

Hydrotherapy Pool project progressing ...

The Boandik “Community Wellbeing Centre” is moving forward. Concept drawings and floorplan have been developed, plans are being tweaked at the moment, consultants and co-design group are detailing the internal design, and we are nearing the stage of submitting the project to Council for approval.

The feedback we have received has been fantastic. Very positive! There’s a buzz around how exciting and beneficial this project will be for our entire Mount Gambier (and Limestone Coast) community.

The Community Wellbeing Centre will feature a hydrotherapy pool with ramp access, change rooms, Over 50’s gymnasium to accommodate 20 people, treatment room, and outdoor therapy rehabilitation area.

Hydrotherapy can provide great benefits to a variety of conditions, including: arthritis, fibromyalgia, pre and post joint replacement surgery and sporting injuries, back pain, neurological conditions such as multiple sclerosis and Parkinson’s disease, rehabilitation following injury and surgery.

Alongside the main hydrotherapy pool feature, there will also be meeting rooms, an activity area with disability access so Boandik community care clients can participate in cooking and other activities in their program. Also to include an IT Hub for clients in the reception area, outdoor area for gardening activities, meeting rooms and office space for Boandik Community Care services.

To be located on the vacant lawn area at the Boandik Lake Terrace site, this modern building will utilise natural light, and provide direct access for the broader community to use the pool facilities (via a pay per use system). Allied health services will also run sessions from the Centre to benefit rehabilitation clients.

We are thrilled to be delivering on this highly desired project for our community; and we invite business partners to join us in making this centre become the hydrotherapy hub in the South East. For further information on how you can help, and the relationship we can offer in return, please contact Gail Bradley via gbradley@boandik.org.au or phone 8725 7377.

Let’s do this together!



Oceans 8 at the Oatmill

Boandik have been lucky enough to secure the first screening of Oceans 8 at the Oatmill Cinema this coming Thursday, 7th June starting at 6.15pm for nibbles and drinks with the movie starting at 6.45pm.

We hope you can join us, tickets are only \$20 which includes refreshments and are available from reception at Lake Terrace, Crouch Street or St Mary's or there may be some available on the night. There is a limit of 200 tickets and sales are going well. If you can't get into one of the reception areas please call Michelle on 8725 7377 to secure yours for collection on the night.



MOVIE FUNDRAISER

OCEAN'S 8

Thurs 7th June
6.15pm Refreshments
6.45pm Movie

Tickets \$20

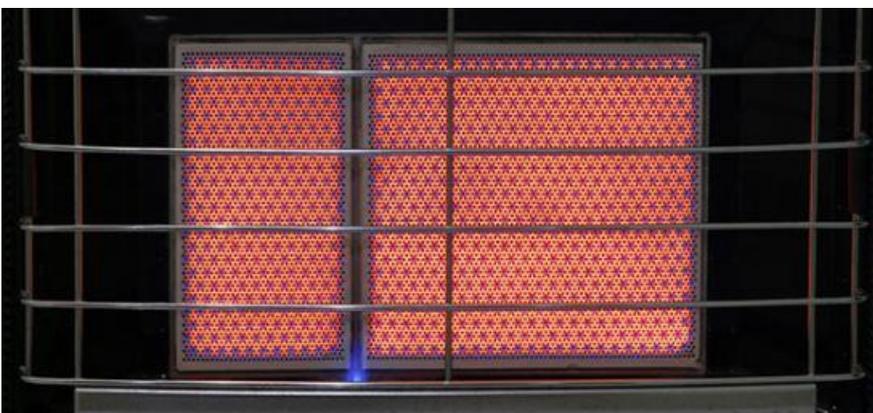
Available from Reception
Boandik Lodges—Lake Terrace, Crouch Street and St Mary's, Boandik Terrace

Do you own one of these gas heaters? Have it tested regularly.

Open-flue heaters use air in the immediate vicinity to feed the flames. The carbon monoxide produced should go up the flue and outside. In certain conditions, it can leak back into the room. If it leaks into a well-sealed space, the consequences can be deadly.

"There are many, many factors that can come together and make open-flue gas heaters a vulnerable technology with potentially fatal outcomes. The bottom line is that there is a growing consensus that open-flued heaters are incompatible with modern energy-efficient homes. There are many other alternatives – closed room systems and split systems."

Mr Fearon said the best way for people to ensure their heaters were safe was to have them serviced by a gasfitter trained in the latest carbon monoxide testing techniques and repeat the process every two years. "What we're



finding is there is still a great level of complacency in the community about servicing," he said.

If you have a Vulcan Heritage or Pyrox Heritage heater, you should make sure the units are regularly tested.

Keeping your home winter proof can save you money

There are a few home maintenance tasks that should be carried out to ensure you keep your energy bills from soaring, your home's components efficient and your property safe. No one likes to get on a ladder during a chilly thunderstorm to clean out gutters threatening to flood the house because they are jammed with autumn leaves.

We are now at the start of winter and unclogging those gutters to ensure stormwater makes its way to where it is supposed to is an unavoidable task at this time of year.

Winter condensation on windows can lead to mould. Signs that mould may be appearing in bathrooms and laundries that become steamy over winter should also be monitored.

If you didn't change the batteries in your smoke detectors when daylight savings ended, do it now in case an overlooked heater is left on.

Actively look for ways to ensure electricity or gas is not wasted. Stop heat from your cosy home escaping through any draughts around windows and doors to the outside. Check their seals and make sure your weatherproof strips are doing their job.

Tips for a pre-winter house check:

- Examine wooden window frames for signs of rot or decay. Repair or replace framing to maintain structural integrity
- If you have a fireplace, have someone check the flue system to ensure that it is clean and that there aren't any cracks that could cause a fire hazard. Also check the fireplace for draughts
- Make sure fans are switched to the reverse or clockwise position, which will move warm air downwards
- Check for missing, damaged or warped tiles on your roof
- Ensure all vents and openings are covered to prevent insects, birds, possums and rodents from getting inside to nest in a warm place
- Trim overgrown trees back from the house to prevent wind-swept branches from causing property damage or a power problem.



May community events

- Thursday 7th – Boandik Oatmill Cinema fundraiser 6.15pm
- Saturday 9th and Sunday 10th – Health, harmony and happiness festival at Robe
- Saturday 9th – Southern states highland dancing championships
- Sunday 10th – Australian doctors orchestra concert, Sir Robert Helpmann Theatre
- Saturday 30th – Coonawarra Cellar Dwellers event



Boandik lifestyle news

Crouch Street

- Monday 4th – Minminis to entertain at 3.30pm in the Activity room
- Thursday 7th – Queens birthday afternoon tea
- Fridays each week – Happy hour in the activities room at 6.30pm



St Marys

- Monday 4th - Cooking group with Gillian at 10.30
- Thursday 7th - Millers fashion parade in Rosemary's Theatre 1.30pm
- Friday 8th - Queen's Birthday high tea in Polly's café
- Friday 15th - Kevin Sporer concert at the RSL bowling club funds to cancer research
- Thursday 28th - Day of the Tartan morning tea.

Lake Terrace

- Wednesday 6th - Outing to golf links Mt Gambier
- Wednesday 13th - Jim and Rosalie entertain in Roughana Court
- Monday 18th - Moore Court outing to Dartmoor, lunch at Dartmoor Hotel
- Monday 18th - Minminis Entertain in Roughana Court 3pm
- Friday 22nd - New entertainer at Happy Hour, 3.30 pm in Ashworth Lounge
- Friday 29th - Birthday afternoon tea in Ashworth lounge 1.30pm
- Each Thursday - Craft sessions at 1.30pm in Ashworth Lounge



Please call the lifestyle coordinators for further information on coming events:-

Crouch Street – Annette Harris | St Mary's – Cindy Crozier | Lake Terrace – Debbie Brockie

Boandik Lottery fundraiser



Boandik is pleased to be participating in the People's Choice Credit Union Community Lottery. All monies received from ticket purchases (through Boandik) will be retained by Boandik, and will go towards the purchase of equipment for our residents.

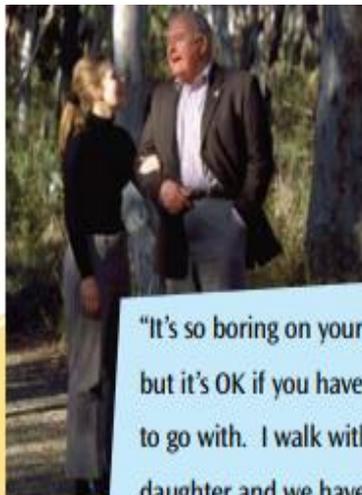
Great prizes and just \$2 per ticket. **Online ticket sales available by following the link**

<https://www.peopleschoicecu.com.au/boandik>

Boandik is a not-for-profit organisation, and thanks you for your generosity in supporting us through our fundraising events. We received 500 printed tickets and thanks to the generosity of the community these tickets are almost sold out therefore purchases can continue to be made on-line. Please help us reach our target, you can buy as little as 1 ticket or as many as you like on line and the process is very simple. Thanks again for your support.

I can't be more active because..... Excuses and how to overcome them!

Excerpt from Department of Veterans affairs and Department of Health "Choose Health: Be Active", a physical activity guide for older Australians <http://www.health.gov.au>



"It's so boring on your own . . . but it's OK if you have a friend to go with. I walk with my daughter and we have a bit of a chit-chat and catch up on the local gossip."



"For 27 years my GP has been telling me I should do more physical activity – but I never did anything. Then six weeks ago my friend took me to an exercise class and I have been going with her every week. I feel so much better, I wish I had done it earlier."

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| • I don't have the time | Make it a priority, make time. Get into a routine. Take every chance you can to be active, even if it's only for a few minutes – do exercises while waiting for the kettle to boil or while watching TV (see pages 19–20). |
| • I'm too tired | Once you get started, you will have more energy and feel less tired. |
| • I have a health problem and exercise might make it worse | Most health problems can be helped by activity. Talk to your doctor – they may be able to write an 'activity prescription' for you (see pages 16–17 for more information). |
| • I might get injured | If you walk or swim it is unlikely that you will get injured. |
| • I can't afford it | Try to find an activity that is free. Walk more instead of driving. |
| • I have no-one to do it with | Persuade a relative, neighbour or friend to be active with you. Play with the grandchildren in the park. Join an activity or walking group. Take out a gym membership. |
| • It's too hot/cold/raining | Get up early to beat the heat or walk in an air-conditioned shopping centre. If it's cold, wear gloves. If it's raining, take an umbrella. |
| • I'm too old | You are never too old – there is always something you can do. |
| • There's nothing to do where I live | Be active around your home – do exercises at home (see pages 19–21). |
| • I don't have transport | Walk to and from places (the shop, letterbox or a friend's house). |
| • I'm afraid I will wear out | You will wear out more quickly if you do nothing. |
| • I've never been the sporty type | You don't have to play sport to be active – try gardening, dancing, walking or exercise to music. |

Boandik has many options for fitness classes for residents and the community. Contact us for more information. 8725 7377 or livewell@boandik.org.au

Get your vascular system pumping for healthy organs

If your doctor tells you that you have a big heart, they may not be referring to your bountiful generosity. As people age, their cardiovascular systems begin to transform and one of the changes is an enlarged heart.

When arteries and other vessels stiffen because of a build-up of plaque within them, they become less efficient at circulating blood. There are many tell-tale signs of poor circulation. If you have any of the following 15 symptoms and your doctor cannot find an underlying cause, it could be that your circulation is not optimal. You may want to raise the issue of circulation with your doctor if you suffer from one or more of these conditions:

- numbness in the limbs
- decreased cognitive ability
- loss of appetite
- unexplained digestive problems
- frequent exhaustion
- weakened immune system
- tightening of the chest
- cold extremities
- skin discolouration
- dark circles under the eyes
- brittle hair and nails
- swelling of the feet and hands
- leg ulcers
- Varicose veins.



With the body's network of blood vessels estimated to be almost 100,000km long, the circulatory system works hard to ensure that oxygen and nutrients reach every cell. So, poor circulation means that some of your organs may not be receiving enough enriched blood.

Among the things you can do to improve circulation are to give up smoking, stay hydrated, exercise – doing squats is especially helpful – spend more time standing, eat less meat, brush all over with a body brush before showering, or take a relaxing warm bath.

Easy Pumpkin soup

- 1 tablespoon olive oil
- 1 brown onion, coarsely chopped
- 2 teaspoons ground cumin
- 1.2 kg butternut pumpkin, peeled, seeded, coarsely chopped
- 1L (4 cups) chicken or vegetable liquid stock

Heat 1 tablespoon olive oil in a large saucepan over medium heat. Cook onion, stirring, for 5 minutes or until golden. Add cumin and cook, stirring for 1 minute or until aromatic. Add pumpkin and stir to coat. Add stock and simmer for 20 minutes or until the pumpkin is soft. Set aside to cool slightly, blend until smooth.