

12 August 2020

## Important Information

### Limerick competition

The winner of the Hester Canterbury Limerick competition will be announced on **Wednesday 19 August**. Please register your votes no later than **5pm Tuesday 18 August**.

### Residents Committee

As there were only two nominations for the Residents' Committee a new one cannot be formed. Further nominations will be called for after the Stage 4 restrictions are over. In the meantime the current Residents' Committee has been asked to continue in caretaker mode.



Access free Wi-Fi on ground floor. Please see staff for the password.



## Housekeeping Notices

If anyone is interested in a nearly new, very swish mobility walker, one of our residents has one available. If you would like more details please speak to Alexia.

### Face Masks

Not only is it essential that you wear a facemask **every time** you leave your apartment (even if it is to collect your mail or dispose of rubbish); it is **essential** that they are worn correctly and fitted properly. Your mask **must** sit over your nose and **under** your chin.



Please note that the disposable facemasks should be disposed of daily after use and replaced with new after a maximum of 4 hours.

### Like to fill in some time?

Later this week you will find a quiz in your letter box, there are only 9 questions and it has been considered to be a quiz for people who know everything.

I found out in a hurry that I didn't!!!

These are not trick questions, they are straight questions with straight answers..... **No cheating though (otherwise what's the point of playing?)**

**The answers will be in next week's newsletter (Wednesday 19 August).**

The Hester Canterbury Newsletter is uploaded on the Hester website under 'news'.

[www.hestercanterbury.com.au](http://www.hestercanterbury.com.au)

The Swiss Chard is ready to be harvested (please gently pick from the bottom of the stem), below is an easy Swiss Chard recipe from one of our residents:

- Cut away the thick stalk from the leaves. Cut the stems into 1 inch pieces. Chop the leaves into inch wide strips. Keep the stalks and leaves separately.
- Heat a little oil in a sauté pan over medium heat, add a crushed garlic clove and cook until fragrant.
- Add Swiss Chard stalks , lower heat and cook covered for 3or 4 minutes.
- Add the chopped leaves, tossing in the garlic and oil. Cover and cook for a further 3 or 4 minutes, occasionally turning the chard over.
- Serve and enjoy.... (Packed with vitamins A,C and K.)



### **What is body scan meditation?**

For many of us, stress not only has mental and emotional symptoms, it has physical symptoms too: headaches, back pain, and heartburn are just a few of the stress-related ailments we may experience. In fact, sometimes we are so caught up in our stress, we don't even realize our physical discomfort is connected to our emotional state. That's when a body scan meditation can be particularly useful and effective, allowing us to check in with our bodies.

By mentally scanning yourself from head to toe - many people imagine a laser copier scanning the length of their body - you are bringing awareness to every single part of your body, noticing any aches, pains, tension, or general discomfort. Staying present with and breathing into these sensations can help bring relief to our minds and bodies by evolving our relationship to pain, aches, and discomfort. If you would like to give it a try head to: <https://www.headspace.com/meditation/body-scan>

**Week Four of the Winter Menu starts on Monday 17 August.  
Please place any orders by lunchtime the Thursday before.  
Bon Appetit!**



**Hester**  
Canterbury

Please forward any contributions for future newsletters to Alexia for inclusion.

Email: [hester@basscare.org.au](mailto:hester@basscare.org.au)