

Dance 2 Move

“Dancing” by Glenys Brokenshire
(Glenys attends our Friday class at Port Noarlunga)

*Every Friday at eleven, my husband and I go dancing,
But we don't go first for dinner and a few hours of romancing,
For this dancing's very different, and although it does have flair
Most of the time we're seated and dancing from our chair.*

*Right arm, three, four, back two, three, four,
Raise to fifth, sweep back, point towards the floor,
Sweep your arm across your body, moving with the beat,
Now stand slowly, hold the chair, we'll exercise our feet.*

*You see our group is organised with a very different aim
As we don't aim for recognition or for international fame
Our members have conditions where movement is restricted,
But exercise to music will improve this, it's predicted.*

*So we gather every Friday for our Parkinson's dancing group;
We twist and bend, step and flex, stretch, sway and swoop,
And while our two amazing teachers put us through our paces
We do our best to please them, contorting our bodies and faces.*

*Finally our hour is over and in a circle we bow to our neighbours,
Acknowledging each other and the pleasure of our labours
We put on our shoes and collect our bags, ready to depart,
But although the class is over, we're still dancing in our heart.*



Dance 2 Move

Time: 11:15am - 12:15pm
(social chat tea and coffee 10:45am)

Cost: \$10 or \$15 per couple

Where: Community Hub,
1 Loveday Street, Goolwa

Bookings: 0432 849 981
or 8555 7230

Community Connect Contact Information

Community Connect Goolwa
The Hub
1 Loveday Street Ph. 8555 7230
Monday - Friday 8:30am - 4:30pm

Community Connect Strathalbyn
Strathalbyn Library
1 Colman Tce Ph. 8555 7277
Monday - Friday 9:30am - 3:30pm

Community Services Coordinator	Beth Moore
Community Connect Coordinators	Deb Gregory and Angela Fleming
Community Connect Program Development	Judy Payne, Chris Atkin and Kylie Markow



Community Connect Newsletter

❄️ Winter 2018 ❄️

Connecting Communities

Welcome to the Winter Community Connect newsletter.

September is **Dementia Awareness** month so we have focused on activities that enhance overall wellbeing. Dementia Australia states that with no known prevention or cure, it is important for us to be aware of what we can do to reduce the risk. Increasing physical activity, daily mental challenges, healthy eating and social interaction all help to create improved brain function. See inside for further details on some of the activities Community Connect is engaging in to help raise awareness.

Our annual survey will also be sent out again this Winter. This survey is to gather your feedback on our services so the team can reflect on how we are doing in supporting our participants to live well and what we can do to improve. We welcome your feedback on any of our services, as we don't know what we don't know!

We hope you find the information, news and articles useful, engaging and entertaining and we wish you an active, cosy and happy winter.

The Community Connect team

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Some of our community members working on the "neurons" for the "Neural Knitworks" display (See page 4)



Supported by the Australian Government Department of Health



Let's Connect....

What is Community Connect?

Community Connect links people to their community, providing opportunities to participate and contribute. **Activities** build on health and wellbeing through participation in community life. An intergenerational space for the community to meet, share and contribute. **Services** enhance independence and wellbeing, ensuring a local response within Alexandrina Council, and may include assistance at home, transport and wellbeing activities.

Priority is given to those who are most at risk of social isolation or experiencing 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 register with:

MY AGED CARE Ph: 1800 200 422
www.myagedcare.gov.au

Community Connect Goolwa
Ph: 8555 7230

"The Hub" 1 Loveday Street

Community Connect Strathalbyn

Ph: 8555 7277

"Strathalbyn Library" 1 Coleman Terrace



Glasses SA

Low cost glasses for eligible SA residents

Helping South Australians obtain low cost glasses and for those with serious eye conditions, no cost contact lenses.

Phone: 1300 762 577

Email: GlassesSA@sa.gov.au

Looking for Transport?

- LinkSA Pty Ltd** **Ph: 8339 7544**
 LinkSA specialises in special events, charter, school services, dial-a-ride and all other transport needs in regional South Australia including South-Link Country Services. www.linksa.com.au
- Southern Communities Transport Scheme (SCOTS)** **Ph: 8551 0760**
 SCOTS coordinate local transport for people living in the local area such as 'Medi-Ride', Community Shopping and a weekly trip to the Fleurieu Aquatic Centre. www.victor.sa.gov.au
- Hills Community Transport (HCT)** **Ph: 8391 7234**
 HCT can provide information about local bus, taxi, coach and community transport services such as "Taxi Money", an initiative to provide accessible transport for eligible clients living in Mount Barker District Council, Adelaide Hills Council and Strathalbyn using coupons that are allocated monthly. mountbarker.sa.gov.au

Please note: eligibility criteria may apply to obtain subsidised pricing, enquire directly with the company you would like to use.

Regional Access Mental Health Counselling Service

Free telephone and online professional counselling for regional South Australians over 16 years of age

Phone: 1300 032 186

Available 24 hours a day, 7 days a week

Web: www.saregionalaccess.org.au



Would you like to be involved in the **COMMUNITY CONNECT VEGGIE GARDEN?**

Come and join us every **Wednesday around 9am to 11:30am** as we tend to our veggie plot in the community garden.

You are most welcome to come and get your hands on the tools and help us manage our crops, meet some like minded people who share a love of gardening or simply enjoy the atmosphere over a cuppa and a chat.

For enquiries or transport booking please call **Community Connect Goolwa - Ph: 8555 7230**

Flourish on the Fleurieu

Flourish on the Fleurieu this September

The popular biannual **Flourishing on the Fleurieu** festival, celebrates retirement and showcases how our community flourishes. Celebrated during **Active Aging Week 23-29 September 2018**, the aim is to promote health and wellbeing, and facilitate social connection. This year the festival has an emphasis on 'exploring possibilities' for getting involved in your local community. This year's Flourishing on the Fleurieu Festival encourages community groups to reach out to people who may be experiencing loneliness or isolation within their community.

Community Connect, in conjunction with the **Heart Foundation Walking Group**, will be hosting a "Walk and Talk" event at Goolwa.

You are invited to join the Heart Foundation walkers, setting out from the **Community Hub at 9am on Thursday, 27 September**, followed by a morning tea at the Community Hub from 10am, for a gold coin donation. Bring a friend or neighbour or come on your own and join the group. Please RSVP (for catering purposes) to 8555 7230 by Monday, 24 September. We look forward to seeing you!

Lunch at the Local 12noon to 2pm	Scenic Drive	Shopping Trip	Movie Afternoon
<p>16 July Victoria Hotel</p> <p>20 August Commercial Hotel</p> <p>17 September Café Ruffino</p>	<p>12 July Coffee at Finniss, then lunch at Middleton Tavern</p> <p>9 August Willunga Slate Trail (learn the history of the area), almond blossoms and lunch at the Old Bush Inn</p> <p>13 September Pretoria Hotel, Mannum</p>	<p>26 July Murray Bridge</p> <p>30 August Victor Harbor</p> <p>27 September Noarlunga</p>	<p>6 July</p> <p>3 August</p> <p>7 September</p>



Community Connect contribution increases 2018

Management of Community Connect program would like to inform clients that from **1 July 2018** some fees and contributions will be increasing. The changes to fees have been considered due to increases in service demand and the cost of providing services.

For the program to continue to provide quality services to more people the need has arisen to increase contributions. If the cost of a program or service makes it difficult for you financially please contact staff at Community Connect for a confidential discussion.

Domestic assistance and home maintenance services will incur a contribution of \$10 per hour of service for a subsidised contribution. For those on a Part Pension or self-funded the fee will be \$17 per hour.

If you have any questions please do not hesitate to contact Community Connect staff on 8555 7000.

On behalf of the Community Connect Team,

Beth Moore

Beth Moore,
Coordinator Community Services



Strength and Balance class Mondays in Strathalbyn

Community Connect are now running a new Strength and Balance class on **Monday mornings, 9:30am to 10:30am** at the Lutheran Hall, Commercial Rd, Strathalbyn.

This adds to the two Strength and Balance classes held on Thursday mornings, 9:30am to 10:30am, and 10:30am to 11:30am. This means you are more likely to find a class time that suits your schedule, or you can do two classes a week if you really want to boost your fitness. Jaye our instructor will tailor the movements to your needs enabling you to reach your strength and fitness goals in a safe way. Classes are **\$5** per session for Commonwealth Home Support Program eligible participants, and **\$10** per session for Full Fee Paying participants. Please phone Community Connect at Strathalbyn on **8555 7277** for more information.



Toasty Tuesday at "The Hub"

Fight off the winter chills with a cup of hot soup, some crusty bread and company with some warm hearts.

Tuesday 26 June Tuesday 24 July Tuesday 21 August
12noon to 1pm
The Community Hub, Corner Loveday St and Goolwa Tce
Cost: \$3 entry
Bring a friend or fly solo.
If you wish, stay and try cards, rummiking or craft from 1pm.
Please RSVP for catering purposes to 8555 7230 by the preceding Friday.
Transport options available.
Please enquire at the time of booking.

Thank you

to everyone who attended our **Community Breakfast and Riverside Walk** on Thursday 24 May.

We had a lovely morning with freshly cooked pancakes courtesy of the **Rotary Club of Goolwa**, produce to giveaway direct from the **Cittaslow Goolwa Community Garden**, followed by a morning walk led by the **Heart Foundation Walking Group**.

Thank you to these three groups who contributed time and resources into helping us organise this event. This event was also kindly supported by the **Regional Development Authority and Test Kitchen**.

We look forward to gathering the community again for our series of Toasty Tuesdays over winter.

Cards and Games
New players welcome!

Do you like to play cards or want to learn how?

Come along to Cards and Games at:

Strathalbyn Library
1pm to 3pm
2nd and 4th Friday of month.

We play Crib, Poker and Rummy or bring your own card game and teach us.

For enquiries or bookings call Strathalbyn Community Connect on **8555 7277**.



One Million Stars to End Violence

Dementia Awareness Month

Dementia Awareness and Bolstering Your Brain Health

September is Dementia Awareness Month. There are almost 430,000 Australians living with dementia and this number is expected to increase as the population continues to age. Dementia refers to a collection of symptoms that are caused by disorders affecting the brain - it is not one particular disease. There are many different types of dementia that affect people in different ways. Dementia can impact on thinking, memory, behaviour and ability to perform everyday tasks.

Early signs of dementia include progressive and frequent memory loss, confusion, personality change, apathy and withdrawal, loss of ability to perform everyday tasks. It is important to seek advice from your GP if these symptoms are recognised. Sometimes other things such as hormone deficiencies, medication, infections or depression can cause similar symptoms, so it is essential to identify the cause so it can be addressed appropriately. If it is dementia, an early diagnosis can mean earlier access to support, information and medication if available.

Dementia Australia provide a wealth of information about dementia, including how it is diagnosed and managed, and support to people and their families experiencing dementia. To find out more visit the Dementia Australia website at www.dementia.org.au or call the **National Dementia Helpline** on **1800 100 500**. While dementia cannot yet be prevented or cured, the good news is you can reduce your risk of dementia by adopting a 'brain healthy' lifestyle.

Your Brain Matters! 5 Simple Steps Towards Better Brain Health

'Your Brain Matters' is a dementia risk reduction program created by Dementia Australia. By being physically active, mentally challenging your brain, and being socially engaged, you can help give your brain a healthy boost. The brain can grow new brain cells (known as neurons) and strengthen connections between them at any age. So it's never too early or late to take up the 5 simple steps to maximise your brain health!

STEP 1: Look after your heart – a healthy heart means you're more likely to have a healthy brain. Steps 2 and 4 will help keep your heart in good order.

STEP 2: Do some kind of physical activity – choose something that you enjoy so you will be more likely to do it regularly. This could be going for a walk, joining a swimming class or working in the garden.

STEP 3: Mentally challenge your brain – by doing this you'll be encouraging your brain cells to make new connections. Playing games like cards or Sudoku, using the computer, knitting or even learning a new routine in a dance class are all ways to get the grey matter working.

STEP 4: Follow a healthy diet – nourish your brain with plenty of veggies and fruit, wholegrain breads and cereals, and include lean meats and fish and low fat dairy. Drink plenty of water and limit your alcohol intake. Save foods that are high in fat, salt or sugar for sometimes and in small amounts.

STEP 5: Enjoy social activity – staying connected with friends is an important way to exercise your brain and keep it healthy. Find ways to be social that are comfortable for you. You might choose to invite a friend for a coffee or a walk, or join an interest group in your area.

If you're interested in accessing more brain-related resources have a look at the Brain Hub located in the Reading Room at Strathalbyn Library. The Brain Hub is a collection of brain-related books and DVDs available for the public to borrow using your Library Card. Alternatively, visit www.yourbrainmatters.org.au for information, tips and challenges to keep your brain healthy and reduce your risk of dementia.

Rosmarinus officinalis 'Rosemary' boosts memory



Neural Knitworks Display at the Brain Hub

Join us on **Friday 17 August** during National Science Week and SALA for the launch of the Neural Knitworks display at the Brain Hub at Strathalbyn Library. Community members from across Alexandrina have been helping us to knit, crochet, knot and wrap over 100 handcrafted brain neurons to create this eye-catching display to draw people towards the Brain Hub.

Through taking part in this yarn craft project participants have exercised their own brains through interpreting patterns, problem solving, being mindful and socialising while creating – all things that help keep our brains and minds sharp, engaged and healthy. Contained within the Brain Hub are a range of books and DVDs that help us to understand the brain, memory and dementia. As part of the launch, experience a showcase of simple yet effective brain-healthy activities that you can do at home, and enjoy a delicious afternoon tea incorporating a range of foods that nourish the brain. We look forward to seeing you there.



Date: Friday 17 June

Time: 2pm to 3:30pm

Where: Reading Room - Strathalbyn Library,
1 Colman Tce, Strathalbyn

Please RSVP for catering purposes: 8555 7277