

Burnie Brae NEWSLETTER



Issue 4: MAY 2020 NEWSLETTER

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Burnie Brae

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IN THIS TOGETHER: HOW WE ARE SUPPORTING EACH OTHER AS A COMMUNITY

During tough times, it can be easy to focus on negative news and feel overwhelmed by what is happening in the world around us. While it's important to stay informed, constantly hearing 'not-so-pleasant' things can leave us feeling 'not-so-great'. That is why the focus of this month's newsletter is "in this together: how we are supporting each other as a community." In this edition of your Burnie Brae newsletter you will find stories of kindness, stories of personal achievement, as well as information and ideas to help you get through this challenging time a little easier.

We have loved receiving your stories and want to especially thank those who contributed to our May newsletter. We hope you enjoy reading it as much as we have enjoyed creating it!



CENTRE NEWS



MISSING BURNIE BRAE ACTIVITIES? PARTICIPATE ONLINE

We are very excited to be able to bring you a series of online activities in place of our regular schedule of activities here at the Burnie Brae Centre.

ZOOM Activities

We are offering Art, Matwork Pilates and Functional Fitness classes online. These classes will be run via Zoom, an online video meeting platform. If you would like to be involved in any of these activities, please email leer@burniebrae.org.au and include the activity you'd like to join. Please see the schedule below.

Healthy Connections Exercise Videos

Our Healthy Connections team have been busy putting together a series of home exercise videos for you to follow along

with at home. Choose from functional fitness, theraband, core or mobility focused workouts. These videos can be accessed via [Youtube](https://www.youtube.com). Be sure to join our "Healthy Connections at Home" Facebook group as well so that you are notified when a new video is posted.

Vimeo Activities

Line Dancing and Clogging videos are being uploaded to Vimeo for you to enjoy at home. Line Dancing classes can be viewed [here](#) and clogging can be viewed [here](#). To view the videos, you must first enter the password: Burniebrae

Zumba Live Classes

Join Zumba instructor, Ama live at 9am Mondays & Wednesdays [here](#). To join,

you must register first with a login and password.

Gypsy Rhumba Videos

Stomp your feet and swish your skirt with Gypsy Rumba instructor, Susan Minshull. Videos will be uploaded to Youtube weekly. You can access them [here](#).

EXAMPLES OF CLASSES AVAILABLE:



ONLINE CLASS SCHEDULE:

MONDAY

Zumba: 9:00am with Ama
Art: 9:30am with Petra
Gypsy Rhumba: 10:30am

WEDNESDAY

Matwork Pilates: 8:00am with Exercise Physiologist
Zumba: 9:00am with Ama

THURSDAY

Functional Fitness: 9:00am with Exercise Physiologist

HEATHER TURNS 100!

“Make your own life and be positive in whatever you do.” This is the advice Heather Glazier gave when we asked her to share what she had learnt over the years.

Heather turned 100 on Saturday the 25th of April, 2020. Of the milestone Heather played it down, saying “it’s not such a marvelous thing anyway” and with good humour “that she supposes she has been left here for a reason – to annoy everybody.”

Alongside her great sense of humour, Heather is quite the star at our Healthy Connections Clinic, still attending the gym once or twice a week as part of the ladies exercise group. Heather said “it’s a good atmosphere down there. It gets you out of the house for an hour to exercise, have a bit of fun and meet up with other people.” Aside from the Healthy Connections Clinic, Heather says she has been involved with Burnie Brae, on and off, for many years. She remembers attending the centre “when there was just one van.” Heather attended aqua aerobics and was a member of an entertainment group that practiced at Burnie Brae every Tuesday night.

Heather has packed a lot into her life, she was a dressmaker, decorated cakes and has even acted in films with students at the Queensland University later in life. Of the experience Heather said “it was very stimulating for me, as an oldie you need something stimulating. Mixing with the younger ones was good, it kept me alert.” She said she continued doing this until she had a fall in her 80’s and, with a laugh, said she “had to become an old lady.”

Heather says you should never underestimate the benefits of walking,



and that she still walks to the shops, “it used to take me about 10 minutes to walk to the shops, now it takes me about 20.” Never being one to sit back and pass up the opportunity to do something active, Heather says she thinks it does your brain good. Aside from walking Heather says to eat well and consider visiting a naturopath and learning more about natural therapies.

We finished the conversation by discussing what Heather had learnt over the years and her advice for others. Heather told us that in the face of adversity “you must try to get on with life, be strong and be positive in whatever you do.” She said the most important things to focus on are “what is important to you, helping others and having your own outlets and interests.” “Put it this way, life is what you make it.”

Happy Birthday Heather, from all the team at Burnie Brae. We think you are amazing!



FREE MEALS FOR ELIGIBLE CLIENTS

Want fresh, healthy meals delivered to your door? You may be eligible to receive a Cafe Connect meal each weekday between 11:00am and 1:00pm. To be eligible you must be aged over 65 and able to register through My Aged Care. Email marketing@burniebrae.org.au to register your interest in this service.

Delivery suburbs include: Chermshire Chermshire West, Aspley, Geebung, Zillmere, Virginia, Northgate, Wavell Heights, Nundah, Kedron, Gordon Park, Lutwyche, Grange, Stafford, Stafford Heights, Hendra



KEEP CONNECTED AS BURNIE BRAE GOES ONLINE

Exercise from home, video call loved ones and take part in Burnie Brae activities online. We are seeking expressions of interest from those interested in borrowing a tablet, connected to the internet with support. Please email marketing@burniebrae.org.au with your contact details and we will get in touch. Alternatively, call us on 07 3624 2121.

MEMBER STORY: WHAT MARCIA IS DOING TO MAKE THE BEST OF ISOLATION



Burnie Brae member, Marcia, sent us through a few of her notes on her experience in isolation and what she has been doing to make the best of the situation.

“During isolation due to COVID-19, there have been so many acts of kindness. I’m still doing supermarket shopping, very infrequently, but I’ve noticed the happy greetings by security staff and helpful service by store staff. I’m sure it was there before, but we’re noticing it more now.

Daily walks and the cheery greetings from fellow walkers is very uplifting. In our street we’ve started up “driveway drinks”. We have a great mix of young families and older folk, who come out each Sunday to chat (at a safe distance!) For almost all of us it’s the only time we see another person all week.

I’ve set up “chat groups” on Facebook messenger for a few different social groups I usually meet up with. It’s been a huge hit. We talk about what we’ve been doing, movies and tv shows we’ve been watching, and books we’re reading.

I am a “Pyjama Angel” (a volunteer with The Pyjama Foundation) and I usually visit a child in foster care each week. Because of isolation, visits have been curtailed for the foreseeable future. So to maintain contact with my pyjama child, I’ve delivered “care packages” and had amazing phone conversations each week. It’s a great way to stay in contact. Her joy at receiving the packages is such a boost. Kindness has a two way effect. We gain from what we give.

Thank you for sharing with us Marcia!

FROM OUR FACEBOOK GARDENING GROUP:

Check out what our [Burnie Brae Garden Enthusiast’s](#) have been up to:



Cheryll’s Baleria Shrub



Barbara’s King Fern



May GARDEN TIPS

Produce to plant this month

With cool weather finally on the horizon beetroot, cabbages, broccoli, peas, carrots and turnips can be planted. Members of the onion family can be planted now as well.

Prune roses

Prune back or ‘dead-head’ (remove dead flowers) roses to promote a final autumnal flush of blooms.

Propagate frangipani

Use firm cuttings up to 2 metres long. Dip pruning wounds in sulphur powder, then wait a week before inserting cuttings in fresh propagating mix. Frangipani is a semi-succulent, so keep mix slightly dry as cuttings root.

Watch out for these pests

Watch out for aphids, slugs and snails this month. You may notice a reduction in grasshoppers as they dislike cool weather.

Mulch now

Mulch is your garden’s best friend. It helps the soil hold in moisture so you don’t have to water it as often, which is very helpful as we come into the dryer months.

MEDITATION IN TIMES OF CRISIS

Meditation is becoming increasingly popular, it can help with stress levels, promote good quality sleep and improve cognition. Meditation and mindfulness can be particularly helpful in periods of stress or crisis. And don't worry, you don't have to perform it with a sunset in the background and a scattering of crystals around you!

Meditation is a mental exercise which involves relaxation, focus and awareness. It is about training in awareness and getting a healthy sense of perspective. Eventually, you may begin to better understand your thoughts and feelings as well.

Mindfulness goes hand in hand with meditation. Headspace defines it as the ability to be present and fully engaged with whatever you're doing at the moment free from distraction or judgment, and aware of your thoughts and feelings without getting caught up in them. In teaching the mind to be present through mindfulness we can react more calmly and empathetically when faced with challenges. This is because it teaches you not to "snowball" stressful situations which may arise and avoid blowing things out of proportion in our heads.

The benefits of both these practices are what have made them so incredibly popular in the last few years, these benefits are outlined below:

- Increased compassion and reduced aggression
- Heightened levels of happiness
- Reduced levels of stress
- Encourages neuroplasticity to reduce risk of cognitive decline

How to get started

Most first-time meditators find it strange to sit in silence, to sit with their innermost thoughts and feelings, to sit and do nothing. To a beginner, meditation might initially feel a little alien, and you might not know what to expect. This is where the myriad of free online programs and apps can be especially helpful. These programs are led by a teacher and step you through each stage of the meditation. A few of these programs are outlined below:

- Youtube – Search meditation
- Insight timer – App
- Smiling mind – App
- Headspace – Whilst headspace is a paid app, they have released a series of free meditations that are available to all in light of the COVID-19 crisis. View them [here](#).

There is no such thing as a good or bad meditation. Just as we train a muscle by exercising it, so too can we train our brain through meditation. You can begin with a short meditation of just five minutes before gradually increasing the amount of time spent meditating. To learn more about meditation and mindfulness we highly recommend the headspace [website](#).



THANKING AUEXPRESS GLOBAL AND CATALYST FOR THEIR MASK DONATIONS

Burnie Brae want to express our thanks to AuExpress Global and Catalyst for their donation of medical masks and to Leading Age Services Australia for organising distribution. Our Home Care Package manager, Belinda, and the Burnie Brae team will be putting them to good use!

Their donation assists organisations like ours that are dealing with severely low stock supplies in the COVID-19 pandemic. AuExpress and Catalyst also donated stock to other healthcare organisations including St Vincent's Hospital, Royal North Shore, Mater Hospital, Royal Prince Alfred, Mildura Base Hospital, Orange Hospital, Tamworth Hospital, and Australia Foundation of Disability.

Yet another great example of community pulling together to support each other!

GET YOUR GROCERIES TO LAST LONGER

We know many of you are minimising time spent outside the house and are visiting the supermarket less frequently. We thought now would be a great time to share some of our tips on keeping food fresh for longer.

Store leafy greens in paper towel

Doing this will wick away the excess moisture that makes greens slimy. Use this trick on spinach, rocket, lettuce leaves, silverbeet and kale.



Get herb savvy

Want your fresh herbs to last longer than a week? Of course you do! Treat “soft” herbs like a bouquet of flowers. Fill a glass with water, trim the ends and place the herbs in the glass. Put the glass in the refrigerator and cover with a plastic bag. Change the water they are stored in every few days.



“Soft” herbs include coriander, parsley and dill. “Hard” herbs (those with woody hard stems) such as rosemary, thyme and sage do better loosely wrapped in a slightly damp paper towel in your crisper. Basil is best stored using the bouquet method at room temperature without a plastic cover. Basil does best at room temperature as its leaves turn dark when refrigerated.

Keep your cucumbers in the pantry

Contrary to popular belief cucumbers actually last longer when stored at room temperature. This may be due to their high water content and susceptibility to mold. For longer lasting cukes, either store them in your pantry or in the fridge with paper towel wrapped around them. Once cucumbers have been cut they should be stored in the fridge.

Don't store your milk in the fridge door

Temperature in this area fluctuates the most due to the door being opened and closed so frequently. Store your milk in the main section of your fridge to avoid it spoiling sooner.



Keep your potatoes from sprouting

There are a few things you can do to ensure your potatoes aren't sprouting by the time you are ready to eat them. First, make sure they are completely dry before storing and hold off on washing potatoes until you are ready to use them. Ensure the area you store them is dark and cool, your pantry is ideal. Finally, certain fruits and vegetables will make potatoes sprout faster if they are stored together. Avoid storing your potatoes with onions and bananas. However, there is one fruit that is known to help the storage of potatoes – apple. Store one apple with your potatoes in a basket, the ethylene gas released by an apple is said to slow the growth of sprouts.

Got a handy tip yourself? Share it with us on Facebook!

MEMBER STORY: SANDY KEEPS BUSY WITH MOSAIC

Burnie Brae Member, Sandy has been keeping busy during isolation by Mosaicing some wonderful pieces. Sandy said “thank goodness I belong to a mosaic group. It is a hobby that you can do together but also do alone. We share our latest masterpieces on Facebook. Once you have learnt the basics, you can join one of the many Facebook

mosaic groups and be inspired, ask for help or congratulate others.” We think Sandy’s work is fantastic. We particularly love the “ball” style piece below which Sandy says is “a discovery ball, and is made with all sorts of bits and pieces I have collected over the years.” Thanks for sharing Sandy!



Have something you want to share? Send us a Facebook message or email marketing@burniebrae.org.au so we can pass it on in next month’s newsletter.

QUIZ SPOT

1. When scientists first saw specimens of this Australian animal, they thought it was a hoax.

- A. Platypus
- B. Echidna
- C. Kangaroo

2. Name the two explorers who claim to have discovered the North Pole.

- A. Ronald Amundsen and Robert Falcon Scott
- B. Robert Peary and Frederick Cook
- C. Sir John Franklin and Captain Francis Cozier

3. After the ‘Mona Lisa’ was stolen from the Louvre in 1911, which famous artist was considered a suspect?

- A. Pablo Picasso
- B. Edgar Degas
- C. Georgia O’Keefe

4. True or false: Cats can be allergic to humans
True | False

5. These birds are excellent parents and can find their way back to their nest from 1300 miles away.

- A. Blue Jays
- B. Starlings
- C. Pigeons

6. What was the name of Australia’s first Prime Minister?

- A. George Reid
- B. Edmund Barton
- C. Billy Hughes

7. In which 1995 film does farmer Arthur Hoggett say “That’ll do, pig. That’ll do”?

- A. Charlotte’s Web
- B. Animal Farm
- C. Babe

8. Which of these countries is Queen Elizabeth II not the monarch of?

- A. South Africa
- B. Canada
- C. Australia

1. A, 2. B, 3. A, 4. True, 5. C, 6. B, 7. C, 8. A

USING HOUSEHOLD ITEMS TO EXERCISE AT HOME

This article is written by Sophie Pacek with an accompanying exercise video by Renee Weller.



I am a member of a gym – my reasons are probably the same as why you come to Healthy Connections: it's convenient, social and has all the equipment needed when exercising. It also means that you don't have to go and buy (often expensive) equipment yourself! When a pandemic isn't taking place this is a great way to get exercise in, but now you may be left without any equipment to use, or are you?

Some of the top barriers to exercise in adults include accessibility issues, financial limitations and environmental factors (e.g. harsh weather) (Nied & Franklin, 2002). All these barriers can be overcome with one simple solution: be creative with the items you already have! Whether it be laundry liquid bottles or cans of food, using household items to exercise is an effective alternative to maintain your physical activity regime.

Why are using weights recommended?

There are four types of exercise recommended for the Australian adults (Department of Health, 2019):

1. Aerobic (or 'cardio') training – exercise that improves heart and lung health, fitness and aids in weight loss. Cardio includes the movements that make you puff up like walking, cycling, running, sports and dancing.
2. Resistance (or strength) training – exercise that improves bone and muscle strength, muscle toning and metabolism. These exercises require a resistance or load to act against for

muscle adaptations to occur (more on this below).

3. Balance training – exercise that challenges static and dynamic stability and the ability to change direction.
4. Flexibility training (or stretching) – activities that improve your nimbleness and reduce muscle tightness or soreness. Stretching is often used in combination with strength training to achieve muscle balance.

Cardio exercise is easy enough to achieve without going to a gym or using equipment. Resistance training, on the other hand, requires a load or resistance. This could be gravity (i.e. using your body weight against gravity like in a push-up) or using weighted objects or bands.

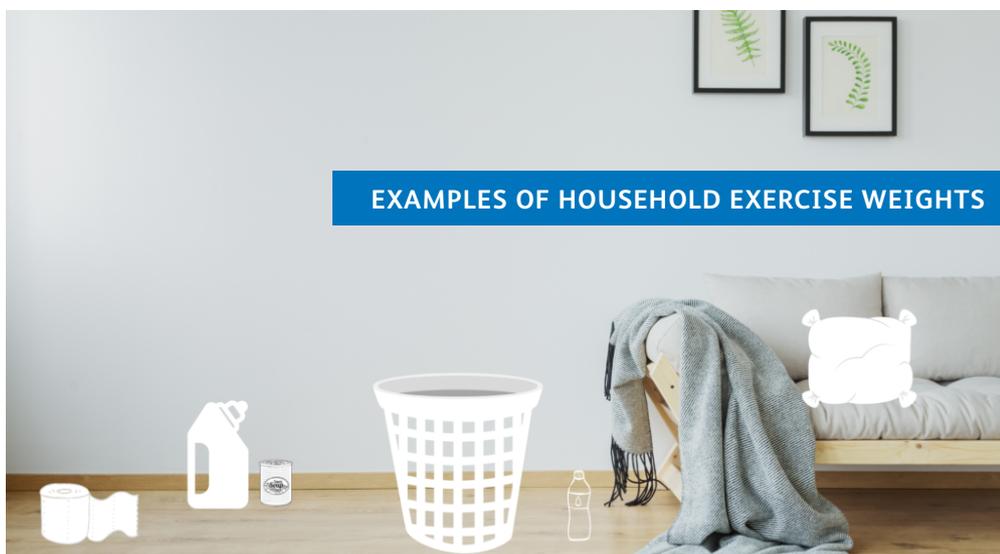
What is happening in the body when we lift a resistance?

In order to get stronger, our muscles need to be exposed to a certain amount of stress

(or work) that is greater than what they are exposed to in everyday life. For example, an office worker will require a certain level of resistance beyond their desk duties, whilst a builder who lifts heavy objects all day will need a greater amount of resistance to what is already experienced.

When a muscle is exposed to a higher level of work (or what we call 'overload'), it creates micro-tears (or micro-damage) in the muscle fibres which can often cause soreness in the following days. The creation of these micro-tears tells the body that these fibres need to be repaired to a greater mass and strength to be able to handle this type of work again. Hence, that is how our muscles grow!

Therefore, when thinking about using household items for a resistance training workout, use objects that are of an appropriate weight for you. There are many ways to determine the correct



USING HOUSEHOLD ITEMS TO EXERCISE AT HOME

weight including:

- Subjective feeling of effort: aim for 'somewhat hard'
- 1-10 scale of effort: aim for 7-8 out of 10
- You should feel like your muscles are getting tired towards the end of a set
- You should look forward to the rest period (because you're working hard!)

It is also important that over time, you adjust the level of resistance for any given movement. For example, if a bicep curl using 400g food cans is becoming easier than 'somewhat hard' or a 7-8/10, then increase your weights to a 2L milk bottle filled halfway with water. If you stop working your muscles hard, you will lose the strength you have gained from your past workouts.

Examples of household exercise weights

- Water bottles, laundry liquid bottles, plastic bottles – fill them with water to change the heaviness

- Food cans
- Toilet rolls
- Washing basket (empty or full)
- Cushions and pillows

What about balance exercise?

Many of you would have been doing balance exercises in the gym using foam or other unstable surfaces for an extra challenge. At home, try using cushions, pillows or towels as substitute foam!

Exercise time!

Keen to give these household items a go? Renee has created a workout using household items which can be found on our Facebook or [Youtube](#). Renee is using laundry liquid bottles filled with water but be creative with what you have at your home. Aim for 2-3 cycles of 10 repetitions of each exercise.

Enjoy and stay safe, wash your hands and don't forget to move!

- Sophie



Don't miss Renee's "exercise with household items" video available via Youtube and Facebook.

HEART FOUNDATION RECIPE



HOMEMADE BAKED BEANS

Give making your own homemade baked beans a go. These are a great source of fibre and can be kept in the freezer for up to 6 months.

INGREDIENTS

- 1 red onion, finely chopped
- 4 garlic cloves, peeled, finely diced
- 900g canned no added salt cannellini or butter beans, drained, rinsed
- 2 sage leaves, roughly torn
- 5 large ripe tomatoes, finely diced
- 2 tablespoons no-added-salt tomato paste
- 3 teaspoons fresh parsley, finely chopped
- ½ cup reduced salt vegetable stock*
- 1 tablespoon apple cider vinegar
- 3 cups baby spinach leaves

METHOD

1. Spray a large non-stick frying pan with olive oil and set over medium-high heat.
2. Add red onion and garlic to the pan, cook for 1-2 minutes, or until just softened.
3. Add cannellini beans, sage, ripe tomatoes, tomato paste, parsley, vegetable stock and ¼ cup water and cook for 10-15 minutes, or until sauce is thick.
4. Stir in apple cider vinegar and baby spinach leaves and heat, stir occasionally for 5-10 minutes.
5. Serve baked beans with Multigrain toast.

NITA AND JANINA GARDEN IN HOME RESPITE VISIT

Nita and Janina made the most of the sunny weather and got into the garden at Janina's home. Nita visited Janina and they planted paw paw trees and gave the garden a good water.



PROJECT PANTRY DELIVERY A SUCCESS

We would like to say a big thanks to our Project Pantry Manager Ellen, and our wonderful team of drivers who have made the delivery of food parcels possible. It is important to us to keep as many of our essential services running and the team have been successful in doing this. Thanks everyone!



MEMBER STORY: ROBYN THANKS NAOMI

Burnie Brae Member, Robyn was delighted by the kindness of Burnie Brae care worker, Naomi earlier in April. As going to the grocery store becomes increasingly stressful for older Australians, Naomi was able to step in and help out.

Robyn said "Naomi checked my fridge and pantry, my containers, my needs and preferences." Naomi then returned with groceries to see Robyn through for two weeks. Robyn said "Naomi should be held up as a shining light in our community." We agree! Thank you Naomi and thank you Robyn for sharing this positive story with us.

ARMCHAIR ADVENTURES: NORTH AMERICA'S NATIONAL PARKS BY RAIL

We understand travel may not be possible under current circumstances, however, we would love for you to indulge in another edition of "armchair adventures" with us. Sit back and dare to dream as we discover the great national parks of America by rail. First let's take a closer look at some of the country's most popular parks.

Yosemite National Park

Californian National Park Yosemite, boasts a range of attractions. From the tallest waterfall in North America to the Sierra art trails. Alongside taking in the stunning views, you can stargaze, hike and even take a dip in the Merced river.

Grand Canyon National Park

What would a list of National Parks be without the Grand Canyon National Park? President Theodore Roosevelt said of the park "In the Grand Canyon, Arizona has a natural wonder which, so far as I know, is in kind absolutely unparalleled throughout the rest of the world." A range of animals can be found at the park, including mule deer, bighorn sheep, mountain lions, elk, and many others.



Yellowstone National Park

In 1872 Lincoln's former general, President Ulysses S. Grant, made Yellowstone the first national park of America. This park boasts truly phenomenal geothermal features that you won't find anywhere else. Peppered with colorful hot springs, mudpots, and breathtaking waterfalls, it is often hard to explain the beauty of the park with words. This is perhaps why when first visitors to the park tried to report what they saw, news magazines responded, "Thank you, but we do not print fiction."

Rocky Mountain National Park

Located in Colorado, at Rocky Mountain

National Park you will enjoy breathtaking views of jagged peaks, glaciers and high mountain lakes. Wildflower-lovers can be impressed in June and July when the meadows and hillsides are splashed with botanical color. Throughout the park you will see herds of elk and mule deer, moose and black bears depending on the time of year you visit.

The benefits of rail travel through the national parks

Why rush the journey to get to the destination? When you travel by train you can take the time to relax, have a meal and connect with other passengers, all



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TRAVEL NEWS



whilst taking in the otherworldly views. When travelling by train there's a unique opportunity to learn more about and connect with the land you're traveling through. The National Park System and railroads have a historic relationship that goes back decades. America's early railroad companies played a pivotal role in bringing awareness to our national heritage by actively promoting visitation to the parks and expanding the railroads to reach numerous gateway communities. Today,

seeing the national parks by rail is not only an excellent alternative to traditional travel options, but a unique way to get a taste of history as you explore America's heartland.

Additionally, many of Amtrak's most famous routes transport passengers close to the top parks. In the case of Glacier National Park, the train station is only a few steps away from the park's entrance, making it one of the easiest parks to get to by train.



AMTRAK OBSERVATION CART



AMTRAK TRAIN



YOSEMITE NATIONAL PARK

Are you suffering from Notriphobia? We certainly are! We cannot wait to see you all again soon.

Notriphobia:

The fear of not having any trips booked



YOU KNOW WHEN THIS IS ALL OVER YOU WILL BE PANIC BUYING HERE

#WEWILLALLNEEDAHOLIDAY
#WEWILLBEHERE
#STRONG

a member of **helloworld TRAVEL**

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