



A smoky sunset in Manly at the Watermark Staff Christmas party. Photograph taken by Andre

From the Manager,

With the start of the New Year it's always a time for reflection. In the words of Jim Kelly apartment 49, "What was the best? What was the worst and what was the most unexpected thing that happened?" January is the perfect time to relax and reflect on what was and what will be.

In December we welcomed Frank and Olwyn Charker in apt 20 and Nick and Eve Wiener in 65. Please make them feel welcome and part of our Watermark family.

Our Christmas raffle was a huge success and we raised over \$600 for the Red Cross Fire

Relief. At this time we hope and pray for those suffering as a result of the fires.

This year's Tree of Joy was an outstanding success. The amount of presents under the tree was incredible and a testament to the generosity of our residents. We are so fortunate.

2019 was a great year for Watermark, with the winning of two outstanding awards from UDIA and Urban Task Force for Best Seniors Living.

Personally, 2019 was a great year for me, with the birth of my third grandchild. They continue to bring me so much love and laughter.

I look forward to a great 2020 at Watermark.

BRIDGE

Tuesdays at 1.45 pm prompt. Please arrive early. The booking sheet is in the residents' lounge. If cancelling within 24 hours, please advise Mary Harrington. Weekly results are published on <https://site.pianola.net/watermark-freshwater/home>. Convenor: Cassandra Mitchell

IT4 RETIREES

On break until 13 to 20 January which will be a drop-in session.

U3A

FRIDAY FILMS AT CASTLE COVE

Classic movies from the silent to the contemporary era will be presented, with some analysis and background pertaining to cast, direction and production issues.

Leader: Hugh Watson

Alt Fridays from 10:30 - 12:30

WEEKLY MOVIES

Movies for Thursday are listed below. Sunday movies will be displayed in the lounge every Saturday. Movies are free and shown in the cinema, ground floor Alleyne.

Thursday 2 January **Michael Clayton**

A 2007 American legal, starring George Clooney, Tom Wilkinson, Tilda Swinton and Sydney Pollack. Thriller about attorney Michael Clayton, who 'fixes' the mess his powerful New York law firm wants swept under the rug. But now he's handed a crisis even he may not be able to fix.

Thursday 9 January **The Sting**

An American film set in September 1936, involving a complicated plot by two professional grifters (Paul Newman and Robert Redford) to

con a mob boss (Robert Shaw). The film was directed by George Roy Hill, who had directed Newman and Redford in the western *Butch Cassidy and the Sundance Kid*.

Thursday 16 January **Strictly Ballroom**

An Australian romantic comedy film directed and co-written by Baz Luhrmann. This romantic comedy is about the dreams of youth and ultimate fulfillment. It tells a story of love and conflict of two young people fighting for artistic freedom against a repressive regime.

Thursday 23 January **Something's Gotta Give**

Starring Jack Nicholson and Diane Keaton. While Harry is an ageing Casanova who refuses to accept his age, Erica is an acclaimed dramatist. Unavoidable circumstances force these two individuals, who are poles apart in nature, to share a roof.

HAPPY BIRTHDAY!!

Very best wishes to residents celebrating birthdays in January

Carolyn Yates Mary Harrington

Sandy
Russell

Peterson
Jack

Jou Zheng
Geoff

Smith

Rae Neilson
Yvonne

Wiener





AUSTRALIA DAY BBQ DINNER

Friday 24 January
6pm
\$25 per person

Come along and enjoy a real
Aussie BBQ dinner

Meat, sausages, salad, bread rolls
and traditional pavlova.



2020 – NSW Public Holidays and Events

- 1 January New Year's Day
- 8 - 26 January Sydney Festival
- 20 January- 8 February Lunar New Year
- 26 January Australia Day
- 10 – 13 April Easter
- 25 April Anzac Day
- 27 April - 3 May Sydney Writer's Festival
- 22 May - 13 June Vivid
- 3 - 14 June Sydney Film Festival
- 8 June Queen's Birthday
- 5 October Labour Day
- 25 December Christmas Day
- 26 December Boxing Day
- 28 December Boxing Day Holiday



Fun Functional Fitness *Dominic Vaughan*
Monday 3pm, Tuesday 9am,
Wednesday 9/10am, Friday 10.30am

Tai Chi *Judy Wong*
Monday - 10am

Yoga *Angela Wyatt*

Thursday - 9am

Zumba

Thursday - 11.30am

**** Please refrain from using the gym when**

Yoga, Tai Chi, Qi Gong and Zumba classes are in

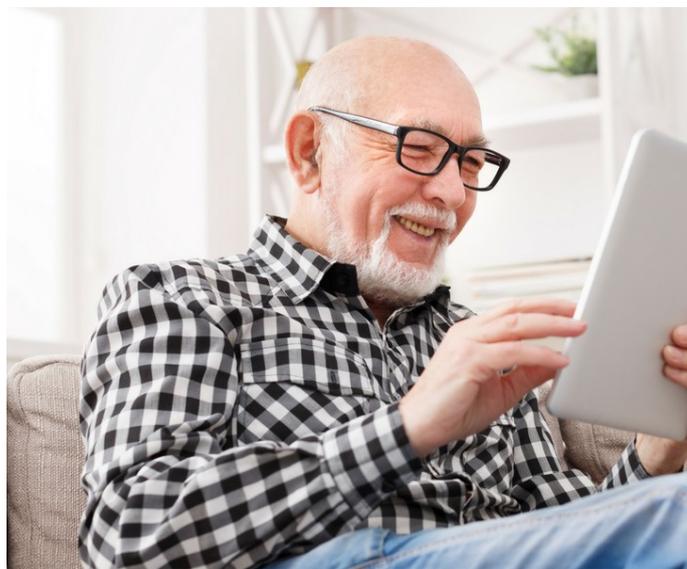
Be sure to check your social calendar for class dates over the New Year period.

CHRISTMAS CELEBRATIONS





The Benefits of Social Media Use



Social media has changed the way we interact with the world around us. From initiating grassroots movements to organising community gatherings and reconnecting with old friends, social media has made the world a smaller place, bringing generations together in one platform. With nearly 59 per cent of adults over the age of 65 online and 46 per cent of those on at least one social network, it's safe to say social media is impacting the lives of seniors in an unparalleled way.

Learn more about the benefits of social media usage for seniors.

SIX HEALTH BENEFITS OF SOCIAL MEDIA USE FOR SENIORS

The percentage of seniors online has increased quickly and nearly half of online adults over the age of 65 have a Facebook account. There are several reasons why seniors have social media accounts and many of them ultimately benefit physical and mental health. Here are six benefits of social media for seniors.

1. SOCIAL MEDIA IS AN EASY WAY TO CONNECT WITH LONG-DISTANCE FAMILY

Families are more geographically distant than ever. As children and grandchildren move away, social

media is a great way to stay current in the lives of others. It's easy and practically effortless. While nothing replaces quality time in-person together and face-to-face connection, social media is a great way to get the highlights of a loved one's life and give you a conversation starter for the next time you are together.

2. SOCIAL MEDIA CAN FORGE NEW FRIENDSHIPS AND RECONNECT OLD FRIENDS

Social media platforms, especially Facebook, can help people make new friends, finding people in your age group who have similar interests. Likewise, it can be a great way to find long-lost friends from childhood and restart those meaningful friendships.

3. SOCIAL MEDIA CAN INSPIRE CIVIC ENGAGEMENT

There's no doubt that social media can inspire generational movements and raise awareness about important issues. Being active on social media can help seniors be involved with these movements, raising issues about things that are important to their generation.

4. SOCIAL MEDIA CAN BE EDUCATIONAL

You never stop learning. Not only can social media make seniors aware of educational opportunities out in the community or at a nearby college, there are social media accounts dedicated to keeping the general population educated about scientific breakthroughs, historical accounts, current events, and more. Scrolling through a Facebook newsfeed is a great way to passively (or even actively) engage in local and global events, while learning more about the world outside your own home.

5. CONNECTIONS BUILT ON SOCIAL MEDIA CAN LEAD TO NEW BUSINESS VENTURES

As the baby boomer generation hits their senior years, we are seeing more seniors remain in the workforce – either retiring later or starting second careers following a first retirement. Social media is a great place to market handmade crafts, business consulting services, promote events and more.



Industry news...

Changes with Health Funds?

At Vitalis we were excited to see a recent announcement from the Health Minister, Greg Hunt, about Hospital-in-the-Home. Mr Hunt outlined his plan for a major shake-up of rules governing private health insurance that would enable health funds to cover specialist treatment delivered outside hospitals.

“The Hospital-in-the-Home revolution is potentially one of the most significant improvements in the private health offering in the last 20 years,” Mr Hunt said.

He is working on changes, starting with mental health and orthopaedics and hopes to roll-out the proposed regime by mid-2020 so private health insurers can factor in cost savings and keep a lid on premium increases in 2021.

What we hope at Vitalis is that new thinking around how to manage escalating health care costs will help deliver sustainability across the sector.

Lower costs, reduced clinical risk and excellent patient outcomes are just some of the benefits of clinical services such as Hospital-in-the-Home that are delivered in the homes of patients.

Here at Vitalis we are passionate advocates of alternatives to inpatient treatments, including Rehab-in-the-Home, Chemo-in-the-Home, Palliative Care-in-the-Home, as well as

Hospital-in-the-Home, so this announcement is a very exciting development.

Happy New Year everyone!

That’s all from us for 2019 so from all the team at Vitalis, we wish you a safe and happy New Year.

Watermark Care Concierge

Every Wednesday

11am to 1pm – free consultation

General Practitioner (GP) visit

Every second Wednesday from 9 to 12

Bulk-billed with Medicare

Please bring Medicare Card with you.

Registered Nurse (RN) visit

Wednesday 9 to 11 and 1:30 to 3:30

Short consultation (up to 30mins) \$45*

Long consultation \$90*

If you have private health insurance, you may be able to claim this back. Please contact your health fund directly.

Physiotherapist – Brendan Willis

By appointment – Ph 0434 389 389

Initial home visit (1hr) \$175

Follow-up home visit 60 min: \$175

45 min: \$155 30 min: \$135

Please contact Brendan on his mobile for more information, or to make an appointment.

Podiatrist – Sahin Kuroz

By appointment – Ph 0413 033 776

Bulk-billed with Medicare if used with Chronic

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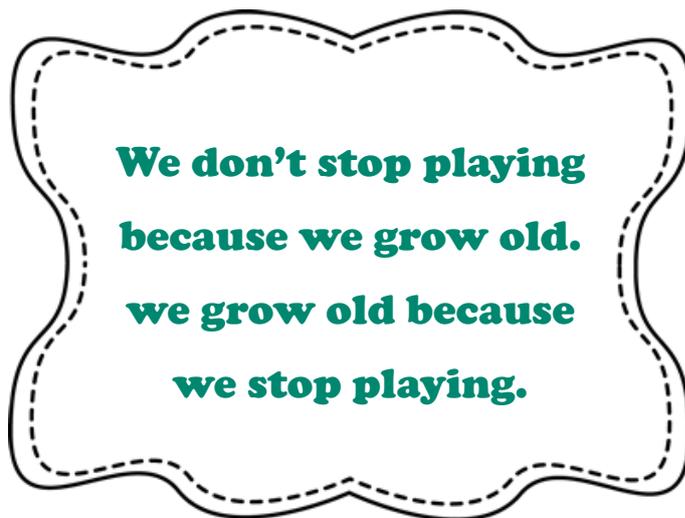
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Hard

Some interesting things for 2020:

- 2020 (MMXX) will be a Leap Year
- The Chinese Year of the Rat
- The United Kingdom's membership of the EU will cease
- Launch of the NASA 2020 Mars mission to study the habitability of the planet
- Summer Olympics in Tokyo



SERVICES...

CLOTHING ALTERATIONS & REPAIRS

Fast and reliable

Adrin 0421 362 002

BELLE-AMARI BEAUTY

Thursday and Saturday in our salon

Annie 0434 263 969

WENDY TORY HAIRDRESSING

CHATSWOOD PODIATRY

Home visits for all your podiatry needs

Luke 9411 5517

VITALIS concierge - Wednesday 11- 1pm

Doctor Wednesday 9 - 12

15 & 29 January. Book at reception

GARY'S CAR WASH,