

Vox Volunteers

27 April 2020



Reflections by msr

I've been exercising because the doctor says that it will add years to my life. He's not kidding! I feel ten years older already.

Have you read any good books lately? For me, it's been a life-long habit, developed from my school days. My teacher asked me to write an essay and told me to go to the library and research. I found a biography of composer George Frederick Handel, who lived during the 'Baroque' era (1600-1750). Ever since, I've been hooked on the reading habit.

I recall W. Somerset Maugham, the great English novelist, writing in his short story, *The Book-bag*, that 'Some read for instruction and some for pleasure, while others for habit.' I plead guilty to the latter two.

A book at bedtime seems to help me fall asleep, sooner rather than later. I have started to re-read *A Suitable Boy*, by Vikram Seth. I heartily recommend it – especially as it is more than 1400 pages long – and we will have many days and nights to occupy our time. To those not familiar with the story, it is about interconnecting families in India during the early days of independence, and the desire to find a suitable boy for one of their daughters i.e. 'a shidduch'. It is full of incidents and worth its weight in gold.

I hesitate to recommend any books to you, for we all have different tastes, but do have a look at what is on your bookshelf and dip in once again. You may recall a scene from the film '*The Remains of the Day*', in which a student tells his university teacher, "We read to know we are not alone." That's as good a reason as any for a book at bedtime - or any other time.

REMINDER

Flu vaccine

Please let us know when you have had your shot



We are pleased to confirm there are currently no cases of COVID-19 among residents or active staff.

The Montefiore COVID-19 Management Team

Your Contribution

We welcome any news and views for our next publication

What has COVID-19 meant to you and your family?



Thank you

Thanks to those of you who have been connecting with our residents, through phone calls, jokes sent in, emails and postcards. It is so comforting for them to know they have not been forgotten in these Covid-19 times.

Volunteer Norm Lurie has been sending in his weekly History/Discussion segment and residents have been able to keep up with this too.

Volunteer Judy Baker sent in a video of her dog Buffy so her fans could still have a virtual visit.

Volunteer Matt sent in recordings of his weekly sing along. The residents loved having it shown on the TV. They sang along and tapped their toes to familiar tunes.

We all look forward to keeping these special connections going.

Thanks to you all, you really are making a difference!



Matt Handbury



Judith Baker



Norm Lurie

The knitting group volunteers joined the residents at a virtual Zoom tea party

Pretty teacups, delicious cakes and chat were enjoyed by all

This was a very worthwhile opportunity and it gave each volunteer a chance to connect with fellow volunteers and their precious residents.

When we asked each person "What has COVID19 taught them?" some of the replies were:

- your values change
- upgrade your communication skills
- be grateful for what you have
 - brings families closer
- be appreciative of where we are and what we have

Jacqui Yudelowitz commented after the tea party

"Thanks Arlene and Hazel and Jane. The Zoom meeting was good. Look forward to another one if we continue our lockup mode"



Last Month at Hunters Hill



Before we started our stay at home routines, Volunteers Joy Clark and Elva Salter brought in their very precious and magnificent quilts and shared them with our residents and staff.

Many, many hours had gone into their creations and here are a few photos for you to see them too. Elva and Joy volunteer by sharing their skills of felting, sewing and creating lovely items with our residents every fortnight.

Enjoy and well-done Joy and Elva.



Websites and Podcasts

Have a look what our **Woollahra residents** are doing in their spare time



<https://www.youtube.com/watch?v=RSYZLOaWN5A>

A **comprehensive list of links** to keep us entertained at home

<https://tinyurl.com/yc9zwdzn>

From a virtual tour of the **San Diego Zoo**

<https://zoo.sandiegozoo.org/live-cams>

To watching **Cinderella** performed by the **Australian Ballet**

<https://australianballet.com.au/tv>



Mindful Meditation

A daily calm 10 minutes mindful meditation

<https://youtu.be/ZToicYcHI0U?t=77>

WELL-BEING

An interesting breathing technique

The 4-7-8 breathing technique to help you fall asleep quicker.

Focus on the following breathing pattern:

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds
- repeat the cycle up to 4 times

<https://tinyurl.com/yanfjtf>

Some Ideas

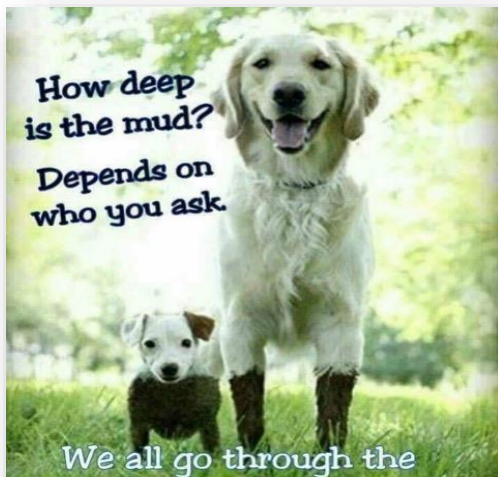
While we are home isolating and respecting social distancing rules on a walk, picking up some groceries or at work, it’s interesting how we adapt and create a new routine for ourselves. Now we have unexpected extra time at home to do things.

Some ideas to consider:

- Listen to music: Create a playlist on Spotify with all your favourite tunes
- It’s a great time to practice or learn a new song
- Learn to play an instrument, find an instruction YouTube clip
- Sing along to songs you know
- Learn or practice bridge or mah-jong against the computer
- Do a crossword, sudoku or a jigsaw puzzle
- Read a good book
- Binge watching TV shows or movie
- Exercise with an online instructor or go for a walk
- Knit, paint or anything crafty
- Gardening or flower arranging
- Chat with a friend on the phone
- Shop online
- Get up to speed with technology
- Give yourself a manicure or a spa day
- Bake/cook something new

Some funnies

- We will always remember the year 2000 as Y2K. I guess 2020 will be remembered as Y2 PLY!!!
- I’m so excited --- it's time to take out the garbage. What should I wear?
- I hope the weather is good tomorrow for my trip to Puerto Backyarda. I'm getting tired of Los Livingroom



VALE

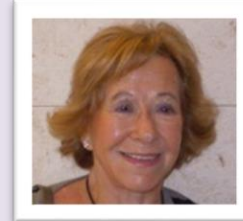
*These dedicated volunteers served Montefiore with commitment, passion and dedication.
May they rest in peace.*



Betty Benjamin
*Betty served in the
Hunters Hill Café
for over 30 years
and has had a long
association with
Montefiore.*



Harry Brunner
*Harry was a long
serving member of the
Hunters Hill
volunteers, sharing his
love of classical
movies with our
residents for over 11
years.*



Ruth Gardos
*Ruth was a
dedicated volunteer
for 13 years who
spent every
Wednesday in the
boutique assisting
residents and staff*



John Waxman
*John was a resident
volunteer and decorated
war hero who shared his
love for Hollywood and
movies with our
residents for over 10
years.*



Colin Tatz AO
*Colin shared his
talents and
experiences with our
residents for the past
two years and his
lectures were well
attended and enjoyed
by our residents.*