

## Participants lead on ‘The Channel’

The variety of virtual activities on “The Menzies Channel” includes several segments presented by participants.

Nicole presents a cooking show on Mondays; Jamie talks music on Thursday mornings, followed by art with Anne Marie in the afternoon; on Fridays Lesley teaches us how to knit, and Wayne presents his popular Bingo segment.

*Get your timetable here:*  
[www.menziessupport.org.au/virtual/](http://www.menziessupport.org.au/virtual/)

### HOW TO HELP STOP THE SPREAD OF CORONAVIRUS

[www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

- Only leave your house for essential shopping, medical care, work or education, exercise and outdoor recreation, and visiting friends and family (if you need to);
- Wash your hands often with soap and warm water;
- Cough or sneeze into a tissue/your elbow & avoid touching your face;
- If you feel unwell, you must stay home;
- Practice physical distancing, stay at least 1.5 metres away from others, don't shake hands or touch others.



*A gift made with love: Anne Marie made leaf art during her segment, “Art with Anne Marie and Steff”, and framed the creation as a birthday gift for her grandma.*

# What's On?

## WITH JAMIE: Queen's Birthday Weekend

At this time of year, locals and visitors would be preparing to gather in Alexandra for the annual Truck, Ute and Rod Show.

But this year's event has been postponed, so I've put together some ideas for other things to do over the Queen's Birthday long weekend.

If you leave your home, remember to keep your distance from other people, wash your hands a lot, cough or sneeze into a tissue or your elbow, and avoid touching your face.

### Activities:

- Practise a new skill
- Try a new recipe
- Listen to music
- Watch a movie
- Do some exercise

### Stay in touch:

- Write a letter
- Make a phone call
- Use social media

### Go outside:

- Get some fresh air
- Enjoy your garden
- Soak up some mild sunlight
- Sit on your porch



*Jamie Watkins*

*Can you suggest activity ideas for others to do at home? Contact me C/- MSS so I can include the details in my column!*

## Go Green!

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**Subscribe at:**

[www.menziessupport.org.au/newsletter](http://www.menziessupport.org.au/newsletter)



**JUNE**

**Ian**

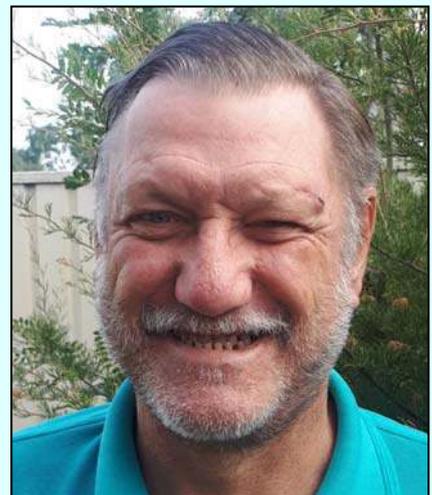
## Trivia Spot

### WITH IAN

Welcome to my first trivia column. This month, the questions are about the legendary Elvis Presley.

**Have a go, then find the answers on the back page!**

1. What colour was Elvis' hair before he dyed it black?
2. How many Elvis Presley's were in the movie "Kissing Cousins"?
3. What was the name of Elvis' favourite horse?
4. What rank was Elvis in the Army before he was discharged?
5. When was Elvis born and when did he die?



*Ian Hewitt*

### JOKE SPOT:

1. What do you call a cow eating grass on your lawn?
2. What do you call a person who rolls in the mud, then crosses the road twice?
3. Why did Smiffy climb on the café roof?

# Thank you, Henry

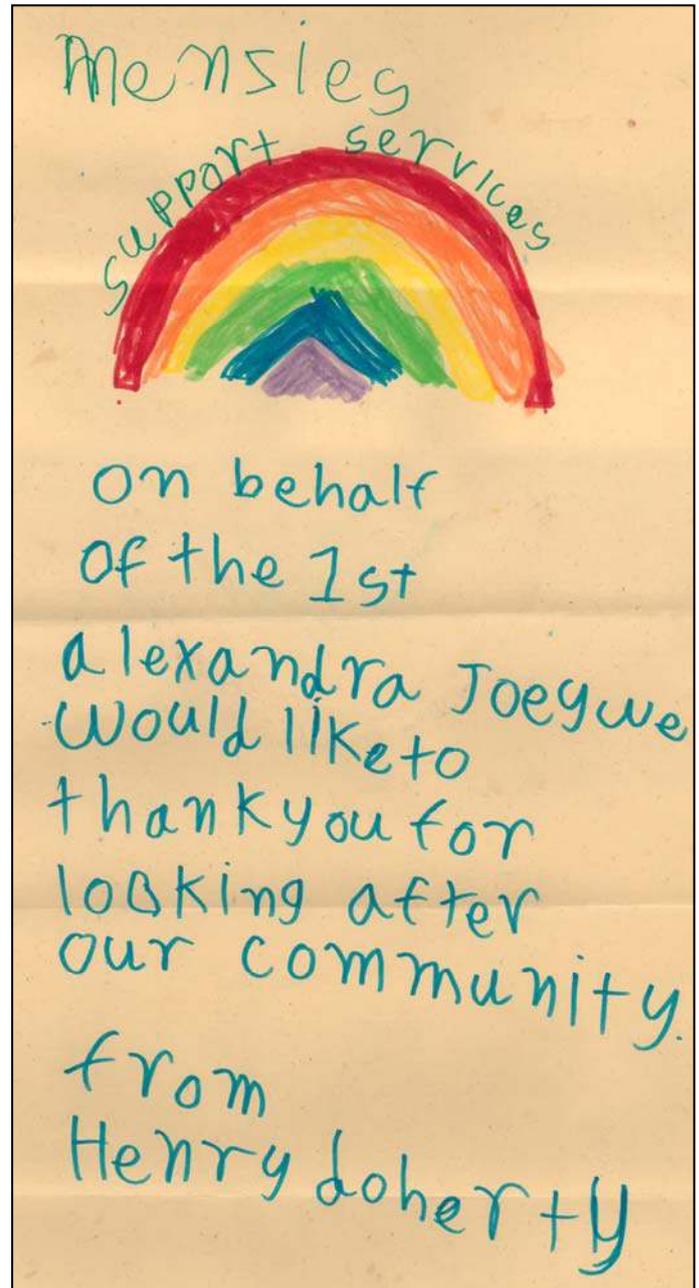
We received a letter and drawing from Henry Doherty, thanking us for our role in caring for the local community.

Henry is a member of the Alexandra First Joeys and wrote the letter as part of his "Community Badge" activities. The Joeys each chose a community group to write and deliver a letter to.

The Joeys participated in a new type of activity, holding an online meeting instead of their usual knot tying and bush crafts.

During their meeting, the children had a good chat about all the important essential services in Alexandra which have pushed on through during the pandemic.

Thank you Henry for your letter, from all of us at Menzies Support Services.



## Darren's catch!

Darren returned to a favourite activity, fishing at the Eildon Pondage. The gradual easing of restrictions in Victoria means we can enjoy some outdoor activities, while continuing to follow social distancing and hygiene advice.

For the latest information about what you can and can't do right now in Victoria, visit:

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

# HOME & COMMUNITY NEWS

## Social support offers fun and friendship

Social support clients are catching up via The Social Channel, virtual activities presented by MSS social support organiser, Jamie Flynn.

Support staff have been busy helping people stay connected via this platform. We are providing technical support at home to help people use technology, and we have introduced a device loan system, with a number of android tablets now available for client use.

Regular coffee and chat sessions are held, and participating clients enjoyed a virtual shared meal, with a delicious delivered lunch prepared by Jane and Liz.

Plans for upcoming sessions include Tuesday morning melodies and conversation; Wednesday gentle exercise, quizzes and bingo; and Thursday virtual mystery tours.

Coming up on Friday 12th June for the Alexandra group, a “high tea” will bring friends together.

## COVID-19 hotline for older Australians and their carers

# 1800 171 866

Get the information you need to stay healthy and safe during the pandemic. The hotline is a one-stop source for personal support, questions and current guidelines. Older people and their carers are encouraged to call the hotline to speak to friendly, specially trained staff.



## STAYING CONNECTED ONLINE

Menzies Support Services staff can help you use online platforms to stay in touch, and we have a number of devices available for you to borrow when you join social support activities via Zoom.

**Website:** [www.menziessupport.org.au/social/](http://www.menziessupport.org.au/social/)

**Email:** [socialsupport@menziessupport.org.au](mailto:socialsupport@menziessupport.org.au)

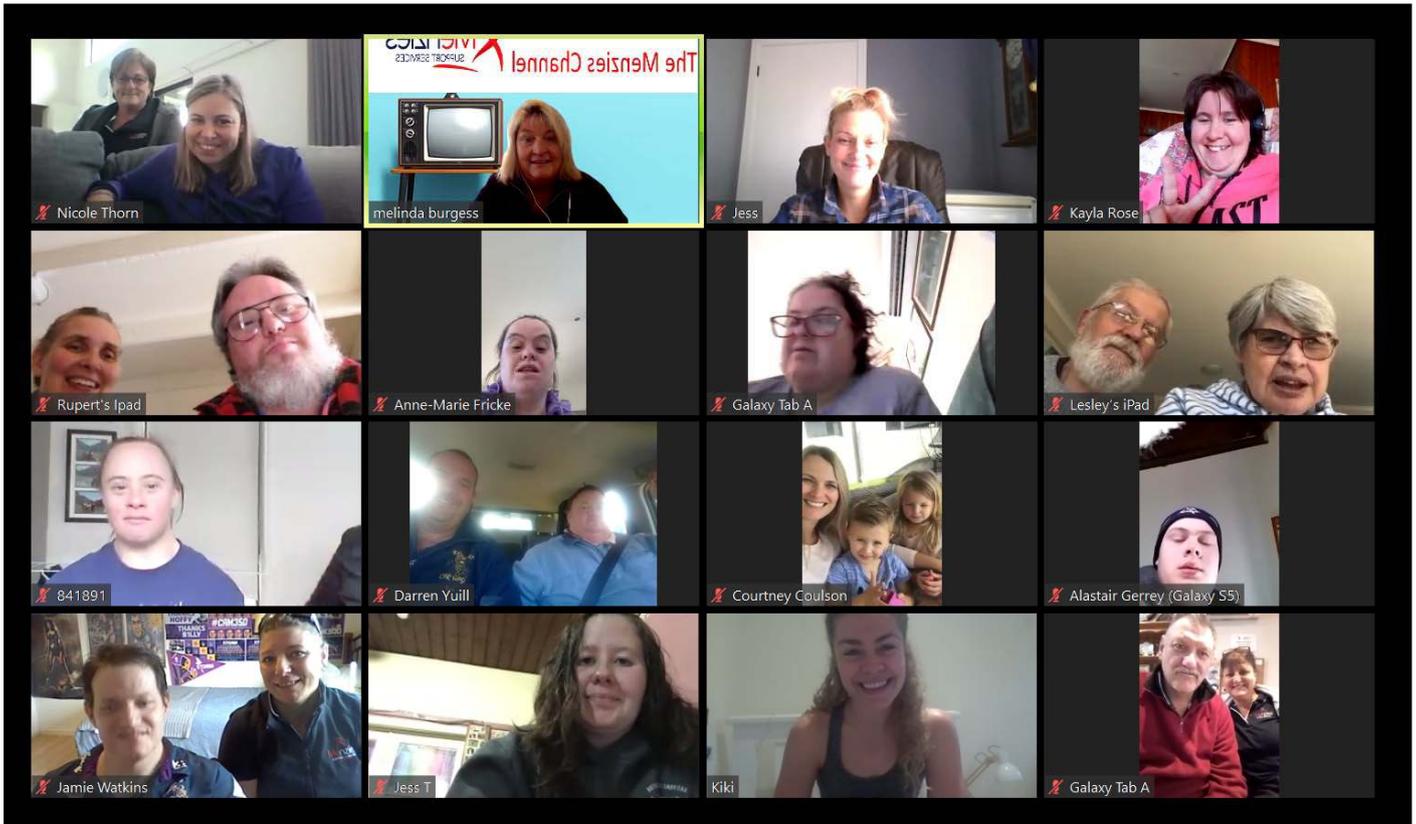
**Phone:** 5772 1888



## Helping you to go out, or stay at home

If your community support worker assists you to go out for shopping and errands they can still do this, however if you choose to stay at home we can help you get what you need.

# Special guests tune in



*Making friends and sharing stories: Among a variety of special guests joining us on The Menzies Channel recently was Melbourne Storm cheerleader, Kiana, invited by dedicated Storm fan, Jamie W.*

May was a busy time for the Menzies Channel with a variety of special guests joining the fun.

Participants prepared their own tea and cake, and caught up with friends via Zoom to raise money for the Cancer Council with a virtual “Australia’s Biggest Morning Tea” event.

We “visited” Phillip Island on a Friday night by Zooming in on the Live Penguin Parade.

We met special guests NRL Melbourne Storm cheerleader, Kiana; head of football operations at

St Kilda Football Club, David Rath; Australian musicians Keith Jamieson and Rodney Vincent; and toured local business Buxton Trout and Salmon Farm.

Coming up on 9th June, we will take a virtual tour of the Glencoe truss and frame factory in Alexandra.

We would like to hear from anyone in the community who has an activity idea, or would like to join us as a special guest.



**Information and timetable:**

Website: [www.menziessupport.org.au/virtual](http://www.menziessupport.org.au/virtual)

**Email bookings and suggestions:**

[virtual@menziessupport.org.au](mailto:virtual@menziessupport.org.au)

**For updates follow us on Facebook:**

[www.facebook.com/MenziesSupportServices](https://www.facebook.com/MenziesSupportServices)

**Enquire or make a suggestion by phone:**

Office: 5772 1888 | On-call: 0427 579 961

## YOUR CONTACTS AND RESOURCES DURING THE CORONAVIRUS OUTBREAK

**If you have an emergency, including difficulty breathing, call Triple Zero 000**

**Coronavirus information for people with a disability:**  
1800 643 787 (free call)

**COVID-19 support line for older Australians:**  
1800 171 866 (free call)

**If you have a question about your supports:**  
Menzies Support Services  
5772 1888 (8.30am-5pm)

**If you are concerned about the coronavirus and your health:**

Call your doctor, or call the Coronavirus hotline  
1800 675 398 (24 hours)

**Department of Health:**  
[www.health.gov.au](http://www.health.gov.au)

**State Government Victoria Coronavirus updates:**  
[coronavirus.vic.gov.au/](http://coronavirus.vic.gov.au/)

**Department of Social Services information for people with disability and their carers:**  
[dss.gov.au/disability-and-carers/covid-19-information-and-support-for-people-with-disability-and-carers](http://dss.gov.au/disability-and-carers/covid-19-information-and-support-for-people-with-disability-and-carers)

**Beyond Blue mental health support:**  
1300 22 4636 or chat online at [beyondblue.org.au](http://beyondblue.org.au)

**Head to Health digital mental health services:**  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

**NDIS updates:**  
[ndis.gov.au/coronavirus](http://ndis.gov.au/coronavirus)

## GROUP ACTIVITIES REPORT

from MSS Day Programs  
Team Leader, Jess Olive

Hello everyone,

I'm Jess, team leader at The Mount. Like everyone else when COVID 19 started, I felt unsure about how we would continue our group programs. If we can't be all together, then how can we do group activities?

Then I was introduced to the Zoom video conferencing app. What a great idea!

Zoom provides an easy way to connect with our clients, staff, and the community.

We all have fun Zooming in for an array of activities, including the morning show where we have met special guests invited by clients and staff.

Using Zoom, we have been able to continue Zumba with Kaz, play group games, cook, create, laugh, and share experiences.

Clients responded very quickly to Zoom and began to host their



*Enhancing the channel's spirit of fun, clients and staff can often be seen wearing costumes.*

own programs.

While hosting activities I have had the pleasure to meet pets and see what people are doing at home, like hobbies and projects.

Presenting programs over Zoom has showed me a new way to use technology, and I will continue to use it beyond the pandemic.

## MSS represented at workforce conference

Over 800 guests and speakers came together to share in 40 hours of presentations, case studies and interactive discussion at National Disability Services (NDS) virtual "Workforce in the Disability Sector" conference.

Menzies Support Services CEO, Melinda Burgess, presented a case study on The Menzies Channel which highlighted how we continued connecting our participants in the Virtual Space. Melinda was asked by National Disability Services to share our experience and explain how we

have made changes and continued to connect and provide social support to participants in a variety of Virtual Programs.

Organisers thanked all speakers for their insightful presentations, which sparked energetic conversation and provided practical content to implement in workplaces.

Themes emerging from the conference included the resilience and ingenuity displayed by the sector in detailing with the extraordinary disruption of Covid-19.

# Busy at home



*Rupert spruced up his garden with some new turf.*



## FLASHBACK

### HIGHLIGHTS FROM PAST EDITIONS OF THE DPMC NEWSLETTER:

#### 10 YEARS AGO

- The DPMC crew went to Her Majesty's Theatre to see the 2010 stage-show version of *Mama Mia, Here We Go Again*. Everyone loved the show. In fact, **Ian** loved it so much he sang along at the top of his voice and gave a running commentary. **Dayana** was right onto who was who, being very impressed by David Somerville and Suzie Mathers in lead roles. Rupert thought Suzie was pretty. **Jenna** was impressed by the "passion" in the show. **Evan** just loved the wedding scene.
- **Rupert** travelled to England to visit relatives. **Dayana** told us that she would be visiting Hong Kong with Volunteer Friends, Wodonga. She was really looking forward to going to Disneyland, Hong Kong. **Ian** had been on holidays with Ozmates to Queensland, Sydney, Tasmania and Tamworth Country Music Festival over the past few years. **Savoulla** visited her parents in Tathra, on the south coast of NSW.
- Despite the local horse racing being cancelled, the crew enjoyed a day at the Alexandra Race Club. They watched the Flemington races - and the storm - on TV and availed themselves of the TAB caravan. Fashions on show in the DPMC marquee reminded onlookers of Oaks Day at Flemington, and photos were featured in local paper, *The Standard*.

## Tea for a cause

Lesley joined The Menzies Channel for the Cancer Council's "Australia's Biggest Morning Tea", an event MSS takes part in each year, but with social distancing restrictions in place, we opted for a "virtual" morning tea.

Thank you to support worker Steff for organising the event. With help from the community, we raised over \$300 for the Cancer Council.

## DIRECTORY

**Alexandra District Health**  
5772 0900

**Alexandra Family Medical**  
114 Grant St, 5772 1699

**Alexandra Medical Centre**  
54 Downey St, 5772 1444

**Alexandra Taxi**  
0408 576 420

**Murrindindi Shire Council**  
www.murrindindi.vic.gov.au  
Access and Inclusion Officer  
Andrew Langley, 5772 0333

**My Aged Care**  
www.myagedcare.gov.au  
1800 200 422

**NDIS**  
ndis.gov.au  
1800 800 110  
facebook.com/NDISAus  
youtube.com/DisabilityCare

**NDIS Quality and Safeguards Commission**  
1800 035 544  
www.ndiscommission.gov.au

**Nurse on Call**  
1300 60 60 24

**Poisons Information**  
13 11 26

**Carers Australia**  
carersaustralia.com.au



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By appointment: 31 Highett St Mansfield  
Web: menziessupport.org.au  
Facebook: @MenziesSupportServices

**Contributors/Suggestions:**

Please submit material for publication in Menzies News to Leisad@menziessupport.org.au

# COVIDSafe app available

The new app is designed to help the Australian Department of Health slow the spread of COVID-19.

Having confidence they can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians.

The more Australians connect to the COVIDSafe app, the quicker the virus can be found.

*You can get the app from AppStore or Google Play.*



**National Disability Insurance Scheme**

**Phone: 1800 800 110**  
**Website: ndis.gov.au**  
Facebook: facebook.com/NDISAus  
YouTube: youtube.com/DisabilityCare



**When you call Triple Zero (000)**

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout, speak slowly and clearly.
- Tell us exactly where to come. Give an address or location.

**For more information visit triplezero.gov.au**

**Trivia answers:**

1. Brown.
2. Only one Elvis, but he played two different characters.
3. Rising Sun, a Golden Palomino Elvis bought in 1966 for \$3,500.
4. Sergeant, Company A, 1st Medium Tank Unit Battalion.
5. Born 5th January 1935 in Mississippi, died 16th August 1977.

**Jokes:**

1. A lawn moo-er.
2. A dirty double crosser.
3. He heard the drinks were on the house.