

Community Visitors Lockdown Leaflet

Friends For Older People

JUNE 2020



Welcome to June 2020!

Despite everything, it is hard to believe we are almost halfway through the year!

We are so very grateful to have you all as part of our amazing CVS team. Unfortunately, we cannot catch up this year to show you in person how much we appreciate everything you do, but we still want you to know how truly valued you are.

We hope our current CVS volunteers have received your special thank you in the mail already (if not it won't be far away!).

Although our normal annual coffee catch ups have not been able to occur this year, we have held some very successful phone calls, zoom chats and email groups to celebrate and connect during National Volunteers Week! We are so lucky to have the technology available to us to keep in touch during these challenging times.

We know our residents feel just as lucky that you have all been able to continue to communicate with them, even though you haven't physically been able to visit.

The difference you make is immeasurable and invaluable! You are all true heroes!

The Community Visitors Scheme: 1800 682 710

Email: cvs@thecentre.vic.edu.au

We hope you enjoy this special edition to keep you busy and entertained! We are loving hearing stories and seeing photos from those who have been able to send them in.

Keep them coming! If you are happy (and have permission from everyone in any photos) please let us know and we can share them in our newsletter and on our Facebook page.

We hope you all stay healthy and safe over winter and enjoy a little more social freedom over the coming weeks.

Andrea



National Volunteer Week 2020
Exclusive National Sponsor

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

THANK YOU VOLUNTEERS

National Volunteer Week is the annual celebration
to acknowledge the generous contribution of our
nation's volunteers.

Thank you to all volunteers for
Changing Communities. Changing Lives.

www.volunteeringaustralia.org



FACT SHEET

Using technology to communicate effectively

There are a number of ways to stay connected when you can't physically see someone. Some ways are easy – make a phone call, write a letter or card, send a parcel. But other ways are new and harder to navigate. Use this fact sheet to help understand other ways to use technology to stay in touch with others.



Facetime

FaceTime is used exclusively on apple products and is already preinstalled for one on one video calling. Face time operates through your phone, data or internet plan that your device uses.



How to use Face time on iphone or ipad - <https://www.youtube.com/watch?v=TXLZ-egtle0>



Written instructions for Facetime on Apple computer - <https://www.businessinsider.com/how-to-facetime-on-mac?r=AU&IR=T>



WhatsApp

WhatsApp is a free app that can be used on any phone connected to Wi-Fi. The app allows you to make voice and video calls, send and receive messages, documents, photos and videos.



Written and video instructions to set up WhatsApp
<https://www.whatsapp.com/coronavirus/get-started>



Skype

Skype is an application that specialises in video chat and voice calls. It can also be used to send messages and images. It can be used on computers, phones, tablets, ipads and other devices connected to the internet. You can have multiple people involved in the one video call at once. It has many free features and some additional paid features.



To use you need to download skype to your device and create an account. There are many online tutorials on how to use Skype. Some simple tutorials are:



Written instructions - <https://mashable.com/2014/07/09/skype-for-beginners/>
Installing skype (Video instructions) - https://www.youtube.com/watch?v=Bhwens7f_tg



Zoom

Zoom is a cloud-based system that operates through the internet or calls, video calls and online chat. Zoom has full basic plans for free with higher paid plans available. All of Zoom features can be used on computers, smartphones. The calling function can also be used from a standard telephone.



To use you need to download zoom to your computer. If you are joining a zoom meeting someone else has sent you then you do not need an account. You just need to join the meeting.



How to join a zoom meeting <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

If you would like any further help in learning how to use any of these communication programs please let us know.

#RIDDLE

A pregnant lady named her children: Dominique, Regis, Michelle, Fawn, Sophie and Lara. What will she name her next child? Jessica, Katie, Abby or Tilly?

#RIDDLE

I have seas without water, coasts without sand, towns without people, and mountains without land. What am I?

#RIDDLE

A man shaves several times a day but still has a beard. Who is he?

#RIDDLE

What coat is best put on wet?

- Turn to the back page for the answers to these riddles

One person can
—only—
do so much

Stories from our Volunteers



Penpals during COVID

One of our volunteers Thelma kindly sent through some photos of her resident enjoying the letters sent to her during the Covid lockdown.

The letters were gladly received by her resident Coral.

We love hearing from you and sharing the friendship you have with your residents.

A poem by Thelma Walles

The volunteers at CVS
Are a great supportive bunch.
They cope with every outcome
When it comes down to the crunch.

With smiles and happy faces
They greet every one each day,
With loving care and kindness,
And special help along the way.

If someone's down or feeling low,
Or special care is needed,
Each one an individual
With needs that must be heeded.

So what would the word do without us,
Most people know nothing about us,
There's love and there's care
When we're needed, we're there
They're our volunteers EXTRORDINAIRE!!

June in History Facts

1 st June 1849	Western Australia became a penal colony
1 st June 1837	Melbourne had its first inner-city land sale
2 nd June 1909	Alfred Deakin became prime minister
3-28 th June 1790	5 of the 6 ships of the beleaguered Second fleet arrived. What followed was a food crisis.
6 th June 1859	Queensland separated from NSW
12-20 th June 1964	The Beatles world tour reached Australia
13 th June 1927	Slim Dusty country music singer was born in Kempsey NSW

5 June 1832: Angry Parisians man the barricades

Paris, 1832. In the Tuileries garden, the young writer Victor Hugo was strolling by the river when he heard gunshots: trouble was brewing in the working-class district of Les Halles. Hugo went to investigate.

For 15 minutes he hid behind a pillar and watched as the king's soldiers fired on republican rebels. At last the battle moved away, giving Hugo the chance to make his escape. It was a moment that stayed with him for the rest of his life.

Some 13 years later, he began work on a novel set in Paris during those tumultuous June days: *Les Misérables*. Today, thanks to the success of the musical and film versions, *Les Misérables* is by far Hugo's best-known work. Many people assume that it is set during the French Revolution. In fact, the insurrection at its heart was a two-day uprising against the Orleanist king Louis-Philippe, which ended in failure.

The June Rebellion was triggered by the food shortages of the late 1820s, a devastating cholera epidemic and the death of the popular general Jean Lamarque, who had become a hero to the working classes of Paris. At his funeral on 5 June, republican demonstrators rallied the crowds, waving red flags and calling for "liberty or death".

The mood turned ugly, and by the evening rioters had taken control of much of central and eastern Paris, throwing up the barricades that play such a key role in Hugo's novel. It was all for nothing.

The army stayed loyal to Louis-Philippe, and by morning the uprising had lost momentum. At the Cloître Saint-Merri, the last demonstrators were surrounded by the king's troops. By nightfall it was all over.

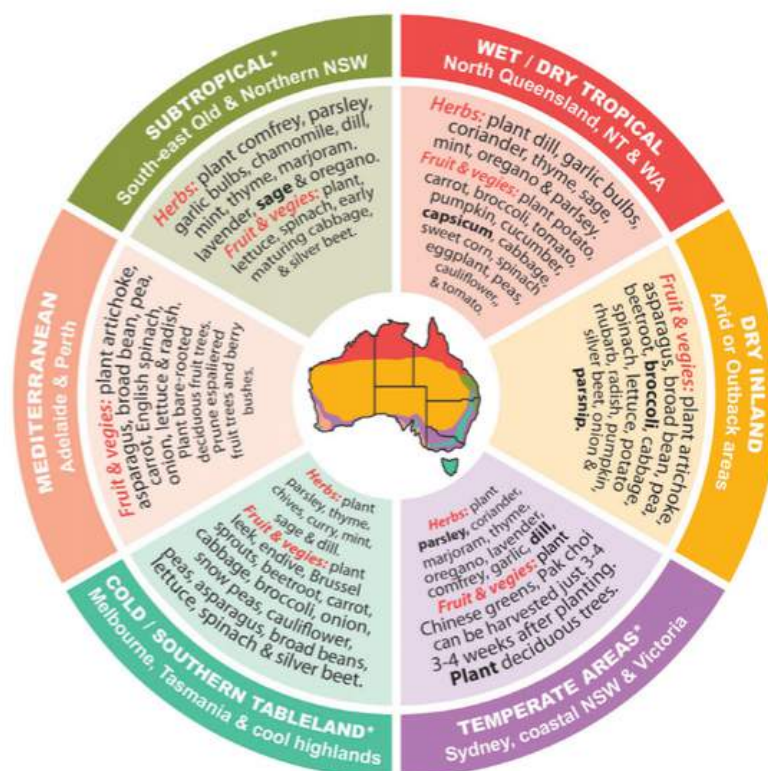
Winter

Herb, Fruit & Vegie Planting Guide

By Temperate/Regional Zones

For Winter Flower Planting or Seasonal Planting Guides;

www.abouththegarden.com.au



Subtropical (includes: South-east Qld & Northern NSW)

HERBS - plant chamomile, comfrey, dill, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, sage, sorrel and thyme.

FRUIT & VEGETABLES – plant spinach, silver beet, lettuce and early-maturing cabbage.

Wet & Dry Tropical (includes: North Queensland, NT & WA)

HERBS – plant dill, garlic, marjoram, mint, oregano, parsley, sage, Thai coriander and thyme.

FRUIT & VEGETABLES - sow broccoli, cabbage, capsicum, carrot, cauliflower, cucumber, eggplant, peas, potato, pumpkin, spinach, sweet corn and tomato.

Dry Inland (includes: Arid or Outback areas)

FRUIT & VEGETABLES - plant artichoke, asparagus, broad beans, beetroot, broccoli, cabbage, carrot, lettuce, onion, parsnip, pea, potato, pumpkin, radish, rhubarb, silver beet and spinach.

Temperate Areas (includes: Sydney, coastal NSW & Victoria)

HERBS – plant chamomile, comfrey, coriander, dill, feverfew, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, sage and thyme.

FRUIT & VEGETABLES - plant Chinese greens (for example Pak choi).

Cool & Southern Tablelands (includes: Melbourne & cool highlands)

HERBS – plant chives, curry, dill, mint, parsley, sage and thyme.

FRUIT & VEGETABLES - plant artichoke, asparagus, beetroot, broad beans, broccoli, Brussels sprout, cabbage, carrot, cauliflower, celery, endive, leek, lettuce, onion, peas, snow peas, silver beet, spinach and radish.

Mediterranean (includes: Adelaide & Perth)

FRUIT & VEGETABLES – plant artichoke, asparagus, broad bean, carrot, English spinach, lettuce, onion, pea and radish.



Sticky Date Pudding

Ingredients

60 g butter softened
3/4 cup caster sugar
2 eggs
1 1/4 cups dates chopped
1 cup boiling water
1 tsp bicarbonate of soda
1 1/2 cups self-raising flour
1/8 tsp vanilla essence

Sauce

1/4 cup golden syrup
125 g butter
1 cup brown sugar
1 cup thick cream

Method

1. Mix the dates and bicarbonate soda in a bowl. Pour over the boiling water and leave to stand for 30 minutes.
2. Cream the butter and the sugar.
3. Add the eggs one at a time and beat well.
4. Fold in sifted flour and stir in date mixture and vanilla.
5. Pour into a greased, rectangular, ovenproof dish.
6. Cook for 30-40 minutes at 170C or until firm when touched in the centre.
7. Sauce: Melt the butter, sugar and golden syrup. Stir until dissolved.
8. Remove from the heat and stir in the cream.
9. Cut the pudding into squares and serve with the sauce, cream and/or icecream.



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

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

- Maya Angelou



Are you following us on
facebook

@volunteeringand
communityprograms



African Animals

Word Search

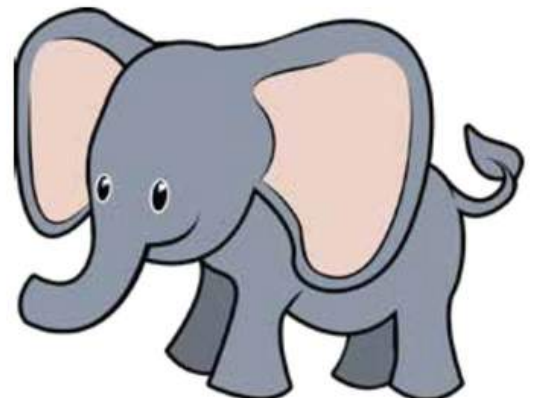
DIRECTIONS: Find and circle the African animals in the grid. Look for them in all directions including backwards and diagonally.

AARDVARK
BABOON
BAT
BONobo
BUFFALO
CHEETAH
CHIMPANZEE
CROCODILE
ELEPHANT
GAZELLE
GELADA
GENET
GIRAFFE
GORILLA
HARTEBEEST
HEDGEHOG
HIPPOPOTAMUS
HONEY BADGER
HYENA
HYRAX
IMPALA
JACKAL
LEOPARD
LION
MANDRILL



MEERKAT
MONGOOSE
OSTRICH
PANGOLIN
PORCUPINE
RHINOCEROS
SABLE

SERVAL
SPRINGHARE
VULTURE
WARTHOG
WATERBUCK
WILDEBEEST
ZEBRA



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.



Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	



Health Benefits of VOLUNTEERING



Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)*

95% of individuals feel good after volunteering*

Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer*



said volunteering makes them feel happier**



said volunteering makes them feel healthier**



said volunteering makes them feel less stress**



said volunteering helps them sleep better**

*Based on Dr. Allan Luks' research

**Based on Dr. Stephen Post's research in a survey about helping (an average of 100 hours/year)



Blackberry Mulled Wine

Ingredients

- 1 bottle red wine
- 2 cinnamon sticks plus extra for garnish
- 4-5 cloves, plus extra for garnish
- 2 star anise, plus extra for garnish
- 1 orange, juiced
- 1 cup apple cider .
- 5 cup brandy
- 1 cup blackberries
- .25 cup maple syrup

Method

Pour a bottle of wine into a pot or pan. Add all ingredients. Bring mixture to a low simmer for 30 minutes to one hour being careful not to boil. Serve in mugs and garnish with a cinnamon stick, clove, and star anise.

HAPPY BIRTHDAY



June

Hilly Avery-Hart
Marilyn Clark-Dolny
Cheryl Lowe
Cheryl Butler
Craig Kitto
Bob Scott



July

Val Lockman
Sally O'Rourke
Amanda Leithhead
Roger Bell
Desley Auld
Cath O'Coner
Glenys Cardillo



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 July.

To submit stories, please email us.

The CVS team

Answers

Riddles:

1. Tilly, This makes the names Do, Re, Me, Fa, So, La, Ti
2. I am a map
3. A barber
4. A coat of paint

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	HUNCH
Pioneer in photocopying.	XEROX
Bitterly sarcastic.	CAUSTIC
Gas in some signs.	NEON
Eskimo canoe.	KAYAK
Chinese medicinal root.	GINSENG
Where a rubber duckie lives.	BATHTUB
Roll in the mud.	WALLOW
Pleasure traveller.	TOURIST
Temporary loss of memory.	AMNESIA
Deadly.	LETHAL
Pizza herb.	OREGANO
Very knowledgeable.	ERUDITE
Forty-eight hours before tomorrow.	YESTERDAY
The most.	MAXIMUM
Excessive.	SUPERFLUOUS
Feudal land.	FIEF
Trepidation	DREAD
Water storage area.	RESERVOIR