

The Seniors Newsletter of South Eastern Community Connect



South Eastern *Seniors* Connect

Dec 18

**The
Holiday
Issue**



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Independence, wellbeing and quality of life.

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Welcome to our

December issue.

Welcome to the final instalment of South Eastern Seniors Connect for 2018.

Hasn't this year flown by? Mine certainly has, with my little one growing up so quickly! It feels like one minute ago she was a newborn... Now she's a big eight-month-old, standing up, crawling and wanting to talk!

For our last edition of the year we have a range of engaging stories on everything from surviving the Christmas and New Year period through to a timely warning on the current scams doing the rounds. It's so important to be aware of what's going on, and who's trying to access your money or information these days – scammers are getting so sophisticated.

We also give you the rundown on our 40th anniversary cele-

bration, held as a Locals Picnic on 10th November. It was an unforgettable day, with perfect weather and a big cross-section of the community taking part.

We look forward to even more events in the coming year, and we hope you'll share the journey with us.

Until next issue!

Catherine Schulte, Editor.



Welcome Tina Tung

Tina started as our Aged Care Marketing Coordinator earlier this year, working to promote our

Home Care Package offering to seniors. She loves seeing people support their families with services that enhance their quality of life. Her favourite treat is Blackstar's Strawberry Watermelon Cake.

How we celebrated 40 years of supporting the community

It's been a big four decades for South Eastern Community Connect, and they culminated in a monumental outdoor celebration last month.

Four decades is a long time in anyone's estimation—and that's how long South Eastern Community Connect (SECC) has been supporting the local community with services that address people's needs at every stage of the life journey. It's been a fantastic journey—and we thought it was worthy of recognition in 2018.

Our 40th anniversary celebrations kicked off in October with a **Photo Exhibition** in collaboration with Crown Group and Eastlakes Shopping Centre. Here, we told the story of the Bayside area over 40 years, displaying fascinating images and histories of streetscapes and historic landmarks around the centre and on shopfronts. We also celebrated the work of SECC over this time, with photos reflecting our service and involvement in the local community.

Next on the agenda was our **Annual General Meeting**, held on 17th October. A cake was cut in

celebration of SECC's 40th anniversary, and two new board members were announced.

Iris Knight was awarded the Maisie Foster Volunteer Award for her varied volunteering roles, including shopping assistant, "grandparent" support at the intergenerational playgroup, and her dedicated service baking cakes for the Beaconsfield lunch group.

On Saturday 10th November, we celebrated 40 years of supporting the local community with a **Locals Picnic and Family Fun Day**. The event was supported and funded by major sponsors Crown Group and its subsidiary Eastlakes Shopping Centre. Running from 2pm to 9pm in Eastlakes Reserve, the event included a variety of engaging activities for all ages which reflected and celebrated the quality and impact of our services.

Visitors were treated to a free performance from the **Hot Potato Band**, and the sweet sounds of **Sarah Parkin**. Entertainment was also provided by students of Gardeners Road Public School and JJ Cahill Memorial High School.

Our staff and volunteers worked hard all day, providing a sausage sizzle, and a range of workshops including drumming and yoga (below).

An image from the Photo Exhibition





At our 40th Anniversary event in Eastlakes Reserve, our drumming workshops attracted participants of all ages.



The Urban Gardening Workshops were popular throughout the day.



Our Tai Chi demo reflected our involvement in community wellbeing.



The lines were long for the two jumping castles we set up.



The Hot Potato Band had fun roaming the park.



The bean bags, provided by Outdoor Movies Australia, offered endless entertainment for kids from 2pm to 9pm.



Our 40th Anniversary event finished with a screening of *Sherlock Gnomes* under the stars.

A heart to help

In her own words, Marta Newman shares why she decided to become a volunteer at The Cottage.

"I moved from Chicago to Sydney seven months ago with my partner.

I'm a qualified physiotherapist but finding a job wasn't easy – so I started researching volunteering opportunities.

I wanted a chance to give back, just as I did in my home city – especially since I'd been given such a great opportunity in living here.

So about three months ago I started volunteering at The Cottage after lots of internet searching for the right role.

In Chicago I worked with elderly people and really enjoyed it – so I was keen to do something similar in Australia.

I really like the set-up at The Cottage – it's friendly and family orientated.

I go there twice a week for about four hours each time and we have a morning coffee or tea, engage with our clients, and socialise with the people there. We make them feel important and needed.

We serve lunches and sometimes we go for a walk.

Because of my physiotherapy background I try and implement little exercises – moving the arms, playing games, and working with other people in a group.

It's a social, friendly environment, and I love to talk with people and listen to them.

The Cottage provides a chance to be heard. The work is really rewarding. I would say I feel needed there. I think it's a mutual thing.

I'm enjoying it and the people there enjoy it.

I also like photography, and with permission I take pictures of the clients during our walks. I also learn a lot about behavioural issues and I've come to understand more

Become a volunteer in the new year

Our volunteer team includes people from every walk of life, fulfilling a wide variety of roles.

Some work directly with clients while others work behind the scenes. Some help only occasionally, while others are involved in our weekly programs.

If you think volunteering at The Cottage (our Dementia Day Centre), in food services, or anywhere else within SECC might be for you, contact our volunteer coordinator Sue now on:

02 8338 8506

volunteering@secc.sydney

about dementia.

I have done an Understanding Dementia course through the University of Tasmania, and it seems like most people know someone who has it.

It makes a difference just to make that connection and spend time in good company."



Marta Newman

Scam watch

How to keep safe in an age of scams, frauds, and hoaxes

Scammers are upping their game and finding new ways to target Australians with scare tactics and requests for money. **Catherine Schultz** reports.

Around the country, thousands of people are receiving phone calls from dubious international sources demanding money transfers, iTunes cards or access to home computers.

The Australian Federal Government website Scam Watch is regularly updated with the latest information on the hoaxes doing the rounds. The scammers are increasing their skill in the scams they conduct and becoming more sophisticated with each attempt.

The latest scams include:

Fake charities

This scam involves creating fake charities or impersonating real charities to manipulate the person and take advantage of their generosity.

Celebrity endorsements

This is a newer kind of scam where celebrity images are used to endorse dodgy products or requests for money. In 2018 there was a report that these types of scams are up by 400 per cent and, and financial losses amount to an increase of 3800 per cent. TV journalist Jessica Rowe recently hit out at this scam after being used as a face for it.

Attempts to access your computer over the phone.

Scammers are impersonating well-known businesses or police to gain access to your home

computer to steal money or banking information.

Dating and romance hooks

This is very common, and stories about these appear on *A Current Affair* regularly. Prospective love interests post themselves, usually on online dating, and manipulate their



victims into giving them thousands of dollars. Stories usually include that they are overseas and need money to get to Australia, or a sick relative needs help, and so on. Victims have reported large financial losses in addition to emotional heartache.

ATO debt scare tactics

Scammers are calling people on the phone, posing as the tax office, to inform them they have a debt, usually in the thousands of dollars, and that they need to pay this debt immediately via the purchase of iTunes gift cards. Coles Supermarkets have recently been advertising over Coles Radio, played in store, warning customers that no government authority or any other business would request any payment in iTunes cards.

Fake bank emails

Phishing scams where you receive an email that looks like it's from your financial institution have become common. The email states that your account has been locked for security reasons and you need to click on the link provided to verify your identity.

Unexpected prize wins

These come in as a request for you to pay a fee to claim your prize from a competition or lottery you never entered.

Rebates and refunds

Attempts to convince you that you're entitled to a rebate or refund from a government agency or trusted business are on the rise. So stay alert.

Scammers are incredibly successful at what they do because they manage to manipulate and threaten their victims so well. By 6th November 2018, the amount fraud reported for the year has totalled a whopping \$90 million.

Older Australians are particularly at risk because they usually have more accumulated wealth than younger people, and can be less internet- and computer-savvy than their younger counterparts. That's why it pays to know the risks, be aware of the tactics, and be on guard.

Top tips for staying scam-safe

ScamWatch offers the following tips for protecting yourself from scammers:

- **Don't be pressured into making a decision.** Scammers often try to create a sense of urgency through short deadlines, fake emergencies, or threats of legal action.
- **Be suspicious of requests for money – even if they sound or look official.** Government departments will never contact you asking for money upfront in order to claim a rebate.
- **Scammers will often ask you to use an unusual payment method,** including preloaded debit cards, gift cards, iTunes cards or virtual currency such as Bitcoin.
- **Verify the identity of the contact by calling the relevant organisation directly.** Find them through an independent source such as a phone book or online search. Do not use the contact details provided in the message sent to you.
- **Don't respond to phone calls or emails offering financial advice or opportunities –** just hang up or delete the email.
- **Always do your own research before you invest money** and check the company or scheme is licensed on ASIC's MoneySmart website.
- **Be wary of people you meet through social media or online dating sites** who, after just a few chats, profess strong feelings for you and try to move you away from the site and communicate via an online chat or email conversation.
- **Be suspicious of unexpected emails or letters** advising you how to claim an inheritance or competition prize. Never give out your personal details and seek advice from an independent professional.
- **Be aware of and understand your consumer rights.** Stay aware of where you stand, and you'll be able to stand your ground against unscrupulous thieves and manipulators.

Dementia awareness grows



When asked why she loves coming to the The Dementia Day Centre in Rushcutters Bay, resident Alannah Smith* (left) says it makes her day.

“Otherwise, I’d be home alone with my dog,” she says.

“Coming here gives me a spring in my step.”

A diagnosis of dementia can have a huge impact on a person and their family – but small actions, carried out thoughtfully, can make a big difference.

Under the umbrella of South Eastern Community Connect (SECC), The Dementia Day Centre, otherwise known as The Cottage, exists to assist those living with dementia, their families and carers. It offers clients a sense of belonging and ownership.

Contact the centre on (02) 8971 9012 for more info.

*name changed

88 years and going strong



As a former counsellor, Patricia Maclaren-Smith knows the importance of helping people build better lives. And now she’s on the receiving end of help that gives her own life richness and meaning. The effervescent 88-year-old is an enthusiastic participant in South Eastern Community Connect’s Community Transport Program and One-to-One Assisted Shopping Service, and says these make a big difference in her life.

“The team helping me are absolutely invaluable – Lili, Irene and Nick are wonderful,” Patricia says.

“I love the transport service too, which helps keep me social. It’s sad people don’t realise how important it is to keep interacting with your community.”

Christmas special

Five ways to survive and thrive in the silly season

Whether you've been counting down the days till Christmas or holding your breath till it's over, **Alison Leader** has the perfect survival guide for you.

Some of us look forward to Christmas the whole year, while others dread its arrival with weariness and trepidation. Whatever category you find yourself in, it pays to be ahead of the eight ball so you can thrive—rather than just survive—in the silly season.

Here are our tips for making the most of your festivities in December and beyond, whether you've chosen to keep things quiet—or embrace Party Season.

1. Take five.

There's nothing wrong with 'taking five' if

you find yourself becoming frustrated with family or friends during your get-togethers.

Make a plan to take a break—or three—if you need to. Go for a short walk around the block, sit somewhere quietly outside, or head to the kitchen and do some dishes if it helps. A little time away from the maelstrom will do wonders for your sanity—and your enjoyment of the season.

2. Count to 10.

It's an age-old strategy for dealing with stressful situations – and for good reason. If you find yourself irritated at a family member, slow yourself down and count to 10.



Christmas special

Once you've reached 10, breathe in, and release. If that doesn't do the trick, then do it again until you feel calmer.

Responding impulsively or reacting harshly to a relative can really put a dampener on the day, and this trick puts space between you and your reactions, giving you time to think about your words and actions. Simply head to the bathroom to breathe if you can't get space elsewhere.



If you need to take a breather, that's OK.

“Responding impulsively or reacting harshly to a relative can really put a dampener on the day.”

3. Have a long shower, or two, or three.

If the Christmas season gets a little too hectic, then go and take a shower. It's the best place to be for true 'you' time. You're almost guaranteed of no interruptions, and the feeling of water hitting the back of your neck is sure to soothe and relax you.

4. Fake it until you make it.

The anticipation of opening presents can often result in disappointment, although most people at our age and stage aren't too worried about what we receive. It's more the thought that counts (isn't it?!). However, should you receive a gift that is truly terrible, simply smile, tell them it's a great gift, and say "thank you so much".

5. Decide how long you'll stay at the party.

Before you arrive, decide just how long you intend to stay at the person's place—unless you're hosting, in which case you may need to head to your room for some time out. But if

Christmas special

you're visiting, be clear about when you're thinking of leaving, giving one or two hours' notice to the host. This gives you an out should things get difficult.

If all else fails, think about what you can find to enjoy in the season. Why not give yourself permission to appreciate a little of what the Christmas and New Year period has to offer? Working to maintain a sense of curiosity and childlike wonder may allow you to see and experience the true delights of the holidays. Allow yourself to enjoy some of the little things such as putting decorations on the tree, or wrapping gifts with pretty ribbon, or enjoying good food... These are all things Christmas can offer us, so why not choose to be mindful of them?

Whatever the reason you find yourself apprehensive about the upcoming holidays, we hope these tips encourage you to keep your heart and mind open to the possibility of finding a little genuine joy and fun in the Christmas season.



Make an exit plan before the big day, and you'll be fine.

Our hints for giving—and eating—gracefully:



Think ahead

If you're a gift-giver, consider providing a receipt with your gift so the recipient can return or exchange it. Or why not consider a gift voucher for relatives who have it all?

Top table manners

If you don't enjoy the food, just pretend that you do! The trick is to take small serves, then go for seconds on the things you do like.

New Tricks for the new year

Beginners' computer skills classes

We offer free beginner-level computer training with only four students per class so you get more personalised help. Learn how to use a computer and the internet from our qualified teacher.

When? 2.30pm to 3.30pm every Thursday at the SECC office.



Social painting group for arty types

Join like-minded people from your local area every Friday at the Beaconsfield Community Centre for artistic and social fun.

When? Every Friday at Beaconsfield Community Centre from 10:00am to 12noon. Cost: \$2.00.



English classes for every learning stage

Learn English or improve your skills with classes for all levels.

Conversation Classes: Tuesdays 10am to 12pm

Elementary Classes (Beginners): Thursday 9am to 10am

Lower Intermediate & Speaking Classes: Thursday 10am to 12pm

Cost: \$15 per term (\$25 for 2 classes). Where? The SECC office.



Culturally diverse carer support groups

Do you have a family member under 65 with additional needs? Do you speak a language other than English and would like the support of other families from your own culture? We support carers from all backgrounds.

Contact Bronwynn on 8338 8506 for more info.



For more information on all classes call us on 02 8338 8506.

Stepping On falls prevention program

Stepping On is a free, exciting and friendly community-based falls prevention program designed to build knowledge, strength, and confidence. It is designed for people over 65 who are living at home.

Call us on 8338 8506 to find out more.



Sewing classes stimulate creativity

Learn to make or repair clothes, sew crafts and other projects.

- **Beginner's Classes:** Wednesdays 12:30pm to 3:30pm

Eastlakes Shopping Centre



Seniors' exercise classes boost fitness

Stay active and independent, and improve your strength, balance and overall health. Join us for a gentle seniors' exercise class run by a qualified fitness trainer. Cost is only \$6 per class.

Wednesdays 2pm to 3pm, Eastlakes Scout Hall



Green thumbs welcome in our latest project

Our community garden provides fresh produce and plants to share, and connects us with the environment and other people in our community. Join in the fun by bringing your green thumb to the project.

Contact us on the number below.



Tai Chi classes offer a terrific time out

Experience the many health benefits of Tai Chi with our experienced instructors.

Beginner's Classes: Wednesdays 12:30 - 2:00pm

Advanced Classes: Mondays 10:00 - 11:30am

Eastlakes Scout Hall



For more information on all classes call us on 02 8338 8506.

Support for you - without waitlists



Social bus outings for you

There's a seat on the bus waiting for you! Head out for lunch, enjoy great company, and get out and about with our transport service.

Our outings are always interesting, with a lot of different destinations and a great crew on the bus for every trip. Day trips are \$12. Call **Lili** to see if this is right for you, on **8338 8506**.

Home Care Package help

Did you know South Eastern Community Connect is an approved Home Care provider?

We provide personal care, social support, domestic cleaning, nursing, Allied Health services and massage therapy, exercise classes, access to our Seniors' Day Centre, and food and transport services. Call **Tina** on **8338 8506** for more info now.



Fruit & vegetable deliveries

We always have room on the truck for an extra box of fruit and vegetables to travel fresh from the markets to your doorstep. Fruit, vegetables or mixed boxes are \$12 and are delivered weekly or fortnightly. We also offer volunteers to help you with your shopping, as well as the transport to get you there. Meal prep services are also on offer.

Call **Jayne** on **8338 8506** to find out more.

Support for you - without waitlists

Flexible transport service

With this service you can book door-to-door transport in a car, with one of our drivers attending your appointments.

We give priority to your medical appointments, but if we have vacancies we can take you to the hairdresser as well.

Call **Lili** to find out more and make a booking. Tel: **8338 8506**.



Beaconsfield Lunch Group

Eating alone can get monotonous. Why not join the table at Beaconsfield, where locals meet for lunch every Tuesday? We offer a door-to-door bus service, delicious cooked meals, games and laughter, with the occasional light exercise session to work off those delicious desserts. Sound good? Call **Lili** and don't miss out. Tel: **8338 8506**.

Flexible respite on offer

Caring for someone can be both rewarding and challenging at the same time. Our flexible in-home respite service gives both the carer and the person receiving the care a break from their daily routine. The cost for this service is \$20 for up to five hours, once a week. Call **Irene** to learn more on **8338 8506**.



To be eligible for these programs, you must either be a frail aged person, have a disability that makes getting out and about difficult, or be a carer of an eligible person.

Please contact South Eastern Community Connect's friendly team to discuss your needs on 02 8338 8506.

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