

Archie Graham Community Centre

April 2020

Hello Archie Graham Community Centre Friends - thank you to those who are keeping in touch with us at Archie by phone and email with many offers of help during this pandemic. The social connections in our *Archie* community are really important in times like these.

This is the current situation at *Archie* as of 26 March 2020:

Archie Graham Community Centre is closed to the public until further notice.

For general enquiries about Council's Ageing and Disability services including

- My Aged Care
- Regional Assessment Service
- Archie Graham programs and services

Phone : **5559 4920** Email : agccustserv@warrnambool.vic.gov.au

Home Support Services will continue to be provided including:

- Meals on Wheels
- Personal Care
- Domestic Assistance
- Respite Care

For enquiries about these services phone: **5559 4801** Email : agccustserv@warrnambool.vic.gov.au

Archie Reception and Community Programs Team

Our Archie Reception and Community Programs staff continue to be available by phone and email to share information and respond to queries during business hours 9am-5pm if you wish to contact us. Phone : **5559 4920**

Email : agccustserv@warrnambool.vic.gov.au



Future Archie newsletters

Share your 'stay at home' activities & ideas with our Archie Community. Send them to Clare via the contact details below and we will choose some for future newsletters.

Please stay safe and stay home.

Wash your hands often with soap and running water for at least 20 seconds

Try not to touch your eyes, nose and mouth

Cover your nose and mouth with a tissue when you cough or sneeze, or use your elbow.

Phone your doctor or the hotline 1800 675 398 if you need medical attention. They will tell you what to do.

Continue healthy habits: exercise, eat nutritious food, drink water and get plenty of sleep.

Source: <https://www.dhhs.vic.gov.au/coronavirus> Thursday 26 March 2020

An act of kindness to make you smile...

A couple aged in their 80's who regularly come to *Archie* shared a story in a phone call with Jenni yesterday. They were at a local service station and had just put \$60 of fuel in their car, when a 'tradie' who had himself just fuelled up, advised them to get in their car and go home as he had just paid for their fuel.

Phone: 03 55594 920 E-mail: agccustserv@warrnambool.vic.gov.au

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Keep active at home

Michelle Steere, Yoshi Inada Lane and the team here at Archie have included some resources in this newsletter, for community members to keep moving and stay well while you're at home.

Like all exercise programs, please take care of your body as you workout and start gently. Doing too much too soon is not helpful. Done safely, the exercises should be enjoyable and helpful.

Some additional resources have been produced for those who have been attending regular classes at Archie including: Stepping Stones, Strength Classes and Pulselite. They will be posted or emailed to those who have been regular participants. If you have not received one by Tuesday 31 March, contact Archie Reception and we will arrange to get one to you.

Phone : **5559 4920** Email : agccustserv@warrnambool.vic.gov.au

Livestream of Archie Exercise

At 10am on Tuesdays and Thursdays starting Tuesday 31 March, tune into Connect Warrnambool Facebook page to join a livestream of Archie Exercise with Instructor Michelle Steere.

www.facebook.com/connectwarrnambool/ How fabulous!

Thanks Michelle, Jenni and Callan for making this work!

Some sound advice from Yoshi Inada-Lane

Yoshi Inada-Lane, Chiropractor & Yoga Instructor leads weekly chair-based yoga sessions on Friday mornings at Archie. These sessions are about improving mobility and vitality through mindful breathing coupled with gentle movement.

A good focus for the coming weeks/months is on things that maintain a healthy immune system. Including good nutrition, regular movement and managing stress. When we stress and become fearful, cortisol, the stress hormone is secreted and it is this hormone that hinders a resilient and well functioning immune system.

Focus on your breath. Deep and slow breathing is your body's natural tranquilizer. Also focus on moving your body and keeping it strong and nourishing it with good nutrition. The Mediterranean diet is widely available and has lots of evidence behind it being healthy. So does enjoying water as your main drink.

Skipping or limiting alcohol and excess sugar are really helpful choices at this time too.



The Senior Citizen's Club

President Jim Finnerty and Secretary John Parker keep in touch with members via the monthly newsletter. They do a great job at that.

Here's a message from Jim: *'Members are wonderful at looking after one another and all are encouraged to 'reach out' to others, by phone to keep socially connected. It's good for you and for them. We will be back as soon as we can.'*

Ring a friend for a chat, about your shared interests whether it is the billiards, tai chi, gentle exercise, knitting, scottish dancing, walking, indoor bowls, cards, line dancing or painting.

If you wish to contact Jim or John, their phone numbers are in the **Senior Citizen's Club** newsletter. Members are also welcome to call Archie Reception on 5559 4920 with queries.

MINDFUL SEATED MOVEMENT

Movement is one of the simplest ways of keeping the mind calm and clear, whilst keeping the body mobile and strong. Repeat the following exercises daily... enjoy!

Shoulder shrugs

Inhale, gently lifting your shoulders up to your ears, squeezing them tightly. As you exhale, gently lower the shoulders and completely relax. Repeat 10 times.



Thoracic extension and flexion

Inhale, spread your fingers, squeeze your shoulder blades together, gaze upwards, feeling the breastbone gently lifting. On your exhalation bring your palms together, shoot the hands forwards and round the upper back, trying to separate the shoulder blades away from each other. Repeat for 10 breaths.



Thoracic rotation

Cross your arms across your chest, keeping the spine long. Gently rotate your torso towards the left. Return the spine to neutral. Alternate to the opposite side and repeat 10 times each side.



Quadracep activation

Sit with your feet, hip width apart. Lift your left leg up, draw the toes towards your shin and push the left thigh into the chair, as if squashing a bug underneath your thigh. Hold for 3 breaths. Alternate to the opposite side. Repeat 5 times each side.



Taking care of your mental health

Coping with feelings of anxiety

It is normal to feel overwhelmed and stressed during a time like this. It's important to remind yourself that this is a normal reaction and it will pass.

There are plenty of ways to support other people, or be supported if you are feeling anxious or uncertain.

Lifeline Australia 13 11 14

A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe.

www.lifeline.org.au

Kids Helpline 1800 551 800

A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.

www.kidshelpline.com.au

Beyond Blue 1300 224 636

Mental health information and support for all Victorians

www.beyondblue.org.au

Stay connected

While you are in a period of self-quarantine, make sure you reach out to the people you trust, like friends, family, neighbours and workmates via phone, e-mail, Facetime, Facebook video, WhatsApp video or other online services.

Share how you feel and try linking with people who are in a similar situation as you. If possible, join an online forum, social media group or other online community to support others and yourself.

Stay informed

It is normal to want to stay informed, and there are many sources of information about coronavirus in the media. Remember that too much exposure during quarantine, especially to confronting news content, could be harmful to your mental wellbeing. Set limits on the amount of time you spend watching or reading news or social media commentary.

Can I go outside during self-quarantine?

It's OK to go out into the backyard of your house or onto the balcony of your apartment or hotel room during self-quarantine, in fact it can help you feel calm and relaxed to get some sun and fresh air. Always observe the recommended physical distancing requirements from the people around you in the home, and wear a surgical mask if you have one.

Can I receive deliveries during self-quarantine?

Yes, although you should maintain appropriate physical distancing from the delivery person and they should not enter your home. They should leave your delivery outside your door. Consider making payment for the delivery online in advance or using a contactless payment method to minimise the chances of physical contact. Avoid paying by cash.

Be kind



Warrnambool

Mental

Health Week

6-12 Oct 2019

Look after yourself
for good mental health

If you need support see your GP or call LIFELINE on 13 11 14
www.warrnambool.vic.gov.au/mhw2019



Staying home - time to be curious & learn new things

eLibrary resources

eLibrary resources are available 24/7 365 days / year from our own Warrnambool Library which is a member of the Corangamite Library Corporation



eBooks/eAudio



eNewspapers/eMagazines



eMagazines & eAudio



Story Telling
for Children

These easy to use apps can be enjoyed from the comfort of your home. There is something for everyone. To access these resources - all you need is an internet connection and a library membership. Explore by clicking here: <https://www.crlc.vic.gov.au/>

Learn more about your phone - assistance for people 65yrs +



Do you have a phone that you only use for calls?

Imagine connecting with your children and your grandkids and other friends by video call while you are self isolating at home.

If you are keen to use more of the functions on your phone, but don't know where to start?



Contact Pat Ph: 0418173854 or Debbie Ph: 0402713987 **after 9am on Monday 30 March in BH**

If you have any difficulty contacting Pat or Debbie, leave a message with your name and phone number for Michele on Ph: 55594488.

Podcasts, YouTube Clips and Ted Talks

Do you have a favourite podcast, YouTube clip or Ted Talk?

If yes, share your favs in a Facebook post and tag Connect Warrnambool FB page.
www.facebook.com/connectwarrnambool/



Coronacast is a podcast led by ABC broadcasters Norman Swam & Teagan Taylor, that helps to answer your questions about coronavirus. Reliable, brief and factual.

What makes a good life? Lessons from the longest study on happiness



What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness & satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

Google search the title + Robert Waldinger + Ted Talk to listen to the talk.



You can find a YouTube clip to help you learn to do just about anything. From how to change a tyre on your bicycle, car or lawnmower to how to bake, do wood carving, or do 3D printing. Search for anything you want to learn to do!