



## Wesley School for Seniors Newsbites

### TERM 3

23<sup>rd</sup> July 2018 – 28<sup>th</sup> September 2018

Third Newsletter of 2018 – Issue 1

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### School for Seniors Update

**Jeannie Mathews, Program Co-ordinator**

Spring is a season of growth and renewal and we are very happy to welcome it here at School for Seniors. We had an eventful term this year. I am very grateful to be surrounded by a supportive group of tutors and students who got behind one of our big events this term; the Spring Fair. I hope this can now become an annual event on our SFS calendar of activities. Thank you to the management and council members for their support towards this event.

We had a good turnout at the memorial service which was led in music for the first time by the guitar group and happy singers. It was also a pleasure this term to host the Hon. Minister Tanya Davies, Minister for Mental Health as she made a funding announcement at School for Seniors for older persons mental health support.

### Message

**Jasmin Cox**

**Provisional Psychologist**

Hello! My name is Jasmin Cox, I'm a provisional psychologist working with Wesley Mission to deliver mental health and resilience training within the independent living units and offer support with the many challenges of life and positive aging. Aging is not a disease, it's a victory and you deserve to live an enjoyable and meaningful life!

**Why talk to a psychologist?** A psychologist can help no matter how big or small you feel the problem is! Some common reasons people may see a psychologist include:

- Feeling down, flat, not able to find enjoyment in activities.
- Feeling anxious or worried about themselves or others.
- Grief / loss and loneliness
- Life transitions
- Chronic illness or pain
- Sleep problems
- Memory problems
- Domestic violence
- Addiction (drugs, alcohol, prescription medication).

**There's no shame in taking care of your mental health** Common risk factors for poor mental health for older adults are bereavement, social isolation, pain and poor physical health.

### Wesley School for Seniors

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Caring for your psychological wellbeing is crucial to positive aging. Research suggests that almost half of all Australians will experience a mental disorder at some point in their life, and even more will experience distressing symptoms. Further, men aged 85 and over account for one of the highest rates of suicide amongst Australians. If we looked at mental illness the same way we looked at physical illness, most of us would seek help at some point in our lives.

If you are unsure if it's right for you, or to book an appointment, I can be reached via the contact details below, Monday – Friday. **(02) 9263 5262 or email: [jasmin.cox@wesleymission.org.au](mailto:jasmin.cox@wesleymission.org.au)**

## Student/Tutor Column

*I love to live*

**By Hazel Hinton, Tutor/ Student**

Today, dear Lord, I'm 80  
And there's much I haven't done.

I hope dear Lord,

You'll let me live until I'm 81

But then, if I haven't finished

All I want to do,

Would you please let me stay a while

Until I'm 82?

So many places I want to go,

So much to see,

Do you think that you

Could manage to make it 83?

The world is changing very fast,

There is so much more in store,

I'd like it very much to live until I'm 84

And if by then I'm still alive

I'd like to stay till I'm 85.

More planes will be up in the air,

so I'd really like to stick

And see what happens to the world

When I am turn 86.

I know dear Lord; it's much to ask,

(and be nice in heaven)

But I'd really like to stay, until I'm 87.

I know by then I won't be fast,

And something will be late

But it would be so pleasant,

To be around at 88.

I will have seen so many things,

So, I'm sure that I will be willing to leave

At the age of 89.

May be.

Just one more thing I'd like to say,

Dear Lord, I thank you kindly.

But if it's OK with you,

I'd like to live past 90.

## Event wrap at SFS

### Older Persons Mental Health funding announcement at SFS

Minister for Mental Health Tanya Davies recently announced Wesley Mission will deliver training across Sydney and regional NSW to promote mental health for seniors.

The Older Persons Mental Health First Aid (OPMHFA) training helps identify and lead people to mental health support earlier, and is designed for seniors and those working with older people.

Wesley Mission is one of the charities that will receive the funding and the announcement was made at School for Seniors on 21 August, 2018.



### Guest Speakers

We were lucky to have four guest speakers this term from the Western Sydney University

Dr Phoebe Bailey, Senior Lecturer, Director of Academic Program, Psychology
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Dr. Michelle Cull, Director Academic program – Accounting & financial planning
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Gabrielle Weidemann, Associate Professor School of Social Sciences and Psychology
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Dr. Kiley Seymour, Vision and healthy ageing Lecturer in Psychology: Human Behaviour
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They covered a variety of topics such as Brain Health, Financial Literacy, Financial Fraud and Vision & Healthy Ageing. If you would like to know more about these topics you can collect notes from the School for Seniors office.

## Spring Fair Review

*By Edita Diamante*  
**Tutor and Chairperson of SFS Council**

Vale dreary winter. Welcome light cardigans and longer sunlight, albeit the intermittent rains and cold nights in the first days of September.

An idea germinating for some time in Jeannie Mathews' mind had materialized as the first ever Spring Fair in SFS. With the help of tutors and students cooperating, the light went green on Thursday morning, 6th September 2018. The venue covered the expanse of four rooms – Breeze, Dudley, Suter, and Underwood.

Strategically appointed stalls resembling a flea market featured a Henna bodyart painting with Rufa, an eye-catching exhibition of Daniela's watercolour paintings, clothing-in-racks from the Op Shop, and panoply of pot plants that raised \$400 for the school. Refreshments were a la potluck. The atmosphere, a true village fair – minor bloopers and delays adding to the fun.

Spring is the season for renewal, regrouping, and reconciliation. How eventful this fair was for us in this season of our lives. Yes, spring.

Jeannie's five fashionistas made a statement of what spring meant to them with what they wore for the first fashion show ever held in SFS. The five were Daniela, Edita, Helen, Leonor, and Mina. Other new acts were the solo puppet show by Bonna Knazovicka, a solo Spanish dance by Mina Aravena, and Anthony Poon's heart-warming rendition of Chinese songs.

The program began at half past nine with the combined groups of ukulele, guitar, and group singing. Madame Georgette led her French class choir and stood out. Eric Fong and Louisa Chan of the Happy Singers belted out their best songs. Three ballroom dances

ensued with one of the school's best dancers, Francis and Marietta David of Dance Sport class, on the floor.

Paul Hurst's tricky 'Spring Trivia' was one of the most exciting acts with the winner taking home a veritable prize. Guess who won. Moi. Piano man Graham Miller's jaw dropping virtuosity surprised us with a recital. Bravo. Another bravo was owed to the visiting young musician, Sasha Pak, who kindly entertained us with his fabulous vocals during chow time.

In conclusion, the spring fair had really been about the school community getting together.





**By Shirley, Student**

“The fashion show was something new, and I was surprised with all the elderly people coming forward, bold enough to show their fashion. I was very excited about that.”

**By Lucy, Student**

“Today’s event was wonderful. Everybody had fun and it was magnificent. I loved the models, the music and everyone was singing along.”

**By Eric, Student**

This was the first time we had the School for Seniors Spring Fair. It was really good and we received a lot of very good feedback.

### Upcoming Events

Activity	Date
<b>School holiday classes</b> (check enrolment form for details)	1 Oct to 15 Oct
Grandparents day	Monday, 29 October
Guest Speaker	TBD
<b>End of Year Concert</b>	Friday, 14 December
<b>Older Persons Mental Health First Aid</b> Course participants learn how to recognise the signs and symptoms of the common mental health problems in older people and how to respond appropriately as early as possible, rather than wait for a mental health crisis before taking action. Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.	<b>When:</b> 21st and 22nd January, 9:30am – 5pm. This is a 12 hour course delivered over two days (6 hours+ breaks / day). <b>Cost:</b> FREE + lunch is provided! <b>What should I bring?</b> Please bring a pen and notepad <b>Where:</b> Dudley Room – School for Seniors 220 Pitt Street. <b>To book:</b> Register at the school for seniors office, OR contact the instructor, Jasmin Cox directly on 0436 421 397 for more information.

### Enrolment and Course Facts

Wesley School for Seniors has a <b>brochure</b> and a new <b>student handbook</b> . These are available at the office. The student handbook can be downloaded from the website too. Please hand out to friends and family interested in courses for seniors!	
The school is run by invaluable volunteer support. Current figures are as below.	
<b>Enrolment numbers</b>	412
<b>Volunteer Tutors</b>	86
<b>SFS Classes</b>	90
<b>Volunteer admin including op shop</b>	10
<i>Term 4 enrolment for 2018 starts on Monday, 17<sup>th</sup> September, 2018.</i>	
<i>The school office will be open during limited hours from Monday 1 October 2018 to Friday 12 October 2018.</i>	
<i>Term 4 will start on Monday 15 October 2018.</i>	

### SFS council

School council, which includes students and tutors representatives, meets twice each term. If you would like to join the council as a student or tutor representative please contact the office.

### Additional notes

From Term 4, 2018 our fees will be increasing by \$5 per semester (i.e. \$65 per term). Unfortunately this increase is required to help with additional costs.

