

Message from Marian

July 2021



First Aid workshop

Recently the committee members had a session with Meredith Dunn who showed us a video, then demonstrated basic First Aid including the recovery position and the use of the imitation defibrillator as a trial run. The plan is that we will be able to offer this session to our members to hone their basic first aid skills. We are hopeful Tony Guster (our grants officer) is successful in obtaining funds so that we can purchase a real defibrillator. **Keep an eye out for these sessions down the track!**

Staying independent

Around 20 members and friends with 6 apologies were very receptive to a presentation given by Gina Stephenson, an Aged Care specialist from Resthaven, outlining the many and varied services that are available allowing elderly and people with disabilities, or perhaps just needing a little support to stay in their homes living independently for longer.

Her advice was to register online with MyAged Care sooner than later or pop into their office, (the old green bank building on Wilson St next door) as the waiting list is at least 6-9 months with over 100,000 potential clients waiting for assessment. Gina very willingly gave her time for questions afterwards.

The response to me personally was very positive from those who attended and it was suggested that presentations in the future on other subjects such as "The role of JP's in our community" or a comprehensive explanation to "The Aged Care Directive" would be informative and interesting.

Let me know what you think and if there is any other subjects that might be suitable and informative to our members feel free to send in your suggestion.

Using Zoom with our members

Watch this space for some exciting news about how you will be able to be involved in Zoom. Tony Guster will soon be training your committee and then you can take advantage of this IT component. Some of you have already been involved using Zoom with the *Positive Psychology* courses. We envisage we will be able to be in touch with lots of other exciting tutorials or guest speakers, events etc. for those who wish to be involved.

We are also looking for advice from you, our members, as to what activities you would like to be involved in using Zoom. Courses could vary in length from perhaps only one or two weeks duration to the whole term depending on content and needs. Importantly, if you know of anyone in the Community who would be willing to share their skills with us please let one of your committee members know and they will follow up this information.

We are certainly looking at expanding our activities so that as a group we can keep interested physically, mentally and socially.

Congratulations

I wish to acknowledge an award bestowed in the recent Queen's Birthday Awards. Congratulations to Anne Menzel's late husband, John, who was posthumously awarded an OAM for his lifetime of interest in dahlias.

In conclusion

A plug for Yoga - Keep warm, re-energise, revitalise with Yoga exercises in the CWA Hall Kokoda Tce. Loxton every Wednesday including school holidays from 9.30 am. Social coffee follows afterwards at Loxton Mini Mart across the street.

Regards
Marian Woodberry