

Health & Wellbeing Program Autumn Newsletter | March 2024



Hello everyone and welcome to our first edition of our Health and Wellbeing Newsletter!

I am really excited we are starting this platform to keep you all up to date with what is happening in our programs and hope there will be lots of fun, laughter, pictures, and sharing.

We would also love to hear from you and if you have any ideas or would like to contribute to our quarterly newsletter, please send this through to one of our team members.

I am so grateful to the team for piecing this newsletter together and to all of you - A HUGE THANK YOU - for allowing us to be part of your care and support services.

In this edition, we would like to focus on Feedback and Suggestions, as we take this first step in improving our services to you in 2024.

I am also pleased to announce that in our recent Aged Care Quality Review, we met all the required standards - Yeah! Thank you to those that participated in this quality review and please continue to provide your feedback and/or suggestions to any staff member. Our aim is to ensure our services are suited to your needs and are of high-quality. Thank you all once more.

**Sylvia Wan,
Senior Manager,
Aged Care, Carer Services and Diverse Care**

DATES FOR YOUR DIARY:

International Women's Day – 8th of March
Labour Day – 11th of March (Public Holiday)
Ramadan – 11th of March to the 9th of April
Harmony Day – 21st of March
Easter – 29th of March – 1st of April

End of Daylight Savings – 7th of April
Eid al-Fitr – 9th of April
ANZAC Day – 25th of April
Orthodox Easter – 3rd to 6th of April
Reconciliation Day – 27th of May

Christmas Celebrations

Welcome to the first edition for 2024 of the SMRC Health and Wellbeing Newsletter.

After wrapping up 2023 with some wonderful Christmas celebrations with our valued clients we have bounded into the New Year and already it is March! We wanted to share with you some of the activities we have been enjoying and also looking into the future what fun is yet to come.

Our Christmas spirit echoed everywhere during the season. Monday Multicultural Group and Friday Multicultural Group clients had positive energy and good vibes especially during this time of the year!



Outings

We aim to provide engaging, enjoyable activities which exercise both the body and the mind, and the chance to bring like minded people together to create great connections and new friendships.

FEEDBACK: "Thanks very much for organizing our trip and giving us the opportunity to visit the Lotus Farm. It was a splendid day, we were in awe of God's creations filled with colours, sounds, we shared our food while sipping our favourite beverage chit chatting about this and that as we established new friendships." U.D.



Creative Minds

Our Creative Minds clients meet fortnightly on Friday at SMRC. It's a time for them to unleash the inner self through art and crafts.



Men's Group

Wednesday's Mens Group has enjoyed many outings and seen here is a typical Aussie BBQ outing, Cherry Picking, and building constructions from pasta and marshmallows.



Celebrating Lunar New Year at SMRC

Here we are celebrating Lunar New Year with our groups. We do it like everything with food, creativity, games and gusto!



Games where everyone is the winner



Doing our Dragon faces for Year of the Dragon



Artwork created by our Monday Chinese Group



Some of our wonderful artists

Support for Carers Program



Support for carers program hosted 'Getting to know you' mini EXPO on Tuesday 27th of February. It was a successful event where close to 70 people attended; unpaid carers, potential unpaid carers and community leaders.

Eleven service providers delivered information about the services they are providing. It was a great opportunity for carers/participants to increase their awareness about services that might be useful to them.

Harvesting at The Hive

The weather has certainly been unusual during this Summer period but with all the rain the Pumpkins have been loving it. Here is one beauty we took from the Hive. We didn't have scales to weight it but for sure it was HUGE. We were able to cut it up into ample size pieces for everyone to enjoy it at home.



Different kinds of pumpkins we grew



Our biggest pumpkin yet



Making friends in the Hive



Learn how to grow your pumpkins this big



Learning to prune for next years crop



Enjoying a break after hard work!



Picking pears



Harvesting season!!!

Tomato tasting at The Hive



Enjoying all the different tastes of the various tomatos



There is a tomato for everyone



Roast Pumpkin, Spinach and Feta Salad

Try this Roast Pumpkin, Spinach and Feta Salad for your next Sunday lunch! Drizzled with a Honey Balsamic Dressing, this is a magical combination of ingredients. Serve this at room temperature, also great warm.

Serves 2 - 3 as a meal, 4 - 5 as a side.

Ingredients:

PUMPKIN:

600 g cut into 3cm / 1.25" cubes
1 1/2 tbsp olive oil
Salt and pepper

DRESSING:

2.5 tbsp / 50 ml extra virgin olive oil
2 tbsp balsamic vinegar
1 tbsp honey
Salt and pepper

SALAD:

1/4 cup / 35g pine nuts (Note 2)
150 g / 5 oz baby spinach leaves (4 handfuls)
60 g / 2 oz feta

Preheat oven to 220C/430F.

Prep Pumpkin: Toss pumpkin with olive oil, salt, and pepper. Spread on a baking tray and bake for 20 minutes.

Flip and Bake: Remove from the oven, flip, and bake for an additional 7-10 minutes until golden but not mushy.

Dressing: Shake dressing in a jar, adjusting to taste. A slightly sharp flavour balances the salad.

Toast Pine Nuts: Toast pine nuts in a dry skillet until light golden and fragrant. Remove promptly.

Assemble Salad: Place spinach in a bowl, drizzle with dressing, and toss gently. Add pumpkin, a bit of feta, and pine nuts.

Serve: Transfer to a serving plate, sprinkle with remaining feta and pine nuts, and drizzle with the remaining dressing just before serving.

Enjoy your flavourful salad!

Exercise Group



Romanian Group

Our Romanian Group clients with beaming smiles all set for the outing! The rendezvous is at the Romanian Baptist Church in Endeavour Hills every fourth Thursday of the month. They love visiting an interesting place of their choice followed by a lunch at a restaurant.



Aged Care Volunteering at SMRC

Our volunteers provide friendship, companionship and social connection to lonely, isolated older people in the community. It is a role both rewarding for our clients and the people volunteering. Everybody wins! We also engage in outings for our volunteers which are a lot of fun as you can see from the photos above. If you are interested in becoming a volunteer, please contact us at SMRC.

Upcoming dates: 18th March Lawn Bowling at Dandenong and 20th-26th May National Volunteers Week Lunch.



We welcome your feedback

Your feedback is important to us and helps us understand what we do well and where we can improve.

Please provide your feedback by clicking on the link below and filling out the survey

<https://shorturl.at/jrIS0>

If you are unable to fill out the survey online, please speak to a staff member.

For any other reason, you can contact us on (03) 9767 1900 to speak to a staff member of the Health and Wellbeing team.