



**SouthEast**  
Housing Co-operative Ltd

# *Housing Futures*

*July 2020*



**Staying Safe**

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## From the CEO



At the time of writing we are halfway through our second period of lockdown. All staff are working remotely, and Board meetings are being conducted electronically via the Zoom app. What a strange set of circumstances we find ourselves in, and given the 500+ additional cases of Covid 19 being discovered daily it is difficult to see when the current situation is going to end. All we can do is adapt and protect ourselves and others by following the hygiene guidelines, adhering to the lockdown rules, and wearing a mask.

Notwithstanding the current difficulties our co-op continues to function and provide services to its members. This is largely due to the fantastic efforts of our staff and Directors, and our members have played their role too by cancelling maintenance appointments when they have felt unwell. Our members in the Mosaic Apartment building have had packs of hand sanitiser and masks sent to them to assist with their safety. So far, we are not aware of any members contracting Covid 19 – let's hope that it stays that way.

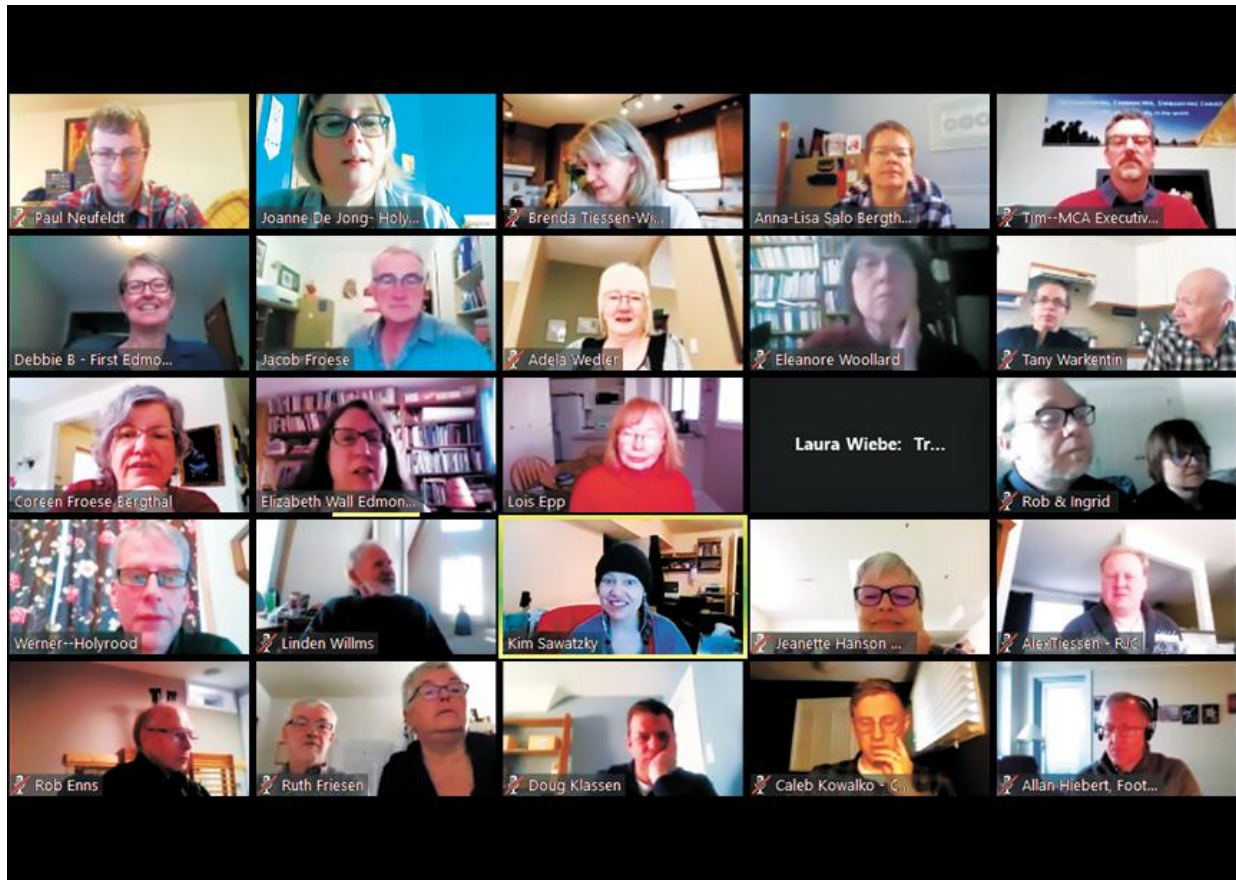
In the interim our staff and Board will continue to work in the best interests of the membership and keep the co-op functioning as best as we can. I wish all our members good health as our State faces one of its most difficult challenges.

Stay safe everyone,

A blue ink handwritten signature, appearing to read 'Steven Morrissey', written in a cursive style.

**Steven Morrissey**  
**Chief Executive Officer**

## November 2020 Annual General Meeting



# AGM

ANNUAL GENERAL MEETING

**7.15 – 9.00 p.m. Monday, 16 NOVEMBER 2020**

Please note due to Covid 19 social distancing rules and other restrictions that may be in force at the time of the meeting this year's AGM could be held

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electronically. The Zoom app is currently the preferred electronic option and is the method through which the SouthEast Board conducts its monthly meetings.

Members will receive the notices and agenda at the usual time and will need to be available via email to receive the link that will allow them to join the meeting should it be held electronically. When the situation regarding meetings is clearer, we will be in contact with members to provide further information.

Please provide your email details to Dale Carroll on 9706 8005 or preferably via email to [dale.carroll@sehc.org.au](mailto:dale.carroll@sehc.org.au). The Zoom app can be downloaded for Windows and Apple PC platforms and to mobile phones from Apple Play or from the Google Play Store. Use this link to access the downloads section from the Zoom website - <https://zoom.us/>

## 9 Ways To Stay Positive During The Coronavirus Pandemic

Source: William Arruda

<https://www.forbes.com/sites/williamarruda/2020/03/15/9-ways-to-stay-positive-during-the-coronavirus-pandemic/#4627c55a5a8e>



When the news is all doom and gloom—as it has been since the outbreak of the coronavirus— it’s hard for even the most optimistic among us to stay positive.

It’s easy to stay focused on those calamities: they seem to be the only topics covered on local and national news.

But those thoughts would be counterproductive. Obviously, there are things you need to know about the coronavirus outbreak to protect yourself and those around you, but you do not need to become a COVID-19 expert, nor do you need to hear about every unpleasant detail from dawn until bedtime. Instead, focus on the positive so that you have the energy and resolve needed to weather this storm. Here are nine things you can do:

**Limit your intake.** You could watch 24-hour news channels, listen to dire warnings on the radio, or visit countless websites and be bombarded with the angst of the moment. Instead, choose a single news source and decide how much limited time you’ll spend with it each day. Then stick to your plan.

**Look to the past.** Get hope from your past resilience. You have likely endured other unforeseen major life disrupters like, major hurricanes, or the financial meltdown of 2008. You made it through! And you are stronger because of it. Know that you will get through this. Remind yourself of your resilience on a regular basis.

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**Watch a funny video.** Thanks to the huge popularity of YouTube, there are thousands of videos that can help you take your mind off current events, if only for three minutes at a time. Start to bookmark the funniest among them so you can return for a repeat viewing whenever things feel gloomy.

**Look after your neighbours.** You may be at low risk of severe consequences from the virus, but it may not be the same for your neighbours whose immune systems are compromised. The act of checking in on them (keeping 1.5 meters apart, of course) will not only make them feel good, it will make you feel good and remind you that there are others for whom this predicament is even more stressful.

**Support your favourite local business.** Maybe you're heeding the social distancing advice and aren't eager to sit in a crowded restaurant right now. And others feel the same way. Those empty seats aren't helping that restaurant owner to pay her staff or keep the restaurant in business. Buy a gift card to help the business owner now and prepay for a wonderful meal you can have to celebrate when this pandemic is behind us.

**Send gifts in the mail.** It may not be wise to drop in on your loved ones with some fresh-baked goodies, so send them a card or gift in the mail. Unexpected treats can be a huge pick-me-up-in times of stress. This is especially valuable to the elderly who are living in nursing homes. Many facilities have closed their doors to all visitors, making residents feel even more isolated and vulnerable.

**Take advantage of found time.** I'm a public speaker and my speaking gigs are cancelling left and right. It's stressful. I could wallow in that for days. But that wouldn't be productive. These cancelations give me an opportunity to focus on some things I've had no time for and to accelerate my progress on other product offerings. It's liberating, and that's what I've decided to focus on. If your company has implemented a WFH policy, how will you use the time you previously spent on commuting?

**Practice random acts of kindness.** Leave an envelope with a little gift for the delivery person who drops off your supplies outside your door. Or have a coffee delivered to a friend. Your kindness doesn't require a monetary outlay. Write an unsolicited book review for a friend of yours who is an author. Comment on a colleague's post. Send a snail-mail note of appreciation to a friend or colleague. Many in the entire country of [Italy broke out in song and applause](#) to honour their healthcare workers. Thank the custodians in your building or workplace for their efforts to keep things safe. Think of those who could benefit from your thoughtfulness and generosity. Then act.

Take a daily inventory. Close your day, every day, with a positive acknowledgement of something you accomplished, learned or are grateful for. It will help dilute some of the negativity you've absorbed and remind you that not everything that's happening right now is bad or depressing.

In times of constant negative messaging, you need an antidote so that you can keep your positive attitude and march forward with determination and hope. Be deliberate in activities

that are positive, heart-warming, stress reducing and laughter inducing! Together, we'll get through this.

*William Arruda is the cofounder of [CareerBlast](#) and author of [Digital YOU: Real Personal Branding in the Virtual Age](#).*

## Ways to Maintain Social Ties During Covid – 19



Source: **NICOLE PAJER** <https://parade.com/1011597/nicolepajer/ways-to-stay-social-coronavirus/>

Here are suggestions on how to keep the party going—safely—while doing your part to help contain the virus. Click on the above link for more details.

1. Stay in contact:
2. Celebrate milestones with a virtual hangout:
3. Keep up with your workout buddy:
4. Share a toast with a virtual happy hour:
5. Be extra neighbourly:
6. Teach each other a new skill:
7. Volunteer from afar:
8. Take weekly meetups into the virtual world:
9. Swap some stories with an online community:
10. Meet up for an almost in-person meal:
11. Make some fun plans with pals:

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12. Engage your kids:
13. Reacquaint yourself with good some old-fashioned letter writing:
14. Rediscover your connections from the past.
15. Host a virtual game night:
16. Get Crafty:
17. Make a lunch date:
18. Dance it out together:
19. Make Family time:
20. Wrangle your network and share your favourite movies, music playlists, books, podcasts, and blogs:
21. Connect with like-minded individuals to discuss interests and experiences:
22. Get the gang together–virtually:
23. Keep your support groups going:
24. Get outdoors:
25. Plan the same activities with your friends: “
26. Spend meaningful technology-free time with the people you live with:
27. Get thankful with your community:
28. Take your dog for a walk:
29. Try something new:
30. “Go” to the movies together:
31. Netflix and chill together:
32. Share your skills with the world virtually:
33. Make some time for play:
34. Start a garden with your family: “
35. Share Coping Strategies with Social Network:

## Contact Updating



The cost of postage has increased considerably over recent times and the delivery times reduced due to Covid 19. To keep costs down and speed up the circulation of information, members are encouraged to receive the Housing Futures newsletter by email. So we can update the mailing list with your current email address please either call the office on 9706 8005 or email us with your current contact details to [dale.carroll@sehc.org.au](mailto:dale.carroll@sehc.org.au).

## Staff Movements



Our Asset Coordinator Jim Kokoras is on leave from July 1<sup>st</sup> and will not be back to work for some time. The SouthEast team has “stepped up to the plate” to fill the gap. Joy Haines, Tenancy Officer, will respond to all after hours emergency calls and the emergency number remains the same, 0401 722 157. We are confident members’ experience of housing services will remain at the same high standard.

## Stay Smart Online - COVID – 19 Scam Messages Targeting Australians



### What’s happened?

ASD’s Australian Cyber Security Centre (ACSC) is aware of a COVID-19 themed scam being distributed via text message.

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Stay Smart Online understands the Australian Competition and Consumer Commission (ACCC)'s Scamwatch has received multiple reports of COVID-19 themed scam texts being sent to members of the public.

The text messages appear to come from 'GOV' as the sender and they include a link to find out when to 'get tested in your geographical area' for COVID-19.

The link in these text messages is not legitimate, and if clicked on, may install malicious software on your device, designed to steal your banking details.

Stay Smart Online has more advice on protecting your [mobiles and tablets](#).

To stay up to date on the latest online threats and how to respond, sign up to the Stay Smart Online Alert Service, [www.staysmartonline.gov.au/alert-service](http://www.staysmartonline.gov.au/alert-service).

#### CONTACT US

**Facebook:** [www.facebook.com/staysmartonline](https://www.facebook.com/staysmartonline)

**Email:** [asd.assist@defence.gov.au](mailto:asd.assist@defence.gov.au)

**Web:** [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au)

## Emergency Relief Programs



Victorians self-isolating due to coronavirus (COVID-19) with no access to food and essential supplies will receive emergency relief packages under a program introduced by the Victorian Government.

The program will support people in mandatory self-isolation, who have little or no food, and no network of family and friends to support them. Each eligible household will receive a two-week supply of essential goods.

Food packages will include items such as long-life milk, pasta, cereal, canned vegetables, and sugar. Personal care packages will also be distributed to eligible households and include soap, toothpaste, and deodorant. Additional items may also be provided depending on the needs of the household, such as nappies or baby formula.

The packages will be delivered door-to-door, with other distribution points to be established as required. For people who are not eligible for the emergency relief packages, they are encouraged to be self-reliant and call on the help of family and friends wherever possible during the current pandemic.

**Requests for care packages can be made by calling Victoria's dedicated coronavirus hotline on 1800 675 398.** The hotline can also refer people to other support services if needed.

## Covid 19 Resources - Ask Izzy

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more.

It is free and anonymous, with over 370,000 services listed across Australia.

Ask Izzy is also data free on the Telstra mobile network. This means people don't need to rely on having credit or access to free Wi-Fi in order to use the site.

With more than 2.4 million searches on the site since it was first launched in 2016, Ask Izzy continues to connect tens of thousands of people to the help they need.

**Click on this link to access the app on your mobile phone or personal computer**

[https://askizzy.org.au/?gclid=EAlaIQobChMI9fn7xYrJ6AIVQo-PCh15LAecEAAyASAAEgJ80vD\\_BwE](https://askizzy.org.au/?gclid=EAlaIQobChMI9fn7xYrJ6AIVQo-PCh15LAecEAAyASAAEgJ80vD_BwE)

Izzy will ask you a few questions such as after clicking on HOUSING it will ask:

**I'm looking for help for:**

- Myself
- A friend or family member
- A client or consumer

If you then click on MYSELF, you will be asked some more questions and you will be provided with list of contact details for every service in your postcode that provides for your Housing needs.

If you need help with using or accessing the Ask Izzy app, then contact Dale Carroll at the SouthEast office on 9706 8005 who will walk you through the steps or conduct a search for you based on your needs.

## Interchange Outer East



### Volunteer with us...

Volunteering is a great way of meeting others, learning new skills, having plenty of fun and sharing in new experiences.

Volunteer with IOE and you will be helping us make a difference to the lives of people with disabilities and their families. You might be surprised at how volunteering will change your own life as well!

You'll also be contributing to building a healthier, happier, and more inclusive and caring community.

We have volunteering opportunities right across the agency, whether it's supporting children or adults on camps, activities, or other programs, as a part of our hosting program, assisting

around the office or on specific projects or tasks ... there are so many ways you can be involved.

Contact Us: [5 – 7 Yose Street, Ferntree Gully, 3156](#) - Phone: [\(03\) 9758 5522](#) - Fax: (03) 9758 5899 – Emergency AH: [0439 883 667](#) - Email: [ioe@ioe.org.au](mailto:ioe@ioe.org.au)

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## Active Minds

### Solutions

#### Sudoku #597 (Easy)

7	1	3	8	2	4	9	5	6
2	4	5	3	9	6	8	7	1
6	8	9	5	7	1	3	2	4
8	3	4	6	1	2	7	9	5
9	2	1	7	8	5	6	4	3
5	6	7	4	3	9	1	8	2
1	5	6	9	4	7	2	3	8
3	7	2	1	5	8	4	6	9
4	9	8	2	6	3	5	1	7

#### Sudoku #598 (Easy)

1	2	3	9	6	4	8	7	5
5	4	6	7	8	2	9	1	3
7	8	9	1	3	5	2	4	6
3	9	4	5	2	7	1	6	8
2	6	1	3	9	8	7	5	4
8	5	7	4	1	6	3	2	9
4	3	2	6	7	9	5	8	1
6	1	8	2	5	3	4	9	7
9	7	5	8	4	1	6	3	2

### New

#### Sudoku #613 (Easy)

		2				8		
	5	9			1	6		7
			4		3			
		4		5		2	6	9
			6	3	7		5	4
8		6				4		
			3					
			2		9			1

#### Sudoku #614 (Easy)

					3			
3		7		2	6			
			1	5				
					4	1		5
						8	6	2
			6	7				
9			5		8			
1		5		4	7			
2	3		9				4	

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>



## Government Contacts

### **Australian Government Department of Health web site**

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Switchboard 02 6289 1555 Freecall 1800 020 103

### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week. 1800 020 080

### **Victorian Department of Health and Human Services (DHHS)**

#### **Coronavirus hotline**

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated coronavirus hotline on 1800 675 398.

Please keep Triple Zero (000) for emergencies only.

#### **Telephone enquiries**

For all general enquiries to the Department of Health and Human Services phone: 1300 650 172 (local calls free within Victoria, except mobile phones).

**International, interstate, and mobile callers' phone: (+613) 9096 9000.**

**For Centrelink enquiries please ring 132 468**

**For NDIS enquiries please ring 1800 800 110**

## SouthEast Contacts and Support

### Maintenance



T: 03 9706 8005

F: 03 9706 8558

Email: [michelle@sehc.org.au](mailto:michelle@sehc.org.au)

### Tenancy



T: 03 9706 8005

F: 03 9706 8558

Email: [joy@sehc.org.au](mailto:joy@sehc.org.au)

### Management

Steven Morrissey, CEO



T: 03 9706 8005

F: 03 9706 8558

Email: [steven@sehc.org.au](mailto:steven@sehc.org.au)

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**Privacy:** SouthEast is committed to protecting your privacy and complying with all applicable privacy laws. If you have any questions or comments about our privacy practices, we can be contacted at PO Box 7141, Dandenong 3175, Phone: 03 9706 8005, Fax: 03 9706 8558.

**Publications:** Key publications including tenant policies and procedures can be viewed on the SouthEast website at [www.sehc.org.au](http://www.sehc.org.au).