

# THE RAG

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**WINTER IS HERE**

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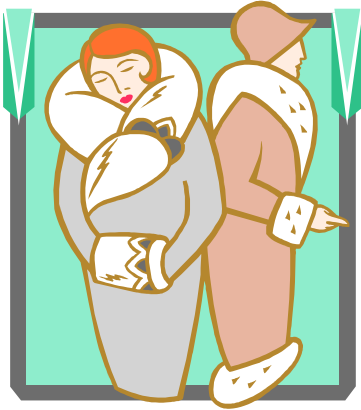
Hello from Jeanette  
 I do not like being cold, but I like the month of June.  
 Often the mornings are cold, even frosty and then the days are sunny and warm.  
 Thank you to all who have asked about me and sent messages to me during this period of time when I have been unwell. It has been very special to feel so loved and cared for. I am back at work but have cut back a little. Doctors say it will take more time before I am really back on top.  
 Mary had time off also in the last weeks as she became a grandmother to Noah. Congratulations Mary.  
 The staff have been amazing in their ability to step up and work extra hard and fast to continue to meet all the needs and requests during this time.  
 There is much to catch up on now. In July we will have a display in Narellan Library of some of the art work that Day Activity clients have done. Some other pieces have been done by our Carers and Volunteers. It is amazing what has been achieved. Do try to plan to go along and have a look.  
 We have now been in the community centre for 10 years so it was time to have it repainted. It is an amazing facility, we are so blessed to have it. Thank you to each of the volunteers who assist in caring for and repairing the centre when it is needed.  
 The YWCA have been working very hard to refresh the Gardens as well.  
 Till next month,  
 Jeanette Kingston, Manager

**SHORTEST  
DAY OF THE  
YEAR  
IS  
MONDAY  
21ST JUNE !**

**Volunteers**—We are planning an afternoon of painting on **Tuesday 8th June 3.00pm—5.30pm.**  
 Come along—you CAN do it! Please RSVP.

**Volunteer Training**—Monday 7th June 9.00am till 12.00 noon  
 The topic will be 'All things Neighbour Aid'. Please RSVP.

# Planning Ahead



**Clover 4 U Fashions**  
Winter Collection  
Thursday **1st July**  
**10.30 till 11.30**

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## SPEAKER

Wendy is coming to talk to us about diabetes and our feet!

Wednesday **28th July**  
**10.30 till 11.30**



## Podiatrist

Next visit will be **Tuesday 13th July**  
Contact the office to make an appointment

## Birthdays for June

Agnes Gwen  
Bill Laila  
Allison John  
Adeline  
Stanley Ted



Bettie Gary  
Joan Joyce  
Mafalda  
Nellie Monty  
Dina

**It's the attitude of the person praying that is the most important variable.**

## SAMARITAN'S PURSE SHOE BOXES



Thank you to all our clients and volunteers for the many generous donations handed into the office for the Samaritan's Purse Christmas shoe boxes.

The shoe boxes are sent to children all over the world.

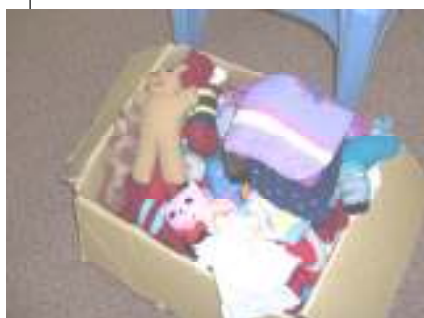
For many of these children this will be the first time in their young lives that they have ever received a gift.

We know that the children receiving these boxes will be thrilled and grateful.

Narellan Congregational Community Services donated:-

Face washers	87
Dolls	2
Beanies	9
Babies Vests	2
Bags	133

Judith Bond came to the community centre on 18th May to collect our donations and was very grateful for our efforts. Thank you to all who contributed in any way to this very worthwhile cause.



## Fascinating Facts

The average Australian will consume 165,000 eggs in his or her lifetime

Wonder if that is chicken eggs or chocolate eggs?



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Australia's Parliament House in Canberra is one of the largest buildings in the southern hemisphere at over 300,000 cubic metres



## Carers Corner

### Talking it over

As a carer you need someone to care for you. Talking about your experiences as a carer can help you feel supported and release bottled up feelings. It can also help you resolve issues and find new ways to cope with the impacts of caring.

In talking it over you will find information about who can help you find ways to resolve and cope with any challenges you experience while caring. You may find information about carer specific services that provide counselling, advice and emotional support to carers.

Sharing information on carer support groups where you can meet other carers is most helpful. This can be a great way to give and receive social and emotional support from other people who understand the challenges and rewards of caring.

### 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 8th June 2010.**

## FACTS ABOUT FALLS

- ♦ 1 in 3 people 65 years and over fall each year
- ♦ Falls are the leading cause of hospital admissions for trauma and deaths of older people.
- ♦ 35% of people who fall become less active.
- ♦ Falls can reduce mobility and independence.
- ♦ Remaining active can prevent you from falling.

**STEPPING ON** is a free community program run by Sydney South West Area Health Service. The program provides you with tips on how to reduce your risk of falling and maximise your independence at home.

To find out more information contact Jane Palmer on 9767 7815

## Service Information

### AUDIO CLINIC

for your free  
assessment ring  
Freecall

**1800 057220**

(quote PA 2493  
when you call)



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### Aged Care Assessment Team

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

## BIGGEST MORNING TEA

Our Biggest Morning Tea was a great success and we raised a total of \$149.30 for Cancer Research.



As you can see from the photos the food was delicious and everyone enjoyed a quiz while they munched!!



## KEEPING WARM THIS WINTER

Last week, being very wet and quite cold, felt very much like winter. Remember to keep warm over the next few months. It is difficult to warm up once our bodies are cold, particularly if you are aged.



### Here are some simple hints for staying warm:-

- When sitting watching television, reading or knitting etc, put a little blanket over your knees. You will be amazed at how much warmer you'll feel.
- Make yourself nice hot drinks.
- Wear warm clothing and thermal undies!
- Try to close doors in the room where you are sitting to keep from getting a draft.
- Have your shower during the day when the house is a little bit warmer.

**DON'T FORGET TO TURN THE HEATER OFF  
WHEN YOU GO TO BED!!**

## VOLUNTEER SUPPORT

As an organisation we like to offer support to our volunteers in many different ways. On 19th May we enjoyed an evening out at the Macarthur TAFE Restaurant. This was a good opportunity for volunteers to use the 'voucher' they received in their bag of goodies at the Twilight Dinner. This dinner was well attended and everyone had a really fun evening.

We'd love to hear your ideas of what you think you need or would like in the way of support and what days and times suit you best so that we can maximise the attendance at training or support sessions.

Have a look at some of the photos taken with Jeanette's phone camera!



### Attention Volunteers!

The next training session will be held on **Monday 7th June** from **9am till 12noon**. The topic will be 'All Things Neighbour Aid' amongst other things.

We would encourage as many volunteers as possible to come along as the training is very necessary and valuable when working with the frail aged and disabled.

**Please advise the office if you are able to attend.**

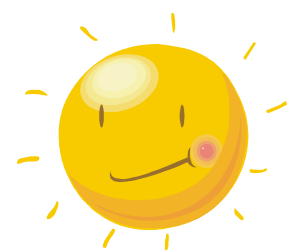


## News & Views



Last year NASA confessed to the world that its attempts to model solar activity had completely failed, blaming the sun for "behaving unpredictably". (Perhaps one of many reasons the new Administration has clipped their "wings").

Presumably the Universe (including the sun) always behaves unpredictably – we only 'know' about 5% of it – and that rather poorly!



## VOLUNTEER OF THE MONTH

**Elizabeth** has been nominated as our June **Volunteer of the month**. Elizabeth first started volunteering with Narellan Congregational Community Services Neighbour Aid Program in June 2009, visiting clients in their home to provide companionship. This is a very valuable part of the service that we offer and we know that the clients always look forward to Elizabeth's visits and to having a loving, interested listening ear to enable them to chat about old times.



**WHY VOLUNTEER?** Elizabeth enjoys talking to the elderly and listening to their stories. She says they have so much to tell and they get excited when she visits.

**WHAT DOES ELIZABETH VALUE MOST?** Family.

**REWARDS?** Elizabeth enjoys the wonderful feeling she experiences knowing she can help, just by taking the time to listen.

**FEARS?** Elizabeth is scared of heights, although she says she loves flying and usually chooses a window seat!

**WHAT HOBBIES DOES ELIZABETH HAVE?** Elizabeth enjoys sewing her own clothes and making things for the house, she also enjoys gardening and reading a good book.

**WHAT COUNTRY WOULD ELIZABETH MOST LIKE TO VISIT?** Elizabeth was born in South Africa and has traveled quite a bit but would really love to visit Israel.

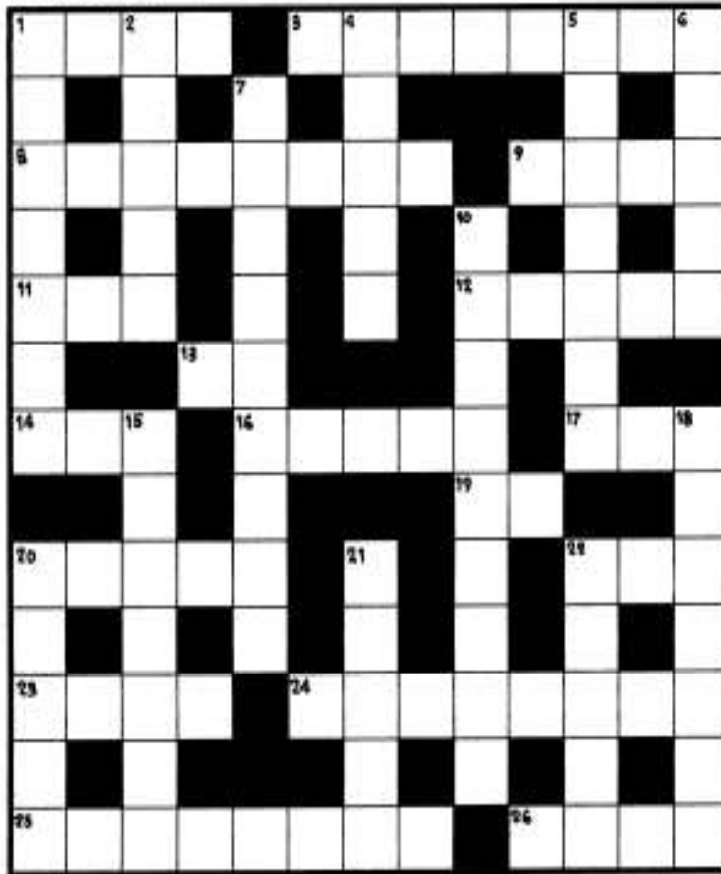
**Can you think of a volunteer who has 'gone the extra mile' for you?  
If so, please pop into the office or telephone us on 4658 1040 and  
nominate someone for next months' 'Volunteer of the Month' spot.**

### Fundraising for May 2010

Biggest Morning Tea	-	\$149.30
Compassion Jewellery	-	\$ 75.00
Centre Stall	-	\$ 84.10
Camden Stall	-	\$Cancelled
African Aids Foundation	-	\$ 6.30
<b>TOTAL</b>	-	<b><u>\$314.70</u></b>

# Quickie Crossword

Number 10 © E. Baker 2002



## ACROSS

- 1 Hole in the ground in good health. (4)
- 3 Clumps (8)
- 8 Glowing (8)
- 9 A low joint. (4)
- 11 Hostelry. (3)
- 12 Choice food item. (5)
- 13 Follows either for choice. (2)
- 14 Precious stone. (3)
- 16 Type of Greek column. (5)
- 17 Listener of grain. (3)
- 19 To such a degree or extent. (2)
- 20 To do with sound. (5)
- 22 Trigonometrical lettuce. (3)
- 23 A terrible snow-man. (4)
- 24 Contrary. (8)
- 25 To have one's name listed. (8)
- 26 Riding posture. (4)

Authority: Macquarie Dictionary 1987

## Solution to no. 9



## DOWN

- 1 Eager. (7)
- 2 Tart fruit. (5)
- 4 Excessive interest. (5)
- 5 Hollow. (7)
- 6 Heaved upwards by a swell. (5)
- 7 Denial of permission by a court officer. (9)
- 10 Tending to call up feelings. (9)
- 15 Huge, unsightly creature. (7)
- 18 A high opinion. (7)
- 20 Class. (5)
- 21 Mediterranean island. (5)
- 22 Swear, or cast evil spell. (5)

# Narellan Congregational Community Services

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## June 2010

**Sun Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

Thankyou to  
Leppington  
Framing.  
Picture above  
shows a  
painting on  
donated  
materials

1  
Active games  
Morning  
  
1pm Table games

2  
Beauty care  
Glass painting—  
Daffodils Sam  
Garden Blocks Men  
  
1pm Exercises with  
Lynne

3  
Outing to discount  
chemist and lunch at  
Café Artista, Market  
Fair.  
Cost \$8 + own lunch.  
Activities at the centre  
Judy with Dress