

# Belvedere Community Centre newsletter 4 - May 2020

Our doors may be closed but we are still helping to  
'create a confident and connected community'



## An important word from the Stroke Foundation

*During Seniors Week last year we had a terrific guest speaker from the Stroke Foundation. She has asked us to pass on this important information to our community.*

Australians are being warned not to play down or ignore medical emergencies or existing conditions during the current coronavirus (COVID-19) pandemic. The Australian Chronic Disease Prevention Alliance (ACDPA) is concerned some people are overlooking their existing chronic conditions and even failing to call triple zero (000) for an ambulance in an immediate life-threatening emergency. This delay could put them or their loved ones at risk of disastrous consequences, lengthier hospital stays and even death.

ACDPA Chair Sharon McGowan said it is vital people sought medical help when it was needed.

"I understand some Australians may be concerned about being a burden on our doctors and nurses at this busy time or be worried about contracting coronavirus in hospitals. But essential services are still running in our hospitals and every precaution is being taken to protect patients and their families throughout the entire health system."

Many patients with chronic conditions, like diabetes, kidney disease, heart disease and cancer need ongoing treatment and care to manage their health. Other conditions like heart attacks and stroke require **immediate** medical attention.

Hospitals are taking a raft of precautions to maximise safety in COVID and non-COVID areas. They are also minimising the length of stay for patients, with Telehealth consultations (phone or video appointments) available for follow up care.

**If you or someone you know requires urgent medical help, do not hesitate to call triple zero (000)**

Reasons to call triple zero (000) for an ambulance include:

- Chest pain or chest tightness
- Sudden onset of weakness, numbness or paralysis of the face, arm or leg
- Breathing difficulties
- Unconsciousness
- Uncontrollable bleeding
- A sudden collapse or unexplained fall



# Cooking

## This weeks recipe - Sultana Tea Loaf

*This is my favourite easy go to cake recipe!*

### Ingredients

- 2 black tea bags
- 1 cup boiling water
- 2 cups sultanas
- 125g butter, melted
- 3/4 cup caster sugar
- 2 eggs lightly beaten
- 1/4 cup milk
- 3/4 cup plain flour
- 3/4 cup self-raising flour
- Softened butter to serve

### Instructions

- Place tea bags in heatproof jug. Add the boiling water and stand for 5 minutes. Remove and discard the tea bags.
- Place the sultanas in a heatproof bowl and add the tea. Stand for 30 minutes.
- Preheat oven to 180 degrees or 160 for fan forced oven. Grease a 6cm deep, 9cm x 19cm loaf pan. Line the base and sides with baking paper.
- Place the sultana mixture, melted butter, sugar, eggs and sifted flours in a bowl. Stir to combine.
- Pour into prepared pan. Bake for 1 hour and 10 minutes or until a skewer inserted in the centre comes out clean. Cool in pan for 5 minutes. Transfer to wire rack. Once cool, slice, serve with butter and enjoy!

### Variations

- I sometimes use flavoured tea bags eg lemon and ginger
- Try a mix of different dried fruits eg dates, ginger, cranberries etc

## Do you enjoy knitting?

Did you know that Belvedere Community Centre have a group of ladies who get together on Thursday afternoons and knit hats and blankets for the preemie babies and knee blankets for the chemotherapy patients at Frankston Hospital? We like to call them our 'Knitters & Natters'! While they are currently not able to meet in person they are still knitting! If you would like to knit for this cause, drop us a line and we will let you know what sizes are required. Or maybe you would like to join the group when we resume our classes!

## TARGET WORD PUZZLE

How many words of four letters or more can you make from these nine letters? Each letter can only be used once.

Last newsletter answer: **NERVOUSLY**

9 letter word solution next newsletter.

There are actually 3 x 9 letter words for this one!

N	R	L
A	G	I
S	E	T

## Have a giggle!

*Our cleaning lady just called to say she was working from home. She will send us the instructions on what to do!*

### Two different Doctors' offices

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require hip replacement. The **FIRST** patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The **SECOND** patient sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has surgery scheduled for 6 months time.

Why the different treatment for the two patients?

...the **FIRST** is a Golden Retriever.

...the **SECOND** is a Senior Citizen.

**NEXT TIME TAKE ME TO THE VET!**

### Help and other advice lines:

**Healthline direct hotline:** 1800 022 222 and speak to a registered nurse

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

**Lifeline:** 13 11 14 or text 0477 13 11 14

**Beyond Blue:** 1300 22 4636

**1800 Respect:** 1800 737 732

**Headspace:** 1800 650 890

**Mindspot:** 1800 61 44 34

**Kids Helpline:** 1800 55 1800

**National Debt Helpline:** 1800 007 007