

AmeCare Community Paper

"WORKING WITH YOU ON THE CANVAS OF YOUR LIFE"



WHAT'S IN THIS ISSUE:

Pg 2 Amendments / Crystal Reading / Puzzles **Pg 3** Sports Report **Pg 4** Community Awareness **Pg 5** Feedback / Birthdays / Photos of the month / Acknowledgements

A-C-PEER OF THE MONTH



PENELOPE (PENNY) PROGHIOS

Written by Debra Scott

Well, Penelope Proghios (pronounced with a silent H, if you're wondering) is 22 years young. She is a gorgeous, caring, old soul – who laughs a lot! Penny has a great sense of humour and we laugh all the time together. She is one of my workers 2 days a week, but I don't like calling people my workers – Penny is more like a friend. She is very helpful and we have so many things in common – like crystals, tarot, astrology, and all that jazz. Penny has a beautiful collection of crystals, she's shown me photos. Fun fact: Penny has been told by a psychic that she herself has psychic qualities and would make a good healer! Penny's trademark bright red hair (her favourite colour) definitely matches her bubbly, fun-loving personality. She is always singing along to music in the car – she started doing singing lessons once, but was told she wasn't very good, but I think she's got a great voice! Penny has a pet cat named Pepper, who is very cute, and has a lot of cat merch – even cat socks!

SOME 'FUN FACTS' ABOUT PENNY...

Birthday: June 27

Star Sign: Cancer

Birth stone: Ruby & Moonstone (cancers are ruled by the moon)

Something people wouldn't know about you?

Penny started collecting coins when she was around 12-13 and has a brilliant collection that she's promised to show me one day.

QUICK, PENNY, TELL US SOME FAVOURITES...

Colour: Red

Music: Bring Me The Horizon, Bullet From My Valentine

AFL Team: She doesn't follow the footy, but if she did she would barrack for Essendon because she loves their team colours.

Place: She went on a Contiki tour last year for 7 weeks. She loved catching up with her Grandma (her namesake) and all of her family in Greece; but her favourite place from the trip was London.

Restaurant: University Café on Lygon St. I remember going there when I was studying at Melbourne Uni so they've been going for years – and they make some mean pasta there!

Food: Gnocchi, and her mum's amazing chicken lasagna. But she hates cinnamon, she says it gives her the creeps!

Movie: "Overboard" (1987) with Goldie Hawn and Kurt Russell.

TV Show: Wentworth

AmeCare memory: Bonding with people and finding common interests.

Penny has been with AmeCare since November 2017, so is coming up to her 1 year anniversary with us! She is definitely a great asset to our team of staff and we love having her as part of AmeCare 😊

You can find more information about our headquarters at www.arnicacc.com.au

Archived editions of 'Arnica Times' can be found at www.arnicalodge.com.au

For all feedback, enquiries, and contributions:

- ❖ You can email programs@arnicacc.com.au
- ❖ Or call (03) 8418 3307 and speak to Grace



LIQUID CRYSTAL CARD READING

WITH US THIS MONTH IS...



Emerald is green in colour and is often referred to as “the stone of successful love”. It is found in rock layers beneath the Earth in a mix of silicate and tektite (which are hardened layers of stone).

Keywords: spirit, healing, guidance.

Chakra: Heart

Affirmation “I am healed in truth, love & peace”



Emerald appears in our cycle this month to let us know the time for healing has come. Love is in abundance, money is not; love surrounds us with warmth, and money will come when needed.



With Emerald this month, we are presented with a time to balance our emotions.



Emerald

Emerald is the stone of inspiration and infinite patience, it embodies unity, compassion and unconditional love. Emerald promotes friendship, balance between partners, and is particularly known for providing domestic bliss, contentment and loyalty.

Let Emerald be your guide to healing and balance; allow it to nourish your spirit.

Peace, love & light!
Dan.

A-C-PUZZLES

“WORDS OF THE MONTH”

Interesting words that Dan has stumbled across

- | | |
|-----------------|-----------------------|
| 1. UTSNES | _ _ _ _ e t |
| 2. CABHE | _ _ _ c _ |
| 3. IEMSL | _ _ _ _ e |
| 4. ERPTYO | p _ _ _ _ y |
| 5. ATR | _ r _ |
| 6. ERTE | t _ _ _ |
| 7. OBKO | b _ _ _ |
| 8. OCULD | _ _ _ u _ |
| 9. RIUTF | f _ _ _ _ |
| 10. ODEV | _ _ _ e |
| 11. EGAT | _ a _ _ |
| 12. SEELP | _ _ e _ _ |
| 13. JEUGLN | j _ _ g _ _ |
| 14. TIRABB | _ _ _ b _ t |
| 15. TOUAPNNSESO | _ _ o _ _ a _ _ _ _ s |

WORD LIST

SMILE | FRUIT | POETRY | BOOK | CLOUD | DOVE | TREE
| SUNSET | BEACH | ART | SPONTANEOUS | GATE |
RABBIT | JUNGLE | SLEEP

Amendements

Debra found some errors in the last issue that we would like to amend here:

1. Bradley’s birthday is August 16th, not the 26th
2. From The Chainsmokers, Alex’s surname is spelt ‘Pall’ and not ‘Poll’.
3. Calvin Harris’ CD was ‘Funk Wav Bounces Vol.1’ not ‘Funk Waves...’

SPORTS REPORT

Written by Joseph 30.9.18

Melbourne has been in the grip of Grand Final Fever this weekend with the final match of the AFL season being played out between the West Coast Eagles (WCE) and the Collingwood Football Club (CFC). The Melbourne Cricket Ground (MCG) was totally full with 100,000 people in the stands and a lot of WCE supporters having travelled over from the west. The pre-game entertainment before the match was performances by the Black Eyed Peas and Jimmy Barnes. The match got off to an exciting start with Collingwood quick to get out of the starting blocks, kicking the first 5 goals of the match; but WCE were quick to respond adding 2 goals before the Quarter Time break. The MCG crowd was very loud. The Collingwood supporters seemed to outnumber the WCE supporters. The CFC president, Eddie McGuire, was sitting with his sons and wife on the third level of the MCG and the television cameras would turn their attention to Eddie McGuire as soon as Collingwood kicked a goal. Eddie would be standing up in his seat with his two fists pumping in the air as soon as Collingwood scored a goal. Scores were level at one stage in the match, it was a pretty close game!

The last time that the CFC had won an AFL premiership flag was in the year 2010. CFC were waiting a long time for this day. The scores at 3-Quarter Time were fairly even. Two points separated the two teams with 5 minutes to go in the match. The big CFC ruckman Mason Cox took a mark just outside the Collingwood forward line with 5 minutes to go in the match. Cox was 55 meters out from the Collingwood goal posts and the crowd were on the edge of their seats while Mason Cox lined up for goal. Cox gave it his best short on goal but the ball fell short. The West Coast rushed the ball up to their goal. One of the WCE players took a mark on the edge of the boundary line. There was not much separating the two teams at this stage of the match. From an almost impossible angle the WCE player, Dom Sheed, was able to kick one of the most exciting goals of the match. Time was Collingwood's enemy at this stage of the match. Collingwood had to kick a goal to reclaim the lead in the match – with one and a half minutes remaining! CFC supporters were so nervous, they were jumping up and down in the stands. Some were even biting their fingernails.



SPORTS REPORT (CONT)

One more goal and Collingwood would be the 2019 AFL Premiers. Unfortunately, this did not turn out to be the case. The West Coast Eagles were able to hang on in the final minutes of the match. The siren sounded and all the WCE players triumphantly put their arms up in the air. The West Coast Eagles had achieved the ultimate; the players realized that they were the 2018 AFL Premiers. The WCE supporters were celebrating everywhere in the MCG. They were putting their arms around each other and giving each other hugs.



Full credit must go to Collingwood however who played some really good football on the day. Collingwood were not in any way disgraced. The presentation soon got underway after the final siren. The WCE coach Adam Simpson and his players were awarded the 2018 AFL Cup and Luke Shuey was judged the Norm Smith Medallist for Best Afield. The WCE midfielders all played very good matches. Mason Cox played a very good match for the CFC. The CFC midfielders also played some very good matches but they were just beaten by the better side of Grand Final Day. Congratulations to the West Coast Eagles, they are deserving winners of the 2018 AFL Flag. The residents at Arnica Lodge had an enjoyable Grand Final Day. They enjoyed a BBQ and watched the Grand Final in the lounge room. Half of them were going for Collingwood, and the other half for the WCE, and we had a mini betting 'sweep' – Michael and I were the only ones that bet on WCE, so we split the winnings! We look forward to seeing who will face-off on Grand Final Day next year 2019.

Sat, 29 Sep.		
MCG		Final
	West Coast Eagles	11.13 (79)
	Collingwood	11.8 (74)

COMMUNITY AWARENESS

THIS SEPTEMBER...



gems_of_arnica Our original Arnica slogan was/is "through others we become ourselves". There is no way to judge what's going on inside someone's head, nor is there a way others can read our minds. Maybe someday, but until then, #StartTheConversation. We are stronger together, and we come together and feel connected when we open up. Step 1 can feel like a big leap, but remember: you don't have to see the whole staircase to take the first step. #MentalHealthAwareness #DualDisability #StrongerTogether #ArnicaCommunity

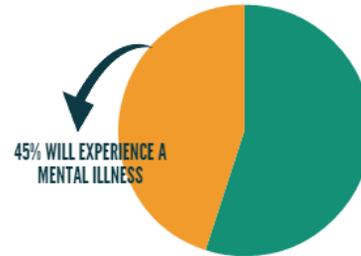
THIS OCTOBER...



We have a lot of people within this community with varying degrees of mental health and disability, including dual-disability, so this is a topic very close to our heart. We are strong advocates for everyone to be able to have a voice and feel safe. So...

...Here are some statistics to 'start the conversation' and 'remove the stigma' of mental health, from an infographic by Research Nutrition titled **Mental Health and Mood Disorders in Australia**:

ALMOST HALF OF ALL AUSTRALIANS WILL EXPERIENCE A MENTAL ILLNESS IN THEIR LIFETIME



1 IN 7 AUSTRALIANS WILL EXPERIENCE DEPRESSION IN THEIR LIFETIME.

- The World Health Organisation (WHO) estimates that depression will be the number 1 health concern in both the developed and developing nations by 2030.
- 65% of people with mental illness do not access any treatment.



1 IN 5 AUSTRALIANS EXPERIENCE MENTAL ILLNESS EVERY YEAR

DAILY SUICIDE STATS



Die Every Day Attempt To Take Their Own Life

DEATHS FROM SUICIDES



- Depression has the third highest *burden* of all diseases in Australia (13.3%) and also third globally. *Burden of disease refers to the total impact of disease measured by financial cost, mortality, morbidity, and other indicators.*

FEEDBACK

Thank you to those who send it regular feedback – it really is motivation to keep going, and knowing that our newsletter is making a difference!

- Another wonderful edition of ACP. Well done! We enjoyed catching up on all the news and reading the individual contributions. Special thanks to Grace for organising. It’s a great way for us to keep up with Arnica community happenings. Cheers and thanks again, Loretta & Rob
- Another great newsletter – especially loved the poems in “Speak Up”. Keep up the great work! Well done!!
– David and Rita

A-C-PEER BIRTHDAYS

To the following AmeCare Gems who celebrated their birthday this past month...

Ashley Oct 2
Mark D Oct 4
Scott Oct 5
Vanessa September 22

We wish you a very...



ACKNOWLEDGEMENTS

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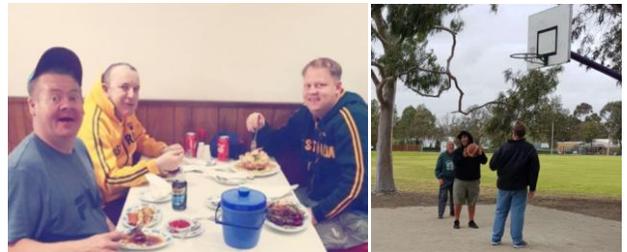
A-C-PHOTOS OF THE MONTH

THIS SEPTEMBER...WE ENJOYED THE SUN!

Eve and some residents at Arnica Lodge got crafty one weekend, doing some painting in the sun ↓



Adam has been doing lots of basketball and boxing with small groups out in the fresh air. Great team-building skills! ↓



↑ These guys play indoor cricket every Tuesday night. Recently, they won by their biggest margin ever – 103 to 22! What gems! And, their cricket club was featured on the Channel 7 news on Sunday 7/10. Can you recognize anyone in the yellow tops? ↓



Sammy reaching new heights on the big wheel at the Royal Melbourne Show ↓



↑ Ian absolutely loves volunteering at the Bundoora Animal Farm every Monday. They recently had some new baby animals born, and Ian feels so lucky when he gets to look after them! If you see him around the farm, say hi!