

**AUGUST
2010**

THE RAG

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AUGUST LETS KEEP WARM

Hello from the office,

How are you all? Are you feeling especially cold? I always think that by August just everything is cold. Spring is coming with the lovely blossoms, fresh new leaves and the days will become longer and warmer.

It is the time of year again when we prepare our Annual Planning day. There is much that we do, check on and plan for. We may do a survey or maybe ask some questions about your experiences with the service. This is done to see that we are doing the best that we can within the resources that we have. Please plan to come to the planning day at the centre. We will telephone all clients we don't often see and invite you to come and we will also arrange transport if required.

Camden is a fast growing area with much growth planned over the next few years. We are very fortunate as a service as we have the space to grow as the local area grows. The centre is also in a very central position to the growth areas. Let us know your needs and what you think. Tell us about what could make life and living better for you. We encourage you to take this special opportunity on our Annual Planning Day to tell us your needs and let us know now, so that we can research your matter and have some kind of an answer for you on the day.

For the next few months we will be short of staff as I will be having two weeks off, Heather goes to America to visit her daughter and Mary is busy with family.

Till next month!

Co Managers Jeanette Kingston and Mary Warnock

VOLUNTEER DINNER

**Tuesday 17th
August 6pm
at Mr Ho's
Chinese
restaurant**

ANNUAL PLANNING DAY

**Our Annual Planning Day this year will be held on
Tuesday 14th September and will commence at 10.00 till
12.00 noon and will be followed with lunch. Please RSVP.**

PLANNING AHEAD

Elias from
**Aesthetic denture
clinic**
Wednesday
4th August

**Annual Planning
Day**
Tuesday 14th
September 10am



Mary with her
beautiful
Grandson Noah!



Birthdays for August

Connie Alma
Carmel Cath
Jean Mavis
Robyn Susan
Ann



Lee Valerie
Frank Marion
Phyllis Irene
Grace Jan

**A soft
answer
turns
away
wrath**

TAX TIME!

It's that time of year again!

You will be required to lodge a tax return for 2009-10 if:

- * You paid tax during the 2009-10 financial year.
- * You were eligible for the Senior Australians' tax offset and your taxable income exceeded the relevant lodgement threshold.
- * You received an Australian Government pension, allowance or payment and your taxable income exceeded the relevant lodgement threshold applicable to recipients of these payments, or
- * Your taxable income exceeded the \$6000 tax-free threshold and the other lodgement thresholds did not apply to you.

If you are unsure you can check on the website
[www..ato.gov.au](http://www.ato.gov.au) or call 1300720092

VOLUNTEERS

Just a reminder to all volunteers that you are only covered by our insurance when carrying a passenger on behalf of the Community Centre, **if you have fully comprehensive car insurance.**

All volunteers are covered by our insurance when travelling to and from the Centre.

If you have questions in this regard please do not hesitate to have a chat with the office staff.

Fascinating Facts

The Tasmanian Devil does exist, and it has the jaw strength of a crocodile!



Tasmania has the cleanest air in the world.



Star gazing under ideal viewing conditions, like in the Australian Outback, the naked eye can detect about 5,780 stars.

FEELING ANXIOUS?

Does anxiety, worry, or fear stop you in your daily activities or hang around you like a cloud?

Anxiety is a state of uneasiness about what **may** happen.

At times like this it can help to:

- * Remember that this feeling **will** pass
- * Do one thing at a time
- * Focus on the things that you **can** control
- * Spend some time with other people
- * Try to be active every day

We encourage all of our 'carers' to come along to our carers' lunch which is held regularly on the second Tuesday of each month. This is a really special time of fun and sharing and gives you the opportunity to develop new friendships.

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 10th August 2010

CHRISTMAS CLOSURE

Last day of service for Day Activity will be **Wednesday 22nd December 2010.**

The office will re-open on **Tuesday 4th January 2011**

First day of Day Activity for 2011 will be **Wednesday 5th January 2011.**

If you require **Neighbour Aid** service throughout the Christmas period, please provide as much notice as possible to ensure that we are able to arrange this for 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

KEEPING HEALTHY

- * Always try to eat a well-balanced, nutritious diet, with plenty of calcium.
- * Get regular exercise if possible, such as walking for at least ten minutes each day.
- * Get your doctor to review all the medicines you are taking.
- * Make sure you include the medicines you buy over the counter, such as pain killers, vitamins and herbal remedies.
- * See your doctor for a check-up if you feel dizzy or unsteady on your feet when you stand up or walk.
- * Get your eyes checked if you have trouble seeing things or if you have other problems with your eyes.

IMPROVE YOUR SAFETY INSIDE THE HOUSE

- * Make sure lighting is adequate.
- * Remove clutter and make sure walkways and corridors are kept clear and well lit.
- * Repair or replace carpets with worn areas, holes or long threads.
- * Make sure that chairs and beds are sturdy and easy to get into and out of.
- * Wipe up spills immediately.
- * Install grab rails in the bathroom.
- * Do not wear socks or stockings around the house as they can make you more likely to slip.

IMPROVE YOUR SAFETY OUTSIDE THE HOUSE

- * Clear away garden tools.
- * Kill mosses, fungi and lichen that make garden paths slippery when wet.
- * Make sure the outside steps are well lit,
- * Keep paths well swept.
- * Repair broken, uneven or cracked paths, patios and other walk surfaces.
- * Wear sunglasses and a hat to reduce sun glare.

WHICH IS THE ODD WORD OUT?

There is an “odd word out” in each group. Which one is it? Careful! They are “odd” for different reasons!

1. ski, shalom, slalom.
2. gas, ice, water.
3. retriever, tabby, terrier.
4. bacon, lamb, mutton.
5. ear-ring, necklace, gold.
6. peal, peel, rind.
7. gastric, stomach, fracture.
8. barometer, kilometre, thermometer.
9. hatchback, oregano, station-wagon.
10. hang, suspend, sustain.

Good luck—answers on page 7

News and Views

It is not only fine feathers that make fine birds!

One amazing mother in Chile gave birth to the last of her 55 children in 1981.

Her children includes five sets of triplets (all boys). Now that mom has her hands full!

Volunteer Training

BUS DRIVERS

We would really appreciate if you could remember to commence driving the buses in first gear only .

Please do not start driving the buses in second gear as this can damage the clutch and lead to expensive repairs.

Thank you—your help with this issue is much appreciated.

OUR LAST VOLUNTEER AND STAFF GET TOGETHER FOR 2010 WILL BE ON FRIDAY 17TH DECEMBER at 12 NOON—WE HOPE YOU CAN COME. PLEASE BRING A PLATE.

NEXT TRAINING DAY TO BE ADVISED!!

Attention Volunteers!



VOLUNTEER OF THE MONTH

Glenda has been Volunteering with Narellan Congregational Community Services since May 2009 and has been nominated as our **August Volunteer of the Month**.

Glenda is one of our valued Neighbour Aid Volunteers taking clients shopping, to Doctor's appointments and visiting them in their homes providing companionship.

Glenda has formed some really special relationships with her clients and often Interrupts her day to do a last minute 'job' for us.



WHY VOLUNTEER? Glenda had some free time and as her grandparents had enjoyed the benefits of meals on wheels delivered to their door by volunteers, Glenda thought it was such a great idea to volunteer, so decided to contact us. Lucky for us!

WHAT DOES GLENDA VALUE MOST? Family—of course!

REWARDS? Glenda says she just learns so much sitting and just listening to the clients! She really values their friendship and thinks the feeling is mutual and much more than 'just a visit'.

FEARS? Painting classes—although she says she really does enjoy it!!

WHAT HOBBIES DOES GLENDA HAVE? Embroidery, knitting, jewellery making, sewing, reading and travel. Busy girl!

WHAT COUNTRY WOULD GLENDA MOST LIKE TO VISIT? Glenda is just back from visiting Egypt and Kenya would love to go back. She would love to visit more of South Africa.

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.

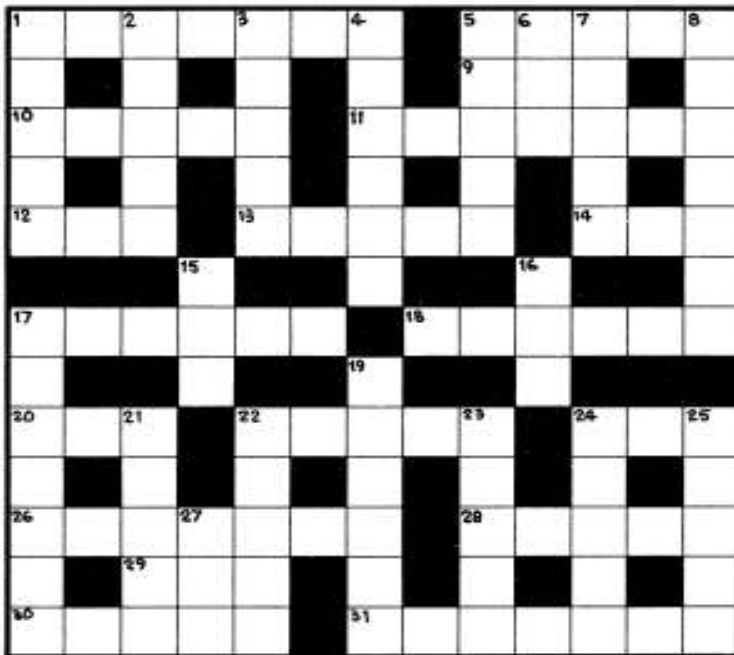
Fundraising for July 2010

Compassion Jewellery	-	\$ 15.00
Centre Stall	-	\$158.20
Camden Stall	-	\$268.00
African Aids Foundation	-	\$ 15.75
TOTAL	-	<u>\$456.95</u>



Quickie Crossword

Number 12 © E. Baker 2003



ACROSS

- 1 Type of wave (surfing) (7)
- 5 Follow (5)
- 9 Sicken (3)
- 10 Ludicrous posture (5)
- 11 Grazing field (7)
- 12 A score in Rugby (3)
- 13 Backless seat (5)
- 14 Bubble bath (3)
- 17 Do over again (6)
- 18 Alter (6)
- 20 It is (poetic) (3)
- 22 Oriental women's quarters (5)
- 24 Label (3)
- 26 Springy (7)
- 28 Pair (poetic) (5)
- 29 Regret (3)
- 30 Recorded on cassette (5)
- 31 Cover in dots (7)

Authority: Macquarie Dictionary 1987

Solution to no. 11



DOWN

- 1 Animal (5)
- 2 Way in (5)
- 3 Hits with the foot (5)
- 4 Bird of prey (6)
- 5 Artist's apparatus (5)
- 6 Louse egg (3)
- 7 Sub-standard dwellings (5)
- 8 Raise up (7)
- 15 Cebaceous cyst (3)
- 16 Floor covering (3)
- 17 Go back (7)
- 19 Suspenders (6)
- 21 Keen (5)
- 22 Loathed (5)
- 23 Rhythm (5)
- 24 Rough path (5)
- 25 Type or style (5)
- 27 Take action at law (3)

Answers to 'Odd Word Out'

1. shalom is a Hebrew greeting, the others are skiing words
2. gas, should be steam to make it a "water" word
3. tabby relates to cats, the others to dogs
4. bacon is meat from a pig, the others are from sheep
5. gold is a precious metal, the others are items of jewellery
6. peal is a noise made by a bell, the others are skins/coverings of fruit, etc.
7. fracture relates to bones, the others to digestion/digestive organs
8. kilometre is a unit of measurement, the others are measuring instruments
9. oregano is a herb/plant, the others are types of motor vehicle/cars
10. sustain means to support, the others mean to hang.

Narellan Congregational Community Services

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August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Outing for lunch to Studley park golf club. Cost \$8 + own meal. Activities at the centre.	4 BEAUTY CARE Speaker Elias from Aesthetic denture clinic joining us for morning tea and a talk. 1pm Exercises with Lynne	5 Outing to Target country and Camden RSL for lunch Cost \$16 Activities at the centre Cards with Judy & more	6	7
8	9	10 Outing to Catholic Club for morning melodies. Cost\$23 Activities at the centre Cards with Anita	11 Court Yard gardening Making pavers with the men Art with Heather 1pm Sing-a-long Table Games	12 Wood Art with Lynne Men's activities with Lew 1pm Chapel Service Table Games	13	14
15	16	17 Beauty Care Cards with Anita 1pm Sing-a-long Table games Governance Body Annual meeting	18 Court Yard gardening Making pavers with the men Art project with Heather 1pm Chapel Service	16 Beauty Care Wood Art with Lynne Men's activities with Lew Art with Jeanette 1pm Exercises with	20	21
22	23	24 Guenter doing play clients have practiced. An entertaining morning. 1pm Mother Hubbards. Darts for the men	25 Meet the Occupational Therapy students. They will come and practice some of their skills. 1pm Exercises with Jeanette	26 Art serviette with Lynne Men's activities with Lew Art with Jeanette 1pm Table Games	27	28
29	30	31 Beauty Care Speaker from Vision Australia. 1pm Chapel Service Table Games				

