

THE RAG

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MUCH IS HAPPENING IN MAY

Hello everyone,
 Can you believe it is May already?
 April has been another busy month for the service, particularly with Neighbour Aid.
 We had our Staff and Volunteer Dedication Service and BBQ on 14th April. It was a really lovely evening and was well attended. Thank you to everyone who came and helped to make it such a success.
 During the last week of April we encouraged you to invite your care worker for either morning tea or lunch. This was a great way to say 'thank you' to these people who are so much a part of your day.
 Jeanette is slowly recovering from being unwell and we continue to think of her and pray for her. At present she is having some 'good days' and some 'not so good days'. We hope that during May Jeanette has lots more 'good days' and we will see more of her at the centre.
 These Autumn days are so beautiful, but don't forget the nights are getting quite chilly now. Make sure you keep warm as evening draws in. Particularly when you are sitting watching television or doing your knitting! Hot soups and drinks are always a great way to keep warm from the inside out!
 Take care—until next month.

VOLUNTEERS
 Our next meal out together will be on Wednesday 19th May 6pm at the TAFE Restaurant. Please RSVP no later than Monday 17th May.

PLEASE REMEMBER

DUE TO STAFF TRAINING THERE WILL BE NO DAY ACTIVITY ON THURSDAY 13TH MAY 2010

Planning Ahead

**Biggest
Morning Tea
Wednesday
26th May 2010**



Hairdressing

Rebecca will next be at the centre on **Wednesday 5th May**. Contact the office to make an appointment



Birthdays for May

Mavis Eddie
Geraldine
Jacob Les
Thomas
Audrey



Jeffrey
Dorothy
Edith Joy
Karen Doris

A gentle answer turns away wrath, but a harsh word stirs up anger.

NATIONAL RELAY SERVICE

Deaf and hearing-impaired people experience huge challenges that can lead to greater levels of mental illness and stress.

These challenges include:

- Loss of confidence
- Depression
- Withdrawal, isolation and loneliness
- Exclusion from family and social activities
- Irritability and anger
- Frustration and embarrassment
- A feeling that they are being ignored
- High levels of fatigue

Simple every day tasks like phoning a friend, contacting the bank, booking a taxi, ringing the doctor or organising an electrician can prove to be impossible! Some people find admitting to their deafness or the severity of their hearing loss can be embarrassing and they don't want to ask family or friends to help.

The National Relay Service is a government initiative that provides a phone service for deaf, hearing impaired and speech-impaired people.

FOR MORE INFORMATION RING 1800 555660

EMAIL: helpdesk@relayservice.com.au

OR

SMS: 0416 001350

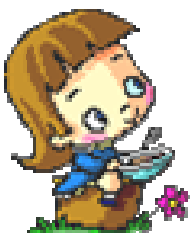
Carers Corner

Fascinating Facts

There are thousands of species of spiders in Australia, and most of them are harmless.

Only Sydney [Funnel-web](#) and [Red-back](#) spiders are known to have caused deaths.

Fewer than 30 people have died in Australia as a result of spider bites, and none have been recorded since 1981.



CARERS SUPPORT KIT

This kit can be obtained from Carers NSW Australia.

For more information ring 9280 4744.

We will be supporting our carers this month with a lovely time of pampering.

If you would like to participate please ring the office to confirm that you will be coming along on 11th May so that we can cater for you.

If you require transport just let us know.

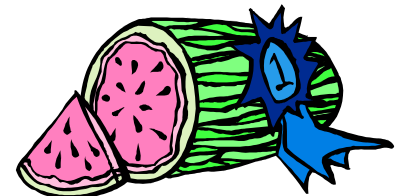
Monthly Carers Luncheon

Narellan Congregational Community Centre
49 Lodges Road
Narellan.

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

Next meeting: Tuesday 11th May 2010—TREAT DAY. Prepare to be pampered!!

HERE'S A YOUNG GIRL WHO IS DESTINED TO SUCCEED.



She visited a farm one day and wanted to buy a large watermelon.

“That’s three dollars,” said the farmer.

“I’ve only got 30 cents,” said the young girl.

The farmer pointed to a very small watermelon in the field and said, “How about that one?”

Okay, I’ll take it, said the little girl. “But leave it on the vine. I’ll be back for it in a month.” !

Service Information

AUDIO CLINIC

for your free
assessment ring
Freecall

1800 057220

(quote PA 2493
when you call)



Aged Care Assessment Team

An assessment is required before you can book for residential respite or care. For more information ring 4654 6322

POWER OF ATTORNEY ARRANGEMENTS

A **Power of Attorney** entitles a person to act on behalf of another and may include the power to make financial, personal or medical decisions. The purpose of a Power of Attorney is to make sure that a trusted person attends to essential matters at the right time.

A standard Power of Attorney can remain in place until it is revoked by the person who made the appointment, or until he or she loses their legal power. This is in contrast to an enduring Power of Attorney, which will continue after the loss of the legal capacity to make decisions.

Under a Power of Attorney arrangement, the person acting on your behalf can be a close friend, a relative, the Public Trustee, a solicitor or an accountant. If you choose to appoint the Public Trustee, a solicitor or an accountant to act on your behalf, some costs may be involved.

If you require more information we suggest you contact your solicitor.

RED CROSS TELECROSS

A call a day to check you are okay!

This is a simple and effective means of support for people who are isolated, frail, elderly and house-bound, or who suffer with chronic health problems. Every day, Telecross clients receive a free, reassuring phone call from a trained Red Cross volunteer to make sure that the person is safe and well. That way the person receiving the phone call can remain independent, and they and their loved ones are reassured that someone will be in touch. Contact Red Cross on 02 9229 4222 to find out more

Finding it a financial struggle to replace old essential household items with new ones?

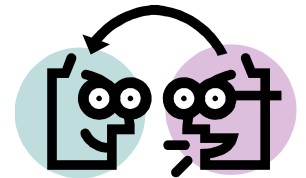
You **may** qualify for a 'no interest loan'

The Scheme is funded by the Presentation Sisters, Mercy Foundation, Franciscan Friars, The Society of St Vincent De Paul, Campbelltown Catholic Club, National Australia Bank and NSW Office of Fair Trading.

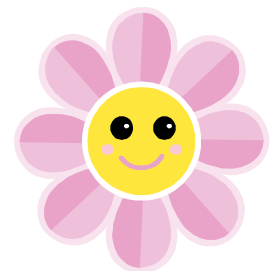
For more information about this scheme or to make an appointment contact **Josephine or Gail, Monday—Thursday on 4625 6487.**

Alternatively ask at the office for a leaflet.

Consider how hard it is to change yourself and you'll understand what little chance you have of trying to change others.



Friendship is like a bank account. You can't continue to draw on it without making deposits.



Attention Volunteers!

Volunteer Health and Safety

It is essential that Volunteers consider their own health and safety as well as that of the clients'. This can include looking at what clothing you wear when volunteering, your footwear, how you lift and how you are driving.



If the person you are assisting needs an arm to lean on, be sure that you are secure first before offering your arm! Wearing suitable shoes can often make a huge difference.

If you would like more suggestions on how to remain safe and well whilst volunteering, please ask at the office.

Unfortunately the training for May had to be cancelled but hopefully we will be in a position to do this in June. We will advise all our volunteers as soon as possible.

VOLUNTEER OF THE MONTH

Peter has been nominated as our May **Volunteer of the month**.

Peter has been volunteering with the service since August 2008 as one of our cheerful bus drivers. Peter also loves to cook, and periodically the men's group cook a delicious BBQ lunch for us all, with Peters' guidance.



WHY VOLUNTEER? Peter wanted to give something back to his local community.

WHAT DOES PETER VALUE MOST? Family definitely—no hesitation there!

REWARDS? Personal satisfaction that comes from helping someone who has a need.

FEARS? Peter initially said none then admitted he does not like snakes.

WHAT HOBBIES DOES PETER HAVE? Peter loves to go to the Theatre and enjoys swimming. He also finds the science of red wine, and of course tasting it, very interesting.

WHAT COUNTRY WOULD PETER MOST LIKE TO VISIT? Peter would love to visit Italy—very romantic!!

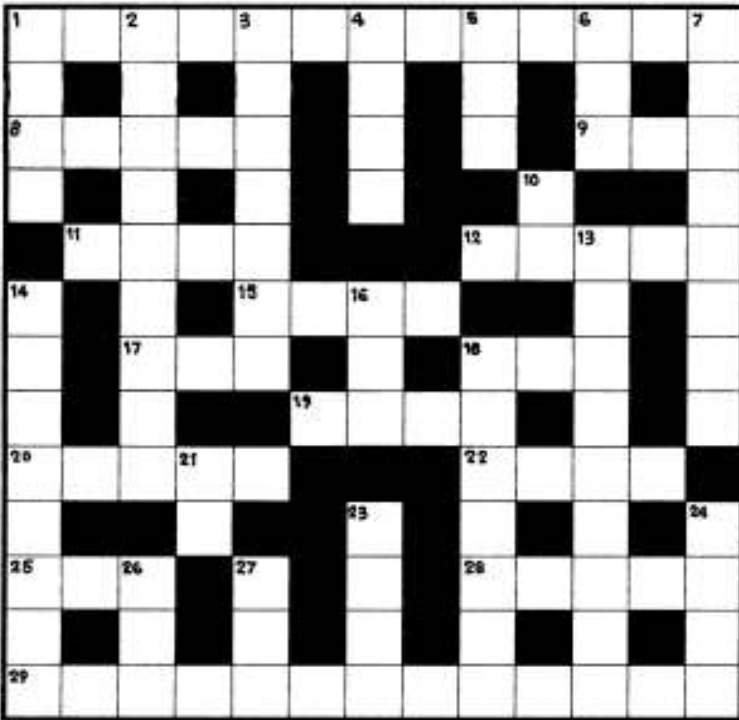
Can you think of a volunteer who has 'gone the extra mile' for you? If so, please pop into the office or telephone us on 4658 1040 and nominate someone for next months' 'Volunteer of the Month' spot.

Fundraising for April 2010

Compassion Jewellery	-	\$ 81.50
Centre Stall	-	\$ 91.70
Camden Stall	-	\$227.00
African Aids Foundation	-	\$ 9.60
TOTAL	-	<u>\$409.80</u>

Quickie Crossword

Number 9 © E. Baker 2003



ACROSS

- 1 Free. (13)
- 8 Stale smelling. (5)
- 9 Finalise. (3)
- 11 Bet. (4)
- 12 Marine growth. (5)
- 15 Tailless amphibian of genus *Bufo*. (4)
- 17 Solidified water. (3)
- 18 Blood of trees. (3)
- 19 To be plural in the past. (4)
- 20 Belief. (5)
- 22 Concluding passage. (4)
- 25 Charge. (3)
- 28 Idiotic. (5)
- 29 Writer of letters or articles. (13)

Authority Macquarie Dictionary 1967

Solution to no. 8



DOWN

- 1 Make a temporary shelter. (4)
- 2 Male gender. (9)
- 3 Baby clothes. (7)
- 4 Companion. (4)
- 5 As good as a wink. (3)
- 6 Top brewed beer. (3)
- 7 Traditional Swiss singer. (8)
- 10 Old fashioned look. (2)
- 13 Reject with disapproval. (9)
- 14 Explicit. (8)
- 16 Mimic. (3)
- 18 Cut. (7)
- 21 Editor (abb.). (2)
- 23 Pointed end. (4)
- 24 Plant of genus *Beta*. (4)
- 26 Listener. (3)
- 27 Actor's entry. (3)

Do you need the services of a **Justice of the Peace (JP)**?

One of our volunteers, Guenter, has advised that he is a JP and is happy to provide this service if any of our clients need it.

For more Information contact the office on **4658 1040**.





Narellan Congregational Community Services




49 Lodges Rd Narellan

Phone: 4658 1040

Mobile: 0412 174383

MAY 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	 Enjoying some singing & dancing with Tony Martin	 Marie having fun	 Staff & Volunteer Dedication BBQ		1 Fred helping with BBQ
2	3	4 Outing to Burragarang lookout with hot pies and lamingtons for lunch cost \$13 Activities at the centre	5 Beauty Care Active games.	6 Outing to Narellan movies cost \$15	7	8
9	10 Mothers' Day	11 Beauty Care Acting with Guenter Potting cactus gardens with Lynne. Daffodil fun with Sam Carers Luncheon Treat day	12 To Camden Day Activity for bowling— Activities at the centre 1pm Chapel Service	No Day Activity Today STAFF TRAINING	14	15
16	17	18 Acting with Guenter Governance Body Meeting 'Living book' speaker from Narellan library. 1pm Walk in Courtyard	19 Outing to Jens café Braemar cost \$10 plus own meal.	20 Beauty Care Active games day Church service	21	22
23	24	25 Beauty Care Tile picture with Sam Craft activities for all 1pm Chapel Service	26 Biggest Morning Tea 10am	27 Biggest Morning Tea Seniors Expo. at Camden Civic Centre 9.30am-2.00pm	28	29