

# March Newsletter.

## MEERCROFT Leisure & Lifestyle

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St Patrick's Day – we gave the Irish a run for their money 😊

St Patricks day was with us, the day when all was seen,  
To right and left and everywhere was Green, Green, Green!

Irish tunes were whistled and Irish songs were sang. With  
Leprchauns, Jokes and green Jelly, Happy hour was such a scene.



## Cooking up a storm!

### Weetbix slice & Zucchini Slice.

If you would like the recepie to pass onto your family or friend feel free to ask the Leisure Lifestyle team we are happy to share 😊





## Devonport Fun Run

Residents, Family & Staff participated in the March 5k Park Fun run starting from the Bluff in Devonport. Each receiving a medallion for their wonderful effort.



## Afternoon Movies & home made Popcorn!!





## Gardening Club

**Residents tend to the vegie garden beds, preparing them ready for new seedling to be planted. Betty enjoys the last of the sweet cherry tomatoes.**



## Raising funds

**Rachael donated her beautiful hair for the Leukaemia Foundation - World's Greatest Shave; she raised over \$500 – great effort.**





## Tea Tasting Morning Tea



## Entertainment by Joe

Residents enjoying a social afternoon in the Sea View lounge dancing and singing.





## Lunch outing to the Makers Market Burnie



## We all need Vitamin D

**Fay relaxing on the Sea View Deck enjoying the last days of Summer.**





## Steamfeast Sheffield

**Residents were had a wonderful time attending Steamfeast last month. There were so many diiferent things to see & do. Thank you to Stephen and Suzanne for volunteering their time for this wonderful event.**







### Jean turned 90

**What a fabulous celebration, thank you for the invite Jean.**

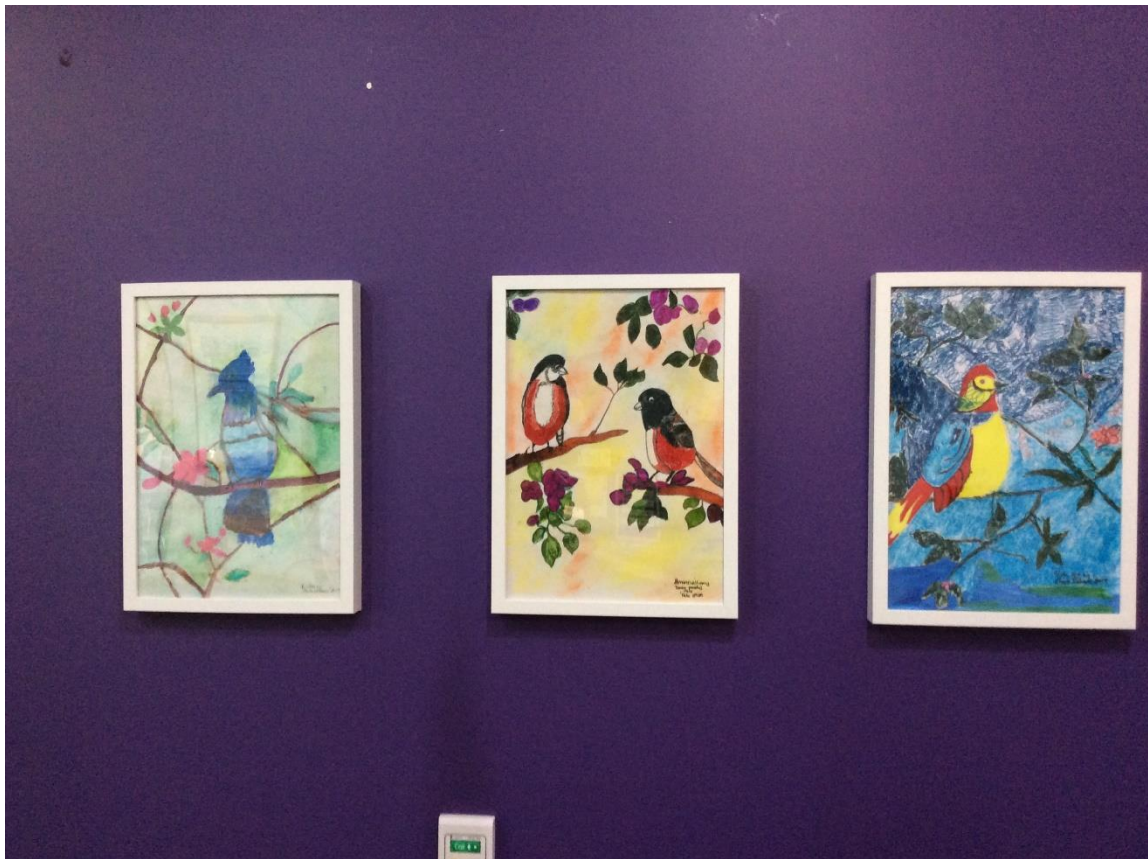




Residents Art work hanging throughout the building, for all to enjoy.



Residents Art work hanging throughout the building, for all to enjoy.





## A letter from Shirley & Cyril Simpson.

Dear Residents & Staff

We thought we would like to let you all know, we are thinking of you at this troubled time but we will overcome it and the good times will come again and Cyril & myself will be able to visit you again and play music & sing for you

you all take care and love one another  
and we are thinking of you all

Love & best wishes

Shirley & Cyril Simpson  
x x x x

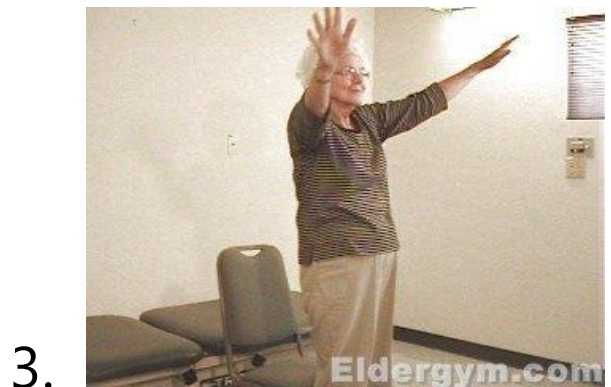
**Step 1 – Sitting Breathing Exercise-** Sit comfortably in a chair. Place your right hand on your chest and your left hand on your belly. Inhale so that your right hand rises. This is chest breathing which uses the upper lobes of the lungs.

Then inhale so that your left hand rises. This is abdominal breathing which uses the lower lobes of the lung. This is the preferred method of breathing in order to maximize the benefits of exercise.



## **Step 2 – Standing & Seated Breathing Exercise**

Stand placing both hands on belly. Take a deep breath in and expand your belly. This is lower lobe deep breathing.



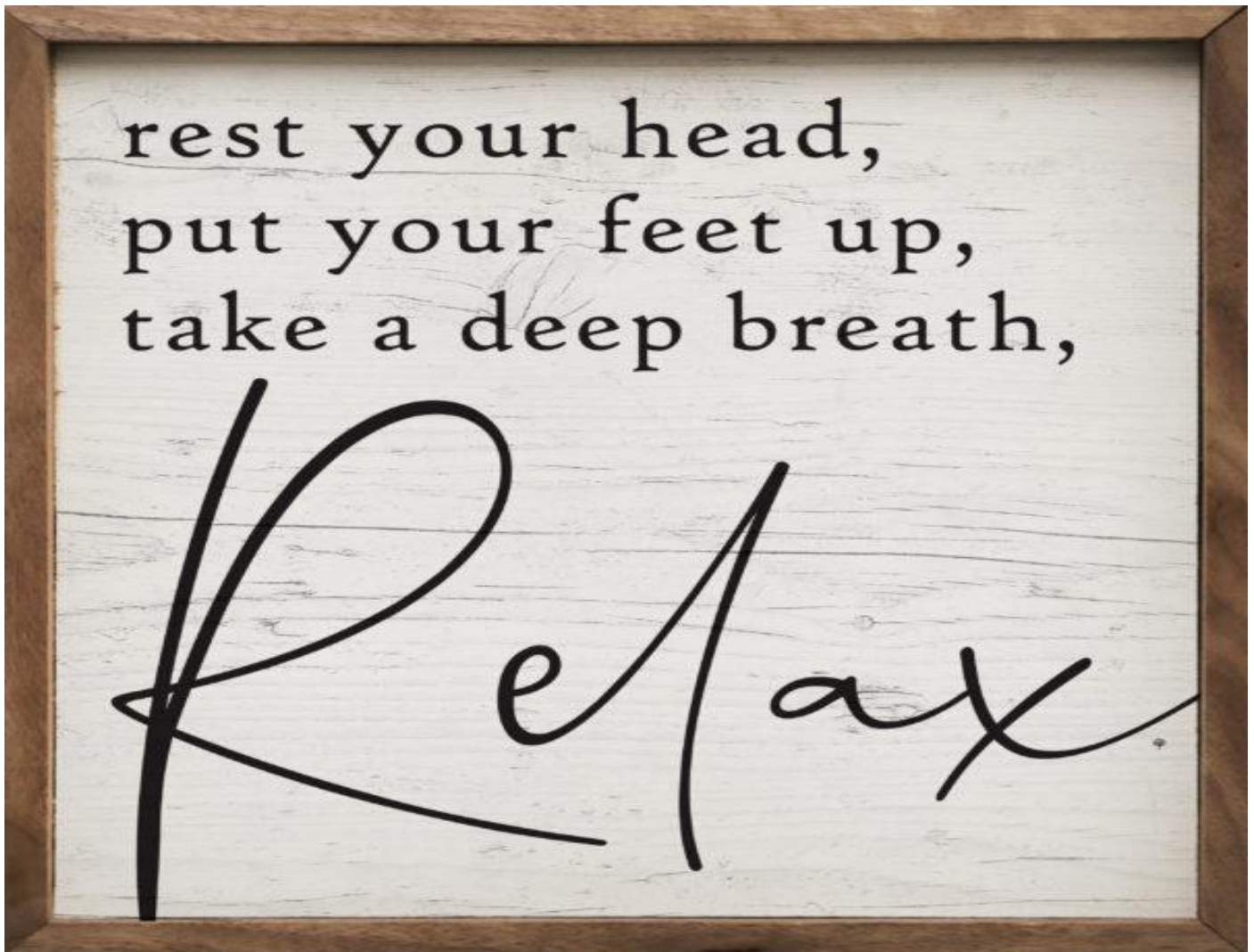
**Step 3 – Rib lifting Exercise-** Standing or Seated with your arms crossed at the wrists in front of your waist. Breathe in as you raise your arms overhead. Relax and breathe out, lowering your arms. Repeat.

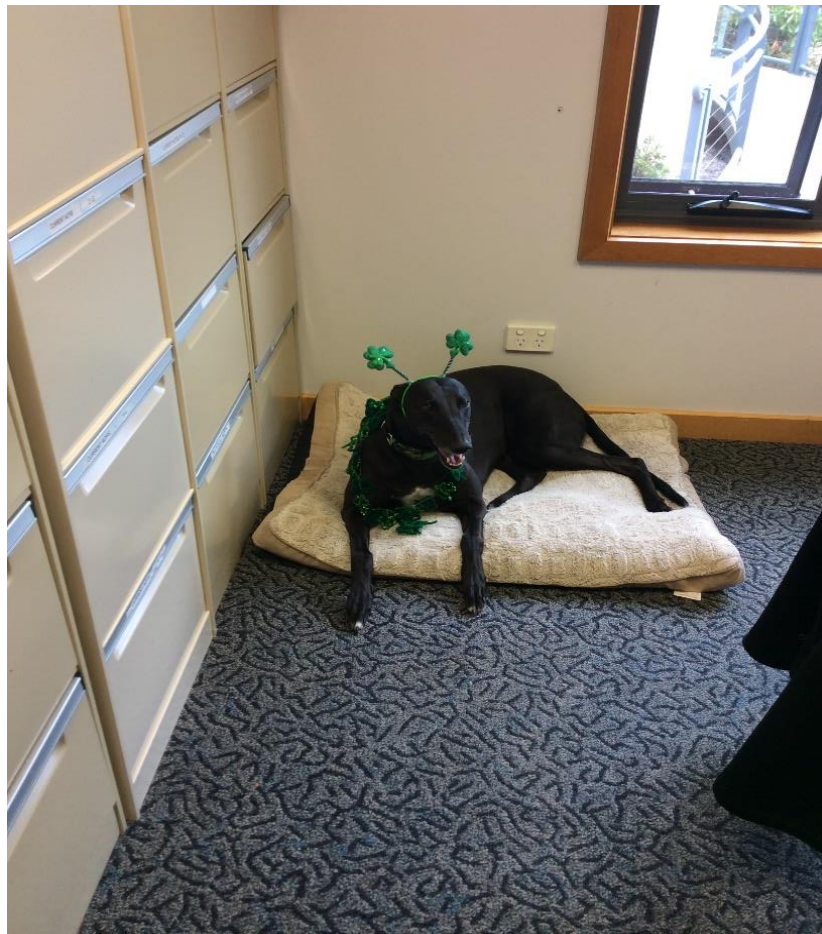
**Tips-** Remember to maintain correct posture when sitting and standing. Keep your spine in a comfortable neutral position.

Lift your ribs up and bring your shoulders back as you exercise.



**Purpose of this exercise-** Improve your respiratory health. Helps clear the lungs of toxins and pollutants. Increases your energy by improving the oxygen levels in your lungs, and to help Relax the mind and body. Something we all need at this time of change throughout the world.

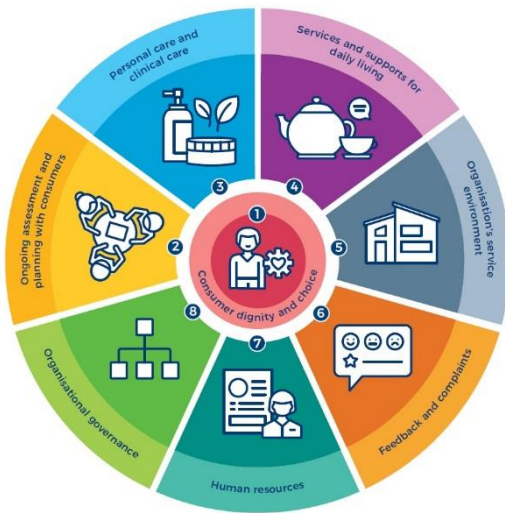




Of course, Sooty was right into St Patrick's Day celebrations – there is a direct to Ireland for Tasmanian Greyhounds and of course she looks so good in green! Through all the changes Sooty has managed to remain calm and stick to her usual routines, arrive approx. 10:30 am, sleep (well it was tiring getting here), visit, eat, sleep, walk, eat, sleep, between 4:30 – 5:30 pm go home to her Dinner, Bed and Breakfast accommodation.



## Quality update:



### Aged Care Quality Standards:

Meercroft has been receiving regular updates and having contact with the Commission as they work with all Aged Care Facilities to provide advice and support.

March has been a very different month with directives from the Australian Government Department of Health being received, at times, daily and we congratulate you all on how you have accepted all these changes, many of which have been very difficult for you and your families, especially with visiting now being completely stopped. We will shortly be sending a letter to all families reminding them that, as directed by the Australian Government Department of Health, they will need to have had a FluVax by May 1<sup>st</sup> and keep the number to present as evidence prior to be allowed to visit after that date. This also applies to all staff, volunteers, health professionals and contractors.

Wendy has been in regular contact with the Department of Public Health to check that our understanding of all directives are meeting all requirements. I have left in the phone number for the Hotline:

**Coronavirus Health Information Line on 1800 020 080**

If you have any concerns please ask to speak to Jodi Towns, Louise Teirney, Wendy Shearer or Maree Febey.

## Feedback

As always if you have any suggestions, comments, complaints or compliments in addition to the feedback form we deliver to your room, please remember there are feedback forms in the front foyer or just ask any staff member to get you one. If you are happy to put your name on the form then we can follow up with you about any actions we have taken, if you wish your feedback to be confidential there are envelopes and a post box in the front foyer for this purpose.

You have probably all seen the **letter from Shirley and Cyril Simpson** saying they would like everyone to know they are thinking of us in these troubled times and the good times will come again and they will be in to play music and sing for us. They ask we all take care and love one another, and they will be thinking of us all. 😊

**Aged Care Quality and Safety Commission:** Phone 1800 951 822 for concerns about aged care services

**Advocacy Tasmania:** Phone 1800 005 131



## Fill the missing letters

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