

FEB 2020



## New Year, New Team, New Strides

Welcome to 2020!! Can you believe we are already in February and the year is in full swing! Lots has been happening since our last newsletter. Unfortunately, we had to say goodbye to Anita and Liezel from the Community Programs team here at The Centre. They worked incredibly hard last year, and Nanette and I are excited to build on the work they completed.

It is estimated that 1 in 5 older Australians are socially isolated on a regular basis (Australia's Welfare 2016), impacting on their health and wellbeing. The experience of disconnection from community, is a key risk factor contributing to the problem (Relationships Australia 2018).

Your involvement in the CVS program helps to create a sense of connectedness to local communities, and of belonging to others. This is an important antidote to loneliness for many older people.

Over the next 6 months the CVS team hopes to double the number of volunteers we have participating in the program. We would love your help to achieve this. Word of mouth is the best way to raise awareness and potentially gain new volunteers. So while you are out connecting with others can you please consider sharing what you do in the CVS program.

We thank you for your participation in the CVS program. We look forward to an exciting year ahead as we revitalise the CVS program. Thank you for your support this past year and I look forward to meeting you all over the coming months.

Regards,  
Andrea

## Meet Andrea!



My name is Andrea Matheson and I am the new Program Leader of Community Programs at The Centre. I have been working at The Centre for 6 months as the Executive Support Officer and was very excited to be able to take over from Anita and join Nanette in the Community Programs area. I have lived in North-East Victoria for most of my life, growing up on a farm in Markwood which is 25km out of Wangaratta. I am increasingly aware of the difficulties regional living can present, particularly for our older residents, which is why I feel so passionate about this program and continuing to help it grow. I enjoy activities such as reading, walking and bike riding with my 7 year old daughter Lexi. In my previous career I worked in as a teacher, and worked my way up to Assistant Principal. I have always had a passion for helping others and supporting people in any way I can, be that by teaching them, leading school improvement or now matching people who will be able to develop a close friendship through regular visits to continue to add meaning and purpose to their lives.

## Meet Nanette!



My name is Nanette Collins, and I have very recently joined the team in the Community Visitors Scheme as Project Officer for Community Programs. Luckily for me, I have recently met or spoken to a number of you through organising and attending the 2019 Christmas functions. If I haven't met you yet, I am really looking forward to meeting you in the not too distant future. My favourite part of my role is hearing all of the fascinating stories, and talking to our CVS visitors about the residents they visit. My interest in stories comes from my previous work at the Old Beechworth Gaol, being a Beechworthian born and bred, I couldn't help but wonder who was housed behind the enormous granite walls. Which set me on the track of researching past inmates, establishing their story, creating a database of inmates viewable online, and capturing and preserving their history for future generations.



## 2019 Christmas Parties

At the end of 2019 our volunteers got together for a well-deserved Christmas lunch, compliments of the Community Visitors Scheme.

These were held in Strathmerton, Yarck, Seymour, Porepunkah and Wangaratta. It was great to connect with those of you who were able to join us. This year we thanked our attendees for their 'Thyme' and 'CommitMint' to the CVS program in the form of a fresh herb. We would like to also thank Bunnings Warehouse for the donation of these plants.

We were also able to celebrate and thank those who clocked over a significant milestone this year of 1, 5, 10, 15, 20 and 25 years with the Program. It is amazing to see the impact volunteers can have on the life of those they visit, and it is great we can congratulate and celebrate those that have significantly contributed to the program with recognition of these milestones.

Of particular importance we were able to recognise Vivian Sheedy for 25 years of service. We also recognised Vivienne Carpenter, Graham & Lesley Moore and Lena Vicary for 20 years of service. These volunteers, along with those who reached 10 or 15 year of service were presented with the Volunteer Camelia as a sign of our gratitude for all they do for the program.

The commitment and dedication you have all shown is exemplary and we look forward to continuing to celebrate the successes you achieve in the program. Well done!

We look forward to celebrating with you throughout the year at other get togethers, so keep an eye out.

The CVS program will be on a recruitment drive in 2020, so please spread the word to family and friends about how rewarding the program is for yourself and for others. We have included a flyer talking about CVS at the back of this newsletter if you would like to share the information with a family member or friend.





# This Month in the CVS Kitchen:

## Rainbow Orzo Salad



Prep time

15 mins

Cook time

12 mins

Total time

27 mins

This orzo salad is one of my go-to dishes to bring to a picnic. It's even better on the second day, and it's a wonderful combination of the best fresh veggies and herbs summer has to offer.

Author: Jeanine Donofrio

Recipe type: Salad, side dish, main dish

Serves: 4 as a side

### Ingredients

- 1 red pepper, diced
- 1 ripe mango, cubed
- 1 small cucumber, chopped (1½ cups)
- ½ small red onion, diced (1/3 cup)
- 1 small garlic clove, minced
- 1 (14-ounce) can chickpeas, drained and rinsed
- ½ chopped fresh herbs (mint, basil, and/or coriander)
- ½ cup uncooked orzo (pasta) or Rice
- Extra-virgin olive oil, for drizzling
- 1 packed cup arugula or Rocket leaves
- ¼ cup toasted pine nuts

### For the dressing:

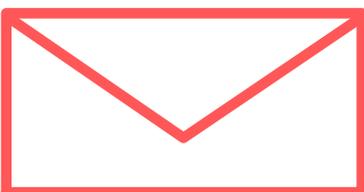
- 2 tablespoons tahini Sesame Seed paste.
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon sherry or white wine vinegar
- ½ teaspoon cumin
- ½ teaspoon sweet paprika
- 2 tablespoons water
- ½ teaspoon sea salt, more to taste
- freshly ground black pepper

### Instructions

1. In a large bowl, combine the red pepper, mango, cucumber, red onion, garlic, chickpeas, herbs, salt, and several grinds of fresh black pepper.
2. Cook the orzo according to the package directions or until al dente. Drain, gently rinse, toss with a little olive oil and set aside to cool to room temp before adding to the salad.
3. Make the dressing. In a small bowl, stir together the tahini, olive oil, lemon juice, vinegar, cumin, sweet paprika, salt and pepper. Add a few tablespoons of water until it's a drizzle-able consistency.
4. Add the orzo, dressing, and arugula to the salad and toss to coat. Season to taste and top with toasted pine nuts.

### Notes

Serve a slightly bigger group by doubling the amount of orzo (and make extra dressing). This salad is also delicious with crumbled feta cheese on top. Store leftovers in the fridge for up to 2 days. It's a great make-ahead salad for lunch the next day.



Did you give this recipe a go? What ingredients did you decide on?  
Do you have a favourite recipe you would love to share?

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!

# This Month in the CVS Kitchen:

## Cranberry Flummery

Total time  
35 mins

This sweet dish made with beaten eggs, milk, sugar, and cranberry is guaranteed to become a holiday favorite.

Author: Women's Day Kitchen  
Recipe type: Dessert  
Serves: 8



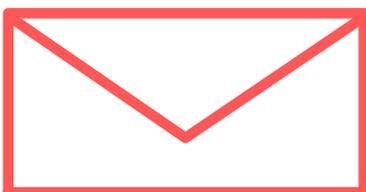
### Ingredients

- 1 bag of frozen red cranberries
  - 3/4 cup granulated sugar
  - 2 tsp Orange Zest
  - 1/4 cup Fresh Orange Juice
  - 1 tbsp Unsalted butter
  - 2 Large eggs
  - 1 large egg yolk
  - 1 pinch of kosher salt
  - 1 3/4 cups of cold heavy cream
  - 4 cups plain greek yougurt
  - 12 Gingersnap biscuits
- Optional - Candied ginger for serving

### Instructions

1. Make cranberry layer: In a medium saucepan, bring cranberries, sugar, orange zest and juice, and 1/4 cup water to a boil on medium-high. Reduce heat and simmer until berries start to burst, 8 to 10 minutes.
2. Transfer mixture to a food processor or blender and puree until smooth. Press gently through a large mesh sieve set over a clean medium saucepan, scraping what is on the underside of the sieve into the pot. Stir in butter to melt, then stir in eggs, egg yolk, and salt. Return to low heat and cook, stirring constantly, until mixture thickens slightly, 7 to 10 mins (do not boil). Remove from heat and let cool completely.
3. Using an electric mixer, beat cream in a large bowl until medium peaks form.
4. Place yogurt in a large bowl and gradually whisk in cooled cranberry mixture. Spoon rounded 1/3 cup mixture into bottom of each of eight 10-oz glasses and sprinkle with layer of crushed cookies (about 1/2 Tbsp). Spoon layer of cream (about 1/4 cup) over all and repeat layers, finishing with cream.

Refrigerate at least 2 hours or up to 24 hours. Sprinkle with candied ginger.



Did you give this recipe a go? What ingredients did you decide on?  
Do you have a favourite recipe you would love to share?

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# The Eight Dimensions of Wellness

There are eight dimensions of wellness: occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual. Each dimension of wellness is interrelated with another. Each dimension is equally vital in the pursuit of optimum health. One can reach an optimal level of wellness by understanding how to maintain and optimize each of the dimensions of wellness.

## What is Wellness?

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth

## Why Wellness Matters

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.



Emotional wellness relates to understanding your feelings and coping effectively with stress. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences.



Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment. Everyone can have a strong environmental consciousness simply by raising their awareness.



Financial Wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety and fear for college students.



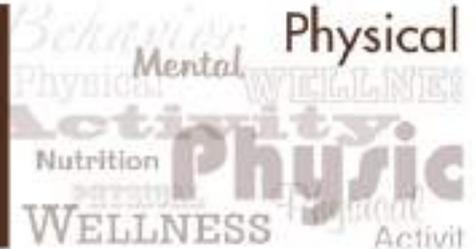
Intellectual wellness involves having an open mind when you encounter new ideas and continuing to expand your knowledge. It encourages active participation in scholastic, cultural and community activities.



Occupational wellness is about enjoying your occupational endeavors and appreciating your contributions. This dimension of wellness encourages personal satisfaction and enrichment in one's life through work.



Social wellness helps you perform social roles effectively and comfortably, and create a support network. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners.



Physical wellness relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness and getting help when needed.



Spiritual wellness allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.

This article was shared from: <https://shcs.ucdavis.edu/wellness/what-is-wellness>

" I think a hero is any person really intent on making this world a better place for all people. "

- Maya Angelou

# NATIONAL 18-24 MAY 2020 VOLUNTEER CHANGING COMMUNITIES. CHANGING LIVES. WEEK

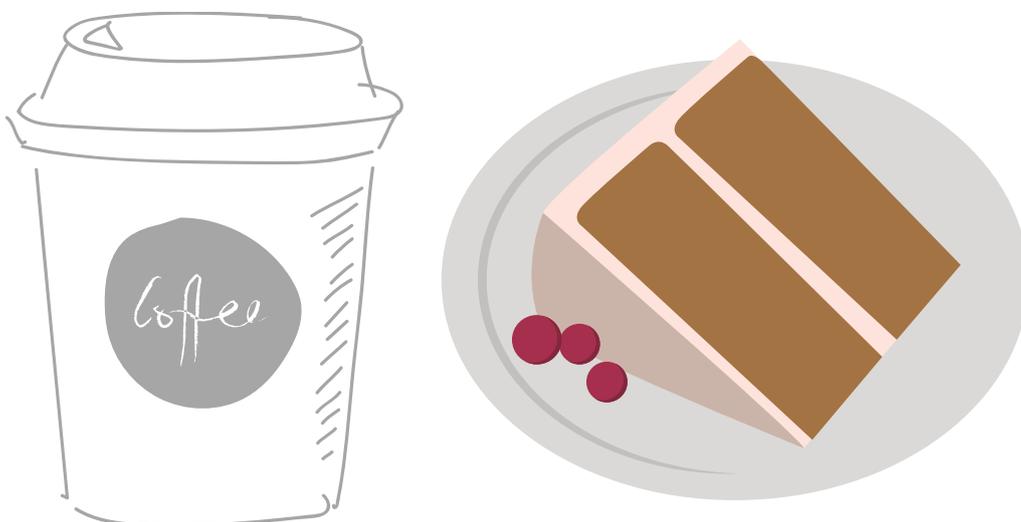
## May Coffee Catch Up's - Save the date!

May 18-24 is National Volunteer Week.

During National Volunteer Week we will be holding our annual coffee catch up's. This is an excellent opportunity to get together and discuss the successes, funny stories and challenges associated with your time in CVS.

This will also provide an excellent opportunity to support some of our communities that have been impacted by the recent bushfires.

We look forward to seeing you all for a coffee and cake so keep an eye out in the next few weeks for an invite containing all the details.





## Residents currently awaiting volunteers

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 get in contact with us!

We have the following residents ready and waiting for their match:

**An Elderly South African gentleman**, is seeking a male visitor in the Kilmore region for home visits. He is was a mathematics teacher, and very involved in Soccer. He is need of male interaction and social support from the male community.

**An Elderly female** is seeking a female volunteer for home visits in the Mansfield area. She has a large family, which live away from the Mansfield area. She is in a wheelchair and suffers from poor vision. She has lived in Malaysia and country Victoria.

**An Elderly gentleman** in an aged care facility in Wodonga is seeking a visitor. This gentleman loves the Carlton football club, cars and country music.

**Two elderly female** residents located in a Wodonga aged care facility. Resident 1 is very isolated and tends to enjoy her own company. Resident 2 has no living children and no family left to visit and would benefit from a regular visitor.

A number of volunteers are needed in the Mitchell, Moira, Indigo and Murrindindi shires as we have multiple residents waiting in these areas. If you know of anyone, for example a friend or neighbour, that can donate an hour of their time once a fortnight, please call Nanette on 0357 210 242.



# Volunteer Skillsbank

The Centre's Volunteer Skillsbank recruits volunteers by matching their knowledge, interests and skills to opportunities within their local community.

Interested in Volunteering?

Volunteering is a fantastic way to give back to your community and make a difference to the people around you.

You can find out about the opportunities available by:

- Visiting our website at <http://www.nevictoria.skillsbank.com.au/>
- Finding us on Facebook at @VolunteerSkillsbank
- Contacting the Volunteer Skillsbank team on 1800 682 710
- Emailing [csb@thecentre.vic.edu.au](mailto:csb@thecentre.vic.edu.au)



**Volunteer  
Skillsbank**



## February Birthdays

Georgina Nolan  
Max Cameron  
Jan Rogers  
Lorraine Cameron  
Will Moore  
Colleen O'Connor  
Irene Bartlett

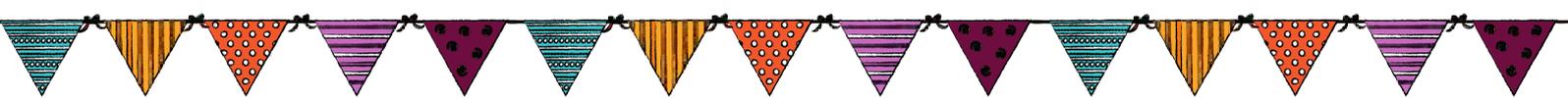
## March Birthdays

Trevor Isherwood  
Thelma Walles  
Mary Covill  
Bill St Amand  
Mary Dean  
Les Davey

## April Birthdays

Hilda Watson  
Merle Creskell  
Judy Newman  
Jeff Stanyer  
Carol Rivers  
Susan Cuthbert  
Samantha Ryan  
Mark Buckley

# HAPPY BIRTHDAY



Congratulations to those celebrating their birthdays!

We looking forward to catching up with you and hearing more of your stories as we complete our visits over the next few months. Our next edition of the CVS newsletter will be released in May.

To submit stories, please email us.

*The CVS team*

# Community Visitors Scheme (CVS)



## Enrich the lives of others

The Community Visitors Scheme (CVS) provides friendship and companionship to isolated members of our ageing community across North East Victoria.

Connect with residents in your community, through regular fortnightly visits as a volunteer.

Help us to support and care for your community, connect with CVS today!

"My volunteer brings joy & happiness into my life. They are my true friend" - Current CVS resident

FIND  
OUT  
MORE

To become a CVS volunteer, or  
to find out about being matched  
with a volunteer

[www.thecentre.vic.edu.au](http://www.thecentre.vic.edu.au)

The  
Centre  
your Community College

1300 843 236