

MEDIA RELEASE

For immediate release

From: Kasey McCulloch, Media Officer, Mercy Health

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Community support needed to help elderly stay active

Mercy Health Bethlehem Home for the Aged is urging the Bendigo community to support its car-boot sale on Sunday 31 January and help raise money for its recreation and activities program.

Lifestyle Assistant Christine Curnow said the community can support the fundraiser in a variety of ways including donating goods to be sold or booking their own site at the market.

"If people have any unwanted items taking up precious space under their bed, in their wardrobe or even the shed – they can be donated directly to us here at Bethlehem," said Ms Curnow.

"Alternatively, people can call us to book a site for just \$10 and sell their own goods. For everyone else, we'd encourage them to bring the family along to enjoy market stalls, a sausage sizzle and a raffle. Shoppers can rummage through collectables, furniture, books, toys and tools and an assortment of other treasures."

All money raised from the car-boot sale will go towards social and recreational activities for residents at Mercy Health Bethlehem Home for the Aged.

A recent University of Oxford study found time spent in activities, even half an hour per day, resulted in a significantly lower mortality rate for older people living in care.

Mercy Health Bethlehem Home for the Aged would like to offer more lifestyle programs that support residents' past hobbies and interests, such as arts, craft and music.

"It's important to maintain the standard and scope of our programs, as it greatly improves our residents' quality of life," said Ms Curnow.

"We encourage our residents to get involved in as many activities as they can to maintain their spiritual journey and physical fitness. Social events are also popular: our happy hour, sing-alongs, quizzes and getting together to reminisce as a group are great for mental stimulation."

Ms Curnow said it's common for residents to miss their families and at the most basic level, activities and recreation provide a welcome distraction and generally help lift their mood.

"At Mercy Health we understand spiritual care and therapeutic recreation are vital to improving our residents' day-to-day enjoyment."

Mercy Health Bethlehem car-boot sale details:

What: An all-weather outdoor market

When: Sunday 31 January 2016, 9.00am–2.00pm

How to get involved: Purchase a stall for \$10 or donate goods for Mercy Health Bethlehem Home for the Aged staff to sell at the market.

To book a market site, please call 5443 4211.

– Ends –

For interviews and photo opportunities, please contact:

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