



**MCVA IS FUNDED BY FEDERAL & STATE GOVERNMENTS**



*July 2007*

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**Message From The Coordinator:**



Well I have seen out my first twelve months with MCVA and have thoroughly enjoyed the past year. I hope we share many more years together in the future.

Our recent recruitment campaign for visitors has been very successful. Although new visitors are always needed, so if you know of anyone who has spare time on their hands, please encourage them to join MCVA. The number of referred clients both in the nursing homes and clients in their own homes is at an all time high. So, please let people know about the important job you do within the community.

Please make certain that all visitors submit their log sheets regularly as this affects our records and our funding and should you be unable to visit for more than a fortnight, please let me know. Thanks.

I got the chance to catch up with Aleyne while in Brisbane in June. It was terrific to see her again and she sends her best wishes to all her friends here in Mackay. I let her know how much we all miss her.

Once again, thank you to all our visitors who do such a wonderful job and are so important and bring so much to the lives of friends they visit.

**Keep up the great work,  
Tracey**

## **Visitors Workshop**

**Tuesday 31 July**

10am **Chris Sullivan (Integrated Mental Health)**

12pm **Lunch**

1pm **Judy Read (Alzheimer's Australia)**

**Please Notify The Office If You Are Planning To Attend To Arrange Catering. RSVP – Friday 27 July**

### **Important Information for All**

**As of the 1<sup>st</sup> July, 2007 smoke alarms need to be installed in every Queensland home. If you don't have alarms there is a maximum fine of \$350.**

**A friend is somebody  
Who knows you and likes you  
Exactly the way that you are.**

**A friend understands you  
Without any words,  
Stands by you  
When nothing goes right.**

**And whether you're neighbours,  
Or live miles apart,  
A word from a friend gives a lift to  
your spirits and heart.**



### **Privacy and Confidentiality**

The sharing of telephone numbers between client and visitors and social contact outside of contracted hours should be mutually agreed between the Visitor (Volunteer) and the Friend (Client).

Information about a Visitor will not be shared with another agency without the permission of the Visitor.

Visitors have the right to read any personal information kept about them by Mackay Community Visitors Association and requests to access their files need to be directed to the Co-Ordinator.

### **Recording of Accidents, Injuries and Incidents**

All incidents, accidents and injuries must be reported to the Co-Ordinator, even if only of a minor nature. The report can be given verbally in the first instance, but then needs to be recorded, investigated and recorded.

**Special Thanks To Wallace & Wallace Solicitors For Their Recent Generous Donation To Our Organisation.**

**Hydration**

Although the weather has turned much cooler, please remember that hydration during this season of the year is just as important as the hotter months. Make certain you still consume 9-13 cups of water a day to maintain adequate hydration.

**Incentive to Live A Long Life**

Towards the end of the Sunday service, the Minister asked, “How many of you are willing to forgive your enemies”.

80% held their hands up. The Minister then repeated his question.

All responded this time, except one small elderly lady.

“Mrs Jones, are you not willing to forgive your enemies?”.

“I don’t have any.” Answered Mrs Jones.

“That is unusual. How old are you?” asked the Minister.

“Oh, ninety eight.” Mrs Jones replied.

“So, how can a person live to ninety eight and not have an enemy in the world?” asked the Minister.

The sweet little old lady tottered down the aisle, faced the congregation and said.

“I outlived them all!!!”

In this edition of our newsletter, the Staff and Management Committee of Mackay Community Visitors would like to acknowledge and congratulate the volunteering efforts of: **Pam Andrews**

Pam is visiting three residents at different aged care facilities. Well done, Pam and thank you.

MCVA Projects Officer, **Andrea Slater** will be away from 17<sup>th</sup> August until the 11<sup>th</sup> September. Andrea will be in England conducting talks to have her children’s book published in the United Kingdom. We wish her the best of luck and a safe trip.

Andrea’s book is currently for sale through MCVA and some proceeds are being donated to the organisation.

“Human Beings are the only creatures on earth that allow their children to come back home”.

Bill Cosby

## **10 Secrets to Staying Young**

- 1) Throw out non essential numbers, including weight and age. Let the doctors worry about them. That is why we pay them.
- 2) Keep only cheerful friends. (Remember that if you are a grouch).
- 3) Keep learning. Never let the brain become idle. "An idle mind is the devils workshop and the devil's name is Alzheimer's".
- 4) Laugh often and loud.
- 5) Enjoy the simple things in life.
- 6) Let the tears happen. Endure, grieve and move on.
- 7) Surround yourself with what you love including people, plants, music, pets
- 8) Cherish your health. If it is good preserve it, if it is unstable improve it and if it is beyond what you can improve, get help.
- 9) Don't take guilt trips.
- 10) Tell the people you love that you love them at every opportunity.



**CHECK OUT OUR WEBSITE:**

**[www.communityvisitorsmackay.org.au](http://www.communityvisitorsmackay.org.au)**

**If You Are Considering Buying A New Car -**

**Call Tony Glandville At Auto Corner On**

### **New Hacc Vehicle**

**MCVA is now the proud owner of a new Hyundai Elantra thanks to funding from Hacc Capital Funding Grant and the generous sponsorship of Tony Glandville, Hyundai, Auto Corner.**



**Tony and David Brown were wonderful in their support of MCVA. Special thank you to committee member Greg Connolly for all the legwork he put in to get this vehicle and Lauriann Trevy for her guidance and advice during the submission period.**



If any recipient wishes to contribute items of interest to the MCVA newsletter, including special dates and anniversaries, please contact Tracey on 49534878.

### A Message From The Management Committee

**Mackay Community Visitors is an incorporated body and therefore is operated by a management committee.**

**Mackay Community Visitors Association is always looking for people who are willing to join the management committee and help with the running of the organization.**

**Mackay Community Visitors Management Committee would like all to meet the current MCVA committee and are hosting a Meet & Greet to be held at the office, 19 Palmer Street, North Mackay, 24th July 2007 commencing at 5.30pm. The monthly management committee will follow and all are welcome to remain. Please RSVP Tracey on 49534878 for catering purposes by 20<sup>th</sup> July 2007.**

**Yesterday Is History  
Tomorrow Is The Future  
Today Is A Gift  
That Is Why It Is Called The Present**

Seniors week this year will be held on 18<sup>th</sup> August – 26<sup>th</sup> August, 2007.

Mackay Community Visitors Association and Yamadi Lera Yumi Meta Assoc, are hosting a combined Brunch to celebrate. All visitors and friends of MCVA are invited to attend.

**Where:** QCWA Hall  
Palmer Street, NORTH MACKAY Q 4740

**When:** 21 August 2007

**Time:** Commencing at 10am

**Entertainment & Karaoke, Prizes And Fun For All**

**Please Notify Tracey As Soon As Possible If You Are Able To Attend.**

## **National CVS Conference 2007**

Tracey attended the National CVS Conference held in Sydney at the end of May. Co-Ordinator's from all over Australia were present and it was a terrific opportunity to network with others and learn so much more about the program.

Tracey had a fantastic time and has made some great new friends who share the same challenges and rewards in their jobs, supplying visitors within the aged care facilities.

The main objectives to come from the workshop was that volunteers aged 16 years of age and over are eligible to visit within the aged care facilities and that volunteers not born in Australia must sign a Statutory Declaration stating they have not been convicted of a criminal offence in another country. The newly appointed minister for Health and Aging, Mr Christopher Pine opened the conference and spoke very highly of the concept of the community visitor's scheme and all of those volunteers who performed this role.

## **Personal Thanks**

As I have passed my first twelve months with MCVA I would like to take this opportunity to thank all of the wonderful visitors who play such an important role within the community and who have welcomed me so warmly into the position.

I have thoroughly enjoyed the past year and hope that together MCVA will just continue to grow and provide the critical service to more clients throughout the region. I am very passionate and I truly believe in the work and philosophy of the organisation.

### Others who I need to thank:

Aleyne for her training, guidance and friendship.

The MCVA Management Committee, James, Lyn, Anne, Greg and Charles who have done such a wonderful job and have always showed me such support and acknowledgement for my efforts.

Charles Grech for his perspectives, encouragement and friendship.

Lauriann Trevy for her assistance, guidance in all Hacc related matters and her ability to always make me laugh. All other service providers for their support of our service and for the newly formed friendships over the last year particularly, Kerry (CCR) Chris and Karen (Homecare) Kathy (Prescare) Chris (Mental Health) Tracey (ASSI) Diane (Hacc Transport) Colleen (COPS)

All the Diversional Therapists and nursing home staff for their continual support and help. Nella Alba Calabrese (CVS State Manager) for her expertise, friendship and sense of humour.

All of the new friendships I have made through the CVS program including Sophina (Sydney) Sue (Brisbane) Jodie (Albury) Jo and Heidi (Melbourne) Rob (Rockhampton)

**Many Thanks,  
Tracey**