



South West
DO CARE

Volume 19 Issue 5
June '18

Do Care News



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Newsletter of South West Do Care Inc.
Serving the communities of Colac and
Apollo Bay since 1983.

From the Office...

Each year we hold a Shared Learning Day to learn about a topic that is important for both our Volunteers and Members. This year we are combining the groups for a Shared Learning Afternoon. Our guest presenter is from **The Aged Care Complaints Commissioner's office**. The Commissioner is the key point of contact if you have any concerns about the care/service you are receiving or someone you know is receiving. With the many changes happening in Aged Care this is sure to be an informative and interesting presentation. All details will be in the July issue but in the meantime mark **Tuesday 10th July** on the calendar. I look forward to seeing many of you there.

It was such a pleasure to formally recognise our volunteers at a dinner in Colac and special lunch in Apollo Bay. We greatly appreciated Mayor Joe McCracken attending the dinner in Colac and personally thanking all our volunteers for their wonderful work. For those who were unable to attend I pass on our heartfelt gratitude and hope that you will be able to come along next year.

What do you call a lazy baby kangaroo?

A pouch potato!

Keep laughing—it's a great pep up tonic!

Cheerio,

Madeleine



Cheryl trying to woo a disinterested Maurie during the SWDC's Got Talent segment at the NVW Colac dinner

SWDC Inc Board of Governance 2017-2018

Tony Mahoney-**Pres.** Frank De Lorenzo-**Vice Pres.** Jim Ryan-**Sec.** Scott Johnstone -**Treas.**
Ken White Pauline Robertson Bev Smith Brian Crook

OFFICE HOURS

Monday to Friday 9.00am-4.00pm.

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Maurie—Mon, cvs@southwestdocare.org.au

Postal Address: **PO Box 338, Colac Vic 3250**

Street Address: **26 Murray Street, Colac** (side entrance)

A BIG "THANK YOU"
TO OUR DISPLAY
BOARD SPONSOR
FOR THIS MONTH:
**Colac Area Health
Cafe**

Social Support—Group Activities

Ramblers—Tues weekly (P/u start at 9.30am)

Book worms— Wed 6th June 10am @ Library (P/u start 9.30am)

Games Afternoon—Wed 6th June - 1pm start @ Lions Comm. (P/u 12.30pm)

Keeping Active—Thurs 7, 21 & 28 June @ 10am (P/Ups start at 9:30am)

Movies— Taking a break

Mystery Bus Trips—Wed 13th & Mon 25th June (P/u start at 12.30pm)

Ladies Lunch— Thurs 14th June 12noon @ RSL. (P/u start 11.15am)

Men's Group: Lunch at Legacy House—Friday 1st June

P/ups start 11:15am—12pm Cost: Activity \$8 + Lunch \$12

Italian Women

Friday, 8th June



Mercy / Lions Community Room

Students from Birregurra Primary will be our guests to celebrate Italian Liberation Day. P/Ups from 12:15pm

The Clogs—Next meet in July

Living & Learning at Mercy/Lions

Mon 18th June - 1pm start

Marg Taylor is a breeder of Miniature Dachshund dogs; she will be sharing her many aspects of breeding, showing and the creative things she makes featuring the super cute dogs.

(P/Ups start @ 12:30pm)

Activity: \$8 Please bring a small plate

Let's Go Trip

Wed 20th June



Mortlake and it's history.

This amazing small town in the heart of the Western District with many interesting aspects to its history and geology. The mineral Olivine is found locally allowing Mortlake the title of "Australia's Olivine Capital".

A local historian will be giving us a talk followed by lunch in the very historical Mt Shadwell Hotel built in 1855.

Activity cost: \$8 + \$10 Bus + Lunch

PLEASE NOTE

- Our brand-new **Keeping Active** is on each Thurs morning except 14th
- Activity Voucher books are available at the Office.
- Activity cost is \$8, but if you pre-purchase vouchers, it works out cheaper.
- Games has been moved to the first Wednesday afternoon in the month.
- Let us know if you need to be picked up via the bus for the activities.

Susan's Spiel

It's my turn now. Fancy me having the first month of winter to talk with you!! In saying that, wasn't autumn just the best. however I did not enjoy the fog-or the driving in it. Which brings me to one of my pet dislikes...if you are driving in the fog, **please please please** have your **HEADLIGHTS** on, not just your parkers. Having to pull out onto the highway from my place, it makes things so much easier when cars have the headlights on. They are far more visible.

We have welcomed 12 new members to Do Care this year. Isn't that wonderful. It is most encouraging for the Staff to see new people joining. Hopefully, it means we are doing something right.

It is also lovely to see how welcoming everyone is of our new people. It can be quite daunting walking into a group of faces, not sure if you know anyone or not, so thank you for making it easier.

I am continuing to do my Home visits with you all. I really enjoy this part of my job as it gives me the opportunity to get to know you a little better, plus I get to enjoy your company one on one. Please don't be concerned or worried when I ring to make a time with you, I need to make sure we have all your details up to date, and that we are offering you the support that you want and need. It is as easy as that, except I do need to ask LOTS of questions.

Thank you all for your well wishes to me on the arrival of my gorgeous granddaughter, Abigail. In case you aren't aware, I am totally besotted, and miss my cuddles with her terribly, but I will be getting a few this month when Sophie & Abigail visit for a few days. I am so excited.

Susan Hampshire

Save the Date for the Shared Learning Day

This year the Shared Learning Day is on **Tuesday, 10th July**, starting at 1.30pm to 3.30pm, at the Library. We are combining the sessions this year.

A spokesperson from the Aged Care Complaints Commissioners Office is coming to talk with us.

Afternoon tea will be served.



Ladies Lunch

L: Pauline,
Mary &
Margaret

Below: Joy &
Gladys

How is this for a
chuckle?
What do you
call a lazy baby
kangaroo?
A pouch potato!

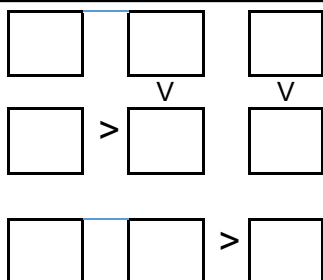


A little bit of mischief doesn't hurt. Here we have Beryl, or should I say Sid, or should I say Beryl? and Joan having a laugh at Beryl wearing Sid's name tag. Thanks Sid for sharing it, thanks Beryl for the fun.

Puzzle page

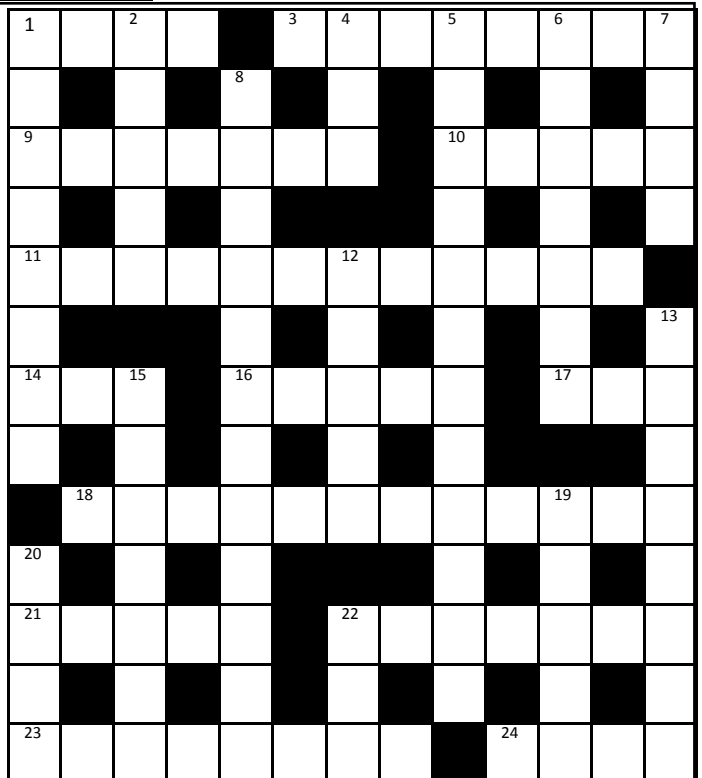
Do Care Trivia

1. In 1796 Edward Jenner developed the vaccination for what disease?
2. Florence Nightingale aided the sick and wounded during which war?
3. What is the most visited museum in Europe?
4. What is Walt Disney's middle name?
5. Which Christian missionary is said to have banished all the snakes from Ireland?
6. "Call me Ishmael" is the opening line in which novel?
7. Which blood type is the most common in humans?
8. What is the only bird known to fly backwards?
9. What breed of horse is best known for its use in racing?
10. Which gland in the human body regulates metabolism?



Fill in the square using the numbers 1-3. Each number can only be used once in each row and once in each column. Inequality symbols between the numbers will help you by indicating whether the number is greater or less than those around it.

Can you work out what phrase or word is represented by the letters to the right?



Across

- 1 Pip
- 3 Indian or African Animal
- 9 flow of electricity
- 10 Ordered series
- 11 Curry-flavoured soup
- 14 Force by impact
- 16 Become ground down
- 17 Afternoon meal
- 18 Unbent
- 21 Earthy metallic oxide
- 23 Fellow member of the Communist Party
- 24 Vipers

Down

- 1 Tree of the maple family
- 2 Recruit into an army
- 4 Allow
- 5 Token that mailing fees have been paid
- 6 Versus, opposed
- 7 Swarm
- 8 On purpose
- 12 In the centre of
- 13 Female prison guard
- 15 New testament book
- 19 Approaches
- 20 Capital of the former West Germany
- 22 Sebastian _____, Former athlete.

1.T_RN

2.VIT MIN

3.SSSS
BBBB

4.STEP SPETS SPETS
5.H

AAAA
RRRR

2
O

6. SES AME

GGGG

7.THE CALM BEFORE

Do Care in Photos



Men's Group

ventured to Simpson Men's Shed.

L: Ian, Eric, Marg, Kevin, Jeff, Rex.

R: Ian, Rex, Leo, & Sid.

Below Left: Kevin, Marg, Peter, Craig, & Eric



The Clogs joined the Geelong Dutch Group for Orange Day.

Below Left: Jo & Pauline

Below: Harry, Pauline, Ria & Adriana



NVW Volunteers' Dinner.

Top Left: Lady Fifi, aka Cheryl

Top: Fred, Mayor Joe, Harry

Top Right: Ruth & Vera
Centre Left: Madeleine, Edna & Gerda

Centre Right: Helen & Pauline.

Bottom Left: Maurie & Doris

Bottom Right: Sally & Brian



Flu Vaccines

Two new flu vaccines are available from April for Colac & district residents aged 65 years & over. The new vaccines will provide stronger protection for over 65s. The new vaccines work by generating a strong immune response and are more effective for this age group in protecting them against influenza. We are all encouraged to get a flu vaccination before the peak season starts in June.

The flu vaccine is free for people over 65 years and is available at your local GP or chemist.

**STAY WELL
THIS WINTER**



Mystery Bus Trip
Far Left: Crystal & Valda
Left. Sylvia & Joy enjoying their cuppa.
Below: Raymond meeting one of Lisa's alpacas.
Below Left: Lisa's alpacas.



Puzzle Answers

Trivia Answers

1. smallpox
2. Crimean War
3. The Louvre in Paris
4. Elias
5. St Patrick
6. Moby Dick
7. O+
8. The Hummingbird
9. Thoroughbred
10. Thyroid

1. No U turn
2. Vitamin A deficiency
3. Up for grabs
4. 1 step forward, 2 steps back
5. Waterfall
6. Open Sesame
7. The calm before the storm

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



South West Do Care —June—Phone 5231 1747

Mon	Tue	Wed	Thu	Fri
Please phone the Office to let us know which activities you are interested in.				1. MEN'S GROUP Cost: \$8 Activity + \$12 Lunch Starts at 12pm P/U from 11:15am
4.	5. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	6. BOOK WORMS P/ups from 9:30am Starts at 10 am Cost: \$8 Activity CARDS/GAMES P/ups from 12.30 Starts at 1.00pm Cost: \$8 Activity	7. Keeping Active P/ups from 9.30am Starts at 10am Cost: \$8 Activity	8. Italian Women Italian Lib'n Day Afternoon at Mercy / Lions Comm Room P/Ups from 12:15pm Starts at 12:45pm Cost: \$8 Activity
11. QUEENS BIRTHDAY HOLIDAY (Office Closed)	12. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	13. Mystery Bus Trip P/ups from 12:30 Cost: \$8 Activity + \$6 Bus	14. LADIES LUNCH P/Ups from 11:15am Start at 12pm @ RSL Cost: \$8 Activity + lunch	15.
18. LIVING & LEARNING P/ups at 12.30pm Starts at 1.00pm Cost: \$8 Activity	19. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	20. LET'S GO Bus Trip P/ups 9am - Mortlake Cost: \$8 Activity + \$10 Bus + lunch	21. Keeping Active P/ups from 9.30am Starts at 10am Cost: \$8 Activity CHAT & CHEW Gp 2	22.
25. Mystery Bus Trip P/ups from 12:30pm Cost: \$8 Activity + \$6 Bus	26. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	27.	28. Keeping Active P/ups from 9.30am Starts at 10am Cost: \$8 Activity	29.

BLANE'S Colac Office and School Supplies
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