



Presbyterian Aged Care

Community Catch Up

MARCH 2015

**PRESBYTERIAN
AGED CARE -
COMMUNITY
CARE TEAM**

**UNIT 9
109 BOWRAL ST
BOWRAL NSW
2576**

PH:02 9690 9395

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Falls Prevention Awareness Day



April 1st is Falls Prevention Day - no joke!

Falls are the leading cause of injury-related hospital admissions in people aged 65 years & over.

The Better Health Channel states that “falls are not inevitable and many older people can be prevented from falling. Some risk factors for falls are relatively easy to change and, where falls occur, the severity of injuries can be reduced”.*

Presbyterian Aged Care will be sending out information packs about falls prevention - this will be delivered to you by your carer sometime over the next couple of weeks.

* Information sourced from the Department of Health, Victoria

Reminder: Energy Information

Just a reminder to all that a representative from the NSW Energy & Water Ombudsman is coming to conduct an information session on energy issues & managing your bills.

The presentation will take place at the PAC office in Bowral Street on 19 May, from 2pm-3pm. After the presentation, the Energy & Water Ombudsman’s representative will be available until 4pm to answer individual questions.

Afternoon tea will be served after the presentation.

If you would like to attend this presentation, please **RSVP by Friday 15 April** on ph: 02 9690 9395

The Poetry Tree

Many thanks to those who have contributed to the PAC Poetry Tree in honour of World Poetry Day (March 21). We received some wonderful poems, but would really appreciate having more to add to our tree!

You will find another leaf at the back of this newsletter, please share your favourite poem (can be one written by you, or by one of your favourite authors) with us by writing it on the leaf and sending it to the office (ask your carer to return it to the office for you, or post to Presbyterian Aged Care, PO Box 1013, Bowral, 2576).

The tree will be unveiled on Wednesday 29 April at 2pm. You are most welcome to join us for the event, and enjoy an afternoon of poems and pumpkin scones.

We will read aloud some of the poems on the tree, and anyone who has additional poems to share is of course welcome to bring them along (your own work, or that of a favourite author).

Afternoon tea will be provided to recharge the batteries of anyone who goes above and beyond the call of duty in delivery of their piece.

Special event (participation optional)- Haiku challenge: create a Haiku in accordance with the specifications below, and bring it with you to present at the poetry tree unveiling. All guests will be asked to cast an anonymous vote for their favourite Haiku and there will be a prize for the author of the Haiku which gets the most votes.

A Haiku is a Japanese poem consisting of 3 lines & 17 syllables (5 each in the first & third lines, and 7 in the second line). Not required to rhyme, but occasionally the end of the first & third lines will rhyme. See page 3 for an example of a Haiku.

Please let us know if you need transport to the event.

RSVP by 10 April, ph: 02 9690 9395

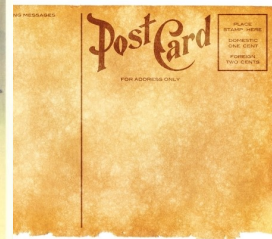
Haiku: Cicada

*Living bright jewel,
Beauty amplified by its
Transient green presence*

By Kirrily Vanderfield

Postcard Swap

Join us on 23rd April to participate in a Postcard Swap.



How it works: we will meet at the PAC office at 2pm to look at the other organisations that subscribe to the Postcard Swap. We will select one or more groups to swap correspondence with & prepare some postcards & letters to send. All stationery will be provided by PAC, but you are welcome to bring anything else that you might like to include (stickers, jokes, local news clippings etc).

There are numerous organisations subscribing to the Postcard Swap from all states in Australia & also some from overseas (New Zealand, Canada, Ireland, UK & US) - we could find some very interesting penpals among them!

Afternoon tea is provided. Let us know if you need transport.

RSVP by 10 April, ph: 02 9690 9395



Word Finder: Theatre

Created on the Golden Carers website - www.goldencarers.com

D X A M Q S H F Z O I M A T I N E E Z V
D P L L I G H T I N G F V Q A O G M V D
R N R Y N F C W A B I T P F A R S I W O
H D E Z T O O Y C S T A G E C C W K C D
C E V C E N D D T O W J F P M H C T O C
Z B M H R Q E V O U Y X Y L V E V E M A
G P H I M S L P R O P S Q N R S C H E U
P L I A I T I Y S J F I S D H T U R D Q
S A D R S A I K X Q C I Q I T R O E Y T
C Y H O S L J H K F Z K B U P A I S L E
E W Q S I L U H T R Y H D N A Z R E M M
N R D C O S T U M E H R Y T N U V I I B
O I P U N W T J D T C A B O T I N A G E
G G U R O Z K V F R U M K F O R X E W N
R H E O U R E H E A R S A L M P E B Q L
A T L Y W V N F S G T Q U Q I V J X M V
P Z V I I W J A V E A C G F M D G D D H
H D Z Y R O I U J D I D I R E C T O R E
E T X P J W R J T Y N Q R J H V Z E T Q
R H U D A H P X P L L V Y I D N I K U S

Words:

STAGE	INTERMISSION	COMEDY	STALLS	REHEARSAL
ACTORS	ORCHESTRA	TRAGEDY	COSTUME	MATINEE
DIRECTOR	SCENOGRAPHER	LIGHTING	PANTOMIME	CABOTINAGE
CURTAIN	CHIAROSCURO	AISLE	PROPS	PLAYWRIGHT

Definitions:

- Scenographer: designer responsible for all visual aspects of a production (lighting, scenery, costume & makeup).
- Chiaroscuro: use of contrasts in light & shade for dramatic effect or to enhance the depiction of a character.
- Cabotinage: overacting or playing to the audience.

Activity Calendar : April 2015

Date/ Time	Location	Activity	Notes
Wednesday 15/4/2015 2:00pm - 3:00pm	PAC Office, 109 Bowral St, Bowral	Quiz afternoon: Famous Lines phrase guessing game - guess the author and novel that each phrase belongs to. Afternoon tea provided. Costs: - \$5.00 PAC Social Support fee RSVP by 10 April, ph: 02 9690 9395	
Wednesday 22/4/2015 Starts 1:00pm	St. Judes Church, Bowral	Musical performance by Vanessa Woodhill (recorder), Cedar-Rose Newman (11 years old, violin), Lena Lee (10 years old, violin), and accompanist Elizabeth Stevens. Presenting music from Western, Middle Eastern & Oriental cultures. Costs: - \$ Your choice (admission by donation) - \$5.00 PAC Social Support fee RSVP by 10 April, ph: 02 9690 9395	
Thursday 23/4/2015 2:00pm - 3:00pm	PAC Office, 109 Bowral St, Bowral	Postcard swap & afternoon tea. Costs: - \$5.00 PAC Social Support fee RSVP by 10 April, ph: 02 9690 9395	Please see page 3 of the newsletter for more information about this event.
Wednesday 29/4/2015 2:00pm - 3:30pm	PAC Office, 109 Bowral St, Bowral	Unveiling of Poetry Tree: bring along a poem to read, or just come to hear others share their poems. Afternoon tea provided. Costs: - \$5.00 PAC Social Support fee RSVP by 10 April, ph: 02 9690 9395	Please see page 2 of the newsletter for more information about this event.

**Presbyterian Aged Care -
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Australian Government

*PAC gratefully
acknowledges the
funding provided
by the Australian
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enable our service
delivery.*

Presbyterian Aged Care



The Presbyterian Church has been supporting the independence and care of older people across New South Wales and the Australian Capital Territory for more than 70 years.

Presbyterian Aged Care's vision is to provide a caring and spiritual environment where people can grow old in the way that suits them best. Our primary aim is to deliver the highest possible quality of life for older people.

Enjoy your own home for longer with support from our home care services. We plan and deliver our care around your personal goals. We can come to you with our in-home care and support services, or you can come to us for the group activities and therapy services at our centre.

Recipe: Warm Beetroot Salad

- Ingredients:
- 4 baby beetroot
 - 2 cups torn silverbeet leaves (washed & torn)
 - 1 teaspoon olive oil
 - 40g feta or goats cheese
 - 1 clove of garlic
 - 1/4 cup chopped walnuts
 - 1 tablespoon red wine vinegar
 - 1/4 teaspoon powdered cumin

Method:

- Preheat oven to 190°C
- Remove stems & leaves from beetroot, place beetroot in foil covered baking dish & bake for 45 minutes or until skin peels away when rubbed. When cool enough to handle, peel & chop into bite sized cubes & keep warm while preparing the rest of the salad.
- Heat oil in frying pan, add garlic, walnuts & cumin, toast for 3-4 minutes, stirring occasionally.
- Add silverbeet to frying pan, stir until slightly wilted (about 2 minutes).
- Toss leaves, beetroot & vinegar in a serving bowl & top with feta/goats cheese.
- Serve & enjoy!