

Seniors@Monash

The Newsletter of the Monash Branch NSA - Your guide to our information and events
June 2020

Meetings: No meetings at present – we'll be in touch before they resume.

From the President

Hello everyone,

Another month has gone by without being able to meet together, but I am feeling a little more positive that we can see light at the end of the tunnel! We are in the hands of Monash Council as they currently have all properties under their control in lock down.

Chris Gris, our General Manager, has asked that I advise all Monash Branch members that there is a COVID 19 Older Persons Support Line team for any member who needs information or support in relation to the Pandemic. To speak directly to a team member please call 1300 877 626.

Our Research team have released a report "*Who cares? Seniors do*" which outlines details of a major investigation into the care that older Australians provide at home. Findings show that unpaid carers are facing challenges looking after loved ones, are poorly supported and are almost unrecognised.

In another first for National Seniors we have recently become part of Australia's largest not-for-profit charity raffle, **Play For Purpose**. \$5 from every \$10 ticket purchased will go directly to NSA.

It is used by many charities - the link is: <https://national-seniors.com.au/get-involved/buy-raffle-tickets>. It is a great way to support NSA, and fund the work being done.

I am so sorry to have to tell you of the passing of our Committee Member, Barry Sanders on Saturday 23rd May. Our heartfelt thoughts go out to Judy at this very sad time.

I have been telephoning Monash members who do not have an email connection to coincide with our monthly newsletter. It is good to chat about how they are spending their time. We are losing Enid Beverley, one of our members, who is moving to Canberra to be nearer to her family. We wish her well in "The Capital".

Remember to invite friends to our next Branch meeting, whenever that may be.

Really looking forward to seeing you all soon. Keep well and active.

Cheers.....Elaine

Coming Events – Make a Note in Your Diary

For details, see the individual notices.

1st Wednesday:	Our Regular Meeting (currently suspended)
2nd Wednesday:	Wednesday Lunch Group (currently suspended)
2nd Saturday:	Evening Dine Out (currently suspended)
4th Wednesday:	Investment Group (currently suspended)
4th Sunday:	Sunday Lunch Group (currently suspended)

Vale Barry Sanders

It is with regret that we advise Monash NSA members of the passing of our Committee Member, Barry Sanders on Saturday 23rd May.

After suffering through a hip replacement and consequent post-operative problems late last year, Barry died after having a massive bleed on the brain. His wife Judy has told us that he was admitted to Monash Medical Centre and then into Palliative care - he had no pain.

Barry has been our hard working Publicity Officer for a number of years, and he and his wife Judy enjoyed our activities whenever they were able to join us.

Our heartfelt thoughts go out to Judy at this very sad time

Trish and Les Cooper say:

We send our deepest sympathy at this time of sadness.

There are no words that could ever express what you are going through but may the thoughts and prayers of others help to comfort all today and everyday. Our kindest regards.

Lyn and Bob Thorne say:

We are very sorry to hear the sad news.

Ever since joining The Monash National Seniors, both Lyn and I had the pleasure and privilege of associating and enjoying the company of Barry Sanders on numerous occasions. He was such a friendly, helpful and happy man. Our condolences to Judy on the loss of such a brave and nice person.

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An Idea

With the current restrictions, many of us are spending more time in the garden and can find it difficult to get to the phone before it diverts to voicemail or a private answering machine.

Many callers, on getting that diversion message, simply hang up rather than leaving a message, and all too often when trying to find the Caller ID all you see is the statement “private number”. Even if they do leave a message on Voicemail then you may have to pay to retrieve it unless it is included in your plan.

Did you know that you can extend the time that your phone rings before it goes to voicemail or is otherwise diverted, so giving you more time to reach the phone?

Procedures to make changes may be specific to your telco, so it's best to visit their website or speak to them to discuss your needs.

Elaine

NSA Research & Carers campaign.

The "Who cares? Seniors do" research report key findings were:

- ★ Of 4,139 participants aged 50+, 22% were providing care to partners, parents and adult children. They did this, unpaid, out of love
- ★ They spent an average of 26 hours a week caring and some were full time, 7 days a week
- ★ Over half of these unpaid carers provided high to medium levels of care
- ★ Most did not have care plans nor had they accessed government support. They had more health problems than others who were not providing care and
- ★ More practical, psychological and informational support is needed to maintain this essential workforce.

Here are some quotes from NSA, CEO Professor John McCallum that were included in a media release recently.

"We found that older carers provide care to loved ones at no expense to the economy, but at the expense of their own health, wellbeing and finances"

"This work continues through the Pandemic but without the recognition that volunteer firefighters received during the bushfires. Carers are truly unsung heroes when you look at the statistics."

As we accumulate debt stopping the spread of COVID-19, this volunteer care workforce will become even more important, so it makes sense to support and recognise their service. They are the care workers who we haven't yet applauded"

National Seniors Australia are offering carers 12 months' membership when they share their stories with us. Here is the link:

<https://nationalseniors.com.au/news/media-release-carers-and-covid-19-challenges>

Something Trivial

Did you enjoy our "Something Trivial" section last month?

Here are the **answers** for you to check.

Mind you, it is necessary to have a somewhat warped mind to arrive at the first two of these answers!

1. 12 – There is "second day of the month" every month
2. 12 – All of them, although some have more
3. Bitumen Road surfaces – originally called "tarmacadam".
4. Eureka Stockade
5. Switzerland
6. Dead Man's Creek
7. Sea of Tranquility, on the Moon
8. Comets
9. Portugal
10. M.A.S.H.
11. Spanish
12. No, not Oxygen dihydride: Water.

This is serious

An English Lord is being shown around a Scottish hospital.

At the end of his visit, he is shown into a ward with a number of patients who show no obvious signs of injury. He goes to examine the first man he sees, and the man proclaims:

Ye see yon birkie, ca'd a lord,
Wha struts, an' stares, an' a' that;
Tho' hundreds worship at his word,
He's but a coof for a' that:

Affronted, the Englishman thinks "How rude he is!" and passes to the next patient, who declaims:

Fair fa' yer honest, sonsie face,
Great chieftain e' the puddin' race!
Aboon them a' ye tak your place,
painch tripe or thairm:
Weel are ye wordy o' a grace as lang's my arm.

The Englishman, somewhat reassured, even although he hardly understands a word, goes to the next patient, and who immediately launches into:

Some hae meat, and canna eat,
And some wad eat that want it,
But we hae meat and we can eat,
And sae the Lord be thankit.

But the next patient caps it all in full voice:

Wee sleekit cow'rin tim'rous beastie,
O what a panic's in thy breastie!

Now thoroughly insulted, the Englishman turns to his Scottish colleague and says, "Well," I see you saved the psychiatric ward for the last."

"Nay, nay," the Scottish doctor corrected him, "this is the Serious Burns Unit".

Now here are some more easy questions.

What language do the abbreviations "etc." and "e.g." come from? –

What was the date on the first day of the twentieth century?

What rocky town do the Flintstones live in?

Where does Doctor Doolittle live when he isn't travelling?

Which would a "platen" be found in – a tape recorder, a typewriter or a TV

What planet causes the shadow on the new moon?

Which wife of Henry VIII was the mother of Queen Elizabeth I

Which game can gray ooze and green slime do unbelievable damage in?

What does a prima donna do – sing or dance?

Which English queen never married?

And now some harder ones to counter Corona Cabin Fever

1. This is a simple arithmetic addition problem that has had the numbers replaced by letters. Each number is represented by only one letter.
SEND
+MORE

MONEY
=====
2. What number comes next in this sequence?
 $1/1$ $3/2$ $7/5$ $17/12$ $41/29$????
3. Below is a list of well-known eight-letter words showing only their endings. What are the words?
----- RUE, ----- DIL, ----- ANY, ----- P OX, ----- GTH, ----- ELF, ----- OIA, ----- IGE,
----- HOG, ----- TOO, ----- DIX, ----- FIN, ----- UPT
4. What comes next in this sequence: dog, cat, mouse, mole, deer, pig ?
Choose from llama, cow, rabbit, frog.
5. If you were to spell out numbers (e.g. one, two, three etc.) what is the first number that contains the letter "A" ?
6. Which four American states have been mixed up together here?
K N A N O T E X H I W S Y O R A S K O A S

Community Care Blanket project

If you are interested, join our Community Care Blanket project. All you have to do is knit or crochet simple squares that we'll use for colourful, warm blankets.

Please don't feel you need to knit enough to make up a complete blanket, every square counts.

When we can get back together we will create wonderful, colourful masterpieces of everyone's work which will be donated to people in need living in Monash.

Please make sure you follow the instructions for the sizing so all the squares will be the same size and can be easily combined into a complete blanket.

If you prefer to crochet squares, please do so as long as the sizing is the same as the straight knitted squares (20cm x 20cm).

Pattern

Please use 8-ply wool with 4mm needles. The squares should measure 20cm x 20cm

Cast on 40 stitches

Knit in garter stitch until square measures 20cm

Cast off – square completed!

If you wish to complete a blanket yourself here are some tips:

- For a cot blanket we recommend using 6 x 5 squares giving a blanket sizing of approx 1.2m x 1m.
- For an adult blanket we recommend using 6 x 8 squares giving a blanket sizing of approx 1.2m x 1.6m.
- You can if you want, crochet an edge around the finished blanket.
- If you wish to be involved, when you have completed your squares, please ring Vicki Chisholm at Monash Council on 9518 3247 to arrange delivery.

Ordering Pizza In 2020

CALLER: Is this Gordon's Pizza?

GOOGLE: No sir, it's Google Pizza.

CALLER: I must have dialled a wrong number. Sorry.

GOOGLE: No sir, Google bought Gordon's Pizza last month.

CALLER: OK. I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: My usual? You know me?

GOOGLE: According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.

CALLER: OK! That's what I want . . .

GOOGLE: May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

CALLER: What? I detest vegetable!

GOOGLE: Your cholesterol is not good, sir.

CALLER: How the hell do you know?

GOOGLE: Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last seven years.

CALLER: Okay, but I do not want your vegetable pizza! I already take medication for my cholesterol.

GOOGLE: Excuse me sir, but you have not taken your medication regularly. According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX, four months ago.

CALLER: I bought more from another drugstore.

GOOGLE: That doesn't show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you did not withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE: That doesn't show on your last tax return, unless you bought them using an undeclared income source, which is against the law.

CALLER: WHAT THE HELL!

GOOGLE: I'm sorry, sir, Google does not allow profanities on our site. We use such information only with the sole intention of helping you.

CALLER: Enough! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all. I'm going to an island without internet or cable TV, where there is no cell phone service and no one to spy on me.

GOOGLE: I understand sir, but you will need to renew your passport first. It expired six weeks ago. . .

Thanks from the Editor

Thanks to everyone who sent in material for this issue of Seniors@Monash. I haven't been able to include it all, but rest assured I'll try to put in those I missed next month. Do keep the contributions coming – jokes, good advice, tips and tricks, recipes -- they are all of interest.



*To all members who have been unwell,
we hope you feel better soon.
Best Wishes for a speedy recovery and we look forward to you being back with us fit and well.
If you know of a member who is unwell, please contact our welfare officers
Danny and Christina Ward on 98071524*

Monash Theatre Lovers – Future Theatre Events



Contact Leonie: leonietlc@y7mail.com or 9899 1990
(leave message with your name and contact details)

It's a gloomy outlook but here is Leonie's latest information
Malvern Theatre Company
The Dolly Parton Musical "9 to 5"
Her Majesty's Theatre.

I have booked for Matinee Wednesday 16th September.
Payment is due in July... \$73. Waiting on updates.

The last show 25 of us saw and we all loved was "**Come From Away**" at the Comedy Theatre in February. It finished its long season a week or so later.

I had an email a month or so ago....That it is coming back to Melbourne in 2021 as it was so successful!!

Such a heartwarming story.... I might have to see it again!!!!

SOMETHING TO LOOK FORWARD TO:

A bit of Fantasy might do us all a bit of good! I have an idea to book a date/s for "**Harry Potter**" for 2021. This would give us plenty of time to save up for a Special Day Out.

The show is in two separate parts... we would need to book either Part 1 & Part 2 on the same day or a week apart.

It will be a bit of a minefield to organise booking. The cost will be around \$350-\$400 for the two shows. They have of course cancelled so many bookings in the past few months...and will have to give those people other suitable dates.

So it will probably be months and months before we get a date in 2021.
I will endeavour to keep up with any news re theatre/art galleries/concerts



Trade Persons Register

Many members need jobs done and are looking for reliable and economical Tradespersons.

We have a list covering the various trades. Please add to the list if you have used someone recently whom you can recommend; However please keep in mind that we will be having only one person in each category.

Some of the Tradespeople have advertised below. Other Trades are shown on the following list:

Garden Maintenance; Plumber; House Painter; TV Service; Pest Control; Auto Mechanic Mobile Service; Upholsterer; Curtain Maker; French Polisher; Handyman.

For the details of the relevant tradesperson, contact any member of the Committee

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Email: leekeskic@gmail.com



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Association (Victoria)

Gary J. Linkin
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Outings	Phil Allen	0429 197 585	pma27@tpg.com.au
Theatre	Leonie Taylor	9899 1990	leonietlc@y7mail.com
Group Co-ordinators			
Investment/Travel	Danny Ward	9807 1524	dwcw@optusnet.com.au
Wednesday Lunches	Anne Walker	9560 7424	len.walker73@bigpond.com
Saturday Dine Outs	Russell & Patricia Mills	9764-4415	russmills36@bigpond.com
Sunday Lunch	Win Murphy	0421 467 995	win.murphy42@gmail.com
Welfare	Danny and Christina Ward	9807 1524	dwcw@optusnet.com.au
Book Exchange	Noelle Rigby & Lina Agius		
Kitchen	Shirley Miller & Helpers		