Issue 2, Volume 1

Corumbene Connect

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TALK TO US

What do you think of Corumbene Connect?

Did you know you can also receive the issue as an e-mail, SMS text message, and in other formats?

Contact us by emailing eselna@corumbene.org.au to provide any feedback or to receive the issue as an SMS text message or e-mail in the future.

If you know someone who needs assistance, please call My Aged Care at 1800 200 422 or go to www.myagedcare.gov.au

Corumbene

UPCOMING EVENTS

Corumbene Events

Check out events happening at Corumbene and in the Derwent Valley and Greater Hobart area.

Date	Activity	Time	Location	Notes
11 October	The Man in Black and his love, June Carter Cash	10am	New Norfolk Bowls Club	Tickets available on eventbrite for $38.37, includes: 3 course lunch, music, quizzes, and more
Until 11 October	“Roses from the Heart” Bonnet Exhibition	9am - 3:30pm	The artHouse Cafe	Free
13 - 19 October	Seniors Week		Across Tasmania & Corumbene	See events on https://cotatas.org.au/ourwork-2/seniorsweek/
27 October	Be Brave and Shave	1:30pm	Corumbene	Donate at https://www.worldsgreatestshave.com/fundraisers/caseysalter/2025
27 October	Corumbene Annual General Meeting	6pm	Eve & Co. Coffee House	RSVP by 20/10 by emailing eselna@corumbene.org.au
30 October	Pensioners Association General Meeting	11am	New Norfolk RSL Function Room	Membership is $10 for the financial year
1 November	INKubtor Exploration of the Poem	2pm - 4:30pm	The artHouse Cafe	Free
13 November	Chattuccino with the CEO	11am - 12pm	New Norfolk RSL Function Room	RSVP by calling Angela at 6261 7330

TELL US WHAT EVENTS YOU’RE GOING TO

Be sure to email us at eselna@corumbene.org.au to have your favourite event featured in the next issue of Corumbene Connect.

MEL'S MONTHLY RECIPE

October is Mental Health Month – Let's talk about food and mood

A nutritious diet doesn't just fuel your body; it also supports your brain. In fact, research shows that healthy eating is linked to:

- Better concentration
- Improved stress management
- Reduced risk of mental health conditions, like depression.

But the connection between food and mood goes both ways:

- When we feel good, we tend to make better food choices.
- When we eat well, we support our mental and emotional wellbeing.

The role of inflammation

One of the key ways diet affects our mental health is through inflammation, particularly chronic inflammation. This type of inflammation is linked to several health problems, including depression.

Things like poor diet, lack of exercise, poor sleep, and smoking can all contribute to chronic inflammation. But here's the good news: we can fight back with food.

Enter: The Mediterranean-Style Diet

One of the most evidence-based approaches to healthy eating is the Mediterranean-style diet, which is increasingly recommended for both physical and mental health. This way of eating focuses on:

- A variety of vegetables and fruits
- Whole grains, legumes, nuts, seeds
- Healthy fats like olive oil
- Herbs and spices
- Fish and poultry instead of red meat

This diet has been consistently linked to a reduced risk of depression, and in some cases, has even been used to help treat people with severe depression.

Gut Health = Brain Health

The Mediterranean diet is also rich in fibre, which supports a healthy gut—an essential part of mental wellbeing. We now know that there's a strong connection between the gut and brain, so nourishing your gut can help keep your mind healthy too.

MEL'S MONTHLY RECIPE

More and more mental health professionals are providing recommendations around diet as well as working with dietitians to help improve their mental health as they too recognise the link between the gut and the brain.

Check out this mediterranean-style meal, the CSIRO cook books follow a mediterranean-style diet and a I highly recommend it be a staple in your kitchen cook books.
So please let me know what you think!

As always, if you have any questions, or would like to get in touch, feel free to reach out:
✉ reception@isleofnutrition.com.au
🌐 www.isleofnutrition.com.au

Thai Salmon & Green Bean Salad with Coconut Dressing.

Ingredients:
400g green beans, chopped large pieces
2 bunches asparagus, chopped large pieces
2 cups bean sprouts
1 ½ rice noodles
400g salmon or ocean trout fillet
Lime wedge to serve

Coconut Dressing:
1TB lemongrass
2 ½ TB lime juice
⅓ cup sweet chilli sauce
2 tsp fish sauce
½ cup reduced fat coconut milk

Serves 4.

Thai Salmon & Green Bean Salad with Coconut Dressing.

Method:

1. Make dressing, whisk ingredients and set aside (small jar with lid works great - shake).
2. Add beans and asparagus to pot of boiling water for 2-3 minutes until tender. Place on paper towel to remove any excess water.
3. In the same pot of boiling water add rice noodles and cook as per packet instructions. Drain well.
4. In a pan, add bean sprouts and cook for 30-40 seconds then drain once wilted.
5. Place fish in the pan and cook for 3 minutes. Turn fish over and cook for another 2-3 minutes until cooked through.
6. Combine fish and vegetables in large bowl. Pour dressing and toss gently to combine. Divide the noodles into bowls and place fish and vegetables on top to serve. Serve with lime wedge.

BREAST CANCER AWARENESS MONTH

Though many people associate October with Halloween, it is also important to remember that it is Breast Cancer Awareness Month. According to the National Breast Cancer Foundation, breast cancer is the second most commonly diagnosed cancer in Australia resulting in 58 people per day (over 21,000 per year) learning their new diagnosis.

In light of this statistic, learning more about this type of cancer is even more important than ever before. If you want to learn more and help others this October, here are a few ways to get involved:

- Learn about early detection through self-examinations
- Book a mammogram through BreastScreen Tasmania
- Host a Pink Ribbon Breakfast on 30 October to fundraise for breast cancer research and spread awareness
- Wear pink
- Find or start a local sports event like running, walking, or swimming to help raise funds and awareness

Be sure to check out the Rural Primary Health Facebook page to learn more about Breast Cancer Awareness Month through our “Face the Facts” series where we will be dishing out statistics, resources, and information over the next 4 weeks.

During the month of October, any donations made to Rural Primary Health will be sent in support to the National Breast Cancer Foundation. Be on the lookout for donation tins at the Rural Primary Health office and Corumbene Reception.

Additionally, the residential staff at Corumbene are also raising funds for blood cancer research at the end of this month.

Be Brave and Shave

Corumbene is raising funds for those suffering from blood cancers like Leukemia. Come and help us raise awareness by donating money or shaving, cutting, or colouring your hair.

Donate: https://www.worldsgreatestshave.com/fundraisers/caseysalter/2025

When: 27 October 2025 at 1:30pm
Where: Corumbene’s Main Lounge
Email eselna@corumbene.org.au to sign up or RSVP to the event.

HOW TO PREP FOR 1 NOVEMBER

We are still a little under a month away from the new Aged Care Act coming into effect on 1 November, so there's still time to research and be prepared for when the day arrives.

In anticipation for this change, there a few things you can do now ahead of 1 November to ensure you are getting the support you need without delay. One of those things is regular and authorised representatives will be known as 'registered supporters.' If you're currently receiving support from someone and want to continue that relationship in My Aged Care, this role title will be automatically updated.

You can also call My Aged Care or go to your Online Account to opt regular representatives out of this automatic change. Those who would like to start a new supporter relationship can do so by registering through My Aged Care.

If you'd like to learn more, visit the website below:
https://www.myagedcare.gov.au/arranging-someone-support-you/upcoming-changes-support-roles-and-relationships#how-to-update-a-support-relationship-in-my-aged-care-before-1-november

Furthermore, the Australian Government Department of Health, Disability and Ageing wants to hear from older people, relatives, and carers on how to improve aged care in Australia. Check out the link below to participate in a 15-minute survey to provide the Department with valuable information:
https://healthau.au1.qualtrics.com/jfe/form/SV_77pxqYO7YIJ8waq

The deadline to submit your answers for the survey is 28 November so head to the link below to get your voice heard!

Please call the Community Services office on 6261 7330 to speak with your Case Manager or Program's Coordinator if you have any questions.

Join us at the upcoming Chattuccino with the CEO

Come chat with our Corumbene CEO and Director of Community Services about ways that we can continue to improve.

When: 13 November 2025 at 11am
Where: New Norfolk RSL Function Room
RSVP to Angela by calling 6261 7330

SENIORS WEEK

Did you know that 1 October is International Day of Older Persons? In fact, Council on the Ageing (COTA) Tasmania is hosting its 27th year of Seniors Week from 13 - 19 October with events across the state.

This year's theme is Connecting Generations Through Food this can be through attending events, swapping recipes with others, or sharing a meal with someone. Inside the Seniors Week Guide made by COTA Tasmania, there are a few recipes to try out and a list of daily activities happening across the state.

If you're looking for something new to try, here are a list of special events to check out:

Date	Activity	Time	Location	Notes
16 October	Brighton Seniors Week Workshop Day!	10am - 4pm	Brighton Civic Centre in Bridgewater	Free hands-on workshops! Call 6173 0060 to book.
14 October	Dementia Information and Awareness Sharing Session	1pm - 2pm	Derwent Valley Community House	Learn more about dementia though this information session. Call 6261 5230 to book.
16 October	Seniors Week Pizza in the Garden	11am - 1pm	Derwent Valley Community Garden	Free pizza event prepared and cooked by Indie School students.
17 October	Food for Thought - Protecting Against Scams	11am - 12pm	New Norfolk Library	Stay scam-savvy and learn about consumer rights through this event hosted by the Department of Justice. Call 1300 654 499 to book by 13/10.
17 October	Family Meal	12pm	Corumbene Country Kitchen	Free final event of the week at Corumbene for everyone to share a meal.

If you'd like a printed copy of the Seniors Week Guide to be sent to your home, head to the COTA Tasmania website to fill out the form with your address. Or, to see a digital copy, head to this link: https://cotatas.org.au/wp-content/uploads/2025/09/Seniors-Week-2025-Program_WEB-22-Sep-low-res.pdf

CHRISTMAS BASKET DONATIONS

Christmas is a joyous time of year to spend with loved ones and exchange gifts. It is also a good time of year to donate your time, energy, and things you might have to those who might need a little extra something around the holiday season.

This holiday season, a group of volunteers need your help by donating toiletry items like shampoo, conditioner, combs, and more so they can create nearly 150 gift baskets for Corumbene residents to unwrap on Christmas day. Everyone is welcome to donate items suitable for men and women by dropping them off at either the Corumbene Reception or Craig Farrell MP's office at 60 High Street in New Norfolk. If you're planning on donating any items, please be sure to drop them off by 28 November so that the volunteers can start assembling all the goodies into the baskets. If you have any questions, feel free to contact Carol Wilson at 0438 010 121.

DASHAIN FESTIVAL

At Corumbene, throughout the organisation, we have many staff members from different parts of the world that want to share their traditions with the larger community.

At the end of September, our beautiful Nepalese staff members graced the Main Lounge with an afternoon celebrating Dashain Festival. The group explained the meaning of Dashain, a 15-day festival commemorating the triumph of good over evil. They shared the significance of Tika, a red rice paste, with all the residents, staff, and volunteers by having the managers place tika on people's foreheads if they wanted to participate.

Afterwards, the group did multiple dances including solo and paired performances. Everyone was mesmerised by the performances, music, outfits, decorations and more. At the end, the group offered homemade traditional Nepalese food to the other staff members.

CONNECT WITH US

WANT TO CONTRIBUTE TO THE NEXT ISSUE OF CORUMBENE CONNECT?

Are you keen for more people to come to an event you love or do you want to share something with the Corumbene community?

Connect with us via email at eselna@corumbene.org.au to have your favourite event or topic featured in the next issue of Corumbene Connect.

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