



FRESH FACES ON MEALS ON WHEELS RUN

During the school holidays local school students Rubi-Roze and Lillianne took a turn at assisting with the delivery of fresh and frozen Meals on Wheels to our community.

A few fast friendships were formed, and we think both generations are looking forward to the next school holidays, when they can again connect and share stories of our Gloucester – then and now!



Connecting our Community - Rubi-Roze & Lillianne deliver a meal to Mr Donald Readford.

STAYING POSITIVE & ACTIVE AT HOME

As the COVID-19 situation stretches on, it is important to maintain good mental health and a sense of wellbeing. As we spend more time at home, distanced from our usual activities and occupations, looking at the positives can help. Staying at home can be a great opportunity to learn a new skill, have a tidy up or explore arts and culture that you've previously not had time to enjoy.

Here are a few ideas to make the most of time at home:

- Remain active by going for a short walk each day, getting busy in the garden or doing stretching exercises such as yoga.
- Seize the opportunity to declutter. Clean out a spare room or cupboard, get rid of any expired medicines or party items, donate unwanted clothing to a charity or clear out your email inbox if you have an email address.
- Take on a creative project such as organizing photographs into albums or scrap books, crocheting or knitting a few squares for the BWNG 'Yarn Connection Xmas Tree' or learning a new skill such as cooking something new or using a computer.
- Explore the different ways to stay in touch with family and friends, such as sending hand-written letters as we used to, or video calling with a smart-phone or computer.
- If you use the internet you can even live stream concerts for free from the *Melbourne Symphony Orchestra* (www.mso.com.au), watch any number of documentaries for free at www.idfa.nl/en/collection/free or even take an online virtual tour of exhibitions at the *Louvre* (www.louvre.fr/en/visites-en-ligne).

ADVOCATE DELIVERED WITH MEALS

The role a regular local publication plays in keeping members of our community connected and informed was evident earlier this year when the Gloucester Advocate temporarily suspended publication due to COVID-19. Now that the Advocate has returned, recipients of Meals on Wheels can choose to have the Advocate delivered with their Wednesday meal. With the added convenience of charging the \$2 fee to the monthly account from BWNG, this new service has been very popular.

If you would like to receive Meals on Wheels, already receive Meals on Wheels and would also like the Advocate please call our Meals on Wheels Coordinator, Jamie on 6558 2454.



Jamie – Meals on Wheels Coordinator



KEEPING YOU SAFE

Gloucester as a Community has done a fantastic job of keeping COVID-19 out of our area to date.

Please rest assured that our team is continuing to follow all of the latest advice from relevant departments such as the Department of Health, to ensure we keep you safe.

Currently, there is a recommendation for support workers to wear gloves, a gown, protective eyewear and a mask when a 1.5 metre distance cannot be maintained whilst providing services. Although the use of this personal protective equipment (PPE) is not compulsory, safety is our first priority so we will be following this advice. We are waiting to receive more PPE for our support workers, but over the next few weeks this will be coming into place.

If you have any questions please don't hesitate to talk to our Aged Care Team by phoning 6558 2454.

HAPPY BIRTHDAY TO US!

BWNG celebrated our 31st Birthday on 12 July 2020.

Celebrating birthdays while distancing physically can be tricky, but our team marked the day with birthday cake baked by Anna's Assistant Kathleen. We also received a mention on radio station MaxFM's birthday shout-out.

We've reached many milestones together over the last 30 years, and look forward to many more years of providing essential services to our community.



Enjoying birthday cake – Katrina, Jessica and Laura with Foobie the dog.

BEQUESTS EXPLAINED - MAKING YOUR MARK

A bequest, or a gift in your will, is a donation left to the charity of your choice as outlined in your will, and is a simple way of supporting the causes that are important to you without affecting your current financial situation.

If you are interested in leaving a bequest to BWNG our team can help you with suggested wording to ensure your gift will be able to be used as you intended. Whether your gift is large or small it will be greatly appreciated, and will help us to continue to provide our essential services to the community.



A NEW FACE

Paige is a member of our Disability Services support team, but has been helping out in Aged Care too. Be sure to say 'Hi' if you see her around.



HEALTHY BONES WEEK

17 – 23 August 2020 is 'Healthy Bones Action Week' which aims to shine a spotlight bone health.

Building and maintaining healthy bones is important at every stage of life. Here are the three main actions you can take to help your bones:

1. **Calcium intake** – Including calcium rich foods such as dairy products, green vegetables or fish with edible bones in your diet is important to build bone density.
2. **Exercise** – Weight-bearing exercises such as walking or using weights can improve bone density and reduce inflammation.
3. **Vitamin D** – helps with calcium absorption. Maintain your Vitamin D levels by enjoying natural sunlight safely.