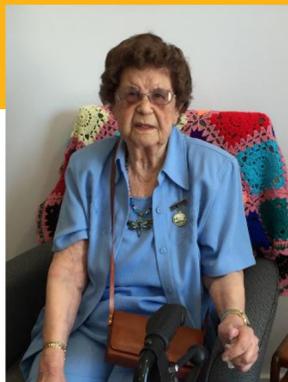




Tai Chi class in action

SHE'S AN AMAZING FORCE
TO BE
RECKONED WITH!
THAT SUMS UP DOREEN VOWLES
TO A TEE.



DOREEN IS JUST ABOUT TO TURN 96 YEARS OF AGE AND WITH GREAT RELUCTANCE AND SADNESS SHE HAS DECIDED TO RETIRE FROM REGULAR THURSDAY MORNING TAI CHI CLASS.

TAI CHI HAS BEEN A PART OF DOREEN'S LIFE FOR MANY YEARS. FIRSTLY NIGHT CLASSES WITH THE LATE AND BEAUTIFUL KAREN ANDERSEN IN THE EARLY 1990'S AND LATER JOINING THE TAI CHI SESSION AT THE HERITAGE CLUB WHERE SHE BECAME A LIFE MEMBER. DOREEN JOINED OUR SESSION IN FEBRUARY 2011, BARELY MISSING A CLASS DURING THOSE 7 YEARS.

DOREEN HAD NO PROBLEM WITH ANY OF THE TAI CHI/ CHI KUNG MOVES - TOUCHING HER TOES- TURNING HER NECK OR WAIST, LEFT OR RIGHT IS NOT A PROBLEM FOR HER. SHE IS AMAZINGLY SUPPLE AND AGILE, AND SO WE THINK THAT SAYS A LOT ABOUT DOREEN'S MINDSET AND OF COURSE REGULAR PRACTISE OF TAI CHI.

ROD AND I AND THE TAI CHI GROUP WILL MISS DOREEN SO MUCH ON A THURSDAY. SHE IS A GREAT INSPIRATION TO US ALL AND, MAY I ADD, ONE OF LIFE'S GREAT AND INTERESTING CHARACTERS.

ROD & TRISH CROCKFORD



Contact us

Community Connect Goolwa
The Hub
1 Loveday Street
PH. 8555 7230
Mon.- Fri. 8.30am - 4.30pm

Community Connect Strathalbyn
Strathalbyn Library
1 Colman Terrace
PH. 8555 7277
Mon.- Fri. 9.30am - 3.30pm

Your team

Community Sevices Coordinator
Beth Moore

Community Connect Coordinators
Deb Gregory
Angela Fleming

Community Connect Program Development
Judy Payne
Chris Atkin
Kylie Markow



...the average Australian family produces about 2.25kg of waste per day



Deep in conversation at afternoon tea, Strathalbyn's Community Table



Ninty six not out for Tai Chi stalward Doreen



Volunteer Des with Eileen Sly at the Fleurieu Aquatic Centre



Do you enjoy craft, knitting, crocheting or just want to get creative?

COMMUNITYCONNECT

Autumn 2018



out and about at the Retro Vibe Cafe, Port Elliot



Supported by
Government of South Australia
Department for Communities
and Social Inclusion

Supported by Australian Government Department of Health

Welcome to your new look **Community Connect** newsletter, an information and proactive service initiative of **Alexandrina Council**. This new look publication reflects the development of the Community Connect program across the Alexandrina Council region. Community Connect has been working towards an approach that recognises the achievements and aspirations of our community to improve wellbeing for all people. Thanks must go to the Team for their work to achieve this new look publication and especially to our expert advisor Johnny Bruce. Feedback relating to the new look and content from our readers also supports the quality of this publication. To contact Community Connect with your ideas, contributions, and input, please see contact details on the back page of your newsletter. **We hope the information, news and articles contained within you will find useful, engaging and entertaining.**

'WE HEAR YOU'

film out now on YouTube!

'We Hear You' is a short intergenerational film that was created with a grant from Regional Development Australia – Adelaide Hills Fleurieu & Kangaroo Island in late 2017 and was part of the Zestfest celebrations. We'd like to extend our thanks to the interviewees and young people for the time and energy they donated to the film as well as a special thanks to filmmaker Oliver Delvecchio and Lyn Pike who managed the project.

'We Hear You' was initially screened at the Community Hub's 1st birthday celebrations and the Show us Your Shorts film showcase in Goolwa. It was also recently screened again at the Strathalbyn Community Connect Movie Afternoon with Lyn Pike giving some background information about the film and Jude Aquilina speaking about the current direction of the Special Delivery Project which records the life stories of local older people on audiotape and in written format. For more information about the Special Delivery Project or to register your interest in being involved, please see the flyer in this newsletter.

'We Hear You' has now been made available on YouTube and can be found at <https://youtu.be/LSDPTXoQftk>.



Connecting Communities

Alexandrina Council

Special Delivery Project

This is an invitation to take part in an exciting local project.

We would like to record stories from over sixty five year olds who live in the Alexandrina Council area.

Tell us about anything - about life, love and loss.

Everyone has a story to tell... so please tell us yours!

Contact: Community Hub, Goolwa

Phone 8555 7230

A trained story recorder will visit you, record your story and then type it for approval.



Let's Connect!

What is Community Connect?

Community Connect links people to their community providing opportunities to participate and contribute. Programs and services enhance independence and wellbeing, ensuring a local response within the Alexandrina Council. Services may include assistance at home depending on the level of need and program resources. Other available services can include, transport, wellbeing activities, and home help.

Priority is given to those who are at risk of social isolation or experiences barriers to participation however everyone is welcome to participate. Younger adults who experience a disability may be eligible for subsidised services which are also available to unpaid carers. If you are aged over 65 years of age and are interested in participating in any of the programs please register with MY AGED CARE on 1800 200 422 or myagedcare.gov.au Otherwise call Community Connect on 8555 7230 to discuss programs.

The Community Hub located at Goolwa, links people with opportunities to get involved in their community. Activities build on health and wellbeing through participation in programs, activities and community life. This is an intergenerational space for the community to meet, share and contribute.

Want to get involved in your community?

Opportunities exist for volunteering with Community Connect. Benefits of volunteering include:

- Being involved in your community
- Free training opportunities
- Meeting new people
- Being part of a dynamic team
- High levels of job satisfaction
- Civic participation



Take a Stand on Waste...

Did you know that the average Australian family produces about 2.25kg of waste per day? That's around 820kg of waste per year – enough to fill a three bedroom home!

The upside of these sad statistics is that with the right facilities and a little thought and effort, up to 95% of this waste can be recycled and thus diverted from landfill.

You may have noticed the new waste separation bins at the Community Hub in Goolwa. These indoor bins have been installed in an effort to make it easy to separate our waste and reduce the amount of waste we send to landfill. We now have three types of bins at the Hub which include a "Mixed Recycling" bin for items such as paper, aluminium and firm plastic, an "Organics" bin on kitchen countertops for food scraps, tea bags and compostable serving ware, and a "Landfill" bin for all non-recyclable waste like soft plastics.

If you're not sure what item goes in which bin, check the poster displayed above the bin for guidance or ask a volunteer or staff member.

These new bins complement the existing waste separation bins installed in Alexandrina Council's Offices and Libraries and contribute to minimising our environmental footprint.

...and reduce your waste footprint at home

Join us in the war on waste and reduce your waste footprint at home with these simple ideas:

Organise your own indoor waste separation bins – all you need is a bin for your Mixed Recycling, a bin for your waste to Landfill and a smaller container for your Organics waste. Kitchen caddies and compostable bin liners for organics waste can be purchased at a subsidised rate from Alexandrina Council.

Save up your soft plastics – these can be recycled by taking them to a soft plastics collection bin at some major supermarkets.

Refuse plastic bags – take your own reusable bag when going shopping. Leave it in the car or in your handbag so you don't forget it!

Take your own reusable coffee cup when purchasing a take away coffee or tea.

Talk to your friends and family about how you can all reduce your waste.

For more information on which items can be recycled and which ones cannot, check out the Fleurieu Regional Waste Authority Kerbside Queries and FAQs webpage www.fleurieuregionalwasteauthority.com.au/kerbside-collection/kerbside-queries-and-faqs/

If this article has piqued your interest, why not tune into the ABC's War on Waste radio podcasts with Craig Reucassel and Wendy Harmer as they explore the waste habits of Australian households and businesses and how we can make a difference.



Community Outings

Community Connect Strathalbyn				Community Connect Goolwa		
Lunch at the Local 12noon to 2pm	Scenic Drive	Shopping Trip	Movie Afternoon	Monday Outing <i>(Please check for times)</i>	Coffee Crawl <i>(Please check for times)</i>	Lunch at the Local 12noon to 2pm
16 April The Terminus	12 April Wistow Café & Strath Heritage Museum	26 April Mount Barker	6 April	9 April Bridge Hotel & Newman's Horse- radish Farm, Langhorne Creek <i>(\$20 per head Lunch and Dessert)</i>	19 April Milang Bakery	At the Goolwa Hotel
21 May Commercial Hotel	10 May Goolwa Hotel & 'She Collects the Beautiful Things' art exhibition at Signal Point Gallery <i>An exhibition highlighting the wonders of the ocean.</i>	31 May Murray Bridge	4 May	23 April Goolwa Motor Museum & Middleton Tavern	17 May Christian Bookshop, Victor Harbor	5 April
18 June Café Ruffino	14 June Winter Hills drive & Great Eastern Hotel, Littlehampton	28 June Noarlunga	1 June	14 May Hotel Crown, Victor Harbor	21 June Alexandrina Cheese Company, Mount Compass	3 May
				28 May Autumn Hills Drive & Wistow Café		7 June
				11 June Public Holiday		
				25 June Terminus Hotel, Strathalbyn		

Your diary of available outings, lunches, shopping trips, and movie afternoons

Strength training works wonders for health and wellbeing

Yet more research points to the benefits of structured, strength-based exercise for senior Australians. A Government-funded study has found that a progressive resistance and balance training course held twice a week over 24 weeks yielded huge results – on average participants more than doubled their strength in their upper body, lower body and core.

Results also showed that on average participants experienced:

- a 33% improvement in leg strength
- a 23% drop in risk of muscle wastage
- reduced risk of fall
- and a reduction in depression and anxiety.

These changes have made important differences for the participants' daily lives in terms of their ability to continue living independently at home and reduce their overall health care costs. The study shows that regular physical activity tailored to your needs, in particular strength and resistance training, can greatly improve your health, wellbeing and independence. Community Connect offers a range of exercise opportunities including Keep Fit, Strength for Life, Yoga, Active Stretch classes and more.

For more information on the range of exercise opportunities available through Community Connect, contact staff at Goolwa on 8555 7230 or Strathalbyn on 8555 7277.



Keep Fit classes

Community Connect offers a range of classes to improve fitness, mobility, balance and strength. If you would like to join a group don't hesitate to contact us today.

Join us for a coffee and a chat every Tuesday 2pm to 3.30pm

Thank you to everyone who attended the January Afternoon Tea at Strathalbyn's Community Table. We had a fantastic turn out with around 30 people coming along to share a cuppa and a chat, meet new people and have a laugh.

If you like to have a chat, or are interested in meeting new people, please join us at the Community Table. Bring a friend or come alone and share in good company and conversation.

When: Every Tuesday

Time: 2pm to 3:30pm

Where: Strathalbyn's Community Table at Jack's Café, 24 High St, Strathalbyn

Cost: Purchase your own drinks and food.

For more information or transport options please ring **Community Connect on 8555 7277.**



Deep in conversation.



January Afternoon Tea at Strathalbyn's Community Table.



Sylvia, Val and Helen playing poker rummy at cards and games afternoon.



Computing Courses for Beginners and Seniors

In the coming months Alexandrina Libraries will be offering computing courses for beginners and seniors. If you've ever been mystified by the basics of computers and the internet, and want to understand how to use these technologies to help you in your day-to-day life, then these courses are for you. "Would you like to learn how to pay a bill online, connect with family or friends via social media or video calls, or make sense of what 'streaming' or 'on demand' TV is? Or maybe buy something online, demystify some jargon or even just feel like you can be in an environment where asking questions is encouraged. The **Be Connected** courses available up until November 2018 are perfect to catch you up on things where you measure your progress, watch videos and have things explained to you by a library staff member." Sessions will cover topics such as **Computing Basics, Getting Started Online, Safety Online and Connecting with Others Online**, and much more.

Course information will be made available to the public when details are finalised. 30 places are available and will involve working with staff over numerous sessions, so get in early. For more information please contact **Simon Murphy, Coordinator Library Services** on **8555 7000**.



COMMUNITY BUS to the Fleurieu Aquatic Centre

Get on board the Community Bus service that runs from Goolwa, Hindmarsh Island, Middleton and Port Elliot to the Fleurieu Aquatic Centre. The service, launched on 7 February, will operate on Wednesday afternoons offering a door to door pick up/drop off for eligible people, arriving at the Aquatic Centre at approximately 3:15pm and leaving at 4:15pm. All enquiries and bookings to **SCOTS Transport** on **8551 0760** or scots@victor.sa.gov.au



Volunteer Des with Eileen Sly at the Fleurieu Aquatic Centre



Neural Knitworks

Would you like to get involved in a **community art and science project**? Do you enjoy craft, knitting, crocheting or just want to get creative?

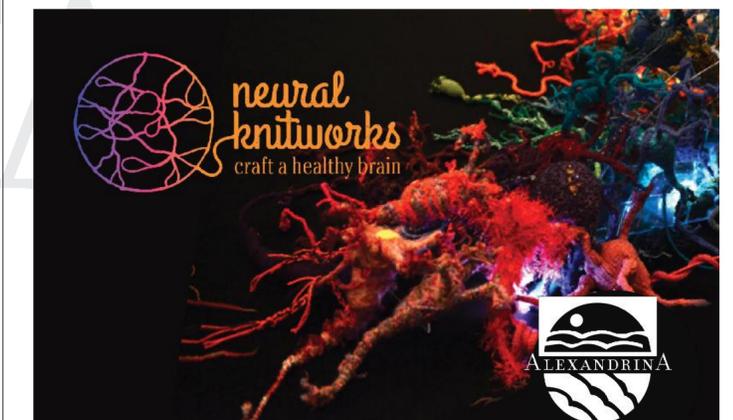
We have just the project for you!

Neural Knitworks is a collaborative art and science project about mind and brain health. Whether you're a whiz with yarn, or just discovering the joy of craft, now you can crochet, wrap, knit or knot – and find out about neuroscience!

Neurons are electrically excitable cells of the brain, spinal cord and peripheral nerves. The billions of neurons in your body connect to each other in neural networks. They receive signals from every sense, control movement, create memories and form the neural basis of every thought.

The Neural Knitworks project is based on the principle that yarn craft, with its mental challenges, social connection and mindfulness helps keep our brains sharp, engaged and healthy.

For more information please see the flyer below.



Community Connect is collecting handcrafted neurons for a display at the Strathalbyn Library to highlight the Brain Hub – a collection of brain health, memory and dementia related books and resources available for the public to borrow.

We need your help to crochet, wrap, knit or knot 60 handcrafted neurons to create our display, which will be launched during National Science Week, 11-19 August 2018.

Detailed patterns for neurons can be found at the Neural Knitworks website <https://www.scienceweek.net.au/neural-knitworks/>

Neural Knitworks Workshops will be held at Strathalbyn and Goolwa in May. More details to come.

Collection boxes will be available at Strathalbyn Library and the Community Hub at Goolwa. Please drop off your handcrafted neurons by Friday 29 June 2018 for inclusion in the display.

For information or to register your interest, contact Community Connect on 8555 7230.



GREAT DREAM Ten keys to happier living

- | | | | |
|------------|--|------------|--|
| GIVING | | DIRECTION | |
| RELATING | | RESILIENCE | |
| EXERCISING | | EMOTIONS | |
| AWARENESS | | ACCEPTANCE | |
| TRYING OUT | | MEANING | |

Everyone's path to happiness is different. Based on the latest research, 10 Keys to Happier Living have been identified that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM". For more information please log onto: www.actionforhappiness.org/10-keys-to-happier-living.