



# HHRCS NEWSLETTER

## Autumn Issue

42 - 46 Gladesville Road  
Hunters Hill  
NSW 2110

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### AUTUMN UPDATE

The "Live Life" theme for Senior's Week celebrates active, healthy and independent seniors in our communities. In 2014 two special seniors have been recognised for their tireless work in our communities. Margaret (Meg) Marshall has volunteered for HHRCS for more than 19 years in the Day Centre keeping the garden beautifully maintained and doing the monthly mail out. This year she was named as the Hunters Hill Citizen of the Year. Margaret Spinks received an Australia Day Honour Medal (OAM) in the general division for service to the community of Hunters Hill. Margaret volunteered for HHRCS Meals on Wheels from 1971 to 2008. Both Meg and Margaret are local examples of Seniors who "Live life" and I would like to congratulate them on behalf of everyone at HHRCS.

On Thursday 13 February Blandville Court celebrated Chinese New Year, I felt very privileged to be able to witness such a display of talent. The performances by the tenants were wonderful and I would like to thank Tina Liu and her team for putting together the program.

HHRCS has welcomed two new staff Melinda Jones in Food Services and Maddalena Pannucio. Melinda was one of our Meals on Wheels volunteers and Maddalena has joined the Social Support Team in a permanent part time role after being a casual member of that team for at least 18 months. Kate Lee has left HHRCS to study Social Work and Sandra Mollica has left to pursue a new direction - thank you both for your service.

To all our Seniors in the community continue to "Live Life". I am very privileged to witness many example of Seniors living life as they come into the Community Centre to play table tennis, join the computer club and do exercises. Hunters Hill Ryde Community Services provides the following services for Seniors wanting to be active in their community - Women's Wellness on a Tuesday morning, the Men's Shed on Monday and Wednesday and the Social Bus Outings on a Tuesday. For all enquiries please call 9817 0101.



### HUNTERS HILL WINE and FOOD FESTIVAL - SUNDAY 4 MAY

Food, wine, friendship and passion led to the first Hunters Hill Food and Wine Festival in 2000 and like a good wine...and indeed a good friendship, our annual festival just gets better with age.

Gourmet food producers from Hunters Hill and nearby suburbs will show a cultural FEAST. Expect to see Mercato & Cucina rolling fresh pasta, Via Napoli firing two wood fired ovens, Bistro Meme doing a whole pig, Austrian Schnitzelhaus, El Mercato Paella. Fine variety's of wine and proscuitto. Just check out the web site and facebook page. <http://hhfoodnwinefestival.wix.com/hhfoodandwine>  
<https://www.facebook.com/hhfoodandwine>

Look for regional representation, varietal tastings and meet the winemakers. Enjoy kids rides and entertainment and the many familiar faces of your Community!

**Hunters Hill Ryde Community Services is delighted to be one of the beneficiaries in 2014. If you would like to volunteer at the Food and Wine Festival and be part of the HHRCS volunteer team, please ring Anna or Branka on 9817 0101.**

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### Did you know...

1. The so-called 'dingo fence' in Australia is the longest fence in the world, and is about twice as long as the Great Wall of China. It has a gate every 19kms along its length.
2. Some bad news about Australia - 21% of the world's gambling machines are in Australia. We have a mere 0.003% of the world's population!
3. Australia has possibly the lowest population density of any country in the world, i.e. 2 people per square km. Japan has 327 people per square km
4. Australia has more beaches than any other country, about 7,000 of them.
5. The world's largest structure created by living creatures is the Great Barrier Reef, off the Queensland coast. It's over 2000km long, and covers an area of nearly 260,000 square km.



## ASSISTIVE TECHNOLOGY DEVICES

**Product:** Jar Key Pop Opener

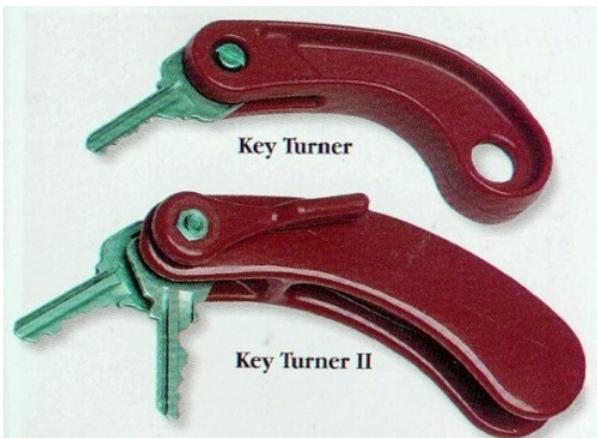
**Description:** This jar opener is used to open jars with a vacuum freshness seal. It pops the jar's vacuum, the lids are then easier to open.

**Location:** Ausmedic Australia (North Ryde); Kmart; Mitre 10 Stores.

**Product:** Homecraft Cordless Kettle Tipper

**Description:** A plastic tipping device for holding a cordless kettle. There is a metal plate that secures the base of the kettle. A frame with a hook and loop strap keeps the upper part of the kettle in place. A cut out at the foot of the tipper allows cups to be positioned as close to the kettle as required. The frame has an inbuilt back stop to prevent spillage if the kettle is accidentally released during use.

**Location:** Able Rehabilitation Equipment (Silverwater); Ausmedic Australia (North Ryde); Whiteley Corporation Pty Ltd (North Sydney).

**Product:** Homecraft Key Turner

**Description:** Lightweight heavy duty hard plastic key turners for one or two keys. They have a curved built up handle for a comfortable grip and increased leverage. Keys fold into the handle when not in use. Key Turner 1 holds one key. Key Turner 2 holds two keys.

**Location:** Able Rehabilitation Equipment (Silverwater); Arthritis Australia (Glebe); Ausmedic Australia (North Ryde); FAS Therapeutic Equipment (Lidcombe); Invacare Australia (North Rocks).



## COMMUNITY PROFILE

### Fiona Maiyin Thockloth

Fiona is a passionate and dedicated teacher of Tai Chi, Holistic Healing and Meditation and is actively involved in the Community. Following in her Grandfather's footsteps, a well respected TCM healer and Tai Chi Master, she continues to teach others Tai Chi and Meditation.



With a family history and lifelong interest in the martial arts, health and wellbeing, Her passion is teaching and passing on this knowledge to others so they can have better health, fitness and peace of mind.

*Fiona says:* "I really enjoy my role in Women's Wellness and being able to share my skills in Tai Chi to help improve and maintain women's health and wellbeing. In my 15 years of running different health programs and teaching all ages I always select the movements that best benefit the women in each group. We can then all participate and feel the benefits of our Tai Chi as well as enjoying the good company and friendship of the women in our Wellness groups."

#### *Background – a little information on Fiona's career path:*

Along with a Bachelor of Asian Studies, Diplomas in Complementary therapies & internationally recognised qualifications in Tai Chi, Fiona is also a well respected Tai Chi Master. She has been formally trained at the Tai Chi Academy and trained in traditional YANG style Taiji Chuan by 5th Generation of Yang Family Tai Chi Master Zhao in Xian, China. From beginners to advanced she teaches many varieties of Tai Chi depending on the students or class needs.

#### *About our classes:*

Older Women's Wellness Group meets on Tuesday mornings for tea, coffee, good company and Tai Chi!

The Tai Chi classes are designed with the focus on relaxation and gentle Tai Chi movements to improve balance, muscle strength and joint flexibility.

The classes are open to all older women who are interested in improving their health and wellbeing in pleasant company. You can attend as many classes as you want and pay as you go.

**Venue: 44 Gladesville Road, Hunters Hill.**

**Time: 9.45am – 11.30am**

**Cost: \$10.00 per class**

**For enquiries please phone HHRCS 9817 0101**



## FOR YOUR DIARY

Volunteer Recognition event at 2pm 14 May - more information will follow.





## CARERS SUPPORT ENJOY A DAY WITH SAILORS WITH disABILITIES

HHRCS Carer Support is very grateful to Sailors with disABILITIES (SWD) for giving their carers 'time out' by providing them with the opportunity to be passengers on board their 52 ft yacht. The carers had a wonderfully relaxing 3 hours sailing out to the Heads and around the harbour during February. SWD is manned with a crew of friendly volunteers whose aim, apart from manning the yacht, was to ensure HHRCS carers had a fabulous day. The carers soaked up the sun, engaged with other carers while the crew served drinks, cheese, dips and fruit platters. You just had to look around and see that each carer was enjoying the experience. Below carers have their say:-

> *"Last Sunday with Sailing with disAbilities was such a beautiful gift to me. Thank you to all who made the day so special. I found by the end of the time on the water I was so relaxed, it was amazing. I hadn't realised that I had been holding onto so much stress and strain in my life until I felt it all leave me. I don't remember the last time I felt that way!! The crew were so hospitable and interesting to talk to and gave us a truly memorable afternoon."* Mary

> *"Thank you for special experience I had sailing last Sunday with disAbilities. It was beautiful weather. The people around me were looking happy and the staff were very busy offering to us all the time, drinks and sandwiches. Thanks for their hospitality."* Vera

> *Ian and I had a wonderful day sailing. It was great to leave our worries behind for a few hours. The weather was perfect, the company was perfect and we knew we were in safe hands. Thank you for organising this for us and thank you to Sailing with disAbilities for the wonderful opportunity."* Lyn

> *"My day sailing was an adventure thanks to you and all the crew. What a bunch of lovely people give them my heartfelt thanks."* Angela



Glorious weather and oh so relaxing - as you can see.



## CHINESE NEW YEAR AT BLANDVILLE COURT

On Thursday 27 February Blandville Court residents gathered together in the Community room to celebrate Chinese New Year of the Wooden Horse. There were many performances by talented Blandville residents, including David Phelan from Pittwater Road. David is a talented flute player who is in Grade 8, which is a huge achievement being the highest grade in musical instruments. Performances by Blandville Court residents included Rone's beautiful Chinese artwork hung around the Community Centre; the choir group who sang three Chinese songs beautifully despite having only 3 weeks to prepare; Lillian and Sheng Kui Zhuang sang a duet; Sheng Kui Zhuang performed a traditional Chinese dance; Lillian did a beautiful solo yellow fan dance and Kevin Southam, with his strong voice, sang *Amazing Grace* which the audience loved as they chanted for more.

Other residents prepared delicious dishes and desserts for the community to enjoy. It was a successful evening full of laughter, cheering and applause. Residents of Blandville Court should be very proud of themselves as they successfully put together an entertaining Chinese New Year show for the community to enjoy. They're already looking forward to doing it all over again next year.





## WHAT A DIFFERENCE A VOLUNTEER VISIT MAKES!!

As the Volunteer Visiting Coordinator I get to see what a positive impact a Volunteer Visitor can have on a client's life and it is always a wonderful reminder of what a difference a friendly smile and an encouraging word can make.



In mid 2012 Clare had had a recent spell in hospital and was not feeling too well. Clare's husband had recently moved into a nursing home and Clare found herself with large amounts of time at home. On my first visit with Clare I found that she had a wealth of interesting stories and knowledge to share. In addition Clare had been a painter of some note, but had lost some of the motivation to paint.

Around the same time, Dee, one of our Community Visitor's Scheme volunteers, became available and said that she would be happy to do some home visiting too. Serendipity came into play, because Dee was also a painter. It gave me great pleasure to introduce Clare and Dee to one another and to witness the enjoyment that sharing their interest in painting generated.

About four months after Dee commenced visiting Clare was advised not to drive anymore. This meant that Clare was confined to home much more than previously and Dee's regular visits became even more valued, Clare describing Dee as "a very special lady". This is not a one way street as Dee often comments to me about how much she enjoys visiting Clare.

Earlier this year I went to visit Clare to see how she was going. Clare told me that she will shortly be moving to be nearer her daughter and the facility that she will move into will also be able to accommodate her husband. The decision to move from home into aged care is seldom an easy one but Clare has come to this conclusion with all the grace and charm that she displays in everything she does. Clare was adamant that without the support and confidence that Dee's visits gave her, and the interest that Dee had shown, she would not have been able to make this decision.

The way that Clare is handling this decision is truly impressive and when I conveyed her appreciation to Dee, Dee's response was "I just tried to give her some encouragement each time I visited".

Norah Palmer - HHRCS Volunteer Visiting Coordinator

## WINNERS

HHRCS was nominated to participate in the Grill'd Local Matters donation program at Grill'd Macquarie Centre for the month of January. Every month, Grill'd donates \$500 to local groups and asks their customers to decide who the money goes to. When customers buy a burger they receive a token to put into one of 3 jars representing different groups. Whichever group has the most tokens at the end of the month receives \$300. The other two groups each receive \$100.

GREAT NEWS! Customers at Grill'd Macquarie Centre have decided they wanted to award Hunters Hill Ryde Community Services with the biggest donation from the Local Matters program. We will receive a \$300 donation from Grill'd Macquarie Centre to help continue our community work.

THANK YOU to those who spread the word and headed down to Grill'd Macquarie to buy a burger.  
Located on  
Level 4, Macquarie Centre,  
North Ryde.





## BLANDVILLE COURT ART & CRAFT EXHIBITION 2013

On Wednesday 18 December 2013, HHRCS Social Support Team held a successful Art & Craft Exhibition at Blandville Court Community Room. The Art & Craft exhibition showcased more than 130 wonderful art and craft works created by social Housing residents in Gladesville. HHRCS General Manager Anna Buddo, Social Support Team leader Branka Ivkovic and Hunters Hill Council Aged and Disability Coordinator Tania Gamble attended the exhibition.

Anna extended her warmest welcome and wishes for a wonderful year ahead to all the participants. Branka presented bouquets to the volunteer art and craft teachers, Blandville Court residents Margaret Milham and Lillian Zhang, recognising their excellent contributions to the community. On behalf of the Rotary Club of Hunters Hill, Club President Philip Siggleknow and member Susan Arnaudon donated 50 Christmas hampers to Blandville Court residents. Everyone indulged in a lovely morning of art and craft appreciation, delightful flute solo and a delicious morning tea.



Branka presented bouquet to painting teacher Margaret Milham



Branka presented bouquet to craft teacher Lillian Zhang.

Beautiful entertainment from flautist David Phelan



Rotary Club of Hunters Hill donated 50 Christmas hampers



Left: Painting group

Below: Blandville Court residents



Craft group



Margaret Olah and her craft





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## 9 LETTER WORD

Word: something Seniors have lots of.....

D	N	W
E	G	K
L	E	O

Can you make more than 20 words?

(must always use central letter; have more than 4 letters; no proper nouns and one word must use all 9 letters)

## SUDOKU



To solve a Sudoku puzzle you have to use the numbers 1 - 9 to fill in the blank squares so that each row, column and each 3 x 3 square has all the numbers 1 – 9 appearing only once.

		7						
4			1	3	8			
		1	6	4		5	9	
5	4	6		3				2
		7	5	2	6	1		
3				7		9	6	5
6	2			8	9	5		
		9	7	2				8
							9	

## DONATIONS - PLEASE HELP

Every Wednesday in the Day Centre the clients participate in Tai Chi. Tai Chi provides a relaxing half hour of soothing music and movement. The benefits of Tai Chi for people with dementia are they are calm, relaxed, have to follow instructions and are doing gentle exercise.



Your donations will make a difference it can help us to offer more activities such as Tai Chi.

To make a donation - please make cheques payable to: Hunters Hill Ryde Community Services (mail or drop in to us at: 46 Gladesville Road Hunters Hill 2110) or Direct Debit: SBS 062182 A/c1009 2603 - for Description please quote: **Your surname/DCC** (please email us to let us know you've made a direct deposit: office1@hhrcs.org.au)

## BREAKING NEWS

A beautiful crop of egg plants is flourishing in your Community Garden



Newsletter Editor:  
Janice Lee  
Volunteer - HHRCS