

JUNE 2021

Hello Winter! What can I say, we are verging on the halfway mark of the year. WOW, where has that time gone. Over the last few months, we have managed to see our families and loved ones again after a long time, and in the blink of an eye, we have been plunged back into lockdown. I know it is incredibly frustrating for everyone concerned. If anyone is feeling the strain of the current lockdown, please reach out and talk to someone. I am available on 0427 964 657 Monday to Friday.

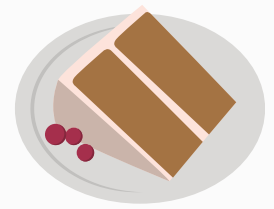
The CVS team managed to catch up with most of you that attended the coffee catchups to celebrate National Volunteer Week. It was wonderful to see so many of you again after the absence last year. We really appreciate everything that you do as volunteers, and we are so privileged to share your experiences and a coffee with you.

We will/have been welcoming new volunteers into the CVS community over the last few months, it is a pleasure to have them on board, and arranging them to meet their new elderly friend. We are approaching that time of the year again where we need to collect your visiting data for the last 3 months. Please keep an eye on your emails in mid-June for the link to survey monkey to report your data. To those of you who don't have email, a copy of the survey will be sent to you by post. Please keep up the great work of getting your 10 visits in, in whatever way that you can, it's really appreciated.

I have been getting great feedback from the case managers on how much visits are improving the lives of aged care facility residents, which is wonderful news. Be proud in knowing you are making an incredible difference, even when you don't think that you are because you most definitely are. Please keep up the fabulous work you all have been doing, in ensuring that your resident receives either face-to-face visits, phone calls, letters, or cards, it's really important to the person you're visiting.

If anyone wants to share some of their positive stories in the next issue of the Newsletter as inspiration, please let me know by email, I would love to share some positivity. **Nanette Collins**

NATIONAL 17-23 MAY 2021  
**VOLUNTEER**  
RECOGNISE. RECONNECT.  
REIMAGINE. WEEK



## MAY COFFEE CATCH UP'S

To celebrate National Volunteer Week this we held our coffee catch up's to get together and discuss the successes, funny stories and challenges associated with CVS.



The  
**Centre**  
your Community College

We hope this tulip brings some brightness into your garden, after a year in which your friendship brought so much light to the residents of CVS.

Thank you!  
From The CVS team



## Who should receive the influenza vaccine?

Influenza vaccination is recommended for people aged 6 months and over to reduce their chance of getting influenza. People in the following groups are eligible to receive the vaccine for free through the National Immunisation Program:

- People aged 65 years and over
- Pregnant women (at any stage during pregnancy)
- All Aboriginal and Torres Strait Islander people aged 6 months and over
- All children aged 6 months to less than 5 years
- People aged 6 months and over with certain medical conditions that increase their chance of severe influenza and its complications.

In some states and territories, influenza vaccines may also be provided for free to other people not listed above. Speak to your GP or visit your state or territory Department of Health website to find out.

If you are not eligible for a free vaccine, you can also purchase an influenza vaccine. Speak to your GP or other immunisation provider for more information.

## The Australian Immunisation Register

The Register records vaccines given to all people in Australia. Your immunisation provider is required to report all influenza vaccinations to the Register. This includes some personal information such as your name, date of birth, contact details, and your Medicare card number. Information on how the Department manages information reported to the Register is available at [health.gov.au](http://health.gov.au).

### Where can I get more information?

Speak to your GP or other immunisation provider about getting vaccinated against influenza.

Visit [health.gov.au/immunisation](http://health.gov.au/immunisation)



All information in this publication is correct as at March 2021.



# DON'T TAKE THE RISK THIS SEASON

## PROTECT YOURSELF AND GET THE FLU VACCINE.

[health.gov.au/immunisation](http://health.gov.au/immunisation)

## What is influenza?

Influenza is a highly contagious viral infection that can cause widespread illness and deaths every year.

Influenza viruses usually spread when an infected person coughs or sneezes. People may spread the virus before they know they are infected.

Symptoms of influenza infection usually come on suddenly and may include:

- fever (high temperature)
- cough
- muscle or body aches
- fatigue (tiredness)
- headaches
- sore throat
- runny or stuffy nose

Influenza infection is more serious in pregnant women, babies, older people, and people with chronic health conditions such as heart, lung or kidney diseases, or weakened immune systems.

However, even fit and healthy people, especially children, can get very sick from influenza. Influenza can cause a serious infection in the lungs and can make chronic health conditions worse. Some people can even die from influenza and its complications.

## The influenza vaccine

Vaccination is our best defence against influenza viruses. Even fit and healthy people should get the influenza vaccine to protect themselves and help to stop the spread of influenza.

Influenza vaccination prepares your immune system to fight influenza viruses. The influenza vaccine uses parts of killed viruses to create an immune response following vaccination. The immunity provided by the vaccine can protect you from becoming sick if you get exposed to influenza in the community. This immunity can also reduce the severity of illness if you do get sick.

The influenza vaccine cannot give you influenza because it does not contain any live viruses.

## Vaccination is the safest way to protect yourself and others from influenza viruses

The influenza vaccine has a great safety record.

Common side effects from the influenza vaccine include mild pain, redness or swelling where the vaccine is given. These side effects usually last for a few days and go away without any treatment.

Any medicine, including influenza vaccines, can have potentially serious side effects, such as a severe allergic reaction. However, these reactions are extremely rare.

## Frequently Asked Questions

### Do I need to get vaccinated again if I was vaccinated last year?

Yes. Every year the World Health Organization makes recommendations about the influenza virus strains to be included in the vaccine. This usually results in a changed vaccine every year to protect against the types of influenza viruses that are expected to be most common that year.

### Why do I need the flu vaccine this year if there was hardly any flu last season?

Behaviours such as increased hand washing and strict social distancing helped to stop the spread of influenza viruses in the community last year. Relaxing social distancing restrictions this year may allow influenza viruses to recirculate, even if they were hardly seen in 2020.

### When should I get vaccinated?

Getting vaccinated every year in autumn is recommended. This provides protection in time for the peak influenza season (usually winter in most parts of Australia).

### Can I get vaccinated if I have an egg allergy?

Yes. People with an egg allergy, even an anaphylactic egg allergy, can safely have the influenza vaccine. Make sure you let your GP or other immunisation provider know that you have an egg allergy.

### Sometimes people can get influenza even when they have been vaccinated — why does this happen?

The influenza vaccine, like all vaccines, is not 100% effective. This means that even when people are vaccinated against influenza, there is a chance they can still get infected. It is important to remember that influenza vaccination reduces the chance of getting influenza and may also reduce the seriousness of illness if people do get infected with the virus.



## Homemade Cough Syrup

*Use this homemade cough syrup as a natural remedy for sore throats and coughs this winter.*

### Ingredients (serves 6)

- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground ginger
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lemon juice
- 1/2 cup water

### Method

Add the cayenne pepper, ground ginger, honey, apple cider vinegar, fresh lemon juice, and water to a jar with a lid.

Tighten the lid and shake the jar to mix the ingredients well.

Store, with lid tightened, in the refrigerator in between uses.

Shake again to mix well and eliminate any settling that has occurred prior to using.

Take 1 teaspoon at a time to soothe sore throats and coughs.

Repeat every couple of hours, or as needed.





## CVS Good News Story - For the love of Greece

We all remember the isolation, frustration and panic that was forced upon us during 2020, and how the inability of seeing friends and family made us feel. Now imagine you're 91 years old, frail, and living alone in a foreign country, mobility requires a walker or transit wheelchair, just to say hello to the neighbours is difficult when you never learned to speak English. Meet Ouraina, from Shepparton.

CVS received a referral for a 74-year-old lady by the name of Helen in Kilmore. We sourced a volunteer and arranged a match meeting. Helen also has a remarkable story, she spoke about her extremely declining health problems over the past few years, she told us that she nearly didn't make it through her illness, and most importantly she is Greek. Helen now lives every day with a new focus on life, one where she wished she was helping someone else in need, and as CVS and people are my main focus, I believed that I could give Helen her wish, of helping someone in need. While Helen is a receiver of CVS, she has also just become a volunteer of CVS. Both Helen and Ourania met in person, in May, and just hit it off. Helen will conduct her regular visits over the phone.

CVS is not limited by geographical location, at times it can prove to be challenging, however, in some cases it can be overcome. CVS is about creatively sourcing dedicated volunteers and making lifelong connections, by bridging the gap of isolated elderly residents and connecting them with new members of their community.

You will hear me mention from time to time, that some stories are special, understanding that in the grand scheme of things, they are all special in their own way, however, others give purpose, that being able to provide CVS is compellingly heartwarming.



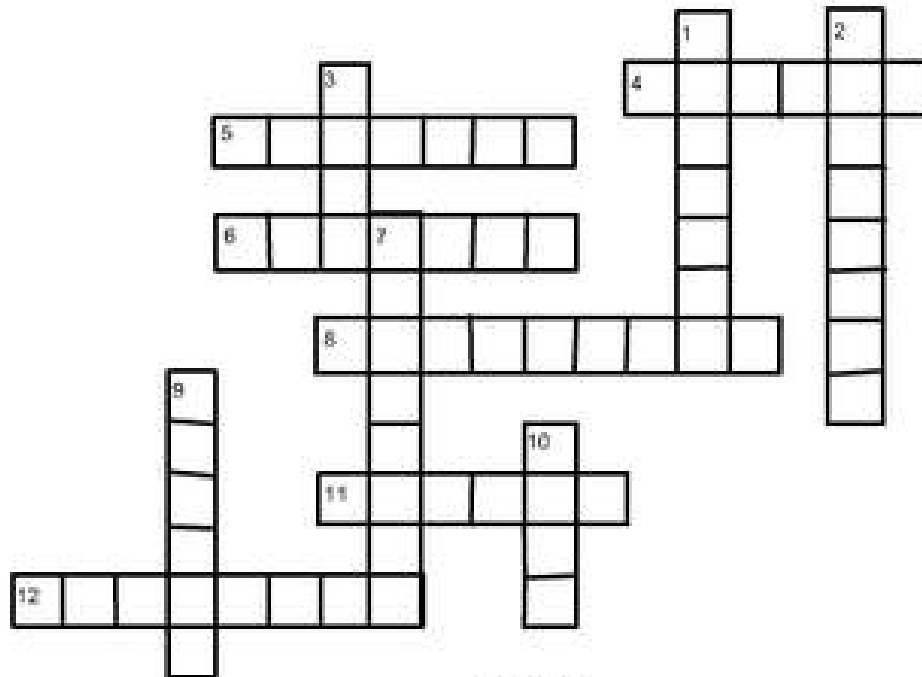
# Themes for Reminiscing with the Elderly

Sharing and recollecting memories with seniors in long term care helps them to affirm who they are and to maintain self-worth.

Here are some subjects for reminiscing:

1. Technology: How technology changed our world in the past 60 years.
2. Teachers: The influence teachers have had on your life. Most people have strong memories of one or more teachers.
3. The 1960s: What were they doing? Which songs were they singing? Which TV shows did they watch?
4. Nutrition: What was the food like in the past? Did people go on diets?
5. High-School Days: Were there bullies? How about drugs, gangs, nerds, peer pressure, rock & roll, cars
6. Winter comforts: What are the best comforts of winter? Food, clothes, activities?
7. Old Time Radio: Which radio ads do they remember best? Palmolive, Coty. How about radio plays? Avengers, Benny Goodman, Buck Rogers, Dad and Dave?
8. Bedtime stories: What were their favourite stories? Were there any stories they were afraid of? Who told you stories when you were children?
9. Road Trip Memories: First time in a big city or first time on a farm. Did anyone say: "Are we there yet?"
10. Children's pastimes: What sort of games did they play? Great TV shows? Comic strips magazines? Movie matinees?
11. Medication: The most popular cough syrup, how often did people go to hospital, were babies born at home? Did home-made remedies work or were they just 'old wives' tales'?
12. Vintage Hollywood Movies: Romantic movies, best thrillers, favourite stars.
13. Saturday Matinee Serials: Remember Zorro? The Adventures of Captain Marvel? Flash Gordon? Sherlock Holmes? How about the episodes which ended in scary cliff-hangers?

# Winter Crossword Puzzle



## Down:

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
3. Burning
7. A severe snowstorm with high winds.
9. Shake slightly and uncontrollably as a result of being cold.
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## Across:

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
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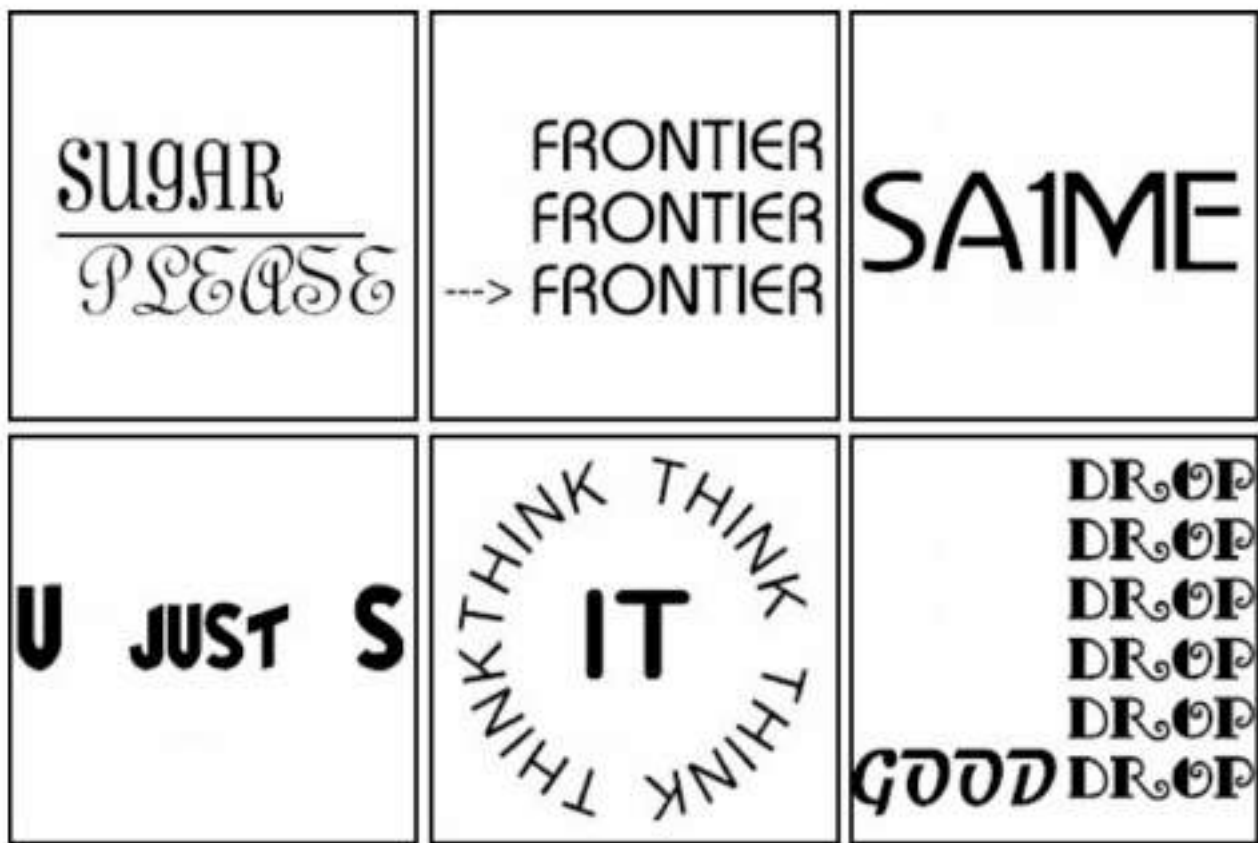
## Healthy slow cooker French chicken

### Ingredients

- 2 teaspoons extra virgin olive oil
  - 900g skinless chicken thigh fillets, trimmed, halved
  - 1 large leek, thinly sliced
  - 3 medium celery sticks, chopped
  - 1 fennel bulb, finely chopped
  - 3 garlic cloves, crushed
  - 2 tablespoons chopped fresh tarragon, plus extra sprigs, to serve
  - 125ml (1/2 cup) white wine
  - 2 teaspoons gluten-free Dijon mustard
  - 250ml (1 cup) Massel Salt Reduced Chicken Style Stock
  - 400g can borlotti beans, rinsed, drained
  - 80ml (1/3 cup) Bulla Cooking Cream
  - 2 bunches baby carrots, peeled, trimmed
  - 100g Coles Chopped Kale
- Heat the oil in a large non-stick frying pan over medium-high heat. Cook the chicken in batches, turning, for 2-3 minutes or until browned. Transfer to a slow cooker.
  - Add the leek, celery, fennel, garlic and tarragon to the pan. Cook, stirring, for 3-4 minutes or until soft. Add the wine and mustard. Simmer for 1 minute. Add the stock and bring to the boil. Transfer the mixture to the slow cooker. Cover and cook on High for 2 hours.
  - Stir the borlotti beans and cream into the chicken mixture. Cover and cook for 30 minutes or until the chicken is very tender.
  - Meanwhile, steam or boil the carrots and kale until the carrots are tender and the kale wilts.
  - Divide the French chicken among serving bowls. Season and sprinkle with extra tarragon. Serve with the carrots and kale.

We would love to see some photos of your creations to share. Send your photos, recipes and cooking tips through to [cvs@thecentre.vic.edu.au](mailto:cvs@thecentre.vic.edu.au) to feature in our next edition!





## Refer a friend!

Do you know someone who wants to make a difference to people in need? DO they strive for passion in what they do? Do they want to make a difference in their community?

Can they spare 1 hour a week?

We are searching for volunteers who have compassion, empathy, commitment and can hold a great conversation. Volunteers of all genders and backgrounds are welcomed.

**To register their interest, head to:**

**<https://volunteercentre.com.au/register-as-a-community-visitors-scheme-cvs-volunteer-visitor/>**

## Information for CVS auspices on the older person's COVID-19 support line

As members of the Community Visitors Scheme supporting older Australians at this time, we thought it was important to share with you one of the resources available to you and your care recipients **if they are feeling worried or distressed about COVID-19.**

A new Older Person's COVID-19 Support Line has been set up to provide information and support, and to check on the wellbeing of older Australians during the period of social distancing measures in response to the COVID-19 pandemic. Council on the Ageing (COTA) Australia, National Seniors Australia, Dementia Australia and the Older Person's Advocacy Network (OPAN) are delivering this service with support from the Australian Government.

Many of you have asked how you can support older Australians outside the Aged Care System; this support line will be a great resource for you. The service includes outbound calls to home care recipients and receives inbound calls to provide contact, reassurance and practical advice on COVID-19 resources. As the service is provided by community groups, they will also assist with connecting these older Australians to services that maximise social engagement and wellbeing whilst at home.

Your care recipients may wish to call the Support Line, **1800 171 866**, if they:

- would like to talk with someone about what COVID-19 means for them or a loved one
- are caring for someone and need some information or a listening ear about what COVID-19 means for their circumstances
- are worried about what COVID-19 means for their usual aged care service
- are worried about a friend or family member living with dementia
- are unable to access information on the internet and would like up-to-date advice.

This phone service is designed as a short term wellness check and COVID-19 advice service, and is not designed to replace the ongoing relationships built through the Community Visitors Scheme.

The Support Line staff have information about the CVS scheme and know how to recognise who may benefit from the scheme and will refer to the relevant CVS state network.



# QUIZ

1. If someone is descending are they going up or down?
2. What is the Italian word for pie?
3. By what title is the Bishop of Rome known as?
4. Who wrote the Wind in the Willows?
5. What does a Frogman wear on his feet?
6. What is the name of the largest castle in the capital of Scotland?
7. What is the name of the sweet liquid collected by Bees?
8. What 3 letter word is the name of a fox's home?
9. Do Reptiles have cold or warm blood?
10. What sea creature has 3 hearts and 8 arms?
11. What is the national flower of Wales?
12. How many teeth does an Aardvark have?
13. Name the largest member of the cat family.
14. How many humps does a Bactrian Camel have?
15. What part of the body is treated by an Optician?
16. The star sign of Leo is what animal?
17. Nag is a slang word for what animal?
18. What are the tall poles carved by Native American Indians called?
19. Which alcoholic drink is also the name given to the left side of a ship?
20. What type of weapon is a Cutlass?
21. In the nursery rhyme who lost her sheep?
22. What kind of animal was Disney's Dumbo?
23. In the fairytale who climbed the beanstalk and fought with a giant?
24. Which famous Detective was known to say, Elementary my dear Watson?
25. What is the 4 letter word given to a Ballerina's skirt starting with the letter T?





## In Your Patch - June Gardening tips

- You should start seeing bare rooted fruit and deciduous trees starting to appear in your local nursery. This is the cheapest and easiest way to purchase. The stress is less for the tree as it is dormant. Pick trees with a nice shape, and don't forget to prune them back before you plant them out (best thing to do is ask the local nursery to do it for you). Remember to make sure you have the correct pollinators to ensure a good crop. Some stone fruit trees will not fruit until they have been in the ground for a few years. So be patient.
- Give Brassica's a place in your patch, pop in the following: broccoli, cabbage, cauliflower and Brussels sprouts. Plant some sage with these guys as a great, caterpillar and moth-repelling companion!
- For plants that will settle in over winter, so that when spring comes along, they will go gang busters are: peas, beans, radish, Swedes, turnips and spinach. Oh, and some spring onions would go a treat this month as well.
- Set aside a bit of space and pop in an artichoke! These are gorgeous additions to the patch, look amazing, and taste pretty good too!
- Plant some rhubarb crowns. Set aside some space in the patch.
- Add some colour and movement to the patch, and pop in some of these little pretties- dianthus, cornflower, pansy, viola, verbena and lupins. Having these around your veggies will give some interest to the patch, and act as beneficial insect attractors!
- Top up mulch on your veggie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year.
- Green manure crops, including oats, wheat, faba beans and field peas are good to go now. Improve that nutrient deficient veggie patch, and get ready for next seasons heavy feeding plants!
- Weeding is still needed at this time of year. Most plant growth has slowed down, so it will not have to happen as often. But it also means that it is also a time of year to try and remove as many competitors as possible before the weather starts warming up again.
- Water smarter at this time of year. Water first thing in the morning, and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial! Always check soil moisture before watering, don't waste your precious drinking water if Mother Nature has already done all the hard work for you!
- Cold days mean a bit of shed time... why not build yourself a nice blackboard for the shed, to keep track of what has been planted in your patch where and when? This makes crop rotation a load easier, and allows you to keep track of feeding times and dates, what worked, what didn't and what's happening in the veggie garden.

To read the full article head to: <https://www.sgaonline.org.au/june-in-your-patch/>

# HAPPY BIRTHDAY

## June

Angela Isherwood  
Marilyn Clark-Dolny  
Suzanne Daw  
Bob Scott  
Penny Jungalwalla  
Cheryl Lowe  
Craig Kitto  
Cheryl Butler



## July

Amanda Leithhead  
Val Lockman  
Sabrina Anglin  
Jo Kortman  
Julia Jones  
Marida Pawsey

## August

Peter Shaw  
Karen Blick



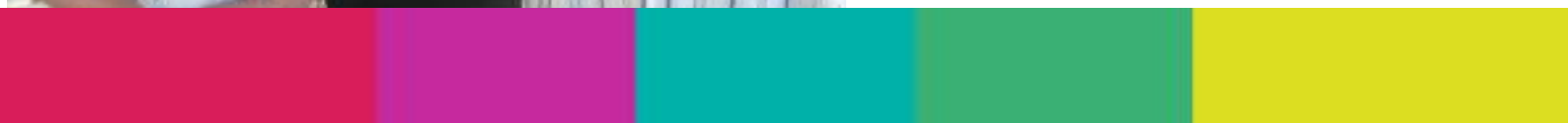
Congratulations to those celebrating their birthdays!

We looking forward to catching up with you and hearing more of your stories .

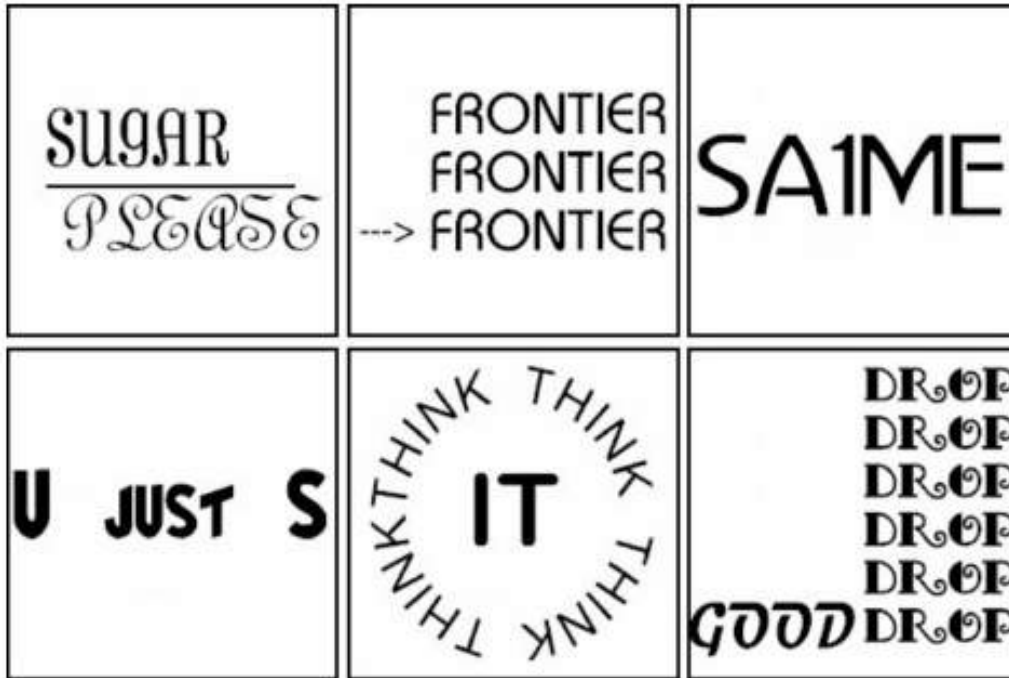
Our next edition of the CVS newsletter will be released in September.

To submit stories, photos, puzzles or anything that you think would be great for the newsletter please email us.

*The CVS team*



## Answers



1. Please with Sugar on Top
2. The Last Frontier
3. One in the Same
4. Just Between Us
5. Think About It
6. Good Till the Last Drop

## Winter Crossword Puzzle Solution



### Down:

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- 3.By what title is the Bishop of Rome known as? **The Pope**
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- 5.What does a Frogman wear on his feet? **Flippers**
- 6.What is the name of the largest castle in the capital of Scotland? **Edinburgh Castle**
- 7.What is the name of the sweet liquid collected by Bees? **Nectar**
- 8.What 3 letter word is the name of a fox's home? **Den**
- 9.Do Reptiles have cold or warm blood? **Cold**
- 10.What sea creature has 3 hearts and 8 arms? **An Octopus**
- 11.What is the national flower of Wales? **Daffodil**
- 12.How many teeth does an Aardvark have? **None**
- 13.Name the largest member of the cat family? **Tiger**
- 14.How many humps does a Bactrian Camel have? **2**
- 15.What part of the body is treated by an Optician? **Eyes**
- 16.The star sign of Leo is what animal? **Lion**
- 17.Nag is a slang word for what animal? **A Horse**
- 18.What are the tall poles carved by Native American Indians called? **Totem Poles**
- 19.Which alcoholic drink is also the name given to the left side of a ship? **Port**
- 20.What type of weapon is a Cutlass? **A short-curved sword**
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- 23.In the fairytale who climbed the beanstalk and fought with a giant? **Jack**
- 24.Which famous Detective was known to say, Elementary my dear Watson? **Sherlock Holmes**
- 25.What is the 4 letter word given to a Ballerina's skirt starting with the letter T? **Tutu**