

The **FREE** Newsletter of South Eastern Community Connect



South Eastern *Seniors* Connect

Feb '20



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**SECC Seniors face
2020 with a smile**

Connection, wellbeing and quality of life.

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Web: www.secc.sydney

Visit: Shop 84, Eastlakes Shopping Centre, Eastlakes

&

1007 Botany Road, Mascot

Contact us

8338 8506 (Eastlakes)

7903 0607 (Mascot)

Mon-Fri 9AM - 4:30PM

E: secc@secc.sydney



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Welcome!

What a summer it's been.

Our country has faced one of its worst natural disasters yet.

And in the face of the fires, our people have rallied together like never before.

While Australia Day holds so many complexities, the day gave us a chance to honour the hard work of so many.

Their tireless efforts offered a reason to both grieve our losses and celebrate our wins.

SECC took action to help a school destroyed by fires, partnering with a sister neighbourhood centre in the NSW north coast.

It was moving to see so many children in our Vacation Care programs write cards and donate coins for those in crisis.

It was also lovely to see the community get behind our bushfire fundraiser in January.

Every coin and note donated will go directly to Manning Valley Neighbourhood Services, which will distribute it to Bobin Public School this month.

Thanks to those who've partnered with us...



Alison Leader, Editor.



NEW STAFF:

George Christy

Say hello to George. He recently joined our aged care

team as a Support Worker, bringing warmth and joy to the homes of seniors who use our service. George's nan Rose Toparis was even one of our clients back in the day.

SECC CEO Kate Melhopt gets the surprise of her life

Local dignitaries gathered to honour our CEO Kate Melhopt during one of the busiest times of the year. Happy 10th anniversary, Kate. You've served SECC well over the last decade, and hope you'll lead us for many years to come.

Our CEO Kate Melhopt turned up to work ready for a big clean-up of our community hub one day in December.

Wearing jeans and a casual T-shirt, Kate didn't expect half the community would show up to her office.

But that's exactly what happened.

Board members, representatives from Bayside Council, and special friends gathered to honour her 10-year anniversary as CEO.

And we gave credit to the community work Kate has done over the last decade.

A great afternoon was had by all.

Kate had a true surprise.

And we even had visits from local MPs Ron Hoenig and Matt Thistlethwaite, as well as Councillor Christina Curry.

Thanks to everyone who made it an event to remember.

*Enjoy our online Photo Gallery from the anniversary celebrations at **bit.ly/10yearsofkate** or read her story online at **bit.ly/themakingofaCEO***

SECC Board Member Kathy Forrest, local MP Matt Thistlethwaite, CEO Kate Melhopt, and SECC Board Member Bev Martin on the special day.



How to live well in the face of a dementia diagnosis

Hearing 'The D Word' for the first time is tough. **Catherine Schulte** offers some sage advice for those supporting a family member with dementia.

Dementia is a harsh condition, and commonly mistaken for a run-of-the-mill elderly age norm.

According to Alzheimer's Australia WA CEO Rhonda Parker, dementia is the umbrella term for a number of neurological conditions, where the major symptom includes a global decline in brain function.

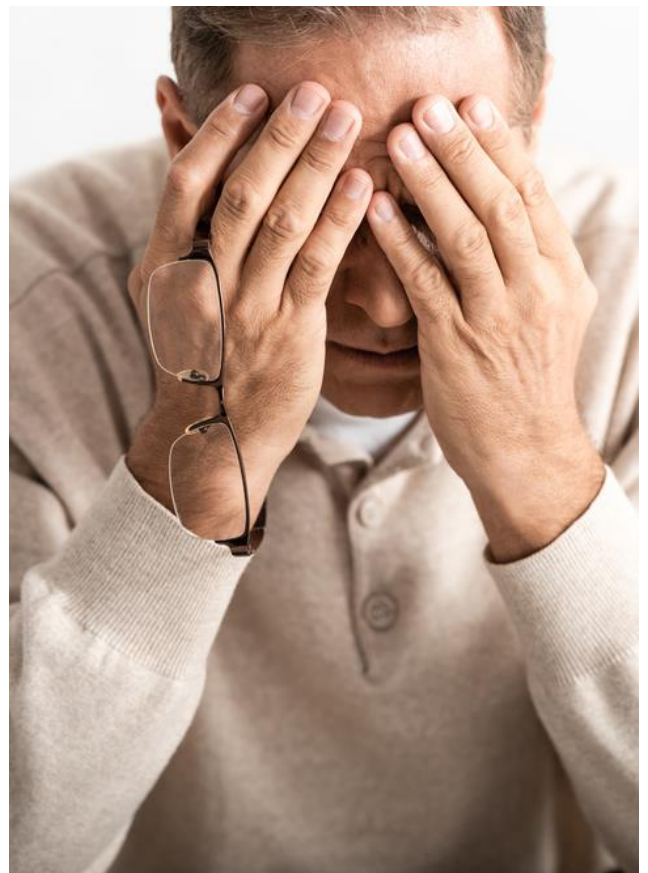
"Alzheimer's Disease is the most common cause of dementia, often beginning with lapses in memory and difficulty in finding the right words for everyday objects," she says.

Dementia is also not confined to those who are elderly. Younger people can develop it too. According to Alzheimer's Australia, 25,000 younger Australians are living with early-onset dementia.

Dementia can either be a prolonged hardship, with some patients experiencing symptoms for over 10 years, yet others can experience rapid onset dementia. This means the patient develops symptoms much faster than the average person dealing with the condition. Rapid-onset dementia can be very distressing for families and carers, as they can deteriorate over the space of a year.

Having a family member with the illness can be disconcerting at first. You might not be sure what to do or who to contact. Perhaps you don't know how to navigate the services. Or you may not feel completely supported when you're trying to

support someone else with the condition. And usually, by the point of diagnosis, the condition has become well-established in the person diagnosed, so you've already been witnessing some deterioration of the person you're caring for. Looking after someone with dementia can be overwhelming and difficult, so having the right support is not only crucial



Life smarts

for the dementia patient, but for you as the carer. Don't forget there is help there for family members and friends of those who suffer from dementia. As patient numbers grow, so do the resources available to you.

Dementia Australia has been launched to provide a peak body for people of all ages living with Dementia, with all forms of the condition, anywhere in Australia, and for their families and carers too.

This is significant, as prior to this there were several support bodies and different services available. This consolidates the information available.

The Dementia Australia website (www.dementia.org.au) contains links to the following resources:

- Support to anyone with any type of dementia, their families and carers
- Help sheets for commonly raised issues
- Resources such as videos, fact sheets, guides, toolkits, help sheets, translated information, and other useful resources
- Definitions on dementia, symptoms, causes and memory loss.

The National Dementia Helpline is also open nationally from 9am to 5pm Monday to Friday (except public holidays). You can call them on 1800 100 500.

South Eastern Community Connect is dedicated to offering respite for carers of people living with dementia, and quality support to those with a diagnosis. Our Dementia Day Centre in Rushcutters Bay has a number of programs running throughout the week. Simply call the manager on (02) 8971 9012 or 0423 082 650.

Email: thecottagecoord@secc.sydney

We also offer a number of other programs for seniors and their carers, including a Flexible Respite service. Call Irene on (02) 8338 8506.

Need some support, or know someone who does?

We can help with:

- Shopping
- Banking
- Bill-paying, and
- Medical appointments.

We also have a team who can make regular home visits if you'd like them.

Our staff and volunteers offer individual assistance for the frail aged and their carers to support their independence and wellbeing. Call us now on (02) 8338 8506.



Eastgardens to host Seniors Festival



The NSW Seniors Festival will help show how SECC is helping seniors with its fruit and vegetable boxes.

A special event will be held at Eastgardens Library on Thursday 27th February at 11.15am.

SECC's Kate Skinner and Marzena Adamski will share information on what we do.

A vital service

Did you know that, every week, boxes of fresh produce roll out of our Eastlakes head office and into the homes of seniors?

Our customers pay a subsidised fee for the boxes, which have a variety of fruit and veggies to meet their dietary needs.

If you'd like to find out more about our fresh fruit and vegetable service, call Tania on 8338 8506, 7903 0607 or 0416 150 532. Email: foodservices@secc.sydney

MP injects \$2.5K into dementia centre

SECC CEO Kate Melhopt receives the cheque from MP Dave Sharma.



Federal Member for Wentworth Dave Sharma donated \$2,500 to SECC late last year.

The funds are for increasing the capacity of its Dementia Day Centre in Rushcutters Bay.

SECC will now be able to invest in much-needed office, garden and kitchen resources at the much-loved centre.

Called *The Cottage*, it is a safe and friendly place where clients find a sense of belonging.

CEO Kate Melhopt met MP Dave Sharma to receive the cheque in December.

The money was given as part of the Stronger Communities Grant Programme.

We're grateful to Dave Sharma and his team for their generosity.

A fine way to celebrate

Seniors farewell 2019 with Christmas feasting and fun

Check out some of the special moments from our festive feast in Mascot.
Can you spot someone you know?

Over 40 seniors gathered for a Christmas feast at our community hub in December. They dined on delicious festive food, and swapped notes about the year past. And they even enjoyed a visit from Santa. Thanks for a great day.



New Ideas just for you

Cook with us in our community kitchen

Looking for new, exciting and affordable recipes to try? Want to meet like-minded people in your local community? Then join our Community Cooking Club. We prepare, cook and share a healthy meal together. Call Nicole on 7903 0607 for more info.

Thursdays, 10am to 12pm at 1007 Botany Rd, Mascot



Try meditation and walking with others

We run a stimulating Meditation Group for all ages every Tuesday morning from 11am to 11.30am. Call Nicole on 7903 0607 for more information.

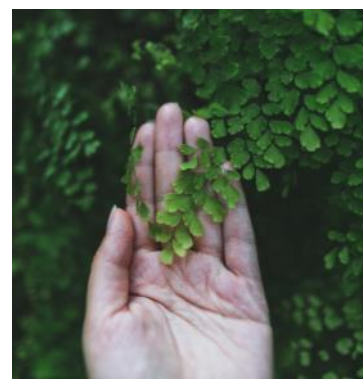
1007 Botany Rd, Mascot



Enjoy natural wonders close to home

Thinking about trying some gentle exercise with people in your community? Why not join our Nature View Walks? We meet every Tuesday at 9.30am for a walk near Mascot, and you can go at your own pace with like-minded friends.

We start the walk at 1007 Botany Rd, Mascot



NEW Seniors' Yoga kicks off in 2020

We are now running Seniors' Yoga classes at The SECC Community Hub, 1007 Botany Rd, Mascot. Why not join in and benefit from a range of stretches designed to boost your physical and mental health? \$5 per session.

Contact 8338 8506 for more info.

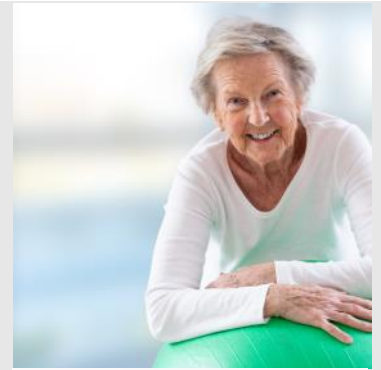


For more information on Eastlakes classes call us on 02 8338 8506

NEW Fitness program for seniors

Why not come along to the SECC Community Hub and join our one-hour fitness class? We meet for exercise every Tuesday at 2:30pm. Cost: \$5 per session

1007 Botany Rd, Mascot



Sewing classes stimulate creativity

Learn to make or repair clothes, sew crafts and other projects on Tuesday mornings from 9am to 12pm. Call Nicole on 7903 0607 for more information.

1007 Botany Rd, Mascot



Park exercises boost wellbeing

Stay active and independent, and improve your strength, balance and overall health. Join us for a free exercise class run by a qualified fitness trainer twice-weekly. *Call 8338 8506 for more info.*

Mondays (4pm) and Thursdays (5.15pm), Eastlakes Reserve



Use your green thumb at Mascot

If you enjoy gardening, then join us each Wednesday from 2pm to 4pm in The SECC Community Hub garden. It's a great (free) way to socialise and have fun. Please bring a hat, gardening gloves and seeds to plant.

1007 Botany Rd, Mascot.



Tai Chi classes offer a terrific time out

Experience the many health benefits of Tai Chi with our experienced instructors. * *Call Hector on 9052 5772 or 0412 865 063 for more info.*

Advanced Classes: Mondays, 12pm

Beginners' Classes: Wednesdays, 12pm (during school term)

1007 Botany Road, Mascot



For more information on Mascot classes call us on 02 7903 0607

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 us 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 Marzena on **8338 8506** for more info.



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 **Tania** 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 us to find out more and make a booking. Call **Kate** on **8338 8506**.



Social painting for everyone

Oil, acrylic, or watercolour? Whatever your preference or skill level, you're welcome to join us for some painting. Come along on Fridays from 10am to 12pm at the SECC Community Hub: 1007 Botany Rd, Mascot. Cost: \$2 per class, to cover morning tea.

To register, call **8338 8506**.

Flexible respite on offer

Caring for someone can be both rewarding and challenging at the same time. Our flexible 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**.



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



**South Eastern
Community
Connect**

Have you got your bus licence?

WE'RE HIRING DRIVERS

Work with South Eastern Community
Connect to keep locals moving.

Volunteer and paid casual positions available.

www.secc.sydney

**Call Kate
Skinner now:
8338 8506**