

# BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



## PHOTOGRAPH OF THE MONTH

The vivid red fly agaric mushrooms often featured with fairies in childhood stories are no fairytale. Pretty but toxic, they can be seen popping up in gardens presently

## WHAT'S ON IN MANSFIELD IN JUNE

Looking for something to do with friends and family? Keep up to date with what's on in our local area including. Music, Art, Meet the Author evenings, Markets, Crafts. See over.

## BINDAREE TOP TIPPERS

Top 4 Bindaree Footy Tippers:

- 1) Susan McCormack, Margaret Reardon, Peg Thorpe
- 2) Lisa Koetsveld, Julie Hamilton
- 3) Ellen Sheahan, Margaret McDonald, Lynn Plummer
- 4), Doug Hayward, Kit Willick



## THIS MONTH IN HISTORY

June in History. Interesting people, important events, famous birthdays, notable deaths, anniversaries and others noteworthy dates. Explore the pages to discover facts and photographs on what happened in the month of June over the years.

# Photograph of the Month

“No Fairy-story!”

Fly agaric mushrooms growing through the grass in Tolmie.

Photograph by L Leach



## LEISURE & LIFESTYLE ACTIVITIES

- 2024 AFL Footy Fridays
- Mahjong
- Afternoon Pool
- Morning Exercises
- Sunday Movies
- Trivia & Games
- Intergenerational Program with Farmhouse Kinder
- Yarn & Yarn
- Book Group
- Bingo
- Gardening Club
- Bus Trips
- Art & Crafts

For more details on Bindaree activities scheduled in June, please check the Activities Notice Board outside the main dining room.

### On this Month in History - June

- 1 June 1938 Superman Comic is published
- 2 June 1835 PT Barnum’s Circus begins it’s first tour of the US
- 3 June 1964 The Rolling Stones begin their first US tour
- 3 June 1969 The last episode of the original Star Trek
- 3 June 1989 Tiananmen Square massacre
- 5 June 1968 Bobby Kennedy is assassinated.

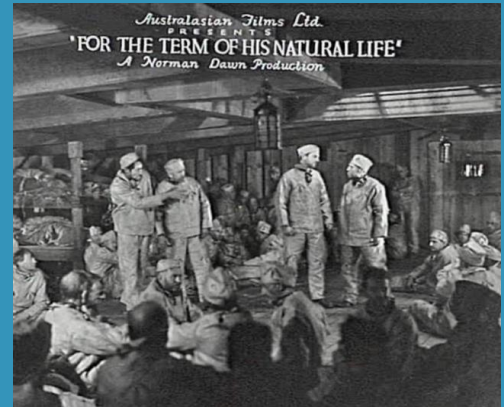


8 June 1942 Bing Crosby records Silent Night

10 June 1752 Benjamin Franklin flies a kite in a lightning storm and discovers electricity

12 June 1942 Anne Frank receives a diary as a birthday present

20 June 1927 Film premiere of For the Term of his Natural Life



## WHAT'S ON IN MANSFIELD IN JUNE.

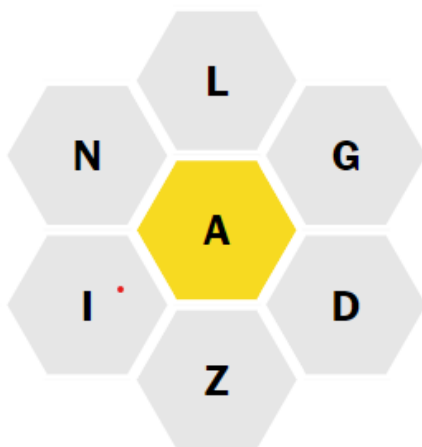
### Saturday 22 June 2024 4.00 to 9.00pm Lantern Festival

Celebrate the winter solstice - open fires, fairy lights, food, wine and music. Parade starts at 5.30 p.m. and finishes at approximately 6.00 p.m. Wear something warm!

### The Little Shop of Good Reads 31 Highett Street, Mansfield.

A not-for-profit preloved book shop run by the Friends of Mansfield Library selling high-quality used or preloved books. All profits are used to support the Mansfield Library. Open 10.00 a.m. to 4.00 p.m. As the autumn moves to winter very soon, grab yourself some preloved literature to curl up and keep warm.

## Word Game - How many words can you make?



### The Rules

- Each word must contain the centre letter "A"
- Letters can be used more than once
- Words must contain at least 4 letters
- There is one word that uses all 7 letters!
- Good luck!

### Words



FOR INFORMATION ON BINDAREE  
GARDENING CLUB, SEE WAYNE

## *in the Garden in June*

The cooler months in the garden are my favourite time not only for the warm, rich colours but also for the abundance of visitors evident. The kookaburras are conspicuous in their search for food as the deciduous trees spare their leaves to manage the reduced energy from the sun in winter. The kangaroos have been abundant in the paddocks and enjoying the new shoots of grass pushing their way through the newly top-dressed lawn. The plants have a winter rest with a blanket of mushroom compost to surge again in spring. Autumn is a time of preparation, winter is a time to rest & reflect.

Photo and article by Lisa Leach



## Vale Mervyn ROSS

*10<sup>th</sup> December 1942 to 27<sup>th</sup> April 2024*

Mervyn passed away peacefully after a brief illness. Mervyn was a true gentleman, a husband & father. May you always be dancing to Johnny Cash, enjoying the horse racing and smitten with chocolate cake. Our thoughts and best wishes are with Donalee and family at this sad time.



## Vale Dorothy (Dot) MACKWELL

*7<sup>th</sup> September 1934 to 9<sup>th</sup> May 2024*

**Dot passed away peacefully surrounded by the love of her family. Dot was a kind, gentle person and everyone's favourite 'Nana'. Rest now Dot.**

**Our warmest wishes go to Glen and all the Mackwell family**



## Vale Anthony 'Tony' Thorne

18<sup>th</sup> March 1934 - 28<sup>th</sup> May 2024

Thoughts of Tony bring to mind Linda Ellis' poem, 'The Dash'. 'The Dash' refers to the dash between a person's date of birth and their date of passing. Tony was a testament to life being all about the dash representing our time on this earth and serving as a symbol of our lives. By his own admission, Tony summed up his life as "tumultuous but good", stating he was happy to let life pass him by but given the chance Tony said, "I have a million things I still have left to do!". Tony lived a colourful life to it's absolute fullest. Our thoughts are with Tony's family at this sad time. Rest now Tony.

### What is the Aged Care Volunteer Visitors Scheme?

The Aged Care Volunteer Visitors Scheme (ACVVS) is a program centred around social interaction, designed to offer companionship and support to individuals who would benefit from the regular company of a dedicated volunteer. This involves in-person visits to foster friendship and companionship.

#### ACVVS is for people who:

- live in an aged care home
- live in their own home and are on the waiting list for a Home Care Package
- live in their own home and receive services through a Home Care Package.

#### Being matched with a volunteer

The ACVVS team and Jodie Bell, MDH Volunteer Coordinator will match you with volunteers who have similar interests, hobbies, background and preferences.

Jodie Bell will introduce you to the volunteer and regularly check in with.

#### When do we see each other?

Volunteers will make contact regularly (either weekly or fortnightly), at a time convenient for both of you. Please advise one of the Bindaree staff if you think you would like to have relaxed, social visits focusing on conversation, share hobbies and interest, go for a walk or do another activity

## Magic Moments Bucket List - Living your best life and Positive Aging

The benefits of living well - by maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, being active, maintaining connections to your community and engaging fully in life as you age - have probably underplayed? The team would like to give every person living at Bindaree an opportunity to create a unique and fun experience - a magic moment to support you to live your best life on your own terms. Is there something you would love to do but have not had the opportunity? Have you always wanted to be a busking musician or perhaps dance like Fred & Ginger? Maybe you have harboured a desire to ride on a Harley Davidson? Please feel free to share your aspirations with one of the team and maybe we can support a magic moment to could come your way?

## Bindaree Book Group

The Bindaree Book group shared a mixed bag of literature enjoyed by staff and residents this month and created some great discussion. Susan shared her read of the month, 'The Tattooist of Auschwitz' by Heather Morris, based on the powerful true story of Slovakian Jewish man, Lale Sokolov who in April, 1942 was forcibly transported to the concentration camps at Auschwitz-Birkenau. Whilst jaw agape the reader will wonder how humanity could have and can ever be this way to treat other humans so inhumanely, it is simultaneously also a powerful testament to love and survival. Sue rated this book 9/10

Stevie commented, "I couldn't put it down" sharing her book this month, 'Salt and Skin' by Eliza Henry-Jones. A compelling novel, 'Salt and Skin' tells the story of an Australian family's move to the Scottish Northern Isles to make a new life. Luda Managans, a photographer and journalist is captivated by the magic and the history of this enchanting isle as it shimmers to the surface from the isolated homes, the church buildings where folklore and fact interwine. Stevie rated this book 10/10.

Tony shared Mal Leyland's account of a life lived to the full, 'My Life as a Leyland Brother and Beyond. Still Travelling'. Mal Leyland is an intrepid explorer, navigator, documentary film-maker and leads an incredibly adventurous life. Mal is considered the inaugurator of the four-wheel-drive revolution and contributed significantly to the huge recreational industry when the outback was still a forbidding, remote frontier. Tony rated this book 9/10

Hannah, perhaps rather bravely, read 'The Midwife of Auschwitz' by Anna Stuart. This novel was inspired by the heart-breaking true story of Ana Kaminski, a midwife in the concentration camps of Auschwitz in 1943. Ana is all too familiar with the fate of so many new-born babies and vows to do everything she can to save them. It's a story of life, love and hope in a time of unimaginable darkness. Hannah rated this book 9/10

**Have your say on information and/or articles you wish to see in the Bindaree Times. Please advise any staff member and check out the next issue.**

**The Resident & Relatives Meeting is your opportunity to share stories, provide valuable feedback and shape the service delivery in your home.**

**Next Meeting is: Tuesday 25<sup>th</sup> June'24**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2:00pm Bingo
2 2:00pm Sunday Movie	3 Morning Exercises 10:00am shopping game 2:30pm Bingo	4 Morning Exercises 10:00am Armchair travel Lauriston Students visit 1:00pm Yap & Yarn Shopping Trolley 2pm Shuffle board	5 Morning Exercises Lauriston Students visit 2:30pm Bingo	6 Morning Exercises	7 Morning Exercises 10:30am Kinder Kids 1:00 Word flower 1:30pm Snooker Friday night football	8 2:00pm Bingo
9 2:00pm Sunday Movie	10 Morning Exercises 2:30pm Bingo	11 Morning Exercises 10:00am Armchair travel Lauriston Students visit 2pm Craft 2:30pm Shopping Trolley	12 Morning Exercises Lauriston Students visit 2:30pm Bingo	13 Morning Exercises	14 Morning Exercises 10:30am Kinder Kids 1:00 Word flower 1:30pm Snooker Friday night football	15 2:00pm Bingo
16 2:00pm Sunday Movie	17 Morning Exercises 10:00am Shopping games 10:30am Biggest Morning tea 2:30pm Bingo	18 Morning Exercises 10:00am Armchair travel Lauriston Students visit 1:00pm Yap & Yarn 2pm Shuffle board 2:30pm Shopping Trolley	19 Morning Exercises 2:30pm Bingo	20 Morning Exercises	21 Morning Exercises 10:30am Kinder Kids Book Club 1:00 Word flower 1:30pm Snooker Friday night football	22 2:00pm Bingo
23 2:00pm Sunday Movie	24 Morning Exercises 2:30pm Bingo	25 Morning Exercises Darts 2pm Craft 2:30pm Shopping trolley	26 Morning Exercises 2:30pm Bingo	27 Morning Exercises 1:30pm Denis Tucker (Collie Lounge)	28 Morning Exercises 10:30am Kinder Kids 1:00 Word flower 1:30pm Snooker Friday night football	29 2:00pm Bingo
30 2:00pm Sunday Movie						