

WELCOME TO THE FORTY-FORTH VOLUNTEER NEWSLETTER!

In here you will find out about training dates, stories, jokes, tips, updates, new roles available and other important volunteering information.

If you have a story to share (can be regarding your volunteering or personal experiences) please contact me on

E: tneave@cah.vic.gov.au

P: 5232 5204

Mon-Wed 9.00-2.00

Thurs 9.00-3.00



LOCKDOWNS and VOLUNTEERING

It's all a bit trying these lockdowns and restrictions, but we are a resilient lot and I hope you are all supporting each other.

If you need to call for a support chat or any other support please do not hesitate to call me.

Given the on again off again nature of Volunteering and the confusion around when can I return to my role, I have put together a general guideline to help with these questions.

Once a lockdown is announced. All face to face volunteering will be put on hold.

However all visiting volunteers – Do Care, Palliative Care and visitors to residents in aged care should, where possible, continue to communicate via phone, emails, zoom, face time etc. it's important we keep in contact with those in the community.

Volunteers who will allowed to return first: **Stage 1**

Visiting Volunteers (if visiting private houses is allowed which volunteers can for compassionate/caring reasons) - with the exception of aged care facilities as they reopen at different times. Please ask the COVID screening questions before every visit. If you need assistance contact Tracy Neave or Susan Hampshire (if you are with do care) regarding this.

Gardeners and admin will be able to return (again except for Corangamara where returning will

be later due to aged care compliance) again please contact me to find out when you may return.

Drivers may also be able to return to transport for medical appointments. Keeping social distancing with client in back seat of car on left hand side. Clinicians who have requested transport will ask COVID screening questions unless it is a private request in which case the volunteer will ask the screening questions before pick up, again please ask Tracy Neave for any assistance with this.

Stage 2: Group Volunteers

Miller House, Neighborhood House, Birregurra Lunches these will all depend on space/people ratio restrictions in place at the time, please contact the coordinator of your area Kylie Edwards, Julie Halifax, Sandra Lawrence or Tracy Neave for guidance in these areas.

Stage 3: Acute, FMC, Theatre, Corangamara lifestyle.

From 17 September 2021, residential aged care workers must be vaccinated against COVID-19 as a condition of employment. Full time, part-time and casual residential aged care workers, volunteers engaged by a facility, and students on placement are required to receive a minimum first dose COVID-19 vaccine by this time, as mandated by the National Cabinet and First State Ministers Victorian Government Health department.

As these contain the most vulnerable people, volunteers within these areas will be last to return. Again please contact Tracy Neave for guidance on when you can resume volunteering here.

Please have patience with all these comings and goings, it is inconsistent and can be frustrating but being a

health service we need to err on the side of caution for the protection of our clients/residence/patients and for you the community.

Thank you all for remaining to stay volunteering with Colac Area Health in this challenging environment we find ourselves in. We do so appreciate each and every one of you and what you are doing.

FLU AND COVID VACCINE - EVIDENCE REQUESTED

If you have had the influenza and/or the COVID19 vaccine(s), please provide a copy of receipt to Tracy Neave, by post to 2-28 Connor Street Colac, as soon as possible. Colac Area Health is required to keep a copy as evidence of your vaccination on your personnel file. **All volunteers in Aged Care, like employees, are required by Government to be Covid vaccinated.**

If you didn't receive a receipt at the time of having your vaccine, please call your GP or the clinic where you had the vaccine(s) to request a copy.

As you will be working in a health setting, we strongly encourage you to considering getting both the vaccines available.

COVID TESTING / VACCINES and FLU VACCINES

To book for a **COVID vaccine** or to be **tested for COVID** please call **1800 512 424**

CAH SOCIAL CLUB CARD AVAILABLE

Volunteers are able to acquire a staff social club card which gives you access to discounts from business across Colac including discount cinema tickets.

Cards are just \$13 for a financial year.

If you would like to receive a discount card please let me know on 5232 5204 and I can arrange details with Human Resources.

VOLUNTEER TRAINING 2021

If you have not completed volunteer training within the last 3 years we ask you to complete **one** of the following training sessions, covid restrictions pending.

23 September 12.30 – 2.30

Otway Tutorial Room, Colac
Lunch provided

23 November 12.30 – 2.30

Birregurra Community Health
Centre
Lunch provided

The training is a requirement as a CAH volunteer. This information was provided to you when you applied and was interviewed for your volunteering role.

Training can be completed by either: Participating in a group face to face session or online. **Please contact Tracy Neave to book in.**

VOLUNTEERS REQUIRED FOR THESE ROLES

If you have additional time you would like to help out or know someone who may be interested.... We have the following opportunities available:

Miller House Visiting Program –

Visit people who are lonely or isolated in their homes. Weekly or fortnightly visits for an hour.

Miller House Activity Program –

Assist with activities and outings once a week or fortnight for a morning or afternoon

Auxiliary – Help with fundraising during the year. Selling raffle tickets and other events. Attend monthly planning meetings.

GUESS THAT SONG

1. Oh-oh

If you ever find yourself stuck in
the middle of the sea
I'll sail the world to find you
If you ever find yourself lost in
the dark and you can't see
I'll be the light to guide you
We'll find out what we're made of
When we are called to help our
friends in need

2. Some other folks might be

A little bit smarter than I am
Bigger and stronger too
Maybe
But none of them will ever love
you
The way I do
It's me and you, boy I used to
think maybe you loved me now
baby I'm sure

3. Watching girls go passing by

It ain't the latest thing

I'm just standing in a doorway
I'm just trying to make some
sense



SOMETHING TO PONDER ON..



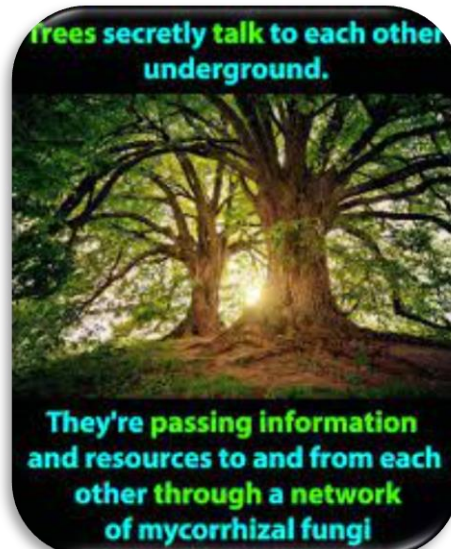
QUOTE OF THE MONTH



IMAGE OF THE MONTH



Never regret
a day in your life:
good days give
happiness, bad days
give experience,
worst days give lessons,
and best days give
memories.



JOKES OF THE MONTH

Q: If April showers bring May flowers;
What do May flowers bring?

A: Pilgrims



Q: Though I enjoy the sport, I could never date a tennis player.
Love means nothing to them.



A chemist walks into a pharmacy and asks the pharmacist, "Do you have any acetylsalicylic acid?"

"You mean aspirin?" asked the pharmacist.

"That's it! I can never remember that word."





20 Questions.....

1. Which is the largest landlocked country by area, in Africa?
2. Complete this Shakespeare quote from Hamlet – 'Frailty, thy name is...?'
3. The British mountain climb grade HS stands for what?
4. What is the name of the villain played by Cillian Murphy in the film Batman Begins?
5. Which Briton is the only man to have won the Formula 1 World Title, the Indy 500 and Le Mans?
6. The Scottish 'O Shanter cap' was traditionally made from what material?
7. What is the name of the small piece of gummed paper used to attach stamps in an album?
8. Which 'crooner' stars in the 1949 film 'A Connecticut Yankee in King Aurtur's Court'?
9. A well known saying for something that is disliked is 'as popular as a ...?'
10. In 2010, physiologist Robert Edwards was awarded a Noble Prize for the development of what?
11. A person unwilling to change or adapt is called a?
12. In 1974, the Hollies had a hit song with 'The air that I....?'
13. Hammish Blake is the host of the reality TV show Lego what?
14. A famous US Western Wagon route stretching out from Missouri was the what trail?
15. As of 2018, which video game franchise had not been adapted into a feature film?
16. In the Australian Honour system, which appointment to the Order of Australia is the highest?
17. 'We used to be friends' by the Dandy Warhols is the the opening theme song to which TV series?
18. To receive something 'gratis' means to get it....?'
19. Which Tina Turner song begins with 'I call you, I need you, my heart is on fire'?
20. Sometimes called suspenders; what is another name for straps?

Thanks to Virginia for the quiz questions!

Self-Care September 2021

ACTION FOR HAPPINESS



MONDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

TUESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

WEDNESDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

THURSDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

FRIDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 Notice what you are feeling, without any judgment

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

SATURDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

SUNDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 No plans day. Make time to slow down and be kind to yourself

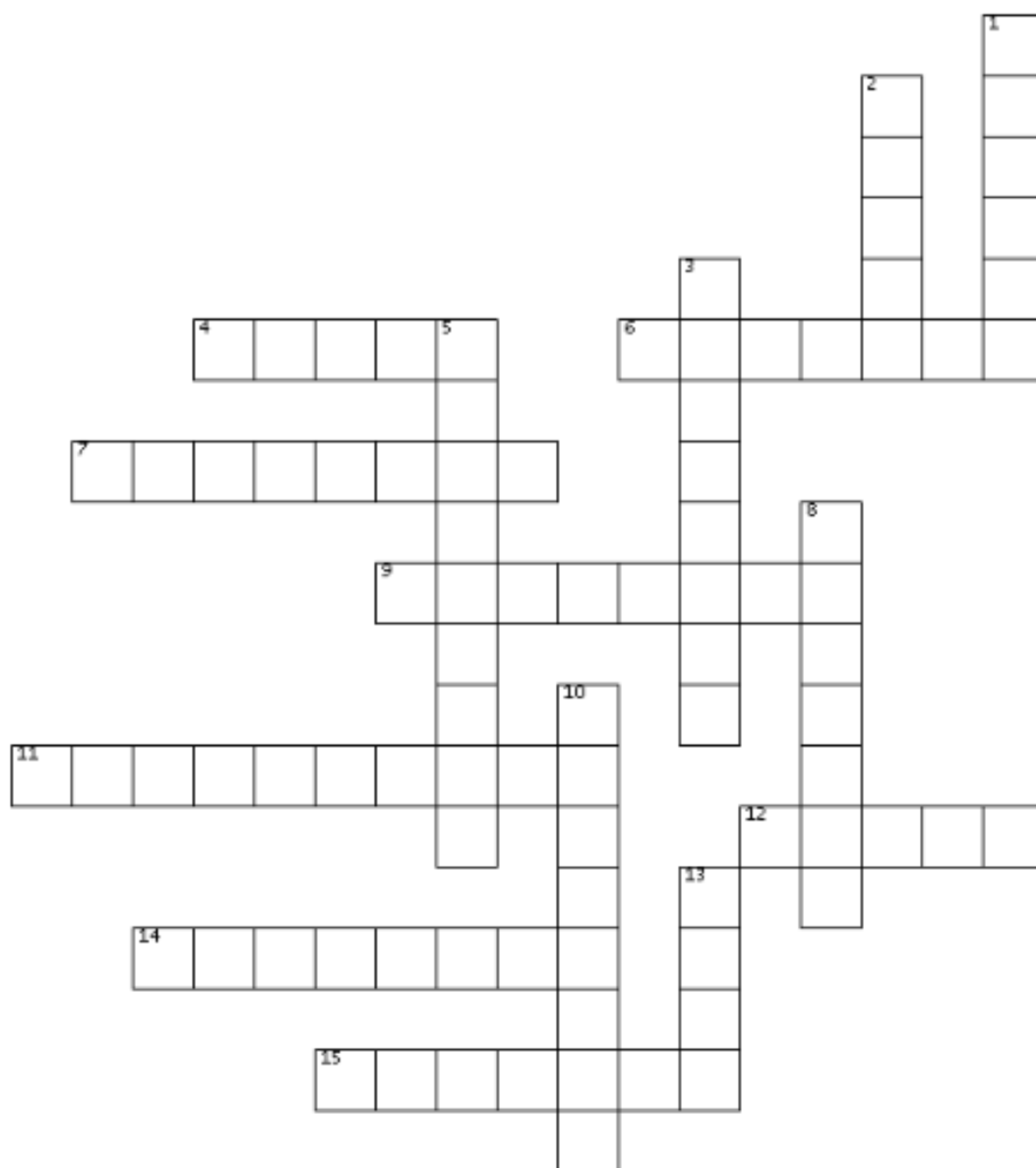
26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

Happier · Kinder · Together



Flowers will Bloom and Magpies will Swoop



ACROSS

4. Rudbeckia Hirta is more commonly known as a Black-Eyed...?
6. The Collingwood retired Number 42 last belonged to Darren...?
7. Coming second to Tony Lockett on the all-time goal-kicking list is Gordon...?
9. Collingwood's traditional home ground was what Park?
11. The current captain of the Collingwood FC is Scott...?
12. The French word for flower is...?
14. Dame Edna Everage is fond of handing to her audience what sort of flower?
15. The national flower of Scotland is the...?

DOWN

1. The Australian cricket team chant: "Under the southern cross we stand, a sprig of what in my hand"?
2. Replacing Eddie McGuire as President was Mark...?
3. Captain of Collingwood from 1952-1955 was Lou....?

5. Named after a self-absorbed Greek Mythological figure, Daffodils and Jonquils belong to which genus of flower?

8. Captain of their 2010 Premiership team was Nick...?

10. Lead character on British sitcom 'Keeping Up Appearances' was who Bucket?

13. A star of 'Two Hands', 'Troy' and 'Peter Rabbit' is Australian actress who Byrne...?

Thanks Quincy for the crossword questions!

Crossword Answers:

Across	
4. Susan	15. Thistle
6. Millane	14. Gladioli
7. Coventry	12. Fleur
9. Victoria	11. Pendlebury
13. Rose	
Down	
1. Wattle	
2. Korda	
3. Richards	
5. Narcissus	
8. Maxwell	
10. Hyacinth	

Guess that song Answers:

1. Count on me – Bruno Mars
2. You've got a friend in me – Randy Newman
3. Waiting on a friend – The Rolling Stones

Quiz Answers:

1. Chad
2. Women
3. Hard severe
4. Scarecrow
5. Graham Hill
6. Wool
7. Hinge
8. Bing Crosby
9. Snake in a lucky dip
10. IVF
11. Stick in the mud
12. Breathe
13. Master
14. Oregon
15. Grand Theft Auto
16. Companion
17. Veronica Mars
18. Free
19. Simply the best
20. Braces



*"Sometimes you will never know the true value
of a moment until it has become a memory."
-Theodor Seuss Giesel.*



In loving memory - I knew the true value in the moment