

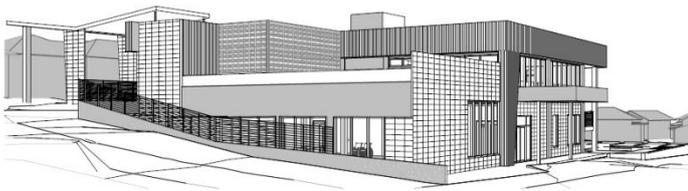
Community partners

Boandik is very appreciative of the support of the community for the Wellbeing Centre. Since the September newsletter our new community partners are:-

- Barney McCusker \$1,000
- SE Laundry Services \$1,500
- JK's Market \$1,000
- McLeods Fire Service \$1,500

Bringing the total funds raised to date for the community wellbeing centre to \$150,038

Community Wellbeing Centre



The detailed planning for the community wellbeing centre is progressing and will be completed by the end of October.

The site for the centre has now been cleared, whilst disappointing to see the trees removed it was good to see something happening on the site. The new centre landscape design will include some mature trees.

Please help, we still need your favourite recipe

The Food Appreciation Group are putting together a recipe book as a fundraiser for catering equipment. We want to include favourite recipes from residents, clients, staff, volunteers and family members. As there are so many of us we only need one recipe so make it your all-time favourite. Recipes can be submitted in writing and left at any of the reception areas, emailed to livewell@boandik.org.au or posted to Michelle Ackerley, 101 Lake Terrace East Mount Gambier.

Annual General Meeting

The annual general meeting will be held at Lake Terrace in the Ashworth Lounge on Monday 15th October beginning at 5:00pm.

All welcome to attend; only members of Boandik are able to vote if an election is required. A light meal will follow the meeting



Everyone welcome

Fruit Contamination

Thank you to everyone with their cooperation as we dealt with the threat of fruit contamination. Now that the threat seems to be passed we have reinstated whole pieces of fruit in dining rooms. We will continue to monitor the situation and put interventions back in place if required.

October 10th, World Mental Health day

World mental health day offers the opportunity to raise awareness around mental health and wellbeing, by making the month of October, mental health month. The Boandik wellness team is celebrating the day by holding barbecues at each site.



SHARE THE JOURNEY

- telling your friends and family when things are a bit tough
- finding others who have been through something similar
- connecting with your community
- finding a health professional you trust
- connecting on social media
- giving your pet a cuddle
- organisations working together for the best possible wellbeing of everyone
- sharing your stories with others
- creating a sense of security within families and communities
- reaching out to someone who might need your help
- decreasing the isolation people feel when things aren't great.

October community events

- Sir Robert Helpmann Theatre
- Saturday 6th - Mil Lel family show day
- Tuesday 9th October – Vansittart Park Giant kite festival
- Friday 19th October – Pink supper dance, Blue Lake Golf Club
- Friday 19th –Saturday 20th – Mount Gambier A&H Society show
- Saturday 20th – Sunday 21st – Obedience and agility dog trial Hastings Cunningham reserve
- Tuesday 23rd – Friday 26th - SE Primary Schools Music festival concert series
- Friday 26th – Saturday 27th – Penola show

Boandik lifestyle news

Crouch Street

- Wednesday 10th – Barbecue for world mental health day
- Wednesday 17th - Playgroup recommences
- Thursday 18th - Parkinson support group meeting
- Thursday 25th – JD's Fashions visit and display of clothing



St Marys

- Saturday 6th – Mil Lel show outing
- Wednesday 17th - Playgroup recommences
- Monday 29th - Bunning's workshop
- Tuesday 30th - Combined Boandik site picnic lunch at Valley Lakes

Lake Terrace

- Saturday 6th – Mil-Lel show outing
- Wednesday 10th - Jim and Rosalie entertaining.
- Tuesday 16th - Playgroup begins for the final term
- Friday 19th - Loud Shirt Day
- Thursday 25th – Monthly combined birthday afternoon tea
- Friday 26th - JD's Fashions visit and display of clothing



Please call the lifestyle coordinators for further information on coming events:-

Crouch Street – Annette Harris | St Mary's – Cindy Crozier | Lake Terrace – Debbie Brockie

Allergy season has started!

Allergy occurs when a person's immune system reacts to substances in the environment that are usually harmless to most people. These substances are known as allergens. Examples of allergens include pollen, house dust mites, mould, and pet hair. Sensitivity to allergens can often be identified via blood or skin tests.

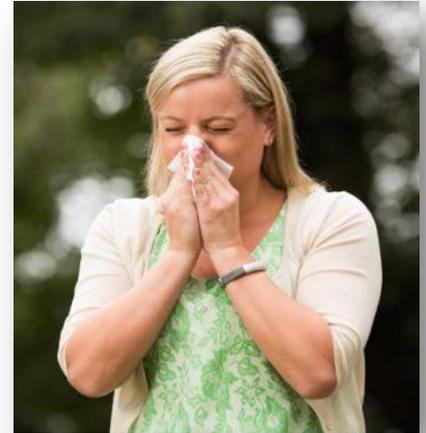
Other substances such as perfumes, odours, or cigarette smoke can also trigger asthma in some people, but these do not involve a reaction in the person's immune system. These are called non-allergic irritant triggers and there are no skin or blood tests for these triggers.

Allergy may run in families. 'Atopy' is the genetic or inherited tendency to develop allergic diseases. When people with allergic tendencies are exposed to allergens, they can develop an immune reaction that leads to allergic inflammation including redness and swelling. This can then cause symptoms in the:

- nose and/or eyes – allergic rhinitis/conjunctivitis, hay fever
- skin – eczema, hives
- lungs – asthma

Completely avoiding pollen can be difficult during the pollen season, but the following steps may help reduce exposure:

- avoid going outdoors on days with high pollen counts (particularly 7–9am and 4–6pm), on windy days or after thunderstorms
- keep car windows closed, ensuring the vehicle has a pollen cabin air filter and setting the cabin air to recirculate
- shower (or wash face and hands thoroughly) after being outside with exposure to pollen
- dry bed linen indoors during the pollen season
- holiday out of the pollen season or at the seaside
- do not mow the grass, and stay inside when it is being mown
- wear a facemask and/or glasses in special situations where pollen can't be avoided, e.g. if mowing is unavoidable
- remove any plants from the garden that are causing sensitivities and consider planting a low allergen garden.



Contact your local Asthma Foundation or local nursery for information on low allergen gardens.



“My memory is gone Mildred, so I changed my password to “Incorrect.”
That way when I log in with the wrong password, the computer will tell me...
“Your password is incorrect.”

A lady noticed an old happy man sitting on his porch. “Excuse me” she said “I just couldn't help noticing how happy you look. Tell me, what is the secret to your long happy life.” “Well, the man responded, “I eat fatty foods, never exercise. I also smoke three packs of cigarettes a day, and drink about a case of whiskey a week”

“Wow” the lady said “and how old are you?” “Twenty eight”, he said!