



Photographer: Wal Hume

From the Manager,

Welcome to June and some cooler weather.

As you would have all read, we have some exciting changes ahead with the announcement of our new operator, Fresh Hope Care.

Fresh Hope Care has been a trusted owner and operator of Retirement and Aged Care throughout NSW for the past 80 years and have made the decision to acquire Watermark due to the villages high-quality standard and level of service provided to residents.

The Fresh Hope team are passionate advocates of the delivery of high quality services that enrich their residents' retirement experience.

Our team will be working closely with Fresh Hope over the coming weeks to ensure a smooth transition process.

Most importantly, Watermark Retirement Services (our boys, Enzo, Tony & Chris) have committed to remaining engaged as village management for a further 12 months.

Please join me in welcoming Fresh Hope key contacts, Belinda Edwards,, Lynn Bailey and Darrell Johnson who will be available to introduce themselves on Monday 1st and Tuesday 2nd June.

Please feel free to come and chat with me for any questions you may have. I also encourage you all to submit any queries or questions to:  
[feedback@freshhopecare.org.au](mailto:feedback@freshhopecare.org.au)

*This change in ownership will take effect Wednesday 1st July 2020.*

Until next month, take care of yourselves and each other.

*Nada Vescio*



## Get on your bike: data shows how Aussies are spending their money during COVID-19

By Annie Donaldson

Australians have been getting out and about (but avoiding public transport), feathering their nests and boosting their skincare routines. Unsurprisingly spending on road tolls, petrol and car insurance has fallen under restrictions. But we've still been on the move, with demand for bike and scooters jumping 80% in April.

Homewares were a close second – a sign that perhaps we've realised the place needs a spruce-up, followed by computers as more of us than ever set up home offices. We also ditched cosmetics, but bought up on skincare and home hair-dye products as we had to DIY our own beauty routines.

There was some good news too, people spent more locally, supporting their neighbourhood bakeries, fruit and vegetables and specialty items shops. Aussies also appeared to be doing the right thing by staying home and steering clear of cash (avoiding the germs) with ATM withdrawals more than halving in April, while online shopping almost doubled.

There are extraordinary economic and social factors that are causing consumer behaviour to be incredibly dynamic. The big question is what does this mean for the medium and long-term? Does this mean we could predict this is a sign of things to come, people returning to shopping local and moving away from the cash society?

As restrictions now easing around the country as case numbers fall, we are about to find out.

## Why do we say 'OK'?

By Lauren Broomham

Of all the words in the English language, the word 'OK' is pretty new: It's only been used for about 180 years.

When I was at school 'OK' would not have been accepted as an 'ok' answer to a question, it would have been seen as lazy or rude, but apparently 'OK' is now the most spoken word on the planet.

Language is evolving all around us. Words that our parents may have used when they were young are now deemed at best 'old-fashioned' at worst 'derogatory'.

Syntacticians study words, Linguists study languages. For example, the word 'silly' used to mean 'happy' and now means 'foolish'. Sometimes new words develop, like Tea: "Tea" is gossip, and "spilling the tea" is the act of gossiping.

New words or meanings are usually in response to social changes or scientific discoveries. The largest dictionary of the English language, the Oxford English Dictionary, is always adding new words. In fact, it added 1,400 new words in June 2019 and will add even more words in two years time.

So why did people start to say 'OK'? Experts think 'OK' likely emerged as an abbreviation of 'all korrect' – which was a jokey way of saying 'all correct'.

But wherever 'OK' came from it's versatile, it can be used as a noun, a verb, an adjective, a conjunction or an interjection.

So, go fill your boots with the word 'OK', 'O.K' or 'Okay' — yes, you can use these in Scrabble.





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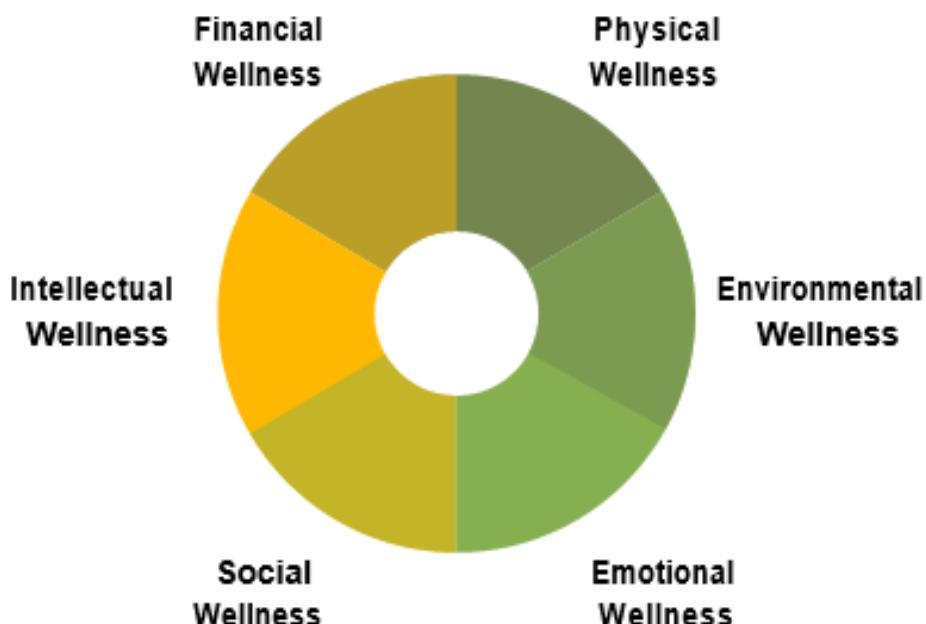
# Resources for Older Australians during Coronavirus



The **UNSW Ageing Futures Institute** has compiled a series of resources and tips to help older people through these times of physical distancing. Many of these resources have been suggested by our expert researchers and the UNSW community, and cover six domains of wellness. If you are looking for general information about Coronavirus and older people, click [HERE](#).

Click on any domain in the circle below to take you to that resource page:

1. **Physical Wellness** – maintaining your fitness during these times of physical distancing
2. **Environmental Wellness** – ensuring your surroundings contribute positively to your wellbeing
3. **Emotional Wellness** – taking care of your mental health during these challenging times
4. **Social Wellness** – how to safely interact with others and prevent social isolation
5. **Intellectual Wellness** – keeping your brain active with tips to strengthen your mind
6. **Financial Wellness** – managing your finances in times of uncertainty



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• If you are interested in our research, email us at [ageingfutures@unsw.edu.au](mailto:ageingfutures@unsw.edu.au)

# Older Australians and Coronavirus

Coronavirus, also known as COVID-19, is a highly contagious disease that spreads from person to person. The virus has spread quickly throughout the world, infecting millions of people and causing hundreds of thousands of deaths.

## How does it spread?

Coronavirus spreads when an infected person coughs or sneezes, and small droplets from the nose or mouth travel through the air, or land on objects and surfaces around the person.

You can catch Coronavirus if you:

- Breathe these droplets in, or
- Touch a surface with these droplets and then touch your eyes, nose or mouth

## How can I avoid catching it?

You can protect yourself from Coronavirus by physical distancing yourself from others.

This means:

- Keeping a 1.5 metre distance away from others where possible
- Temporarily stopping face to face visits
- Avoiding any non-essential travel
- Having groceries and medications delivered

## What happens if I catch it?

If you catch Coronavirus, you may experience:

- Fever
- Coughing
- A sore throat
- Difficulty breathing

If you are experiencing serious symptoms such as difficulty breathing, call 000 for urgent medical help.

## Stay informed

The following are trustworthy sources of information about Coronavirus:

- **Australian Government Department of Health** provide regular updates and advice in relation to Coronavirus at [health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert](https://health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert)
- **State Health Departments** have specific information about cases, testing centres, and physical distancing laws at [health.gov.au/about-us/contact-us/local-state-and-territory-health-departments](https://health.gov.au/about-us/contact-us/local-state-and-territory-health-departments)
- **The World Health Organization** provides information and guidance regarding the current outbreak of Coronavirus at [who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)
- **National Coronavirus Helpline** is open 24 hours, 7 days a week and will answer any questions you have about Coronavirus. Call 1800 020 080.

## Why do older people need to take further precaution?

Whilst people of all ages can catch and carry the virus, older people are more likely to become severely ill if they catch the virus.

The majority of deaths from Coronavirus worldwide have been in people 60 and older.



To prevent the spread of the virus, some habits to adopt include:

- Sneezing or coughing into your elbow
- Washing your hands thoroughly with soap for at least 20 seconds
- Avoid touching your eyes, nose and mouth

If you are sick and think you might have COVID-19, check your symptoms using [healthdirect's Coronavirus Symptom Checker](https://healthdirect.gov.au/symptom-checker/tool/basic-details) at [healthdirect.gov.au/symptom-checker/tool/basic-details](https://healthdirect.gov.au/symptom-checker/tool/basic-details)



If the Symptom Checker tells you to contact your GP, please make sure you call your doctor's clinic first, before your visit.

# Physical Wellness and Coronavirus

As we find ourselves spending more time at home, we need to make sure we maintain a healthy body and keep active. Taking care of your physical health is not only great for ageing well, it could reduce your risk of becoming severely ill in the event you catch diseases such as Coronavirus.

## Exercise at home

Keeping active for 20-30 minutes a day ensures your body and mind stay healthy.

There are many ways to exercise at home:

- Walking around the home or yard
  - Gardening
  - Chair yoga
  - Dance lessons
  - Strength exercises
- } Search for free exercise videos at [youtube.com](https://www.youtube.com)

## Balance exercises

Balance exercises are the single most important exercises to prevent falls. Some good examples are: knee raises, side leg raises, heel raises, stepping up and sit-to-stand exercises.

Institute researcher, **Associate Professor Kim Delbaere**, has designed a home-based virtual program to help with reaching the recommended 2 hours per week at [standingtall.org.au](https://standingtall.org.au)

## Eating well

Eating healthy food is important for your body and your mind.

Research lead by **Professor Kaarin Anstey**, Director of the UNSW Ageing Futures Institute, has shown that the MIND diet is not only healthy for the body, but can reduce the risk of decline in thinking and memory abilities. Read about the MIND diet at [healthline.com/nutrition/mind-diet](https://healthline.com/nutrition/mind-diet)

Some foods to eat on the MIND diet include:

- Vegetables
- Berries
- Nuts
- Olive oil
- Whole grains
- Fish
- Beans
- Chicken

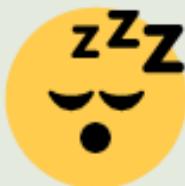


## Sleep

Getting 7-8 hours of sleep is great for our immune systems.

You can improve your sleep by:

- Going to bed the same time
- Staying away from TVs and other screens before bed
- Limiting your intake of tea and coffee in the afternoon



## Avoid alcohol and drugs

Staying at home can, for some people, lead to increased alcohol, cigarette and drug use.

"When it comes to alcohol, less is better. Ensure a number of days free from alcohol and monitor your consumption to keep within guidelines. Check and ensure that any other medications such as pain killers or sleeping tablets are kept to the absolute minimum."

*Professor Michael Farrell  
Director, National Drug and Alcohol Research Centre*

## More advice

Below are some suggestions if you are looking to improve your physical wellness:

- **Talk to your GP** before starting any new exercise or diet routine. Call your doctor who may be able to visit or organise an online telehealth consultation service.
- **Safe Exercise at Home** have a range of exercises that you can do safely at home. For more information on physical activity and exercise for older people, search [safeexerciseathome.org.au](https://safeexerciseathome.org.au)
- **Healthdirect** have a collection of resources about how to ensure you take medication safely. Go to [healthdirect.gov.au/medication-safety-for-older-people](https://healthdirect.gov.au/medication-safety-for-older-people)

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# Environmental Wellness and Coronavirus

Physical distancing prevents the spread of Coronavirus. As a result, we find we are spending more time in our homes and residences. As our surroundings can greatly impact how we feel and function, it is vital that we take the time to make sure our environment is as optimal as possible.

## Modifying your home

Does your home need modifying to help you:

- Prepare your own meals?
- Move more easily around the house?
- Safely shower or go to the toilet?

The Home Modification Service Directory is a great one-stop-shop that provides information about services in your area. Visit [homemods.info](http://homemods.info)

## Shopping from home

Many supermarkets, greengrocers, butchers, [shops](#) and restaurants are providing online or telephone ordering and delivery.



Most places offer contactless delivery, an extra step to keep you and your home virus-free.

## Connect with nature

Being around nature is positive for health and wellbeing. Below are some top tips to keep you connected to nature during physical distancing.

- Indoor plants are a great way to create a more green and relaxing living space
- Open your windows to get some fresh air
- Make it a habit to get some sunshine by spending time outside

## More information

The following are trustworthy sources of information to improve your Environmental Wellness:

- **Australian Housing and Urban Research Institute** have a list of resources that impact housing, homelessness and cities. Go to [ahuri.edu.au/news-and-media/covid-19/covid-19-resources](http://ahuri.edu.au/news-and-media/covid-19/covid-19-resources)
- **MyAgedCare** provide services for older people, like help with daily tasks around the house or the delivery of meals. Find a provider at [myagedcare.gov.au/find-a-provider](http://myagedcare.gov.au/find-a-provider) or call 1800 200 422
- Contact your **local council** ([www.lgam.info/list-of-australian-councils](http://www.lgam.info/list-of-australian-councils)) or your state or territory **Council on the Ageing (COTA)** office ([cota.org.au/get-involved/visit-stateor-territory-cota](http://cota.org.au/get-involved/visit-stateor-territory-cota)) to find out what your city or community is doing to become more age-friendly

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## Carers and Providers

**Carers** and providers of aged care can take steps to protect older people from Coronavirus.

**Professor Catherine Bridge**, researcher at the UNSW Ageing Futures Institute, has shared the following factsheet to make others more aware of these issues. Access this factsheet at [homemods.info/resources/hminfo-research-publications/industry/covid-19](http://homemods.info/resources/hminfo-research-publications/industry/covid-19)

## What to buy

During these times, it is important to have the following household supplies:

- Medicines/ prescription medication
- Disposable or dishwashing gloves
- Toilet paper and tissues
- Toothpaste
- Hand soap and hand **sanitiser**
- Dishwashing liquid

## Safe transport around your community

If leaving home is essential, make sure you are using transport safely. Tips from researcher **Associate Professor Soufiane Boufous** are:

- Avoid public transport but if you must use it, travel outside peak hours to avoid crowds
- Follow existing rules of physical distancing when walking
- Pay extra attention to the higher number of cyclists and walkers when driving



# Emotional Wellness and Coronavirus

In times of uncertainty, it is important to keep a close eye on your emotional and mental wellness. Some days, you may feel overwhelmed with the news or the restrictions to daily life. To help you through these times, below are top tips you can use to care for yourself and your emotions.

## Limit media exposure

It seems like every minute there is a new article or update about Coronavirus.

Staying up-to-date with factual information is important. However the frequent media coverage of the pandemic may leave you feeling anxious and overwhelmed. Try to limit media exposure by focusing on other hobbies or activities.

## Get creative

**Professor Jill Bennett**, lead investigator at the UNSW Ageing Futures Institute, says engaging our creative side can help us understand and express our feelings in challenging times.

### Get creative at home by:

- Reading books or listening to audio-books
- Visit galleries online and join those remaking famous masterpieces at home

## Meditate

Meditation has been shown to:

- Reduce stress levels
- Improve focus and sleep
- Boost mental wellbeing

To learn how to meditate, Headspace provide some simple meditation guides at:

[headspace.com/covid-19](https://headspace.com/covid-19)



## Practice mindfulness

In times of stress your mind can race with thoughts about the past and the future. Mindfulness is being aware of your thoughts, and focusing on the here and now. Practicing mindfulness during hard times can reduce stress and make you more accepting of yourself.

Institute researcher *Dr Gail Kenning* suggests following some simple mindfulness exercises at [soundcloud.com/artofmindfulness](https://soundcloud.com/artofmindfulness)

## Stick to a routine

Having structure and routine to your day is important for your mental health.

Some tips to help you include:

- Waking up at the same time every day
- Eat breakfast, wash up and get dressed as you would normally
- Take time to do your normal work, exercise, cooking and chores

## Talk to a Psychologist

A psychologist is a qualified professional who can help you manage your stress and anxiety.

You can access a psychologist by:

- Asking your GP/doctor to refer you
- Using the Find a Psychologist service by going to: [findapsychologist.org.au](https://findapsychologist.org.au) or calling 1800 333 497

## More services

The following are trustworthy organisations and sources of support during the Coronavirus pandemic:

- **Black Dog Institute** have an Online Clinic that provides a free mental health assessment. To access go to: [onlineclinic.blackdoginstitute.org.au](https://onlineclinic.blackdoginstitute.org.au)
- **BeyondBlue** provide information and support, including online community forums to support emotional wellbeing. Go to [coronavirus.beyondblue.org.au](https://coronavirus.beyondblue.org.au) or call 1800 512 348.
- **Lifeline** provides support if you are experiencing suicidal thoughts or going through personal crisis. Go to [lifeline.org.au/about-lifeline/contact-us](https://lifeline.org.au/about-lifeline/contact-us) or call 13 11 14.

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# Social Wellness and Coronavirus

We all must do our bit to stay at home and follow physical distancing recommendations by health authorities. This means changing the way we interact with other people – using technology, such as the Internet, computers and phones, to keep in touch with workmates, friends and relatives.

## Keeping your distance...

Physical distancing does not mean locking yourself indoors.

If you practice good hygiene and keep 1.5 metres from others, you can still enjoy:

- Gardening in your backyard or balcony
- Getting some sun on the porch
- Talking to your neighbours (from a distance)

## ...while keeping connected

Keep connected with others through technology on your computer, ipad or smartphone:

- Skype is a videocalling program where you can video call people for free ([skype.com](http://skype.com))
- Facebook is a social media site that lets you interact with friends ([facebook.com](http://facebook.com))
- WhatsApp is a free messaging and videocalling program ([whatsapp.com](http://whatsapp.com))

## What if I don't have the Internet?

If you do not have access to the Internet, there are many ways to keep socially connected.

- Spend some time connecting with the people you are living with
- Phone someone to check in with them
- Leave a note at someone's front door
- Organise safe interactions with your friends or relatives - like writing letters to each other

## Living with Dementia

If you are living with Dementia, or caring for someone with Dementia, this might be a heightened period of isolation with many services closing.

**Dementia Australia** have an online chat and other sources of assistance and support at [dementia.org.au/helpline/webchat](http://dementia.org.au/helpline/webchat)

## Can I see my grandchildren?

You may be faced with the difficult decision of whether it is safe to see your grandchildren.

Institute member *Dr Stephanie Ward* suggests that families discuss the impacts of physical distancing. "There are many ways to still stay connected with your grandchildren, or other children in your life, if apart - talking at a safe distance, video calling, or mailing letters to each other."

## I need to talk to someone

The National COVID Older Persons Information Hotline supports older people feeling lonely or distressed about Coronavirus.

Call 1800 171 866 between 8:30am-5:00pm (AEST) on weekdays.



## More tips

The following sources of information provide a range of ways to support your social wellness:

- **Probus Clubs** provides a great opportunity to connect with older people in the local community. Search for your local clubs at [probussouthpacific.org/directories/lookup](http://probussouthpacific.org/directories/lookup) or call 1300 630 488.
- **Australian Seniors Computer Clubs Association** have a directory of computer clubs you can browse and join [ascca.org.au/index.php/seniors-computer-courses/computer-clubs-directory](http://ascca.org.au/index.php/seniors-computer-courses/computer-clubs-directory)
- **SANE Australia** have an online forum where you can chat with health professionals and other people about your thoughts and feelings. Read more and register at [saneforums.org](http://saneforums.org)

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# Intellectual Wellness and Coronavirus

There are many ways you can keep your mind active during the pandemic. Many everyday activities are now possible to do through the Internet. Training your brain is also important, not only to stave off feelings of boredom, but to keep your mind sharp and lower the risk of dementia.

## Virtual excursions

Visiting museums and landmarks around the world and browsing libraries and books is all possible from the safety of your home.

- Take online tours of art museums or famous landmarks at [artsandculture.google.com](https://artsandculture.google.com)
- Attend music events at the Sydney Opera House at [sydneyoperahouse.com/digital](https://sydneyoperahouse.com/digital)
- Borrow and read books at [openlibrary.org](https://openlibrary.org)

## Online events

You can improve your intellectual wellness by attending online events. From participating in discussions about your favourite topics, to watching real-time debates or learning something new at international conferences.

Eventbrite has tens of thousands of online events you can attend from your home. Go to [eventbrite.com.au/d/online/events](https://eventbrite.com.au/d/online/events)

## Participate in research

Researchers are always looking for members of the public to participate in their projects.

Through technology such as your computer or phone, you can contribute to many interesting projects. By participating you may also learn something new and increase your understanding of different topics.

Some current projects include:

- [FluTracking](#) - helps monitor the spread of flu and Coronavirus ([info.flutracking.net](http://info.flutracking.net))
- [PatientsLikeMe](#) - a program that gives you the platform to share your experiences if you have had a disease ([patientslikeme.com](http://patientslikeme.com))
- [Citizen science](#) projects, such as recording frog calls ([frogsid.net.au](http://frogsid.net.au)) and collecting data about Birds ([birddata.birdlife.org.au](http://birddata.birdlife.org.au))

## Learn something new

Join online courses to expand your knowledge and learn about new things - from languages to media to maths.

UNSW have many free short online courses available to sign up to:

- [coursera.org/unsw](https://coursera.org/unsw)
- [futurelearn.com/partners/unsw-sydney](https://futurelearn.com/partners/unsw-sydney).
- [openlearning.com/unswmoocs](https://openlearning.com/unswmoocs)

## Play online games

Games such as chess, crosswords, puzzles and card games can be played on the Internet. You can even challenge your friends to a game!

A list of safe game sites can be found below:

- [seniorsonline.vic.gov.au/services-information/games](https://seniorsonline.vic.gov.au/services-information/games)
- [greatseniorliving.com/articles/games-for-seniors](https://greatseniorliving.com/articles/games-for-seniors)
- [games.aarp.org/](https://games.aarp.org/)

## More resources

The following are some more resources to help you manage intellectual wellness:

- **UNSW Ageing Futures Institute** are always looking for members of the public who are interested in participating in research. If you are interested, please email us at [ageingfutures@unsw.edu.au](mailto:ageingfutures@unsw.edu.au)
- **University of the Third Age** offers hundreds of courses, lectures, and presentations for older people who are no longer working full-time. Find out more at [sydneyu3a.org](https://sydneyu3a.org) or call 02 9267 9056.
- **The International Research Network on Dementia Prevention** have fantastic resources on how to reduce the risk of developing dementia at [coghealth.net.au/community-knowledge-hub](https://coghealth.net.au/community-knowledge-hub)

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# Financial Wellness and Coronavirus

Strict global border restrictions have affected many sectors, including trade, tourism and events. Many workplaces have also been impacted by physical distancing laws, with many organisations moving to remote work, or closing their doors and services for the unforeseeable future.

## Superannuation

Your superannuation fund balance may have been impacted as a result of Coronavirus.

Institute researcher **Rafal Chomik** encourages Australians nearing retirement to "speak to your fund or adviser and weigh up options before making decisions about your superannuation that may negatively impact retirement income. Remember that selling shares when they hit rock bottom could lock in losses."

## Employment in older age

Australians are working to older ages. If you are planning on staying in the workforce into late age, or looking to return to work, remember that the longer you stay away from the job market the harder it may be to get back into work.

For those below pension age and still employed, check with your employer about your eligibility for **JobKeeper** payments.

## Financial hardship

If you are experiencing financial hardship, either in general or as a result of Coronavirus, the National Debt Helpline provides free support to help you get back on track.

Call 1800 077 077 or go to [ndh.org.au/debt-problems/covid19](http://ndh.org.au/debt-problems/covid19)



## Online banking

Approximately 50% of older Australians do their banking over the Internet.

Contact your bank to get more information and see if online banking is right for you to:

- Pay bills without leaving the house
- Have 24/7 access to accounts and services
- Use contactless payment methods instead of handling cash that may carry the virus

You may also need to figure out how changing working conditions have impacted your tax.

The UNSW Tax Clinic provides free, independent and confidential tax advice and support. Call 02 9385 8041 or go to [business.unsw.edu.au/about/schools/taxation-business-law/unsw-tax-clinic](http://business.unsw.edu.au/about/schools/taxation-business-law/unsw-tax-clinic)

## Avoid scams

There has been a spike in scam phone calls, texts and emails during the Pandemic.

To avoid being scammed:

- Hang up telephone calls from strangers
- Never share your credit card details, date of birth, passwords or other similar information
- Ask people you trust for advice
- Keep informed at [scamwatch.gov.au](http://scamwatch.gov.au)

## More services

The following are support services you can contact to better manage your financial wellness:

- **MyAgedCare** have a list of services for older people and carers who require financial assistance and help with payments. Go to [myagedcare.gov.au/support-financially-disadvantaged-people](http://myagedcare.gov.au/support-financially-disadvantaged-people)
- **Services Australia** provide information whether you are retired, planning for retirement or looking to work past Age Pension age. Go to [servicesaustralia.gov.au/individuals/older-australians](http://servicesaustralia.gov.au/individuals/older-australians)
- **Older Workers** is Australia's only national job board connecting older job seekers with age-friendly employers. Go to [olderworkers.com.au](http://olderworkers.com.au)

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## Where are we at with COVID-19?

With the welcome news that Australia has succeeded in 'flattening the curve' there is cautious optimism that as we may be able to now relax a little (but not too much!) – what you may have heard described as our 'new normal'.

You may be wondering what this 'new normal' means for you and for community life at Watermark? Can you now resume your social life, visit your grandchildren? When should you consider getting tested for COVID-19?

We've summarized a few key messages from the government for older Australians, and encourage you to call the Watermark Nurse Concierge helpline on 9165 0839 with any questions or concerns you might have. There is no such thing as a silly question so please don't hesitate to call for a chat!

**Staying at home** as much as possible remains the Government's advice for senior Australians. If you can get what you need online or on the telephone and have things delivered to you at home, this is safer than going out. This includes things like telehealth consultations with your GP and home delivery of your medicines, in some cases even without a new script.

**Keeping connected** with regular telephone and video calls with family and friends is essential! If you meet up with family and friends check current government rules about how many people can be together and be sure to observe social distancing and wash your hands regularly.

**Being active** helps keep you well both physically and mentally. Make sure you keep up an exercise routine that works for you, but avoiding places where you risk contact with COVID-19. This might mean gentle exercise in your home, gardening, or a socially distanced walk with a friend around the Watermark neighbourhood.

**Getting tested** if you have any symptoms at all, or

have been in contact with someone with symptoms, or you are simply worried. Call the Watermark Nurse Concierge helpline for guidance about the need to get tested and where to go to.

Stay safe, stay connected and we look forward to seeing you again at the Watermark Nurse Concierge office soon! From the team at Vitalis. J

## HAPPY BIRTHDAY!!

Very best wishes to residents celebrating birthdays in June.

Karel Wearne

Margaret Austin

Ron Gee Kee

June Horne

Wal Hume

Anne Holdsworth

Bill Holdsworth

Liz Efinger

Margaret Bloxham

Paulette Kelly

Lilian Horton-Stephens



## Fun Functional Fitness with Dom Vaughan of Dominate Fitness

Dom will be running 20 minute one on one training sessions each Tuesday and Wednesday. Please book with reception.

## Tai Chi with Judy Wong

Each Monday at 10am (maximum of 5)  
Please book with reception



### 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 Disease Management Plan (formerly Enhanced Primary Care Plan).

Please bring Medicare Card with you.

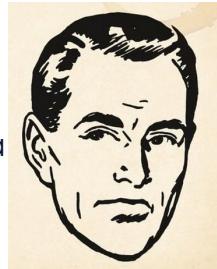
Contact Sahin on his mobile for more information or to make an appointment.

### Sleep Solutions Practitioner – Graham Smith

By appointment - Ph 0421 883 344

Free initial consultation

### Dad Jokes:



My mate said I'm getting fat,  
but in my defence I've had a  
lot on my plate recently

Every wondered what to say  
to your sister when she's crying? "Are you  
having a crisis?"

I'm trying to learn the alphabet but I can't  
get past x. I don't know why.

I have an Irish friend with a great  
personality that always bounces off the  
walls. His name is Rick O'Shea.

## SERVICES...

### CLOTHING ALTERATIONS & REPAIRS

Fast and reliable

Adrin 0421 362 002

### BELLE-AMARI BEAUTY

By appointment

Annie 0434 263 969

### WENDY TORY HAIRDRESSING

By appointment

Wendy 0402 566 793

**PHARMACY** Sam 0450 713 915

Sam.mirashrafi@gmail.com

### CHATSWOOD PODIATRY

Home visits for all your podiatry needs

Laura 0450 715 623

### Vitalis

Nurse - by appointment 0490 521 906

Doctor - by appointment 0490 521 906

### GARY'S CAR WASH

TBA

### KILLARA IT SUPPORT

Ara 9958 4032

ambadam@yahoo.com.au

### WILLOUGHBY ROAD