

June '19

Volume 20 Issue 5



South West DO CARE



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Do Care News

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

From the Office...

In May, we gave a humongous thanks to all the incredible Volunteers across Australia during National Volunteer Week. Closer to home SWDC held our NVW annual dinner and marked some amazing milestones (see right and p3). Great fun was had, with entertainment by the talented Saul Kavanagh. I thank our Deputy Mayor, Joe McCracken for his attendance.

A lunch was held in Apollo Bay for our special volunteers in the 'Bay'. Our Shared Learning afternoon is being held again in July. This year the topic is

Scammers. A guest speaker will discuss the latest scams and how best to avoid them. If you have any concerns then this is the event for you! The talk will be followed by afternoon tea and a chance to chat. Volunteers, family and friends are also invited along. Details can be found on p 3.

See also inside for photos of our fun-loving Members getting out and about (despite the cooler weather!).

Cheerio, *Madeleine*



At the NVW Dinner, the following ladies were awarded their **Life Memberships**: Teresa Demasi, Lorenza Cavalieri, and Amelia De Lorenzo. Well done ladies, and thank you for your years of service.

SWDC Inc Board of Governance 2018/2019

Tony Mahoney-**President** Frank De Lorenzo-**Vice President**.

Jim Ryan-**Secretary** Scott Johnstone -**Treasurer**

Ken White Pauline Robertson

OFFICE HOURS

Monday to Friday 9.00am–4.00pm **Phone: 5231 1747**

Madeleine—Tues, Wed, Thurs, Fri-admin@southwestdocare.org.au

Susan—Mon, Tues, Wed, Thurs—liaison@southwestdocare.org.au

Louise—Tues & Thurs, lifestyle@southwestdocare.org.au

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

A BIG "THANK YOU" TO
OUR DISPLAY BOARD
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MONTH:
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Social Support—Group Activities

- > **Ramblers**—Tues weekly (p/u start 9.30am)
- > **Book worms**— Wed 5th June. 10-11.30am @ Library (p/u start 9.30am)
- > **Cards/Games Afternoon**—Wed 5th June. 1-3pm @ Mercy Community Room (p/u start 12.30pm)
- > **Keeping Active**—Thurs 6th, 20th & 27th June. 10-11.30am @ Kanyana. (p/u start 9.30)
- > **Mystery Bus**—Wed 12th June & Mon 24th June. (p/u start @ 12.30)
- > **Ladies Lunch**— Thurs 13th June @ **East Hotel** 11.45am –2.00pm (p/u start 11:00am)

Men's Group:

This month we are heading to the **Union Hotel**, (p/ups from 11.30) Lunch at noon.

Bring along your thinking caps too as we will be having some trivia & quizzes.

All welcome, **please phone in to book & for P/ups.**



Living & Learning

Monday 17th June
Starts @ 1pm (p/ups from 12.30)

Gill Launer will be talking to us about her exchange teacher experience in USA, which lead to her climbing mountains.

Italian Women

Friday 21st June
Colac Neighbourhood House
Starts at 10am (p/ups from 9.30am)

Sharing the joys of Italian culture with students from Birregurra Primary School. Cooking pizza and gnocchi.



Let's Go Trip

Wed 19th June
(p/up from 9.30 am)

LET'S GO!

Heading to the **Great Ocean Road**, starting at Gibson Steps, 12 Apostles, Loch Ard Gorge, on to Port Campbell, finishing with the Bay of Islands & The Bay of Martyrs, and some in between. Included is spectacular ocean watching. There's nothing better than looking at the wild winter seas from a warm cosy bus. Bring your coats & beanies. A feed of Fish & Chips is planned for lunch.

Bus Trips—Don't forget to ring in to book your spot on a bus trip. Sometimes we may have to change preferences depending on the number who booked in. You will be phoned to confirm which trip you are on.

You will be happy to hear we are looking into options for the **seat belts** which get lost in the seats. Research is underway to hopefully find a solution.

WINTER is here; don't forget your coat, etc. Please ring as early as possible to let us know if you can't make a trip. We like to head out with a full bus. The more the merrier.

Mark this one
in your diary!

Save the Date

The Shared Learning Afternoon

is happening again on

Tuesday, 23rd July

This year the topic is about **“Scammers”**

Join us to hear a Crime Prevention Officer talking about scams including new ones and how to avoid them.

Followed by a scrummy afternoon tea
(venue and times to come)



Louise's Lines

Ramblers' reflections....

On the Tuesday before Anzac Day we were able to go to the cemetery for our walk while the flags were going up in honour of our service men and women. There were 1011 flags placed throughout the cemetery during the morning, a local school assisted the staff finding and placing the flags in their correct holdings.

Our group were keen to explore the many flags and to reflect on the ones that were close to family and friends. It was humbling, for all of us, to reflect on what the men and women achieved for our country.



Above: Peggy in front of her brother's grave.



Congratulations and a HUGE thank you to the following volunteers:

Life Members: Amelia De Lorenzo, Teresa Demasi & Lorenza Cavalieri

15 Years: Vera Hay

10 Years: Matt Daniels, Joy Downey, Josephine Galea, Kathy Mahoney, Paul Mahoney, Sarah Matthews, John Modra, Jeany Moffatt, Barry Mousley, Joan Taylor.

5 Years: Shirley Carew, Carol Holmes, Jan Jones, Peter Inglis



Far left: Vera Hay
Left: Carol Holmes
Below:
The Decaders



Susan's Trivia.

1. Anna's mother has 3 children, 2 of whom are called Faith & Natasha. What's the 3rd child's name?
2. Which mountain peak was the highest on earth before Mt Everest was conquered?
3. Two men tried to cross a river in a boat that only carried one person. They both crossed successfully. How is this possible?
4. I am bought for food, but I am never eaten? What am I?
5. A prisoner planned to escape from a prison located on an island, but he couldn't swim. One day, nevertheless, he managed to escape without using tools. How?
6. A man sits at night in a dark room without any light, and reads a book. How is this so?
7. When I was 4 years old, my sister was half my age. Now I am 18, how old is my sister?

Puzzles' Page

X				
			O	O
X				O
				X

Complete the puzzle by putting in an X or an O in each square. There are only allowed 2 of each in each row-vertically, horizontally or diagonally.

All All World All All (3, 6, 3, 5)	LI standing NE (8, 2, 4)	Pack (8)
Mind Matter (4, 4, 6)	Beat (6)	Draft (9)
smo UP ke (2, 2, 5)	person ality (5, 11)	Once 10:15 pm (4, 4, 1, 4)

	7							9
5	1		4	2		6		
	8		3			7		
		8			1	3	7	
	2	3		8			4	
4			9			1		
9	6	2	8				3	
				1		4		
7			2		3		9	6

Place the numbers 1-9 in each square so that each line vertically and horizontally has the numbers 1-

Below: Ruth, one of our wonderful volunteers who helps get the newsletter out to you each month.



Do Care In May.



Cards & Games: so much concentration for one afternoon. We all deserved our cuppas afterwards.
Far Left: Pauline & Beryl playing Jenga.
Left: Kath playing Pick Up Sticks.

Let's Go Trip visited the Gold Museum at Ballarat.
Left: Eric enjoying a chat with Sir Henry Bolte.
Below: Norm Houghton sharing his knowledge with us. Norm was involved in the setting up of the Museum.



Men's Group cooking their own lunch, and what a meal it was too.
Top: Dieter, Eric & Leo having a well earned break.
Left: Sid stirring the pot, as usual.
Top Right: Ian preparing the ham for the soup.



Mystery Bus trip to Gellibrand, enjoying the afternoon tea.
Left: Olive, Val, Phyliss & Beryl
Right: Margaret, Val & Elizabeth enjoying the Gellibrand Gallery

NEW CHARTER OF AGED CARE RIGHTS (Effective from 1st July 2019)

As part of the Commonwealth Govt Aged Care Reforms a new Charter of Aged Care Rights has been created. This single Charter replaces numerous Charters used across different Aged Care services.

This Charter is simpler to read and makes it easier for clients, their families and carers to understand what they can expect from an aged care service.

SWDC will be discussing this new Charter with you over the coming months.. See the Charter below.

Charter of Aged Care Rights

I have the right to:

1. safe and high quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, & to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

Puzzle Solutions.

Susan's Trivia

1. Anna
2. Mt Everest
3. They were on opposite banks
4. A plate
5. The water froze, so he walked out
6. He's reading Braille
7. 16.

3	7	4	1	6	8	2	5	9
5	1	9	4	2	7	6	8	3
2	8	6	3	9	5	7	1	4
6	9	8	5	4	1	3	7	2
1	2	3	7	8	6	9	4	5
4	5	7	9	3	2	1	6	8
9	6	2	8	7	4	5	3	1
8	3	5	6	1	9	4	2	7
7	4	1	2	5	3	8	9	6

Puzzles.

1. All around the world
2. Standing in Line
3. Backpack
4. Mind over Matter
5. Upbeat
6. Backdraft
7. Up in smoke
8. Split personality
9. Once upon a time

X	o	X	o	X
o		X	o	o
X	o	o	X	o
o	X	X		
X	o	o	X	X



South West Do Care —June 2019 —Phone 5231 1747

Mon	Tue	Wed	Thu	Fri
3. MENS GROUP @ The Union P/u start 11.30am. Lunch at 12noon. Cost: \$8 + Lunch	4. RAMBLERS P/ups from 9.30am Starts at 10-11.30am Cost: \$8	5. BOOKWORMS P/ups from 9.30am Starts at 10am Cost: \$8 CARDS/GAMES P/ups from 12.30 Starts at 1.00-3.00pm Cost: \$8	6. Keeping Active P/ups from 9.30am Starts at 10-11.30am Cost: \$8	7.
10. QUEENS B'DAY	11. RAMBLERS P/ups from 9.30am Starts at 10-11.30am Cost: \$8	12. Mystery Bus P/u from 12.30pm. Homeward @ 4pm Cost: \$8 + \$6 a'noon tea	13. Ladies Lunch @ East Hotel P/ups from 11:00am Starts at 11.45-2.00pm	14.
17. Living & Learning Gill Launer is our guest speaker. P/u start 12.30 Cost \$8	18. RAMBLERS P/ups from 9.30am Starts at 10-11.30am Cost: \$8	19. Let's Go Trip Great Ocean Rd Tour P/u from 9.30am Cost: \$8 + \$10 bus + Lunch	20. Keeping Active P/ups from 9.30am Starts at 10-11.30am Cost: \$8	21. Italian Womens Birregurra School Group Neighbourhood House 10.00am start Cost: \$8
24. Mystery Bus P/u from 12.30pm. Homeward @ 4pm Cost: \$8 + \$6 a'noon tea	25. RAMBLERS P/ups from 9.30am Starts at 10-11.30am Cost: \$8	26.	27. Keeping Active P/ups from 9.30am Starts at 10-11.30am Cost: \$8	28

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