

June 2022



Welcome to our June Newsletter! I hope you are keeping yourselves nice and warm in these cold days we have been having!

We have had a lot of events and changes in the CVS Program since our last newsletter and we want to thank you for all of your patience during this transition period with me stepping in whilst we found a replacement for Nanette! Good news is we have a new CVS Program Co-ordinator commencing on the 20th of June by the name of Paula Currell! Paula will be in touch with you all once she is on board. Please make Paula feel welcome!

During National Volunteer Week in May we held a birthday morning tea at The Centre's Wangaratta Campus to celebrate CVS turning 30! Thank you you for all of those who attended it was wonderful to see you all! We also had our usual May Coffee Catch Ups for those that could not attend the Wangaratta Event. There are some photos to show off the fun that was had!

Just a reminder that we will focus on maintaining a minimum of 5 visits in a 3-month period. If you can't visit in person, we encourage you to write a letter, or call and speak to your resident over the phone. Any form of communication is extremely important given the times and challenges we are all facing.

If you have need to touch base please don't hesitate to contact me.

Looking forward to seeing you all very soon.

Kind regards

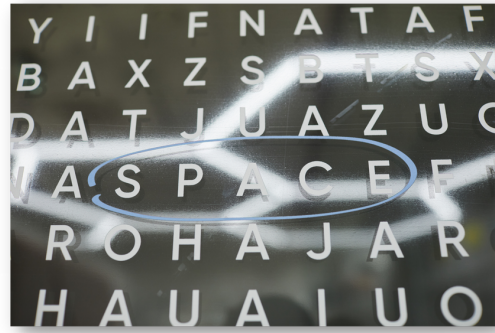
Melanie Elliott
Admin Support for Community Development





The Community Visitors Scheme: 1800 682 710
Email: cvs@thecentre.vic.edu.au

FIND A WORD



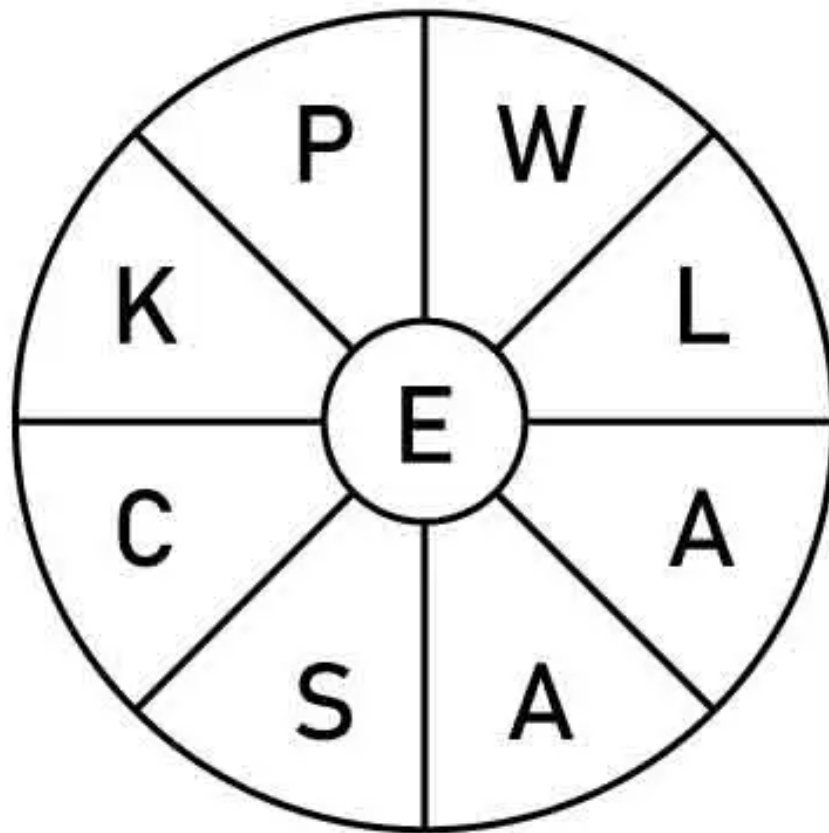
Types of Food

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY

Play this puzzle online at : <https://thewordsearch.com/puzzle/289/>

WORD WHEEL PUZZLE 1



HOW MANY WORDS CAN YOU MAKE WITH THESE LETTERS?
ALL WORDS MUST CONTAIN THE LETTER IN THE CENTRE CIRCLE

Mel's Pumpkin Soup Recipe

It's that time of year when you want those foods that warm your insides! I have decided to share my easy and yummy pumpkin soup recipe!

Ingredients:

1 x onion, diced
3 x garlic cloves, crushed
2 x potatoes, diced
2 x Celery Sticks, diced
40g of butter
1 kg of butternut pumpkin, diced
1 litre of Chicken or Vegetable Stock
Olive Oil
Cream (optional)



Method:

Heat large pot with olive oil and butter
Cook garlic and onion until softened
Add celery, potatoes, pumpkin and stock
Bring to boil and cook until all ingredients are soft
Blend all ingredients
Add a little cream if you desire for any extra creamier taste and serve with some crusty bread!



Carers Employment Support Program



Some of you would have met our newest team member Christine at the May Coffee Catch ups and the CVS Wangaratta Big Birthday Bash!

Christine is our Project Leader for the Carers Employment Support Program!

If you know of anyone that might benefit from this program please send them Christine's way!

Are you a carer looking for employment?



The Carers Employment Support Program offers:

- One on one case management
- Recommend & provide training and short courses
- Source local employment opportunities
- Support you through your own journey and carer role


Carer Employment Support Program

Christine Greentree

0432 911 100

christine.greentree@thecentre.vic.edu.au

www.thecentre.vic.edu.au



How to look after your Mental Health in Winter

1. Get outside in the sunlight

Sunlight helps increase our levels of vitamin D. A deficiency in vitamin D can contribute to depression. During winter, Australians require about 30 minutes of sunshine to maintain optimal levels of vitamin D.

2. Move as much as you can

Exercise is a great way to beat winter blues. Try to do about 30 minutes exercise, five days a week.

4. Embrace the cold weather

Instead of avoiding the cold, embrace it. Try and view winter as something to be enjoyed, not something to be endured.

4. Make an effort to be social

Many of us are less social in winter. While socialising can seem tough in the winter months, it can help boost your mood.

5. Eat healthily

The cold weather can have us reaching for comfort foods high in sugar and fat. While you may get a short-lived mood boost from these foods, they can negatively affect your overall mood.

6. Connect with others

A case of the winter blues can turn into something more serious. If you're concerned about your mood or mental health, talk to friends, family or health professionals.



24/7 Mental Health Services




Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide


 suicidecallbackservice.org.au

 1300 659 467

Lifeline

Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046

HAVE A LAUGH



WHEN YOU PLAN TO SLEEP FOR 30 MINUTES BUT WAKE UP 4 HOURS LATER

When you have no idea where you're going in life, but you're still enjoying the ride.



It Feels Good!!!



WHAT I THINK I LOOK WHEN I AM ASLEEP

LOVELYANIMALSWORLD.COM



WHAT I REALLY LOOK LIKE

Chocolate Pudding

Ingredients

Melted butter, to grease

150g (1 cup) self-raising flour

100g (1/2 cup) caster sugar

2 tbsp cocoa powder

125ml (1/2 cup) milk

50g butter, melted

1 egg, lightly whisked

Thickened cream, to serve
Chocolate sauce

155g (3/4 cup, firmly packed) brown
sugar

2 tbsp cocoa powder

375ml (1 1/2 cups) boiling water



Method

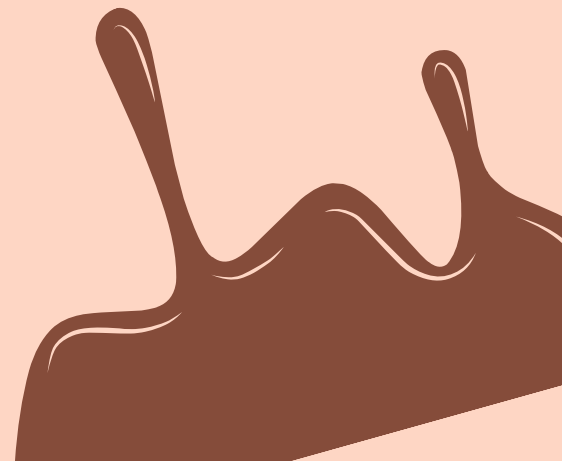
Preheat oven to 180°C. Brush a 1.5L (6-cup) capacity ovenproof dish with
to lightly grease.

Step 2

Combine the flour, sugar and cocoa powder in a medium bowl. Make a well in the centre. Combine the milk, butter and egg in a large jug. Gradually pour the egg mixture into the flour mixture and stir until well combined. Pour into the prepared dish and use the back of a spoon to smooth the surface.

Step 3

To make the chocolate sauce, sift the sugar and cocoa powder into a bowl. Sprinkle over the pudding mixture in the dish. Gently pour the boiling water over the cocoa mixture.



Residents currently awaiting Visitors



Please spread the word about our residents currently awaiting volunteers.

Our aim is to match residents with a volunteer as soon as possible. If you are interested in visiting another volunteer, are ready to start visiting again after some time off, or if you know of anyone who might be interested in joining the program then please get in contact with us!

Find us on 

@volunteercentreVic

HAPPY

June

Hilly Avery-Hart
Marilyn Clark-Dolny
Christine Macrae
Suzanne Daw
Bob Scott
Penny Jungalwalla
Cheryl Lowe
Cheryl Butler

BIRTHDAY

July

Desley Auld
Amanda Leithead
Diane Reynolds
Diane Mayorga
Val Lockman



August

Des Moylan
Daniel Anderson
Sheryl White
Jessica Tassoni
Karen Blick
Jillian Wilson
Peter Shaw
Leanne Monro
Sherren Tilson
Silvana Molinaro



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:

cvs@thecentre.vic.edu.au

The CVS team



Funded by the Australian Government

The Community Visitors Scheme: 1800 682 710

Email: cvs@thecentre.vic.edu.au