

## October 2018

### TRAIN YOUR BRAIN

Our next TYB is on October 6. We will revert to our usual timetable starting with Activity 1. Sarah will add to our

physical wellbeing during the exercise spot. Followed by a welcome cuppa and refreshments. Activity 2 will follow finishing with the Theory Spot.

It is the last month in this cycle of activities. The 5 activities from which you need to choose any 2 are Mixed Skills, Word Winder (Words), Concentration (Memory), SET (Perception) and Trionimos (Numbers).

Thank you to our Theory Spot speaker for September Anne-Marie Ternes. The requests for the outline of her presentation initially exceeded supply.



This month we welcome Maz Mellor who is a nurse with specialist experience in aged and dementia care.

Maz will also bring her personal experience of caring for her mother who had been diagnosed with dementia in her later years.

### EASY DOES IT

EDI is a gentle exercise class. It runs 1.30pm – 2.30pm in the Hall at GWAC followed by a chat and a cuppa.

### MATESPLUS GROUP

The MatesPlus group enjoyed a very interesting trip to Spring Street - Parliament House during the last sitting day before the November election. While some fiery debates may have been

anticipated, it was a very friendly end to this parliamentary groups term of office. The group then “mixed it” with the politicians over lunch.

## DATES & TIMES

### TYB

First Saturday of the month  
October 6, November 3,  
December 1.

8.30am – 12noon

### EDI

Monday 1.30pm – 2.30pm  
(except public holidays)

### CREATIVE CRAFT GROUP

October 17, 8pm – 10pm  
Contact Lesley – 9803 1245

### MATESPLUS

October 11 - Silvan Tulip  
Farm. Departing GWAC  
Carpark at 9.30am

### GWAC WALKERS

October 20 – Carrum  
Wetlands

### PRAYER MINISTRY

Tuesday 1.00 – 2.30pm  
Chapel at GWAC.

### ENQUIRIES

[tyb.edi@gwac.org.au](mailto:tyb.edi@gwac.org.au)

The October Outing has been re-scheduled to Thursday 11 October. Ladies and men welcome to meet at GWAC at 9:30 am form a convoy to Tulip Festival at Silvan. Entry (\$24 pp) includes free coffee voucher – tulips – lunch (bring or buy your own). The sign-up sheet will be in the foyer at GWAC.

## CREATIVE CRAFT GROUP

The Creative Craft Group will continue with a Christmas theme at their next meeting. The ladies will paint and decorate 2 small flower pots that will be held together with rope and a small bell to “ring” in Christmas. No pictures were available prior to our publication deadline but why not give Lesley a ring (9803 1245) if you would like to join in all this creativity.

## GWAC WALKERS

The GWAC Walkers are planning a visit to the Carrum Wetlands. It will be an easy walk. The signup sheet will be in the foyer at GWAC.

## REFLECTIONS FROM THE SENIORS' PASTOR (Sharon Footit)

It has been shocking to watch the last couple of 4 Corners reports on the care of people in Aged Care Facilities, predominately those in nursing homes, many of them with dementia.

Those of us who have seen these reports, with the hidden cameras, that show abuse, and bullying and disrespect, must all feel angry, upset, fearful, and thoroughly discouraged to think the human beings could treat others, in such



a way, and sadly, get away with it. Part of the problem has been that family members have not trusted the messages they have heard from their loved ones; whether they be, messages of fear, or anger, or frustration. On the 4 Corners report, family members, made assumptions regarding what their loved ones said, and put it down to their dementia, and dismissed concerns. The true situation, only came to light, as hidden cameras were put in place to capture what was going on.

Christian Scriptures remind us, to value the wisdom of the aged, and to honour those who are older, whether they are parents 'Honour your mother and father, that all my go well with you', from the 10 commandments; or in proverbs, where it is made clear that anyone who dishonours another human being, in any way, is disrespecting another person who is made in the image and likeness of God. In Psalm 139, we are reminded that God knows and sees all - **Where can I go from your Spirit? Where can I flee from your presence?**

Knowing that God sees, and hears, and knows all, should mean that we are vigilant in our lobbying for the protection of those in our society who are vulnerable; physically, mentally and, as we think about our aged members in the community, cognitively. If we have family members in care, we need to listen to them, check out their concerns; not dismiss them because we think perhaps it is just their dementia being expressed. This is part of honouring all people, including those suffering dementia, made in the image and likeness of the God we love and worship.

## CHRISTMAS STALL

Betty will run her Christmas Gift Stall at our December TYB. All the items for sale are made by Betty during the year. The proceeds are given to aid Multiple Sclerosis research.

## POEMS

Thank you to all those “poets” who have sent along copies of the poems to share. Would you like to add to the collection? Please bring them on October 6 or email them. We have a big notice board to put them on.

## QUIZ CORNER

We have one question for you. What are your favourite puzzles? Please let us know via our “It would be interesting box” or [tyb.edi@gwac.org.au](mailto:tyb.edi@gwac.org.au)

### Muddled Towns in Victoria – Can you get their spelling correct?

Neaelv

Chrefowoyp

Wolthcepklaac

Dangoow

Dortlnap

Gayrwonaa

Thurnelger

Quoryta

Watesll

Letnesciama

### Another Word Quiz

What name is given to words that are spelt the same way forwards and backwards? For example: noon, level.

How many can you list before you try the Medical Quiz on the next page?

## Medical Quiz

Where are these parts of the human body and what is their purpose?

Body Part	Location	Purpose
Metacarpal		
Pleura		
Tibia		
Ventricle		
Thyroid		
Achilles Tendon		
Synapse		