

StJ's Village Voice

The perfect place to live *Newsletter of St John's Retirement Village*
Issue No 86 July 2021



KEEP WARM AND WELL!

Welcome back to *Village Voice*! Such a lot has happened as the weather has started to cool down – probably more like freeze **up**!

We are making good use of our Activity Centre, having had our first Village Open Day there as you know.. The weather was promising to be a trifle wet, however true to the good weather we have in our Village, all was well. There was a great result – Heather had quite a few people through and financially, we residents did well. Plus It is always a “catch up with friends” event.

The Activity Centre looks very nice indeed and most of our folk have started to use it in some way. Residents' meetings where we can all get together, Art Group enjoying their time there, Young and Restless etc. We also

have a Table Tennis Group now. Much has been done in the 'Wellness' Room, and lots of use is being made of the gymnasium which is being better equipped. We look forward to our Drama Group using the stage for the first time. We have already had the Navy Jazz Band, the Out of the Blue duo and others making good use of the Cafe afterwards and the Men's Group are also using the Cafe regularly.

We are now looking forward to a lot of activity with the Builders having us all fenced off and ready to begin the “Central Park Project”. We are all hoping for the ‘real’ work to begin soon but first there has had to be a lot to do sorting out water, gas, and other things which I, for one, didn't realise had to be done before the actual building of the new units could begin. You will have seen an excellent plan of the new units on Page 5 of our April edition and we have a ‘streetscape’ on Page 3 of this edition.

On Page 5 you will find a “Getting to know you” piece from our new Pastoral Worker, Mrs Helen Hurwood.



Graeme, Heather, Lesley and Eric Bolitho with Ian Clarnette, enjoying Table Tennis

Thanks go to our Management and staff who continue to do a sterling job as we are constantly bombarded by shut downs because of

the Covid virus. Just as we seem to have it under control – someone does something they shouldn't and the government has to do something nobody wants – and we face another lockdown.

And just to make it worse – something like the recent weather caused havoc with trees down and many people in the Dandenong Ranges and in surrounding suburbs homeless.



VILLAGE NEWS

There has been a lot happening in the Village over the last three months. We have enjoyed many activities in our new Activity Centre as well as the various groups meeting there.



It was too late for the last *Village Voice* to carry photos of our residents who joined our **Over 90's Club** and were given a Certificate to prove it by our local MP Neale Burgess.

Here are some of the photos taken at that time



(Terry Trevitt stood in for his wife, Joyce, who is not well.)

The **Navy Jazz Band** was very much enjoyed by the big crowd who attended and was followed by a lovely afternoon tea in our Cafe. The Band's singer also had her little daughter with her who we all enjoyed toddling around. It was her mother's first outing with the Band since the little one's birth. It was impossible to get a photo of her - all we grandmothers were anxious for a cuddle!



We had an excellent turn up for the **Anzac Day luncheon**. A great deal of interest was shown at the many historic photos etc. Thank you to the Pettigroves and all who contributed to the exhibitions.

We recently had the **June resident's Meeting** at which Ian Clarnette gave a Report of the newly formed Table Tennis Group up and running (or should I say - playing).

You will have received a copy of the Minutes of the Meeting.

(I apologise for the lack of pics as you were all disguised with Covid 19 masks!!!! Ed.)

The most recent event held in the Activity Centre was the “**Out of the Blue**” duo, an hour of 50’s, 60’s, and 70’s music with a good dose of dancing (?). Those who were able to go enjoyed themselves greatly.

I missed out as I didn’t realise it clashed with my second Covid shot. (Ed.)

KNITTING GROUP

It has been a very quiet time due to lockdown. However we are now able to meet and enjoy the company of other ladies. Although we have not been able to meet, they have been busy at home. We have just sent a large donation of rugs and knit wear to the Western Port Community Centre, for which they were very grateful as they give it to needy families in the area before the winter sets in.

We would love to see more ladies join our group. You would be made most welcome. We meet in the Apartment Lounge each Wednesday at 1.30 pm.

Hope to see you there.

Jane Moran

COMING EVENTS



Thursday	29.7.21	Drama Group presentation 2pm	Activity Centre
Thursday	23.8.21	Daffodil Day	“ “

*(1pm, Ukelele Players to entertain and afternoon tea
\$5 donation to Cancer Council.)*



An Architects drawing of “Central Park Project” as seen from Park Lane

WELCOME NEW RESIDENTS

Ann Donaldson	to	Unit 104
Peter Spark	to	Unit 105
Harry and Julia Keen	to	Unit 76
Marilyn Clausen	to	Unit 59

Thought for the season

**The biggest surprise in literature
is the borrowed book that
comes back!**
(Winter being the time for reading)



Message from the CEO

Special message to all residents and their families

The COVID-19 virus continues to disrupt our lives in ways we would never have imagined. The duration of the pandemic looks like running into next year as the health authorities grapple with new strains, having to carefully manage the supply of vaccines and a hesitancy by many in getting vaccinated.

A good number of residents and staff will have had their second 'jab' by the time you read this article. The higher the percentage of people that get vaccinated the safer we will all be.

The most disappointing aspect of the lockdowns has been the disruption to getting out and seeing people. I can hear you saying – "but it's winter". Yes, it is winter, we have however passed the shortest day of the year and will gradually see the daylight hours get longer.

It is now time to fill your day with events, trips and activities that are being generated and supported by your Village community. Your health and wellness will benefit greatly by getting out, meeting others and joining in. Watch out for the monthly Calendar or check the TV screens in the community buildings for upcoming events.

The Management team and Staff look forward to seeing you all (and families) joining in as we work to leave the COVID pandemic behind us and get back some of what we enjoyed so much. We look forward to joining with you at many of the upcoming events.

Stay Safe, Best wishes

Graeme

From the pen of Winston Churchill

- A Nation that forgets its past has no future.
- One man with convictions will overwhelm a hundred who have only opinions.
- A pessimist sees the difficulty in every opportunity : An optimist sees the opportunity in every difficulty.
- A good speech should be like a woman's skirt : long enough to cover the subject and short enough to create interest.



Thank you to Eric Bolitho for this contribution.

Letter from Helen (Pastoral Care Person)



Let me introduce myself. My name is Helen Hurwood, married to Phil with 2 adult children and a daughter-in-law, one spoodle dog and 3 chooks.

We have lived in Frankston for over 20 years and seen some changes in that time! Previously we were in the country – Kyabram, Avoca and Bendigo.

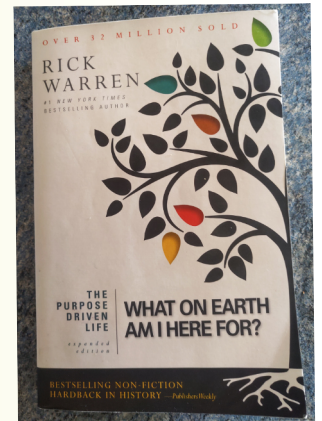
I have worked in schools, with Frankston Council and with an accountant in Mornington. We belong to the Anglican

Church and attend St. Andrews Somerville.

As part of my small group we have been looking at a book called **“What on Earth Am I Here For?”**

It’s a good question and each chapter has made us think and provoked discussion.

We are all a work in progress – no matter what age we are. There are always things to challenge us and give us opportunities to build our character. Rick Warren, the author of the book, says “You’ll wonder – Why is this happening to me? Why am I having such a difficult time?” One answer is that life is supposed to be difficult! It’s what enables us to grow. Remember earth is not heaven and contrary to popular belief, life is not about you!



The challenge is to grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We can all work on developing these characteristics.

Recently I was appointed the Pastoral Care Person for St. John’s Village and have enjoyed meeting and getting to know a number of you. I work Tuesday afternoon and Thursday morning for 2 hours each time.

I am here for you so if you would like a visit from me then you can let the office know, let Lesley know or email me at helen@stjohnsvillage.net.au

- It is better to cultivate faith than to entertain doubt.
- A man’s true wealth is the amount of good he does in this world.
- Courage is fear that has said its prayers.



A Message from the Business Manager

“COVID-19” Scams

Scamwatch has received over 6415 scam reports mentioning the coronavirus with more than \$9,800,000 in reported losses since the outbreak of COVID-19. Common scams include vaccination, phishing for personal information and online shopping.

Do not provide your personal or banking details to strangers who have approached you. Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation. Example of scams are: -

Vaccination scams

- Request payment for vaccines or for early access to vaccines.
- Offer to mail vaccines.
- Offer to pay money as an investment opportunity in the Pfizer vaccine.
- Fake surveys related to vaccines that offer prizes or early access.

Phishing – Government Impersonation Scams

- Ask for your personal and financial information.
- Gain remote access to your computer.
- Seek payment for a fake service or something you did not purchase.
- Scammers pretending to be government agencies providing information on COVID-19 through text messages and emails 'phishing' for your information. These contain malicious links and attachments designed to steal your personal and financial information.

Online shopping scams

Scammers have created fake online stores claiming to sell products that don't exist — such as cures or vaccinations for COVID-19, and products such as face masks.

- The best way to detect a fake trader or social media shopping scam is to search for reviews before purchasing.
- Be wary of sellers requesting unusual payment methods such as upfront payment via money order, wire transfer, international funds transfer, preloaded card, or electronic currency, like Bitcoin.

Tips to protect yourself from these types of scams:

- Don't click on hyperlinks in text/social media messages or emails, even if they appear to come from a trusted source.
- Never respond to unsolicited messages and calls that ask for personal or financial details - just press delete or hang up.
- Never provide a stranger remote access to your computer, even if they claim to be from a telco company such as Telstra or the NBN Co.
- To verify the legitimacy of a contact, find them through an independent source such as a phone book, past bill, or online search.

Be careful and stay safe.

Regards

Heather



STAFF PROFILE

Lesley Taylor

Care & Wellness Manager

Q1.If you could live anywhere, where would it be?

I have always lived in Victoria and could not imagine living anywhere else. Shoreham with water views and land would be lovely.

Q2.What would you change about yourself if you could?

To be a size 12! That would be great.

Q3.What motivates you to work hard?

The residents.

Q4.What is your proudest accomplishment?

My family- my grandchildren who I adore and am looking forward to many more.

Q5.What did you want to be when you were small?

A hairdresser or Air Hostess.

Q6.If you could choose to do anything for a day, what would it be?

To be the Richmond coach for the day.

Q7.What would you sing at Karaoke night?

I am woman.

Q8.If you could only eat one meal for the rest of your life, what would it be?

Lasagne (this is why I'll never be that size 12).

Q9.Have you ever had a nickname? If so what was it?

At school it was 'Charlies Angels' as there were 3 of us in my group.

Q10.Would you rather win the lottery or work at the perfect job? And why?

The lottery as I have the perfect job.

Q11.If money were no object, what would you do all day?

Shop!!!!!!!!!!!!!!!!!!!!!!

Q12.List two pet peeves.

My husband snoring and gossip.

Q13.What is your greatest achievement?

Working at St John's for over 17 years and residents and families appreciating the work we all do.

Q14.Where is the next place on your travel bucket list?

The Nullarbor (hopefully August/September this year) in our caravan. Seeing the whales, Perth, Eyre Peninsula and Margaret River. (Fingers crossed)!

Q15.What is the last TV show you binge watched?

Celebrity Apprentice, Big Brother and The Great British Bake Off.

MONEY

Living on a budget is the same as living beyond your means except you have a record of it.

**The easiest way to live within your income.
Stop your neighbours buying what you can't afford.**

Bank accounts are like toothpaste, easy to take out , but difficult to put back



Lesley Taylor Care & Wellness Manager writes

I am hesitant to talk on Covid-19 as the restrictions change often but one thing that does not change is the stress Covid has on us all.

Covid-19 has changed the way we live. Our freedom with restrictions changed our daily life. Now we have a vaccine, there is light at the end of the tunnel.

I read this article and thought it was good to share with you.

“Under these circumstances, it’s normal to feel anxious, overwhelmed, confused, sad or even bored. But these feelings can take their toll, and we all need to take the time to care for ourselves and to look out for our friends, family, and neighbours.

There are things you can do to take care of your mental health and wellbeing.

Look after your physical health. Exercising and eating well help us stay physically and mentally healthy. Eating well can help you stay healthy and avoid illness. Focus on choosing and enjoying a wide variety of foods from the 5 food groups every day. Healthy eating can boost your quality of life and reduce the risk of infections and diet-related chronic diseases.

Stay connected. Maintaining social connections is important to feeling safe and well. You can still keep in touch with family and friends while you practise physical distancing through:

- video chats
- phone calls
- chats with neighbours while keeping 1.5 metres apart.
- (Also attending St John’s activities)

Take breaks. *Be kind to yourself and take time just for you, even if it is just a few minutes to take some deep breaths and step outside into the fresh air. Plan your breaks and use them to do something that makes you feel calm and happy.*

Reach out to others. *Some people are particularly vulnerable for different reasons. They may be older; live on their own, have a chronic medical condition, or live in a challenging home situation. Reaching out to give people support, if you are able, can help your mental wellbeing and make a big difference to someone else’s life.*

Seek support. *It’s normal to have ups and downs, and it is important to talk about how you’re feeling with family and friends. In times like these, they are likely experiencing similar feelings. If you want to talk to someone else, but aren’t sure where to start, there are lots of great online and phone chat support services available.”*

(I can help you with phone numbers and contacts). Plus, **talk to your doctor.**

Hope you are all travelling ok. I am here plus the Care Team to talk anytime. My coffee mornings are back on 10am Wednesdays, in the Activity Centre. Lovely place to chat and unwind.

Take Care and remember we are all in this together.

Lesley

Churchill Island bus outing. Tuesday June 22nd.

After the cancellation of prior bus outings due to lockdown in June, eleven residents were happy to travel on a sunny though cool afternoon with our bus driver Des to Churchill Island. Fares paid, seat belts buckled, face masks on, Laurel, Irma, May, Jan, Patricia, Lorraine & Ray, Barbara, Maria, Anita and yours truly enjoyed the journey along the South Gippsland Highway to Phillip Island and across the bridge to Churchill Island.



The tide was out, the sea was like glass and the reflections from the banks were mirrored in the water as we crossed the bridge to the homestead for afternoon tea at the cafe. Coffee and cake very welcome after the hour plus drive.

The shop was a venue to explore, Australian goods being for sale. The lovely day and freedom to move around had enticed many to visit and groups could be seen strolling



around the farm area and admiring the sea views. Highland cattle grazed along with other breeds. Prolific bird life, the water hens, Cape Barren geese, ibis and of course the ever present gulls added interest and they were not at all alarmed by our presence.

A highlight on the return journey as we crossed the bridge back to Phillip Island was the sight of a wallaby grazing peacefully by the roadside. Thank you to Des for being a caring, considerate and capable driver and taking us safely to and from this destination.

Ruth Rae

Young and the Restless has a new name. . . Nat's Craft Group

which will be held every 2nd Monday at 1pm in the Activities Centre. Tuesday the 6th of July will be the last Tuesday class. Next group will be on Monday the 26th of July (due to residents meeting on the 12th July). A big thank you to everyone who turned up for the meeting on the 29th June. This showed a big support to Nat and the craft team. Thank you to Lerleen, Marcia & Judy who have offered to buy items Nat requires. Cheers to Owen, Ray and Ros Clauson for their help in the café. Photos are of items Nat's Craft Group made after the meeting. Everyone is welcome to join in the craft group.



Enjoy a chuckle



The mother of a large family explained why she dressed all her children alike, right down to the youngest.

"When we had just four children, I dressed them alike so that we wouldn't lose any of them. "Now, with six," she added, "I dress them alike so that we don't pick up any that don't belong to us."



The first night a young doctor settled into his country practice he was called to a sick child.

Diagnosing, he declared;
"The child has smallpox, but I'm not very well up in the treatment - we must adopt a special approach. Just give him this draught - that will give him convulsions, and then send for me. I'm a wizard on convulsions".

When her gardener suddenly took ill, the wealthy dowager decided to visit him in hospital. Approaching the visitor's desk, she announced:

"I've come to see Mr. Johnson in room sixteen."

"Are you his wife?" asked the nurse on duty.

"Certainly not!" retorted the haughty employer. "I'm his mistress."



"What's the idea," asked the boss of his new employee, "of telling me you had five years experience, when I now find you never had a job before?"

"Well," said the young man, "Didn't you advertise for a man with imagination?"



Enjoy a chuckle

Two lions escaped from the zoo on the same day. After three weeks of liberty they ran into one another. One of the lions was thin and emaciated, while the other was sleek, fat and obviously well fed. *"I'm thinking of going back to the zoo,"* said the thin one. *"I haven't had a bite to eat for a fortnight."* *"Heavens,"* said the fat lion, *"you'd better come with me. I'm living near Parliament House. I eat a politician every day of the week - and the beauty of it is, they're never missed."*



A self important young physician was haranguing an elderly family doctor about modern developments in medicine.



"The days of the non-specialist are over," he said. "To keep abreast of modern medical science one must specialise intensively. Even the old so-called specialists were far too broadly based. Take ear nose and throat work, for instance - nowadays that represents far too wide and complex a field of investigation for one person to cover scientifically. I intend to concentrate on the nose..."

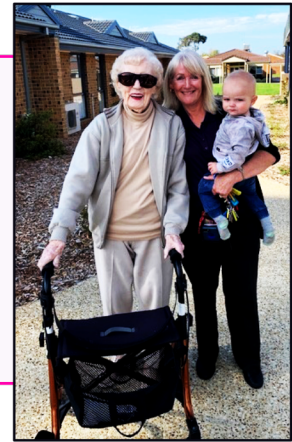
"Really?" murmured the old doctor, "Which nostril?"

At a farm auction, bidding was particularly brisk for an old handblown whisky bottle and finally a collector on my left was the successful bidder at \$150. When his purchase was handed over to him, an aged but sharp eyed farmer nearby leant over and took a good look at the bottle.

"My God," he gasped to a friend, "It's empty!"



Lorna Grant, who is 99 and looking forward to her 100th birthday later this year, with one of our PCA's, Vicki Quinlivan and her grandson Remi, who is one year old.



An elderly Welshman living alone in Merthyr wanted to plant his annual tomato garden, but it was very difficult work, since the ground was hard. His only son Dai, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament.

Hello Dai, I'm feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over because you would be happy to dig the plot for me, like the old days. Love, dad.

A few days later he received a letter from his son.



Dear Pops, Don't dig up the garden. That's where the bodies are buried. Love, Dai

At 4a.m. next morning, forensics and local police arrived and dug up the entire area without finding any bodies. They apologised to the old man and left. That same day the old man received another letter from his son.

Dear Pops, Go ahead and plant the tomatoes now. That's the best I could do under the circumstances. Love you, Dai



COMPUTER TIPS & TRICKS

There may be some residents who are not aware that there are two Windows 10 computers and a printer, available for residents use, in the Art & Craft room. Both computers are connected to the internet and to the printer.

If you need a run through on how to use them talk to Fred Rowney 0437 482 662.

You may have read that there is a new version of Windows coming out called **Windows 11**. My information at the moment is that it will only run on very new computers. However the present **Windows 10 will be supported until 2025**. More news when it comes to hand.