

# THE RAG

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## THANK YOU INSPIRED VOLUNTEERS

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### Please note!

The last Service day for Day Activity in 2009 will be  
**Thursday  
17th December.**

Service will recommence on  
**Tuesday 5th  
January 2010**

Hello from Jeanette,  
Christmas is just weeks away. Planning is already in place from our service viewpoint. Can I encourage each of you to check dates and plan to attend some of the functions? Our Christmas party will be on 15th December here at the centre. We have booked entertainment and look forward to enjoying good food and friendship. Odyssey House will entertain us on the 2nd December and then stay and enjoy a Christmas lunch with us. This is such a special opportunity for us to add some kindness to the lives of those that may be doing it tough in certain areas of their lives.

The 17th December is the last day of Day Activity for 2009 when we will enjoy a junk food lunch together.

Do you need a special shopping outing before Christmas? Please let the office know so we can book it in.

Neighbour Aid clients—can you begin to let the office know your needs for over the Christmas break time.

Volunteers—it is important for us to know what time you can give over the Christmas break.

We celebrate and thank our amazing INSPIRED team of volunteers on Friday night, 6th November. This service can only do the many things that make the difference for you and our community because of the committed volunteers. We are very fortunate people to live in Camden Local Government Area with such good support and volunteers.

Till December , take good care  
Jeanette Kingston Manager

## ATTENTION ALL VOLUNTEERS!

This year we will be having our Christmas 'get together' lunch on Friday 18th December from 11.30am till 1.00pm. Please put this date in your diary and we ask that you 'bring a plate'. This is a lovely time of sharing before we have our Christmas break.

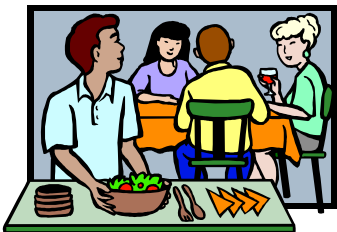
Hope you can come!

**PLANNING AHEAD**



**TWILIGHT DINNER**

6pm on Friday  
6th November at the  
Community Centre.



Volunteer Christmas  
'get together' on  
Friday 18th  
December at the  
Community Centre  
11.30am till 1.00pm

Please bring a plate!

**Birthdays for November**

Jack Audrey  
Shirley  
Nola  
Madoline

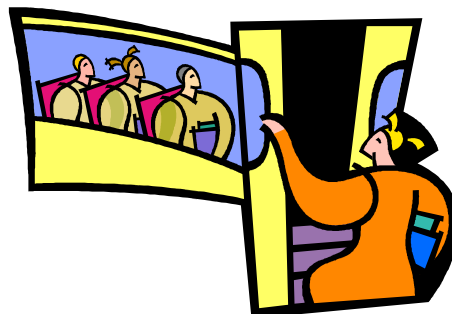


Doreen  
Thelma  
June  
Rae

**Good to  
forgive**

**Best to  
forget!**

**PLEASE REMEMBER—  
IT IS ALWAYS SAFER TO  
DISEMBARK THE BUS BACKWARDS**



**SAFETY FOR SENIORS**

**Nuisance Calls**

- Never give callers personal information.
- If a caller tried to upset you, hang up.

**Out and about**

- Don't carry large sums of money. Pay bills by cheque.
- If you carry a handbag, hold it under your arm or in front of you and never leave it unattended. If you use a wallet, put it inside your jacket or a front pocket.
- Have your car keys ready before you get to your car.
- If you believe you are in danger, shout out and make a scene and go into the nearest shop or busy place.

**Banking**

- Vary the routine of your banking: days, times and branches.
- Put away your money before leaving the teller.
- If you **MUST** carry a large sum of cash, place it in an inside pocket.

**HAVE FUN GETTING OUT AND ABOUT  
BUT HELP KEEP YOURSELF SAFE  
BY REMEMBERING THESE SIMPLE TIPS!**

## Fascinating Facts

In 1894, Lord Kelvin predicted that radio had no future; he also predicted that heavier-than-air flying machines were impossible .

## OOPS!!

\*\*\*

Australia is the sixth largest country in the world. It's about the same size as the 48 mainland states of the USA and 50 per cent larger than Europe, but has the lowest population density in the world - only two people per square kilometre.

## Carers Corner

### Christmas Shopping Respite

Need to get out to do some shopping before the Christmas rush?

This can prove to be very difficult when you are caring for someone with a disability or illness.

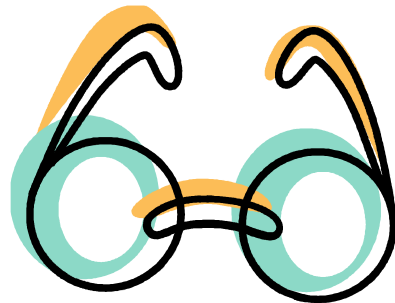
Why not give us a call on 4658 1040 and see if we can arrange for one of our Neighbour Aid volunteers to keep your loved one company while you do some shopping. You might even enjoy some time out yourself.

### Monthly Carers Luncheon

Narellan Congregational Community Centre  
49 Lodges Road Narellan.

A time of chatting, Information and support over a meal and cuppa.

**Next meeting:  
Tuesday: 9th November**



### HAVE YOU LOST YOUR SPECTACLES ?

Two pairs of spectacles have been handed into the office and have not yet been claimed.

If you have recently lost your spectacles please enquire at the office.

We suggest that it would be a good idea to write your name on the inside of your spectacles case so that if you do misplace them they can easily be returned to you.



## Service Information

### Information and Referral Service

Need information about services available then ring 4621 8424 or 1800 683232

### Aged Care Assessment Team

An assessment is required before you can book for residential respite or care.

If you have an assessment it must be updated every 12 months.  
1800728968

**Camden Meals on Wheels** for healthy nutritious meals delivered to your door

**Telephone 4655 6822**

## MANAGING PAIN AND SLEEP

**What exactly is sleep?** - We are still learning about sleep, but it is thought to be an essential and reversible state where the individual is not aware or responsive to the environment—good time out’.

**How much sleep is needed?** - There is no real consensus, however it would appear from recent surveys that there is a wide variation in sleep needs which range from 4 to 10 hours!

**What happens when pain interferes with sleep?** - The deep sleep or recuperative stage of sleep, is being disrupted.

**How can you manage pain symptoms and improve your sleep?** - Try not to put too much pressure on yourself to go to sleep—this makes sleep a process which requires effort and it becomes much harder to achieve. How you think about your sleep is how you will feel about your sleep! If you are unable to sleep it is important NOT to stay in bed for a long period of time. Get up, even for a short time, have a warm drink, do some gentle stretches or slow breathing exercises and go back to bed when you feel more comfortable. You may need to do this a few times through the night if you have a difficult night, sleep wise or pain wise. This strategy may help you to separate the bed from not sleeping and from being in pain! Look at lifestyle factors. Exercise, even gentle exercise strategies such as stretching, are useful in straightening muscles and improving sleep patterns and may also help your mood. It gives you a sense that you are doing something beneficial, and you are!! You do need to be patient and take things slowly and of course consult your doctor to ensure that you will not cause any damage!

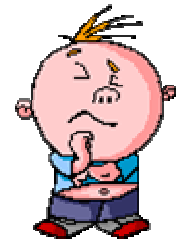
## News and Views

**CORAL IS HOME!**

Many of you have been enquiring about Coral after her recent surgery.

Coral is now home and improving each day. She sends her love and hopefully we will see her back at the Community Centre in the not too distant future.

Better to be alone than be in bad company!

**FREE Hearing Aids for Pensioners**

To book your FREE assessment telephone the Audio Clinic Hearing health care on **1800 057220** and quote **PA2469** when you call to find out if you are eligible.

**Kitchen Proverb**

'Chipped dishes never break'

**Volunteer Training**

**Attention Volunteers!**



Just a reminder to all volunteers transporting clients in either the station wagon or one of the buses, please ensure that you have a mobile phone with you. This enables us to contact you if there is a change to your 'pick up' list and also enables you to contact the office (or call for an ambulance) in an emergency or if you are concerned about something whilst out and about. If you do not have a mobile phone of your own please ask at the office and we will endeavour to provide you with a phone before leaving the grounds.

Your assistance in this matter is greatly appreciated.

Thank you and safe driving!

**NEXT TRAINING WILL BE ON MONDAY 16TH NOVEMBER  
9.00AM TILL 12.00NOON—Please try to come along.**

## VOLUNTEER OF THE MONTH

**Anita** has been nominated as our November **Volunteer of the month**. Anita has been volunteering with Narellan Congregational Community Services since April 2007. Everyone loves her 'silly' sense of humour and we can often hear lots of laughter coming from the kitchen on Tuesdays when she is volunteering. Anita works very hard in the kitchen peeling tons of potatoes and carrots and being part of our very busy team of kitchen assistants. She also helps to run card making groups and is always working away creatively in the background!



We really appreciate Anita's contribution to our organisation and we know that the clients enjoy her happy demeanour.

**WHY VOLUNTEER?** When Anita retired she wanted to do something to keep busy. She decided that she would like to volunteer with our organisation and comes along each week with her husband Denis, who also volunteers driving the bus and helping out in the Community Centre. Anita says she really enjoys her time here.

**WHAT DOES ANITA VALUE MOST?** Her husband Denis, family and friends.

**REWARDS?** Anita likes people and enjoys being around them.

**FEARS?** Spiders, lots of us are—and anything that has a perfume as she is allergic to all sorts of scents.

**WHAT HOBBIES DOES ANITA HAVE?** Anita does drumming, makes her own cards, makes 'bows' for Lifeline, enjoys her garden and of course her volunteering for Lifeline & Narellan Congregational Community Services

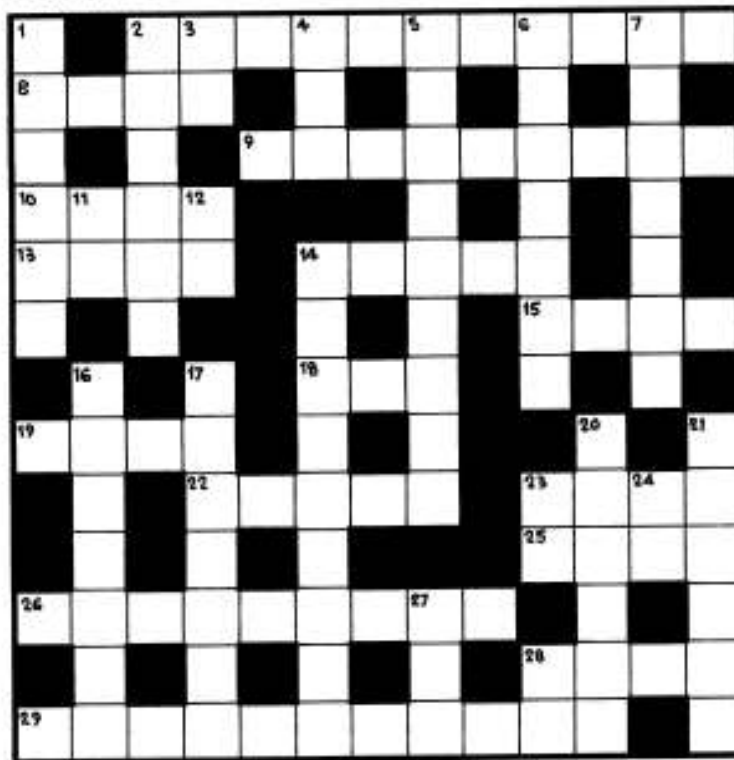
**WHAT COUNTRY WOULD ANITA MOST LIKE TO VISIT?** Canada and Alaska—she has been to these countries but would LOVE to go back.

**Thanks Anita for all you do and for making us smile!**

**Can you think of a volunteer who has 'gone the extra mile' for you? If so, please pop into the office or telephone us on 4658 1040 and nominate someone for next months' 'Volunteer of the Month' spot.**

# Quickie Crossword

Number 4 © E. Baker 2003



**ACROSS**

- 2 Severe criticism. (11)
- 8 Difficult. (4)
- 9 Southernmost continent. (9)
- 10 Stationary point. (4)
- 13 Pattern of rectangles. (4)
- 14 Greek red wine. (5)
- 15 Magnetic metal. (4)
- 18 Consume. (3)
- 19 Surrender rights to. (4)
- 22 More unusual. (5)
- 23 Cut a hole in. (4)
- 25 - - - - Stanley range. (4)
- 26 Under a spell. (9)
- 28 Small oasis in the ocean. (4)
- 29 Growth in maturity. (11)

Authority: Macquarie Dictionary 1987

## Solution to no. 3



**DOWN**

- 1 Alter. (6)
- 2 Believe. (6)
- 3 The modern era (abb). (2)
- 4 Cask. (3)
- 5 Roman fighter. (9)
- 6 Skilled art. (7)
- 7 Viewpoint. (7)
- 11 Alternatively. (2)
- 12 Short Editor. (2)
- 14 Distinct sound rebound. (5,4)
- 16 Accept as true. (7)
- 17 Producing good returns. (7)
- 20 At least altitude. (6)
- 21 Originator. (6)
- 23 Personal stench. (2)
- 24 About. (2)
- 27 Type of tree. (3)
- 28 Not out ! (2)

### FUNDRAISING FOR OCTOBER

Compassion	-	\$ 58.00
Centre Stall	-	\$143.50
Camden Stall	-	\$341.50
African Aids Foundation	-	\$ 10.20
<b>TOTAL</b>	-	<b><u>\$553.20</u></b>

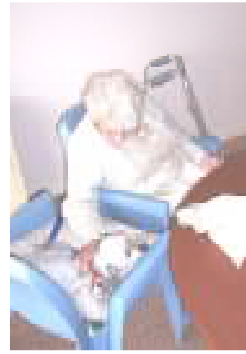
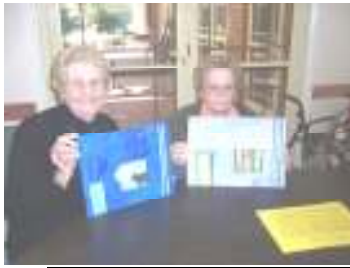
# Narellan Congregational Community Services

49 Lodges Road Narellan 2567

Phone: 4658 1040

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**November 2009**



Sun	Mon	Tues	Wed	Thurs	Frid	Sat
1	2	3 Men outing to Men's Shed Shopping at Campbelltown Mall. Cost \$10 + own meals. Activities at the centre	4 Beauty Care Celebrate Birthdays Active Games  1pm Sing-a-long Table Games	5 Product presentation. Come along and taste a few new products  1pm Chapel service Table Games	6	7 <b>TWILIGHT DINNER</b> <b>For our Inspired Volunteers</b>
8	9	10 Beauty Care Celebrate Birthdays Finish Bunning's project Active Games  12 noon Carers meeting	11 <b>Remembrance Day</b> Quiz  1pm Church Service Table Games	12 Outing—trip to Darrell Lee and lunch at the golf club. Cost \$10 + own meal. Activities at the centre	13	14
15	16 Volunteer Training 9am –12 noon Learn about activities	17 Garden group for fund raising with Jeanette  Craft with Lynne	18 Outing Seniors Lunch Cost \$20  Activities at the centre	19 Beauty Care Celebrate Birthdays  Art with Jeanette  1pm Sing-a-long Table Games	20	21
22	23	24 Beauty Care Art group for men Activities for all  1pm Church Service Table games	25 Decorate the centre Prepare for Christmas  Outing for Christmas Shopping Activities at the centre	26 Line dancers Great morning of movement and music  1pm Exercises for all	27	28
29	30	1 <b>December</b> Outing Activities at the centre  6pm <b>Light up Camden</b>				