Archie Graham Community Centre
August 2020

Hello Friends of the Archie Graham Community Centre (Archie). It has been good to welcome some of you back to Archie for exercise, technology support, social support and respite services in the last few weeks. We will gradually re-start activities. Please book an activity when you feel comfortable to do so.

Keeping Archie COVID free: the best way to prevent transmission of coronavirus (COVID-19) is to keep 1.5 metres apart, wash your hands often, and cough or sneeze into your elbow or tissue.

Face coverings add an additional protective physical barrier to protect you. In regional Victoria, it is recommended that people wear a mask when it is difficult to maintain 1.5 metres distance between yourself and others. It is safest to wear a mask to Archie and remove it if you are confident of the 1.5m distance.

Timeline for re-starting of activities at Archie - Subject to Gov't changes

When	Activity
Monday 3 August 9am	• BOOKINGS OPEN for the hydrotherapy pool meeting, Warrnambool Writers group and senior citizen's club line dancing. Call Archie Reception on 5559 4920 or email agccustserv@warrnambool.vic.gov.au to make your booking. Please don't assume your email booking is successful, until you get a confirmation email.
Wednesday 5 August 10-10.30am **OR** 11.30am - midday **OR** Friday 7 Aug 11.30am - midday	• HYDROTHERAPY POOL MEETINGS: Patrons are required to attend one of the three hydrotherapy pool meetings at Archie, where the specialised COVID 19 safety plans will be explained • Bookings for actual hydrotherapy pool sessions, will be taken at the meetings. After the meetings, subsequent bookings are made by contacting Reception on 5559 4920 • Maximum number in the pool at any one session is six. Patrons can book for one pool session per week for four weeks, to help them re-establish a routine. • If you do not get your first choice, please make time to speak with Clare, who will look at availability across the week and will do her best to find another option for you.
Monday 10 August	• Recommence hydrotherapy pool sessions. • Bookings for hydrotherapy pool will be taken at meetings - see above. • Recommence Warrnambool Writers Group 1-3pm, on the 2nd Monday each month
Wednesday 12 August	• Recommence Seniors Club Line Dancing.

Keeping your immune system fighting fit

Now, more than ever, it is vital to keep your immune system strong and resilient. Here are a couple of easy things you can do to support a healthy, well-functioning immune system:

- Spend 15 minutes a day in the morning sun.
- Increase your fruit and vegetable intake (those fruits and veggies that stain your fingers i.e. beetroots, turmeric, red cabbage are especially high in antioxidants).
- If you're a meat eater, grass-fed meats tend to have higher levels of omega-3 fatty acids in them than grain fed.
- Try to get 20 minutes of fresh air per day. Big breaths!
- Move the body! 20 minutes at least, every day.
- Have a laugh.
- If you're isolating, keep in contact with friends and family regularly.

- Yoshi

Yoshi leads chair yoga at Archie on Fridays at 10am and 9am… if the 10am session is fully booked.

Face Masks and Coverings

- Face coverings help stop droplets spreading when someone speaks, laughs, coughs, or sneezes, including someone who has COVID-19 but feels well.
- The best way to prevent transmission of coronavirus (COVID-19) is keeping 1.5 metres apart, wash your hands often, and cough or sneeze into your elbow or tissue. Face coverings add an additional protective physical barrier to protect you.

Video - Using face masks and coverings in the coronavirus pandemic

Dr Brett Sutton, Victoria's Chief Health Officer presents advice on using face masks and coverings during the coronavirus pandemic .www.youtube.com/watch?v=YmwyuHMee1k&feature=youtu.be

Types of face masks and coverings

The term 'face mask' includes cloth masks and single-use face masks (commonly called surgical masks). Both masks are suitable for use to prevent the spread of coronavirus (COVID-19).

	Surgical masks are made with a non-woven melt blown polypropylene layer and available in various levels of protection. These are single use masks only so can't be washed and used again. There are other types of masks and respirators (such as P2 or N95). These are not recommended for use in the community and not advised to be used outside of healthcare or specific industries under health advice.
	Cloth masks are any nose and mouth covering made of washable fabric. Properly constructed cloth masks are made from at least three layers of materials, including a water-resistant outer layer. It does not need to be surgical quality to be effective.
	A scarf or bandana does not offer the same amount of protection as well-fitted face masks. This is due to the type of fabrics they are made from.
	Face shields may be easier to wear for some individuals who have limited ability to wear masks. If face shields are used, ensure they are properly designed to cover the sides of the face and below the chin. Reusable face shields should be cleaned and disinfected after each use. SOURCE: www.dhhs.vic.gov.au/face-masks-victoria-covid-19 Accessed 27.7.2020

Archie Courtyard has a Makeover

How to wear your disposable mask

SWH
COVID-19

For visitors

Make sure you wear a clean mask each time you visit the hospital

APPLYING YOUR MASK

Sanitise your hands.

Orientate so metal strip is at the top of the mask or the pleats fold downwards. Only touch the loops.

Carefully place one loop around each ear.

Shape the metal strip across your nose. If your mask does not have a metal strip pinch the top of your mask around the bridge of your nose.

WEARING YOUR MASK

Wear mask throughout your entire visit.

Avoid touching. Your mask must cover your nose and mouth at all times.

Never wear your mask around your neck, on top of your head or hanging from one ear.

REMOVING YOUR MASK

Sanitise your hands.

Lean forward slightly. Only remove your mask by the ear loops.

Place in the general waste bin.

Sanitise your hands.

SOURCE: South West Healthcare 27/7/2020

Archie & Senior Citizen's Club Physical Activities

Indoor Groups

- Archie group exercise are going well and continue to have a limit of 10 participants per session.
- **Individuals can only BOOK ONE SESSION PER WEEK.** This will reduce the chance of some people missing out while others attend multiple sessions.
- **Individuals can BOOK THE SAME SESSION FOR FOUR WEEKS** as this will enable them to have some consistency to re-start. Where individuals want a second session/week, they can call Reception after midday on the day before the session they wish to attend, and if there is a vacancy, they can book the second session in a week.
- **Initially sessions will be 45 minutes to allow 30 minutes for cleaning and disinfecting** the room and equipment between sessions. The length of time for classes versus cleaning will be monitored and tweaked as required.
- **Group exercise sessions: $6. Card payment preferred. 10 session multi-passes are available**
- Participants are encouraged to bring their own dumbbells and resistance bands if they have them, as well as a water bottle. Soap, water and paper towel as well as hand sanitiser will be available to enable good hand hygiene to be maintained. Queries: call Archie Reception on 5559 4920.

Monday	Tuesday	Wednesday	Thursday	Friday
9.45am Seniors Club Tai Chi Start date TBC	8.45am Men's Strength $6	10am Seniors Club Line dancing - free Starts 12/8/2020	8.45am Men's Strength $6	9am Chair yoga $6 Start date TBC, if 10am session fully booked
11am Seniors Club Gentle Exercise. Start date TBC	10am Strength $6	11.30am My Strength $6	10am Strength $6	10am Chair yoga $6
12.45pm Pulselite $6	11.15am Stepping Stones $6	12.45pm Pulselite $6	11.15am Stepping Stones $6	
2pm Strength $6 Starts 3/8/2020				

Outdoor Groups - Walking and Social Cycling

Archie Heart Foundation Walking and Social Cycling groups and the Senior Citizen's Club Walking group have re-started and many people are enjoying re-connecting with others outdoors. Maintaining 1.5m social distance and keeping group size limits under the current limit of 20 people has presented challenges. Thanks to all who have attended meetings to work out how to make groups safe for all.

Monday	Tuesday	Wednesday	Thursday	Friday
10am Heart Foundation Walking, free	9am Seniors Club Members Walking		9am Seniors Club Members Walking	10am Heart Foundation Walking, free
10am Social Cycling, free Bike hire $5	4.30pm Heart Foundation Walking, free			10am Social Cycling, free Bike hire $5

If you have a query about joining one of the walking or social cycling groups & find out where groups meet, please contact Clare Vaughan on 5559 4920 or email: cvaughan@warrnambool.vic.gov.au

Technology Support

BOOKINGS ARE OPEN FOR 1:1 TECHNOLOGY SUPPORT WITH ARCHIE VOLUNTEERS

CALL RECEPTION 5559 4920; SESSIONS RE-START MONDAY 13 JULY 2020; COST: $6

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Vol: Richard	Vol: Alan	Vol: David	Vol: Graeme	Vol: Brian
10.30 - 11.30am	Vol: Richard	Vol: Alan	Vol: David	Vol: Graeme	Vol: Brian
1-2pm	Vol: Christine	Vol: Sandra	Vol: Brian	Vol: Colin	Vol: Colin
2.30 - 3.30pm	Vol: Christine	Vol: Sandra	Vol: Brian	Vol: Colin	Vol: Colin

WHO		I can help you with...	
Alan Richardson		Apple iPad & iPhone Not computers	Overcome fear of using technology by using an iPad iPhone troubleshooting, incl video calls Having fun on an iPad
Brian Richards		Computers - Windows Not phones/tablets	Getting started online on a computer Help to solve tricky problems Anything & everything
Christine O'Grady		Computers - Windows Android smartphones & tablets	Getting started online Genealogy / ancestry Social media; Facebook, Instagram, Twitter, Pinterest
Colin Wake		Computers - Windows Not phones/tablets	Getting started online Setting up email Editing and storage of photos on a computer
David Pearson		Computers - Windows Not phones/tablets	Getting started online Using Microsoft Word & Publisher to make documents Genealogy / ancestry
Graeme Broderick		Computers - Windows Android and Apple smartphones & tablets	Getting started online on any device Setting up and troubleshooting Android and Apple smartphones & tablets
Richard Skilbeck		Computers - Windows Not phones/tablets	Getting started online Preparing documents using Microsoft Office: Word & Excel
Sandra Pearce		Computers - Windows Android tablets and smartphones	Getting started online Anything related to music, videos and photos

Archie Hydrotherapy Pool

The Archie Hydrotherapy pool will re-open at 8.15am on Monday 10 August.

HYDROTHERAPY POOL MEETINGS:

Prior to making a hydrotherapy pool booking, patrons are required to attend one of the three meetings at Archie, where the specialised COVID 19 safety plans will be explained.

Wednesday 5 August 10-10.30am OR

Wednesday 5 August 11.30am - midday OR

Friday 7 August 11.30am - midday

Maximum attendance at these meetings is 20 people. Bookings are essential.

Call Archie Reception on 5559 4920 to book into one of the hydrotherapy pool meetings.

At the meeting, the COVID 19 safety plan will be explained to ensure all are clear about using the Archie hydrotherapy pool facility safely.

PROPOSED HYDROTHERAPY POOL TIMETABLE		POTENTIAL ATTENDANCE
8.15am – 9.10am	**6 patrons**	6 people / session
9.10am – 9.30am	Cleaning	x 3 sessions/day
9.30am – 10.25am	**6 patrons**	= 18 people/day
10.25am – 10.45am	Cleaning	X 5days /week
10.45 am – 11.40am	**6 patrons**	= 90 individual visits /week
11.40am - midday	Cleaning	

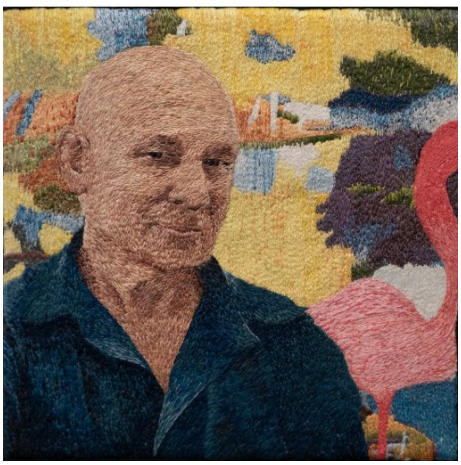
Archie Hydrotherapy COVID 19 Arrangements

- **Individuals can only BOOK ONE HYDROTHERAPY SESSION PER WEEK.** This will reduce the chance of some people missing out while others attend multiple sessions.
- **Individuals can BOOK THE SAME HYDROTHERAPY SESSION FOR FOUR WEEKS** and this will enable them to have some consistency to re-start. Where individuals want a second session/ week, they can call Reception after midday on the day before the session they wish to attend, and if there is a vacancy, they can book the second session in a week.
- **Initially sessions will be 55 minutes to allow 20 minutes for cleaning and sanitising** facilities and equipment between sessions. Pool time is maximised if users arrive dressed in swim gear and warm outer clothes that are easy to remove and after being in the pool, they go home to shower and change. The length of time for classes versus cleaning will be monitored and tweaked as required.
- **Hydrotherapy sessions: $9. Card payment preferred. 10 session multi-passes are available.** Existing reward cards will be honoured; new discounted session passes will no longer be issued.
- Unfortunately foam dumbells, kickboards and other floatation aids will no longer be provided. Participants are welcome to bring their own floatation aids if they have them, as well as a water bottle.
- All hydrotherapy sessions have a lifeguard in attendance. We look forward to seeing Janine, Jacob and Mark again soon. Unfortunately instructor led water exercise sessions for small groups are no longer available. Out thanks is extended to Donna and Janet for your fabulous sessions. We miss you already!
- Queries: call Archie Reception on 5559 4920 and ask to speak with Clare Vaughan.

Small pleasures… we all need them

The Warrnibald and The Junior Warrnibald

Presented by WAG and WDEA Works, The Warrnibald Prize 2020 is available to view at the Warrnambool Art Gallery as well as online via: www.thewag.com.au/warrnibald-prize-2020-gallery



Artist: Karen Richards
Portrait of Des Bunyon - Embroidery

Des Bunyon is simultaneously a quiet force and a harmony for Warrnambool. His contributions are many and likely far more than anyone knows.

Des is an adventurer, musician, visual artist, film lover, art curator, working bee contributor, artist, pet lover, art collector, song writer, advocate, enthusiast and behind the scenes contributor as well as life partner to the similarly wonderful Helen. Des can be found at openings, performances, film, markets and community consultations. His friendly smile and enchanting stories are a welcome encounter. His presence and beautiful singing voice weave this place together.

Voting for the 2020 Archibool, People's Choice Prize is open online and in the gallery and will close Sunday 6th September at 10am, the winners will be announced Sunday 6th September 2pm. Vote for your favourite work here https://www.surveymonkey.com/r/2020warrnibalds

WAG is offering a reserved time of 10am-11am on Saturday for people considered vulnerable to COVID-19 infection, for example members of the Aboriginal and Torres Strait Island community and people aged 70 or older.

Warrnambool Writers Group

We look forward to having Jan Bedson (volunteer) and the writers back to Archie for their monthly gathering on the 2nd Mon/month.
Bookings essential, call Reception 5559 4920
Refreshments are not available, but feel free to bring a thermos and cup if you wish. Enjoy!

Senior Citizen's Club Line dancing

We look forward to having Beatrice Garvey (volunteer) and the line dancers back to Archie for their weekly dances.
Bookings essential, call Reception 5559 4920
Please bring a water bottle as refreshments are not available. Sorry!

Victorian Seniors Festival - Reimagined 2020

Music features

Radio plays

Spoken word

Thanks to the Victorian Seniors Festival and 3WAY FM for bringing wonderful music and storytelling to our local community radio waves.

Tune in to *Morning Talk* with John MacInnes on Thursdays from 8-10am & *Afternoon Delight* 2-4pm, to hear a segments for seniors and their friends and families to enjoy.

Advanced release of radio shows are available for you to enjoy and revisit anytime on the Seniors Online website: www.seniorsonline.vic.gov.au/festivalsandawards/listen-now

3WAY·FM 103.7 GREAT OCEAN RADIO

Australian Government
Department of Health

BE COVIDSAFE

COVID-19 ACTION PLAN

23 June 2020

If your doctor has assessed you as being of increased risk and high risk of severe illness if you contract COVID-19, use this Action Plan to help you manage your risk related to COVID-19.

Name: …….. Date:……

NO COVID-19 CASES IN YOUR COMMUNITY

ACTIONS

1. Maintain physical distancing 1.5m
2. Maintain good hand and respiratory hygiene
3. Download the COVIDSAFE app
4. Stay at home if you have cold or flu-like symptoms
5. Stay up to date

LOW NUMBERS OF COVID-19 CASES IN YOUR COMMUNITY (add your actions)

ACTIONS

All of the above plus

1.
2.
3.
4.
5.
6.

INCREASING COVID-19 CASES IN YOUR COMMUNITY (add your actions)

ACTIONS

All of the above plus

1.
2.
3.
4.
5.
6.

NO COVID-19 CASES IN YOUR COMMUNITY

THINGS TO DO AT ALL STAGES

1. Maintain physical distancing and hand and respiratory hygiene
2. Download the COVIDSAFE app
3. If you work, talk to your employer and develop a COVIDsafe work plan
4. Talk to your doctor if you have concerns
5. Keep fit and stay on top of your health condition
6. Keep your vaccinations up to date, especially for influenza
7. If you become unwell with possible symptoms, stay home and get a test
8. Stay up to date with local cases

LOW NUMBERS OF COVID-19 CASES IN YOUR COMMUNITY

THINGS TO THINK ABOUT ADDING TO YOUR ACTION PLAN

1. All above plus the next steps in your plan
2. Develop a social bubble and limit interactions outside your bubble.
3. Change or avoid non-essential activities where you are exposed to people outside your bubble.
4. Change or avoid activities shown to have increased risk (indoor activities, singing, planned holidays or travel).
5. Change some of your activities to reduce your interactions (such as online shopping or online banking).
6. Discuss your workplace plan with your employer and review any controls in place to reduce your risk of exposure.
7. Review your health with your doctor.
8. Prepare yourself for a possible increase in cases in your community.

INCREASING COVID-19 CASES IN YOUR COMMUNITY

THINGS TO THINK ABOUT ADDING TO YOUR ACTION PLAN

1. All above plus the next steps in your plan
2. Stay at home except for essential activities
3. Activate your workplace plan
4. Work from home if there is ongoing exposure at work
5. Stay healthy and stay in touch with friends and family

All people need to consider

- their personal or individual risk;
- the transmission of COVID-19 where they live and travel;
- which interactions and activities are important and can be done safely;
- what activities and interactions are important to you; and
- when you are comfortable to participate and when you might be less comfortable to engage (this will depend on the number of cases in the community).

If case numbers increase, people need to think about other measures in addition to physical distancing and hygiene measures. Everybody needs to think about their activities and interactions and how these might affect their risk of exposure to COVID-19.

There are different degrees of risks of virus exposure, depending on the activity, setting or event. Some types of activities, events and settings may increase risk of contracting COVID-19 illness.

These include activities that:

- are in closed or indoor environments;
- have large numbers of people in close contact (e.g. public transport at peak hour, weddings or other large gatherings);
- require physical activity and close contact (e.g. dancing or contact sport);
- require vocalising in an indoor environment (e.g. choirs or singing in church);
- require sharing objects with others (e.g.. utensils at a buffet);
- require sharing accommodation or amenities with others (e.g. a cruise ships); and
- are longer, the risk increases with time (for exposure and transmission).

Tips: Make sure you continue with your appointments to see your GP, but consider seeing your GP via telehealth (videoconference or phone)

Ask your GP about electronic prescriptions rather than paper-based. Call your local pharmacy to ask about home delivery of medicines

Managing Personal Information

Assistance with Personal Information and Online Forms

Mabel Mitchell and Jan Harrington are Archie Volunteers with experience in dealing with confidential information throughout their careers as nurses.
The COVID-19 pandemic has prompted more people to think about their future planning, with many now considering making legal documents such as an advance care directive or enduring power of attorney.
Mabel and Jan can assist you to work out where to start with your future planning and also with using your personal information to complete online forms such as My Aged Care and My Gov.

Mabel is available
Tuesdays 1.30-2.30pm

Jan is available
Fridays 9.30-10.30pm

South West Healthcare Advanced Care Planning

Melissa Couch, South West Healthcare Advanced Care Planning Officer is available to assist you with your Medical Treatment decisions.
Phone 5564 4182 or Email: rpcadvancecareplan@swh.et.au

Office of the Public Advocate

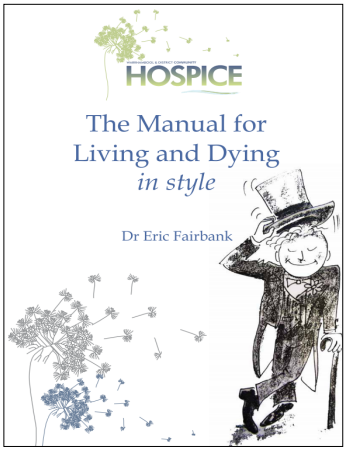
Take Control
of your future decision-making

These 'Take Control' booklets are available when you attend an appointment with Jan or Mabel.
To download, click here

End of Life Seminars - Dr Eric Fairbank

Dr Eric Fairbank has been leading monthly End of Life Seminars at the Archie Graham Community Centre for several years. Unfortunately these sessions are on hold due to Covid 19.

'The Manual for Living and Dying in Style' by Dr Fairbank is available online on the Palliative Care Victoria website: CLICK HERE If you don't have access to the internet, contact Archie Reception and we will source you a copy for $5.



Elder Abuse

Elder abuse violates an older person's basic right to feel safe. It is a controlling behaviour or action which frightens or intimidates and can be illegal. It can occur at any time and be subtle to extreme.

The latest figures compiled by the National Ageing Research Institute of Seniors Rights Victoria data show that financial abuse and psychological/emotional abuse together are the most common forms of abuse reported by older Victorians (81.82%).
Victims are most likely to be female (72.5%). 66.8% of abuse is perpetrated by the older person's child.
Don't suffer is silence, call Seniors Rights Victoria on 1300 368 821

Seniors Rights Victoria

For help with elder abuse: 1300 368 821