



You

May 2024

Yarrunga Offerings & Updates

Welcome to Term 2

Welcome to week 5 of term 2! It has flown by fast. The chill of winter is certainly in the air despite the pleasure of some beautiful autumn days that Melbourne is known for.

Happy Mother's Day to all the mums and special persons in our community. We hope you had a lovely day and got to spend precious time with loved ones.

We held our AGM during the school holidays and would like to congratulate and thank our incoming committee for their time and support of the Centre. Our committee candidates can be found on our website and in the AGM section in this newsletter.

To support the Centre's ongoing financial needs – yes we have cost of operating pressures too! - we are holding Cadbury chocolate sales in the foyer. Each bag is \$2. A staff member volunteers their time to purchase from Cadbury and then packages them ready for sale. We thank each and every one of you who has supported this to date and wish to remind everyone that your honesty and support is wanted and needed. These funds help us to support activities and events to occur so that we can try to keep costs of programs down.

We are in term 3 preparation mode. We also ask that if you have ideas for programs and activities that you would like to see at the Centre, that you let us know. See the section under Open House for a link to a feedback form, or better still come to the event and talk to us in person.

Just a reminder that we will be closed on Monday 10 June for the Kings Birthday Public Holiday (it still sounds weird) and also closing for the week From Friday 28 June and reopening on Monday 8 July for a well-earned break.

Have a great rest of term everyone

See you soon!

Sam Blackwell
Manager

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How long does
'now' last?

If you try to fail and you succeed -
have you succeeded or failed?

Doesn't "expecting
the unexpected"
make the unexpected
expected?

Why isn't 'phonetic'
spelled the way it
sounds?

PEOPLE NEWS

We would like to extend our very best wishes to all our Yarrunga community who are currently experiencing health issues and are receiving treatment or undergoing rehab.

We wish you all the very best and hope your back on your feet soon and returning to all the activities you love to do.

EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Open House

We are having an Open House on Friday 17 May from 3pm – 5pm. We are hoping to engage with the local community to find out how we can best help them with program and activities. As existing Yarrunga participants, you are all invited as well.

If you would like to attend please let Nadine know or send us an email – info@yarrunga.org.au. If you can't make it but would like to share your opinions there is a very short survey - <https://form.jotform.com/241208614764860>

Please take the time to either drop in or complete the survey – we really want to hear your thoughts about what your Community Centre should be.

New Website

We have a brand-new website! It is modern and much easier to read. Check it out – we hope you like it! www.yarrunga.org.au

Accomplishment Board

It's very easy to forget to acknowledge all the challenges and difficulties you overcome in daily living. But celebrating accomplishments and achievements, no matter how small, is a very important way to bolster self-confidence, resilience and happiness.

We have decided to start an 'Accomplishment Board' at Yarrunga - in the corridor. We are asking for tutors, convenors and participants to let us know of things they have achieved and want to 'brag' about. It's a way of sharing good news – and we all need more of that!

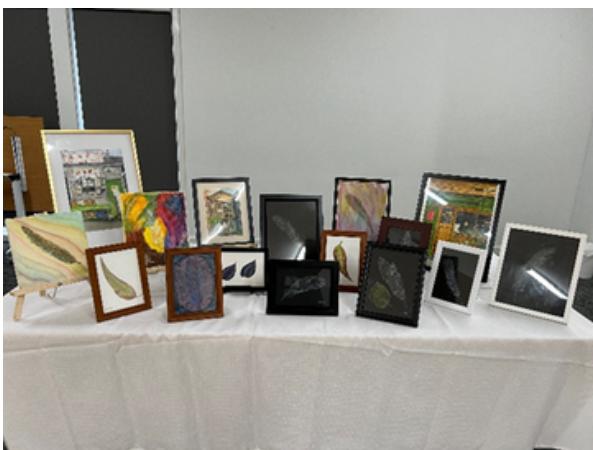
Please let us know and we will create a special note just for your achievement! Let's celebrate all the wins together

AGM

Thank you to everyone who attended our AGM. We were very fortunate to have a wonderful speaker, Jo Davis. Jo spoke about her life as a deaf person and it was truly inspirational, as she overcame many challenges to forge a very successful professional and sporting career. We all walked away with a much greater appreciation of how deafness can affect a person's life. Thank you, Jo, for sharing your amazing experiences.

Congratulations to our incoming Committee of Governance:

Chairperson	Peter Feeney
Secretary	Suzanne Tobin
Treasurer	Garth Whitchurch
Deputy Chair	Chris Jones
Asst Treasurer	Marian Schumejko



EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Change of Centre Hours

Please remember our new hours:

Monday to Thursday: 9am – 4pm

Fridays: 9am - 3pm

Winter Shelter

Our Winter Shelter Community Cooking program is continuing to provide much appreciated meals to people experiencing food scarcity or isolation pressures. Our group of women are working together brilliantly and produce some very tasty meals. At the moment we are making soup, mains, sides and desserts for 40 people each Wednesday fortnight and another meal of mains, sides and desserts for 40 people once a month for a Friday meal.

Supermarket vouchers to help us purchase ingredients are gratefully received, and can be handed over at Reception.

Kitchen Update

Work on our kitchen upgrade continues. The latest instalment includes deep sinks for washing our larger pots and pans and new benchtops. Huge thanks to Maroondah City Council for their ongoing commitment and support.



EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Program Updates

Our 'Explore Mixed Medium Arts' participants are working on a very special project in collaboration with their tutor Kaye and her family owned printing company. Using our beautiful sculpture as inspiration they have submitted some ink drawings – two of which will be selected to be printed on tea towels. Kaye's company have very kindly donated the fabric and will be printing for us free of charge. The tea towels will then be available for purchase with all proceeds going to the Winter Shelter Community Meals program. Keep an eye out.

Grant Updates

Thanks to Bendigo Bank, and its community grants program, we have been purchasing new kitchen equipment for our Winter Shelter program. Our first purchase included new saucepans, compatible with our new stove tops, chopping boards, stick blenders and trays. As with all this new equipment – comes the challenge of storing it, so our second purchase was a lockable steel cabinet. Thank you to Peter Blackwell, our volunteer (also the manager's husband) for turning it from a flat pack to a usable piece of equipment. Our third purchase was lots of new utensils. The new equipment, along with the revamped kitchen and new appliances have made our job much easier!



 **Bendigo Bank**

Croydon and
Ringwood East



EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Thanks also to the Victorian Government Sports and Recreation grant. As balance skills are so important as you get older we have purchased new balance sticks, balance pads and sliders. Hopefully this new equipment will help keep everyone upright and complement the strength training done in the various exercise classes.



Maroondah Movement Expo

Yarrunga took part in this year's Maroondah Movement Expo with an information table to highlight all the different activities we run to help keep older people active. It was great to be involved and see all the work being done by other organisations for our older community members, and Maroondah City Council did a fantastic job of organising displays, demonstrations, talks, and information.

Play



POSITIVE LIVING @ YARRUNGA

Sleep

Sleep is essential function – as important to your survival as air, water and food.

Sleep affects almost every type of tissue and system in the body, and a chronic lack of sleep or poor-quality sleep increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression and obesity.

Stages of Sleep

Sleep consists of cycles lasting around 90 minutes.

Non-REM sleep takes you from wakefulness to light sleep and into a period of deep sleep. during non-REM sleep your body temperature drops, muscles relax and your heart rates slow. You are sometimes in a deep sleep and it is more difficult to awaken.

REM sleep first occurs about 90 minutes after falling asleep. REM stands for Rapid Eye Movement. During this phase your mind is very active and most of your dreaming occurs during REM sleep. Your arm and leg muscles become temporarily paralysed which prevents you from acting out your dream. As you age, you sleep less of your time in REM sleep.

Adults usually spend about 20% of their night in REM sleep and the remaining 80% in non-REM sleep.





Sleep Mechanisms

Two internal biological mechanisms work together to regulate when you are awake and asleep:

- circadian rhythms synchronize with environmental cues about the actual time of day like light and temperature. However circadian rhythms will continue even in the absence of cues.
- sleep-wake homeostasis keeps track of your need to sleep, reminding your body to sleep after a certain time as well as regulating the intensity of your sleep.

How much sleep?

Most adults need 7-9 hours of sleep a night. Older people often need the same amount of sleep they needed in their younger adult life, but after age 60, night-time sleep tends to be shorter, lighter and interrupted by multiple awakenings, and older people are also more likely to take medications that interfere with sleep.

Sleep Tips

During the day:

A good night's sleep often starts with what you do during the day:

- Limit your caffeine to the morning – and nothing caffeinated after 2pm
- Exercise 20-30 minutes a day but no later than a few hours before going to bed
- Include a handful of high fibre, slow digesting carbs at every meal, and try eating at regular intervals without fasting or skipping meals
- Get bright natural light during the day and darken your environment as much as possible before bed.
- Limit daytime naps

Getting to Sleep:

Most of the time, good sleep doesn't just magically happen. We often try to immediately go to sleep after being amped up and over-stimulated by a busy day and lots of activities. You can usually get better sleep if you make it a priority and build good sleep habits:

- Set a sleep schedule – go to bed and wake up at the same time each day
- Create a room for sleep – avoid bright lights, loud sounds, keep the room a little cooler and don't watch TV, use your phone or have a computer in your bedroom. Also have your bedroom dark and a little on the cool side
- Relax before bed – try a warm bath reading or another relaxing routine
- Don't lie in bed wide awake. If you can't get to sleep, do something else, like reading or listening to music, until you feel tired

Staying Asleep:

Remember you can't control staying asleep, how much sleep you get or how well you actually sleep. The only thing you can control are your sleep behaviours – like your daily activity and your sleep rituals.

- If you wake up – don't panic
 - Don't watch the clock – checking the time can heighten your anxiety about not sleeping.
 - To keep the mind quiet, do some body or breath sensing
 - Don't get up or turn on the light to read – stay in bed and continue to rest
 - Enjoy the quietness and the “snuggliness” of the blankets!
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