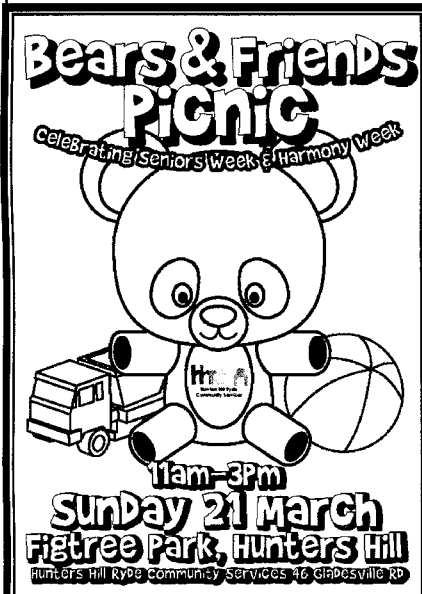


**UPDATE from JANICE** - Wow! What a busy, exciting time of year! Our newsletter is just overflowing with events and activities for everyone.

Please bring your family along on Sunday 21 March to the Bears and Friends Picnic - details below. Seniors Week begins with this relaxed and fun multigenerational event. There will be something for everyone. I look forward to seeing you there.



Maria Antonich our Carers Support Disability Coordinator for the past 10 years has retired to take up a role in our Day Centre. I know I speak on behalf of the carers and her colleagues at no. 46 when I say "Thank you Maria for a job well done; we have enjoyed sharing your friendship, care and commitment". We welcome Denise Kapatan to the HHRCS team as the new Carers Support Disability Coordinator.

Please ensure that you conserve your energy to participate in the many March events. I know my mother-in-law in Melbourne is always exhausted after Seniors Month but she has fun! Happy Easter too!

### Inside this issue:

|                                    |   |
|------------------------------------|---|
| * Update                           | 1 |
| * Bears & Friends                  |   |
| * Staff Profile - Nancy Cheung     | 2 |
| * Seniors Week!                    | 3 |
| * Your Donation                    |   |
| * Social Support                   | 4 |
| * Volunteer Profile - Donna McCade |   |
| * London Times                     | 5 |
| * Everyone Belongs                 | 6 |
| * Carer Support                    |   |
| * Carer's Activities               | 7 |
| * Transport                        |   |
| * A Quick Salad                    | 8 |
| * Out Of Their Mouths              |   |
| * A New Friend                     |   |

## Bears & Friends Picnic

**FIGTREE PARK** cnr Ryde and Gladesville Roads  
A membership drive to celebrate Seniors Week and Harmony Week.

### Precious Bears & Friends Parade

Bring your favourite stuffed animal for our Pied Piper parade.

### CSIRO Young Scientist Demonstrations

Fantastic hands-on activities for 3-12 year olds!

### Kindifarm

Lots of baby farm animals to cuddle and feed

### Jumping J-Jays Castle

Bouncing with fun and laughter, smiles all round

### Live Entertainment!

Taekwondo & Tai Chi Demonstration, Boronia Park Choir; Live Music

### Inspirational Talks

Actor **Lois Ramsey** talks about her professional and life experiences

**Gail O'Brien**, wife of the late Dr Chris O'Brien will talk on the Lifehouse Centre at Royal Prince Alfred Hospital.

### Devonshire Tea with Freshly Baked Scones

Face Painting \* Sausage Sizzle \* Gozlemes and lots more...

### Did you know...

There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous and hazardous.

A shark is the only fish that can blink with both eyes.

February 1865 is the only month in recorded history not to have a full moon.

Rubber bands last longer when refrigerated.

Peanuts are one of the ingredients of dynamite!



## STAFF PROFILE - Nancy Cheung

I came from Hong Kong 26 years ago with my husband and two sons. We settled in the upper north shore, Turramurra, a very bushy area. I enjoy the fresh air and appreciate that my two sons could grow up in such a beautiful environment. I am a 'B' grade ballroom competition dancer, a well trained table tennis player and I also swim to maintain my healthy life style.



**Role:**

Support worker Chinese program - I have been 15 years in this position. I work to provide quality care and support to clients and am also responsible to Centre Management.

**Background:**

I worked as an anaesthetic nurse in Hong Kong for twelve years, then three years as a nurse caring for 800 staff and 800 room guests in a major hotel. In Australia I did a bridging course to enable me to work in Hornsby and Mona Vale hospitals in the operating theatre. Fifteen years ago I started working with elderly people until now.

**Why HHRCS:**

I found elderly Chinese are the ones who need the most help as they are migrants with very limited knowledge and experience in Australia.



**Favourite book and film:**

I read magazines, mainly medical and economics. My favourite film is 'Mao's Last Dancer'.

**Favourite meal:**

Shallots, ginger, lobster and crab and steam fish.

**How do you like to relax at the end of the week:**



Family days with my two sons to play tennis or golf. Sometimes dancing with friends.

**Famous person you'd most like to spend an hour with and why:**

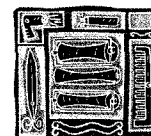
President Obama, because of his potential to bring good changes to the world. I admire his intelligence, presentation and leadership.

**Dream holiday destination:**

I would like to visit Europe because it is so full of history and art.

**Most embarrassing moment:**

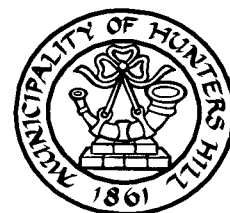
Once I went out with my hair rollers still in my hair.





## SENIORS WEEK (or is it MONTH!!)

### Join in the March - April Hunters Hill Activities



- > **Daily 15 -19 March 11am - 1pm** Introduction to Computers. At Gladesville Library. To book call 9817 1960
- > **Monday 15 or Wednesday 17 March 9.30am - 4.30pm** Nepean Bus Trip - \$12.00 + lunch. Bookings 9816 5000
- > **Sunday 21 March 2.30pm** Classical Piano Concert - Adults \$25/Students \$10. To book call 9817 4843
- > **Sunday 21 March 11am - 3pm** Bears & Friends Picnic @ Figtree Park. For further information call 9817 0101
- > **Wednesday 24 March 10am - 11.30am** Seniors Morning Tea & Concert - \$5. Bookings essential: call 9879 9449
- > **Thursday 8 April 11am - 2pm** Everyone Belongs. Bookings essential 9817 0101
- > **Wednesday 14 April 10am** Morning Tea & Fashion Parade at All Saints Church - \$5. For bookings call 9817 2167
- > **Saturday 17 April 10am** Woolwich Village Walk- gold coin donation. Meet at Woolwich Lookout. To book call 9817 2677
- > **Sunday 18 April 11.30am, 12.30pm & 1.30pm** Joubert Singers @ The Priory - Seniors \$15/Families \$45. No bookings required. Enquiries call 0421 830 125
- > **Friday 23 April 9am** Balmain Walk - free. Meet at Circular Quay Wharf 5 for ferry Balmain. For information call 9817 5799
- > **Thursday 29 April 10am - 11.30am** A Magic Lantern Show - free. Hunters Hill Museum. Bookings essential 9816 1372

**Call Hunters Hill Council Community Services for brochure with full details - 9879 9449**

## Your Donation Does Count

Please pop just one non perishable food item into your shopping trolley every week - collect a few then bring them along to us.

Our clients are in need of your generous donation.

Our office, located at 46 Gladesville Road,  
is open 9.00am - 4.30pm Monday to Friday



## SOCIAL SUPPORT

The Indian Seniors' Group Hornsby held a event on Sunday, 17 January to celebrate Indian Republic Day and Australia Day. The guests included the Consul General of India, Mr. Amit Dasgupta, Ms Bronwyn Bishop MP, HHRCS Executive Officer Janice Poynton, Social Support Worker Betty Music and our volunteer Sister Margaret. Ms Bishop presented HHRCS Social Support Coordinator Branka Ivkovic with a Certificate of Appreciation in recognition of her outstanding social support to the Indian community. Guests were entertained with a performance from the Australian Heritage dancers. The performance depicted Australian dances from early settlement and was greatly enjoyed by guests, members, friends and officials.



Afghan girls ballet dancing



HHRCS Social Support team receiving appreciation gifts from the Consul General of India Mr. Amit Dasgupta



Australian Heritage dancers

## VOLUNTEER PROFILE - Donna McCade

**Profession:** After a long career working in human resources I have recently returned to university to complete a Doctor of Psychology, majoring in Neuropsychology at Macquarie University.



**Volunteer Role:** I volunteer for B.I.R.D.S. and participate in the group's Thursday night social outings.

**Why did you become a volunteer:** I started volunteering with B.I.R.D.S. prior to starting my University course, to gain insight into the impact on acquired brain injury on individuals and their families.

**What do you enjoy about it the most:** The client's sense of humour – they enjoy a good laugh!

**Why would you recommend volunteering to others:** It is definitely a rewarding experience – a chance to contribute to a very worthwhile organisation, one which makes a real difference to the lives of those with brain injury.



## OBITUARY PRINTED IN THE LONDON TIMES

*Interesting and sadly rather true*

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as: Knowing when to come in out of the rain; Why the early bird gets the worm; Life isn't always fair; and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an Aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death, by his parents, Truth and Trust, by his wife, Discretion, by his daughter, Responsibility, and by his son, Reason.

He is survived by his 4 stepbrothers -

I Know My Rights

I Want It Now

Someone Else Is To Blame

I'm A Victim

Not many attended his funeral because so few realised he was gone.



(Source - website)



## SOCIAL SUPPORT - EVERYONE BELONGS

**SOLD OUT SORRY**

On Thursday, 8 April between 11am and 3pm an exciting multicultural event is to be held in North Ryde. Australian, Chinese, Iranian, Indian, Spanish, Italian and Iranian Afghan seniors will gather to:-

- Share experiences from Social Support activities through a Photographic Exhibition
- Listen to an oral presentation of the Life Story Book writing by some of the members
- Watch performances from cultural groups involved
- Enjoy a delicious Multicultural lunch

Should you wish to attend this multicultural event please call Branka on 9817 0101 for further details. **BOOKINGS ARE ESSENTIAL - ticketed entry only.**



## CARER SUPPORT

Twenty four enthusiastic carers, from the Aged Carer Support Group, and family members celebrated the end of the 'Naughties' with lunch at 'Hawks on Second' on Thursday 3 December 2009.

2009 was a busy year with nineteen Support Group Information sessions, a cruise on Sydney Harbour, an excursion to Leura and a visit to the BCS 'Age-friendly Home'.

In August we held an open seminar on 'Understanding Dementia' in conjunction with Alzheimer's Australia.



Members enjoying lunch at Hawks on Second



We are indebted to Alzheimer's Australia, Carers Australia and the many high quality guest speakers who continue to donate their time and expertise to our Service. The dedicated carers who attend our meetings enjoy the social and supportive nature of the group but they are always eager to increase their knowledge and competency in the demanding role of 'carer'.

To enquire about joining our Group phone **Chris Lewis on 9817 0101.**



### CARER'S WEEK ACTIVITIES



Coffee Club - Lunch at the Armoury Café Homebush



Korean Carers - Lunch at the Dragonfly Café at Eden Gardens

Carers of Young Adults - Weekend Away at Polding Centre Camden



### CHRISTMAS WAS GREAT FUN TOO



Carers of Young Adults party



Coffee Club enjoy tea at Ng Cafe

### TRANSPORT

Everybody seemed to make it comfortably through the Festive Season, although one of our numbers, who shall remain anonymous, obviously enjoyed the fruits (and other offerings) of the holidays a little more than the rest of us (no feeding the Labrador girls!). We're back in full swing now and the trips are going by too fast! It's good to see some new faces joining the program and some previous part time participants becoming more regular. It's the All Bran you know. No photographs this time, but hopefully in the near future, with some interesting trips coming up during Autumn.



42 - 46 Gladesville Road  
Hunters Hill  
NSW 2110  
Phone: 9817 0101  
Fax: 9816 5462  
Email: hhracs@bigpond.com  
Website: www.hhracs.com.au

### A QUICK SALAD

- 1 tomato - chopped
  - 1 small onion - chopped
  - 1/2 Lebanese cucumber - chopped
  - 1 small potato (slice into cubes and cook 2.5 min in microwave)
  - 8 slices of carrot (cut in half add, to potato, cook another 2 mins) (drain - add to other ingredients when cool)
  - Couple of handfuls of mescaline lettuce (torn up)
- Put into a sealed container - dinner or lunch for a couple of days.  
When ready put quantity you want into bowl and add:-
- Piece of cooked chicken chopped up or cubed ham
  - 6 small cubes of marinated fetta or a cheese of your choice
  - Dressing of your choice and pepper/salt if desired. *(Editor)*



### OUT OF THE MOUTHS OF BABES

\* A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, 'Daddy, you shouldn't wear that suit.' 'And why not, darling?' 'You know that it always gives you a headache the next morning.'

\* I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, 'Mum! That lady isn't wearing a seat belt!'

\* While walking along the sidewalk in front of his church, a minister heard the chanting of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had put the bird in a small box, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with dignity and a deep voice he spoke his version of what he thought his father always said: 'Glory be unto the Faaather, and unto the Sonnn, and into the hole he gooos.'

*(Extract from 'Sayings' on the Web)*

## Community Information Expo

Thursday  
18 March 2010  
(18/03/2010)  
11am - 3pm  
Eastwood Plaza

or the Eastwood Masonic Hall if wet.

Services:

- Legal
- Health
- Employment
- Education and training
- Family
- Settlement
- Community
- Council
- There will be a range of activities including a police car demonstration, bilingual story time, living libraries and much more!

Information for migrants  
المهاجرين معلومات  
Star (Arabic) / 移民/信息  
ملاعات برائے مہاجرین  
प्रायोग के लिए जानकारी  
이민자를 위한 정보  
Información para inmigrantes

Presented by



Supported by



For further information please go to  
[www.cityofryde.nsw.gov.au](http://www.cityofryde.nsw.gov.au) or contact 9952 8222

### A NEW FRIEND

Shirley Lim, a HHRCS volunteer visitor had a good excuse for not coming to our Volunteer Afternoon Tea.

How can we meet Michael Buble?

We are very jealous Shirley.



Newsletter Editor:  
Janic Lee  
Volunteer - HHRCS Admin