking is a way to improve your fitness, burn calories and reduce health risks. Walking the dog, in the park, with friends or at pace, is not only good for your physical but your mental wellbeing.

- Walking can improve your physical and mental wellbeing - enjoy the outdoors!
- Join a walking group or meet a friend - exercising with others keeps us motivated.
- Walk at your own pace - increase your speed when and if you can.
- Build walking into your daily routine - walk instead of driving to your local shops.
- Try to include some interval training - this will increase your heart rate and fitness. (Interval training means alternating periods of high and low intensity)
- Allow time for recovery - listen to your body and exercise safely within your limits.



ARMCHAIR TRAVEL

Beguiling Guatemala 2016

by Mary Gates

Following a USA Gospel Singing Tour in 2016, I arranged to meet up with my youngest daughter, Anna, in the Central American country of Guatemala. We both knew little of this small nation so looked forward to what would be a great ten-day adventure.

We researched extensively, drew up our own itinerary and booked our accommodation. Guatemala is not really on the main tourist trail except for young travellers seeking adventure or to immerse themselves in the Spanish language. Anna and I rendezvoused in Guatemala City on 19 September. We had been warned that we should avoid staying in Guatemala City as it was a dangerous place especially for tourists. With this in mind we landed and made our way directly to the ancient city of Antigua.

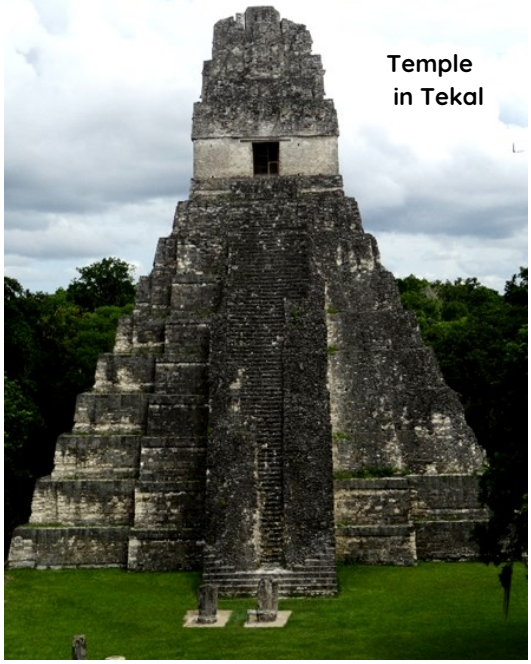
Antigua is a small city surrounded by volcanoes in the central highlands of southern Guatemala. It has been designated a UNESCO World Heritage site because of its preserved Spanish Baroque-influenced architecture and ruins of colonial churches. A highlight of our stay in Antigua was hiking with a guide up the volcanic mountain Volcan Pacaya. The hike to the top covered an elevation of around 1,500 feet and took around two hours. Once at the top, we were able to experience the moon-like landscape and toast marshmallows over hot rocks.

Overlooking Lake Atitlan

Having explored Antigua's colourful market place and dined in the extremely cheap cafes and bars, we took a day trip to Lake Atitlan. Lake Atitlan is surrounded by volcanos which dwarf the many Mayan villages on the waters edge. Coffee plantations cover the hills. After some bargaining we took a motorised fishing boat over to the village of Santiago Atitlan. Here we walked the cobbled streets and admired the gaily coloured blankets and tapestries made using traditional weaving and dyeing techniques. I couldn't resist purchasing a large cushion cover that is now proudly displayed in my dining room.

(Continued on page 5)

(Continued from page 4)


Temple in Tekal

From Antigua we flew late in the evening by a small aircraft to the northern town of Flores. Flores is located on a small island on Lake Petén Itzá. We chose this destination as Flores acts as a gateway to nearby Mayan ruins. We spent a day exploring the ancient kingdom of Tikal, with its towering temples dating from the 1st Century. We were truly awestruck. Tikal flourished between 200 and 850 AD and is the largest excavated Mayan site in the world. Temple IV is the tallest pre Columbian structure in America. Surprisingly we were able to clamour up the temple steps to take in the view of the expansive jungle kingdom.

After a long day travelling by minibus with several young back-packers we arrived in Lanquin located on the north eastern edge of the Central Highlands. There we were loaded into the back of a tray truck and taken over unmade rocky roads to our accommodation, Zephyr Lodge. It was an amazing retreat perched on a hillside overlooking the jungle surrounds. I soon realised all the other guests were young enough to be my children! This was not going to detract from the fact that Zephyr had a restaurant with a wood fired oven, a well-stocked bar and an infinity pool.

Traditional Craftwork

I was soon to find out why my daughter chose to venture here – Semuc Champey and the Kamba Caves. Semuc Champey is a series of tiered limestone pools that are a deep turquoise in colour. A wild river runs underneath the pools. Here we swam in the pools and laughed as we slid down the rocks. Much to my amusement, I watched a group of local policemen strip down to their police issue blue jocks to enjoy a refreshing bathe in the pools. I left exploring the watery Kamba Caves to the young ones.

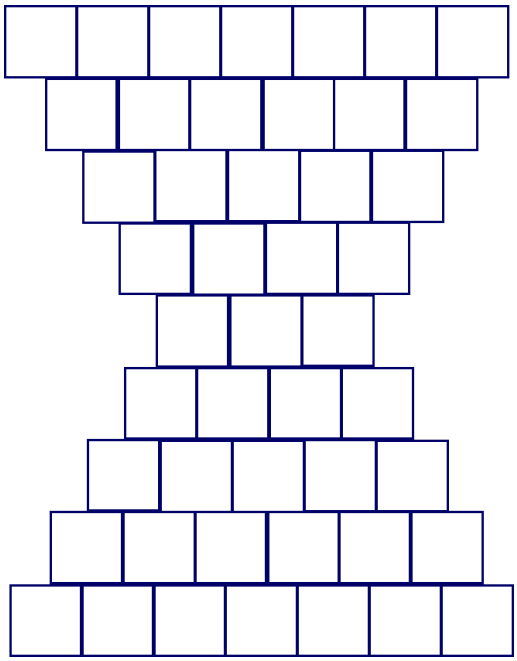
Off duty police swimming at Semuc Champey

On our return to Guatemala City, Anna and I had one final night together to reflect on how lucky we were to share this 10 day adventure as mother and daughter. Treasured memories were made.

RIDDLE AND PUZZLES

RIDDLE :
What English word has three consecutive double letters?

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Boxes in

Movie classifier

Old hag

Ice cream holder

Long period of time

Dog's treat

Swedish prize

To fit in well

Not honorable

SPOT WORDS: THEME: OCCUPATIONS

You will spot several consecutive letters in each sentence which will spell out a word relating to the theme. The number of letters for each word is shown by the number of spaces next to each of the sentences. The letters with a circle around them will spell out the mystery answer which will also relate to the theme.

The rodent is trapped in a cage ___ ___ ___ ___ ___ ___ ___

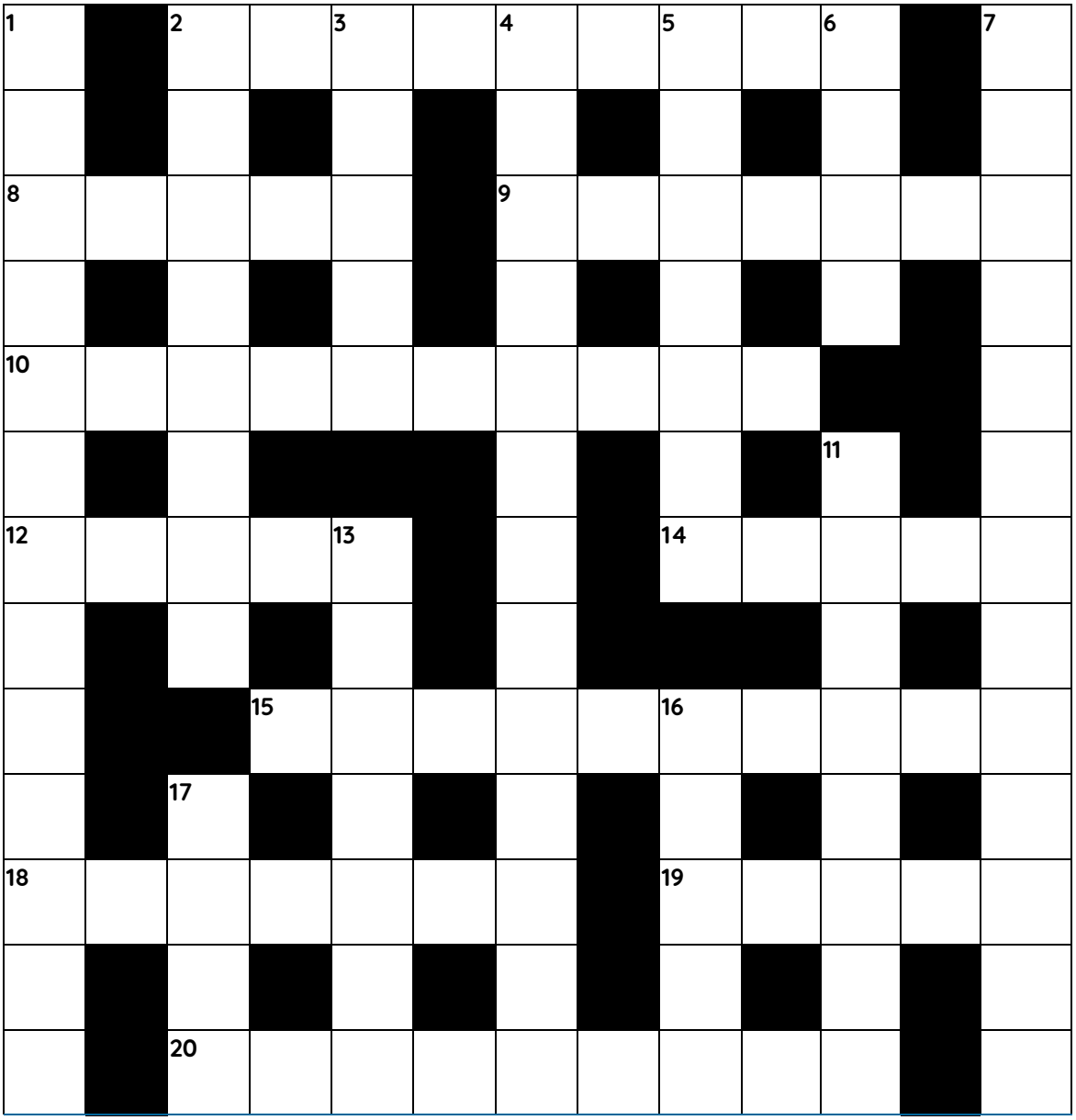
The code must be entered in the exact order ___ ___ ___ ___ ___

Jodie Foster speaks French effortlessly ___ ___ ___ ___

The sauerkraut hors d'oeuvres were delicious ___ ___ ___ ___ ___ ___

An accute ache ran down his leg ___ ___ ___ ___ ___ ___ ___

BIG CROSSWORD



Across

2 Inspires (9)
8 Apple Beverage (5)
9 Persistent (pain) (6)
10 Used to (10)
12 Criminal Groups (4)
14 Trapped, Caught (5)
15 Lucrative (10)
18 Subscription Update (7)
19 Musical about Orphan (5)
20 Plinths, Stands (9)

Down

1 To argue, quarrel, or speak angrily (8,5)
2 Drug, Prescription (8)
3 Contract Stipulations (5)
4 Waterfall on Zambesi River (8,5)
5 Goals, Aims (7)
6 Ballad (4)
7 Players behind the stumps (13)
11 Water-powered Machines (8)
13 Twisted (7)
16 Sparkly Headwear (5)
17 Clip (4)

Peter Grant

As a young boy growing up, one of my biggest passions in life was to be a guitarist. Singing was never on the agenda but I learnt very quickly that it would have to be a part of my career.

After consistent nagging at my mother, she finally bought me my first guitar. In the 60's music was huge and there were a lot of guitar players at my school, where we learnt from each other, and that's how my journey in music began.

Q. Now Peter, can you name two of your favourite songs ?

A. There are so many but two I really dig are - *"Still Got The Blues"* by Gary Moore. The other is Bob Carlisle's *"Butterfly Kisses"* as I have a daughter myself it really touches me.

Q. How about naming a couple of your favourite bands/singers that have inspired you ?

A. As a young guitar player, I was really influenced by Carlos Santana and Latin American music. For singing, Elvis is by far the best - love how he puts so much emotion into a ballad.

Q. At one point Dragon asked you to join them, how did that come about ?

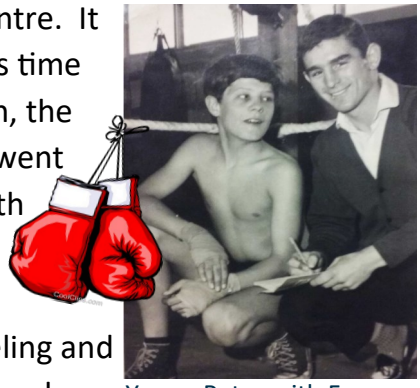
A. This came about in 1978 when initially I was keen. Dragon was also keen, but at the time my wife was pregnant, so I really didn't want to be away, travelling around the country.

Q. What would be one of the best gigs you have done ?

A. Backing John Farnham at the Dandenong Town Hall in the early eighties was one of my greatest gigs - I was backing a lot of the great Australian artists around that period.

Q. I believe Peter you have a love of boxing and have a very famous friend ?

A. At 12 years of age I took up boxing at the Mordialloc Youth Centre. It was great for confidence, self defence and respect. During this time I was introduced to Australia's World Featherweight Champion, the great Johnny Famechon. He was so humble and helpful and I went to a lot of his fights at Festival Hall, had many photos taken with Johnny and got to know him very well.



Young Peter with Fammo

Q. What do you like most about performing at "Music Alive" ?

A. Sharing my music with the people gives me such a fulfilling feeling and when I've performed there, I have always been warmly welcomed.

Q 1 Bing Crosby, Grace Kelly and Frank Sinatra starred in the 1956 movie musical *"High Society"* which was a re-make of an earlier version starring Cary Grant, Katharine Hepburn and James Stewart. - Can you name the original 1941 movie ?

Q 2 Who played Marshal Matt Dillon in the TV western *"Gunsmoke"* ?

Q 3 Linda Ronstadt *(pictured)* had a big success recording two cover versions of earlier songs *"Blue Bayou"* and *"That'll Be The Day"* - Who were the original singers of both these songs *(two names)* ?

Q 4 In the sixties, who starred in the role of Emma Peel, in the TV series *"The Avengers''* ?

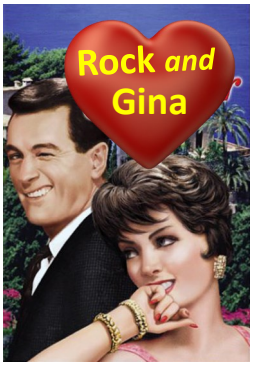
Q 5 Who sang these lyrics ...*"Have you ever been to see Kings Cross, where Sydneysiders meet, there's a million faces going places, walking up and down the street"* ?

Q 6 Yusuf Islam is an English singer/songwriter - Who is Yusuf better known as *(meow)* ?

Q 7 In the nursery rhyme … *"Hey Diddle Diddle, the cat and the fiddle, the cow jumped over the moon, the little dog laughed to see such fun and …"* - What did the dish do ?

Q 8 Which knighted English actor played 'Obi Wan Kenobi' in the original *"Star Wars"* film ?

Q 9 Can you name the movie musical where the following lyrics were sung ... *"warm face, warm 'ands, warm feet - oh wouldn't it be loverly - loverly - loverly"* ?



Q 10 What are the names of the two teenage rival gangs in the 1961 movie musical *"West Side Story"* starring Natalie Wood and Richard Beymer ?

Q 11 Can you name the 1961 romantic comedy starring Rock Hudson and Gina Lollobrigida *(both pictured)* about crazy mishaps at their Italian villa. Also stars Sandra Dee and Bobby Darrin sings *"Multiplication"* ?

Q 12 Who is credited with the saying … *"Elementary, my dear Watson"* ?

Q 13 Who starred in the role of the banished Doctor Peter Blood in the 1935 swashbuckling pirate movie *"Captain Blood"* - with Olivia de Havilland as the Governor's daughter, Arabella Bishop and Basil Rathbone as the treacherous Spanish pirate, Levasseur ?

Q 14 Complete this musical phrase … *"when the Red, Red, Robin comes ...."* *(four words)* !!

Q 15 Detective Jimmy *"Popeye"* Doyle is a fictional character portrayed in the movie *"The French Connection"* - Who starred and won an Oscar in that role ?

Q 16 Long before decimal currency - how many shillings are in Five Guineas ?

Welcome to Autumn! MINDFUL COLOURING can be relaxing and helpful in relieving stress. Why don't you give it a go?

POETRY: Anonymous musings...

NEW YEAR'S REALITY CHECK

Another year, another chance
To start our lives anew;
This time we'll leap old barriers
To have a real breakthrough.

We'll take one little step
And then we'll take one more.
Our unlimited potential
We'll totally explore

We'll show off all our talents
Everyone will be inspired;
(Whew! While I'm writing this,
I'm getting very tired.)

We'll give up all bad habits;
We'll read and learn a lot.
All our goals will be accomplished.
Sigh... or maybe not.

Happy New Year anyway!

Life is short. So do the things that make you happy. Be with those who make you happy.

Look for the good in every day -
Even if some days you have
to look a little harder!

I cant repay the lessons
That you taught when I was small
Or give you, gift for gift,
The daily treasures I recall.
I can't return encouragement
Or loving words of praise
In quite the way you did for me
Through all my childhood days.
But there's one gift that I can give:
It's all the love you've earned...
For love is what you always taught,
And love is what I learned

DON'T QUIT - Author unknown
When things go wrong, as they sometimes will.
When the road you're trudging seems all uphill.
When the funds are low and the debts are high.
And you want to smile, but you have to sigh.
When care is pressing you down a bit.
Rest, if you must, but don't you quit.

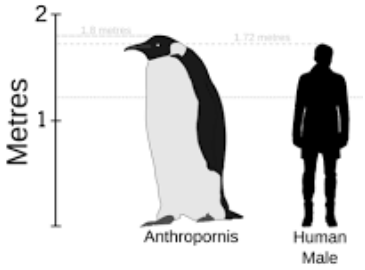
Life is queer with its twists and turns.
As every one of us sometimes learns.
And many a failure turns about.
When he might have won had he stuck it out.
Don't give up though the pace seems slow.
You may succeed with another blow.

Often the goal is near than
It seems to a faint and faltering man.
Often the struggler has given up.
When he might have captured the victor's cup.
And he learned too late when the night slipped down.
How close he was to the golden crown.

Success is failure turned inside out.
The silver tint on the clouds of doubt.
And you never can tell how close you are.
It may be near when it seems so far.
So stick to the fight when you're hardest hit.
It's when things seem worst that you must not quit.

DID YOU KNOW? - Interesting animal trivia

- A snail can sleep for three years at a time.
- A bat can eat up to 1 thousand insects per hour.
- Octopuses have three hearts.
- Sharks kill fewer than 10 people per year. Humans kill about 100 million sharks per year.
- Elephants have a specific alarm call that means 'human'.
- The now extinct colossal penguin stood as tall as 2.03 metre basket ball legend LeBron James.



- Polar bears have black skin and see-through fur.
- Reindeer eyeballs turn blue in winter to help them see at lower light levels.
- A sea lion is the first nonhuman mammal with a proven ability to keep a beat.
- The flamingo can only eat when its head is upside-down.
- The leg bones of a bat are so thin that no bat can walk.
- The only mammals to undergo menopause are elephants, humpback whales and human females.
- Sea otters hold each other's paws when they sleep so they don't drift apart - aaww! ♥♥

OUR AMAZING WORLD

Fields of Web

In 2012 in Wagga Wagga, New South Wales, intense flooding caused the town's spiders to seek higher ground and create an intricate network of webbing across the land that allowed them to travel safely above the flood waters. The process is called ballooning and is no friend to arachnophobes!

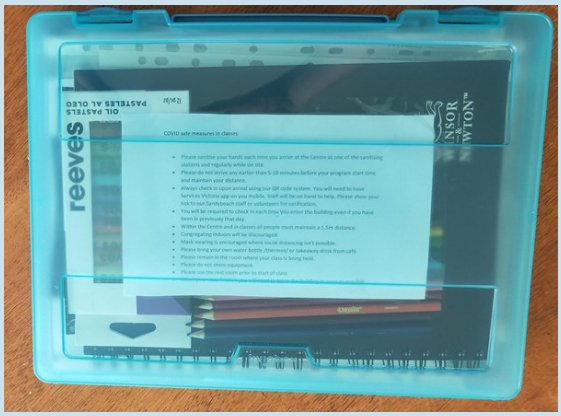
CHILDCARE

An attentive audience watching a puppet show. The children took turns at performing with their puppet.

ART BEAT with Tina

Our first class back at Sandybeach Centre. So lovely to see all your smiley faces and being creative together again!

Exciting new kits to keep all our bits and bobs in!



Over the next few weeks we are looking at different approaches to Abstract Art and developing our ideas through different means. In our first session we looked at different photos through viewfinders appreciating colour and shape within forms. Interesting ideas are starting to emerge.

Abstract work of Gillian Aryes

Simple overlapping shapes and use of vibrant colours.

Read the poem below. What images come into your mind. Sketch out your thoughts and see what emerges!

WHEN THE SUN SHINES ONTO THE HARBOUR AND IS CRADLED BY THE LIGHTS IN THE HILLS THAT SURROUND IT, IT'S A BATH, A BEAUTIFUL BIG BATH. THE HARBOUR IS ABSOLUTELY A GIFT, AND WE ALL SHARE IN THIS GIFT.

JOHN OLSEN

READER CONTRIBUTIONS

Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

If you have anything to share, please email it to us at armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191

This week's contributions come from Miranda Turner who discovered a new hobby in 2020 - the paintings are of the Coromandel Peninsula, NZ

QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER

C O R N E R S
C E N S O R
C R O N E
C O N E
E O N
B O N E
N O B E L
B E L O N G
I G N O B L E

CROSSWORD SOLUTION

Across

2 Motivates
8 Cider
9 Chronic
10 Accustomed
12 Gangs
14 Stuck
15 Profitable
18 Renewal
19 Annie
20 Pedestals

Down

1 Exchange Words
2 Medicine
3 Terms
4 Victoria Falls
5 Targets
6 Song
7 Wicketkeepers
11 Turbines
13 Screwed
16 Tiara
17 Snip

RIDDLE ANSWER :

BOOKKEEPER

SPOT WORDS ANSWER (HIDDEN WORD **DOCTOR**)

The rodent is trapped in a cage — D E N T I S T

The code must be entered in the exact order — A C T O R

Jodie Foster speaks French effortlessly — C H E F

The sauerkraut hors d'oeuvres were delicious — A U T H O R

An accute ache ran down his leg — T E A C H E R

ANSWERS TO ANDREA'S QUIZ

Q1: The Philadelphia Story. Q2: James Arness.
Q3: Roy Orbison and Buddy Holly. Q4: Dianna Rigg. Q5: Frankie Davidson.
Q6: Cat Stevens. Q7: The Dish ran away with the Spoon. Q8: Sir Alec Guinness.
Q9: My Fair Lady. Q10: The Jets and The Sharks. Q11: Come September.
. Q12: Sherlock Holmes. Q13: Errol Flynn. Q14: Bob bob bobbin along.
Q15: Gene Hackman. Q16: 105 shillings.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

Sandybeach Centre

Useful Resources:
Carers Victoria **1800 514 845**
Lifeline **13 11 14**
Beyond Blue **1300 224 636.**
National Dementia Helpline **1800 100 500**
Carer Gateway **1800 422 737**

Looking after your upper and lower back. In the course of your day as a carer, you may find yourself lifting and transferring the person you are caring for. You may be aware of the correct techniques but here are some tips to help you care for your spine:

Lift right. It's very easy to twist the wrong way and damage your spine if you don't use proper form when lifting an object. Stand as close to the object as you can, and use your legs and knees rather than your back or upper body to pull up the item. It will help if you bend your knees so your arms are at the same height as the item. Keep your head down and back straight

Sleep right. Sleep on your side, not your stomach: Sleeping on your stomach puts too much pressure on your spine. Invest in a supportive mattress as well as a pillow that promotes proper alignment of your neck. Be sure to turn your mattress regularly so that it wears evenly.

Stretch out. Keeping flexible helps maintain normal joint function and a good range of motion. It also reduces the risk of injury. If you start your day with a few good stretches, it can not only be invigorating, but can also promote spinal health.

Stay active. You're at an increased risk of experiencing lower back pain if you're not active or physically fit. The best exercise routine for your back and neck is one that combines stretching, strengthening, and aerobic activity.

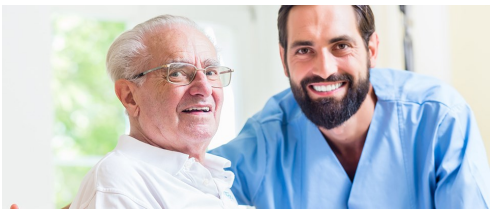
Maintain a healthy weight. Being overweight is a risk factor for low back pain Excess weight can put added stress on the muscles, ligaments and tendons in your lower back.

PLEASE NOTE: *This material has been reproduced and communicated to you by or on behalf of Sandybeach Centre pursuant to Part (VA Division 4) of the Copyright Act 1968 (the Act) The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.*

Stay hydrated. Staying hydrated is important to maintaining soft tissue elasticity and fluidity in joints. Our intervertebral (spinal) disks are vulnerable to loss of hydration and can begin to lose height. As spinal disks begin to shrink, you become more susceptible to painful disk conditions

Work smart. Proper ergonomics can help reduce a lot of stress on both the lower and upper back. Make sure your workspace is set up for your height. Choose a chair that provides lower back support, or place a pillow or rolled up towel behind the small of your back. Your knees should be at 90 degrees and your feet should rest comfortably on the floor. Never cradle your phone between your ear and shoulder. Also, plan regular breaks to periodically get up and walk around the office or home. Staying in one position for too long will cause back muscles to tighten up and become immobile,

Pay attention to any warning signs. Don't ignore spinal problems or pain. Although it's common to have back pain once in a while, it can indicate a more serious problem. Left untreated, problems with your spine can worsen and become quite serious. Listen to what your body is telling you and don't self-medicate to relieve symptoms.



VICTORIA State Government

Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herin does not