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*When one door of happiness closes, another
opens; but often we look so long at the closed
door that we do not see the one that has been
opened for us.*

Helen Keller

International Women's Day 2010

A part of the International Women's Day celebration, a
community based event for Women by Women will be held
on-

Monday 8 March 2010
Senior Citizen's Hall, Macalister Street, Mackay
10 am – 2pm

Booths and displays with information relating to women will
be available. MCVA will also be hosting an information
booth.

Light lunch and refreshments will be available.

*Whether you're neighbours
Or live miles apart,*

*A word from a friend gives a lift
To your spirit and heart.*



Email – mkyvisitors@bigpond.com

Website -
www.communityvisitorsmackay.org.au



Hi Everyone,
I can't believe it is almost March. Hope everyone had a good Christmas.

Well it has been a busy and exciting time for both the Management Committee and I and we are eager to see our hard work come to fruition with the launch of our transport program in the near future. It has been a huge job getting the program set up and ready to go, but the support and assistance from various people has made it all that much easier.

There are several people who have helped us and I need to thank them. Lauriann Trevy (Hacc Manager) for her knowledge, support and wisdom. Toni Aprile (First Class Accounts) for her expertise and making my life easier, Katherine Grant for her help and friendship and her calming affect, Michelle from Barrier Reef Computers for her help and patience with our computer issues, Rose-marie Crocker (Lifeline Hacc, Townsville), Kerrie Elliott (RTA Mackay), and Elizabeth Warren (Yamadi).

As well as our new transport program, MCVA is expanding service to Dysart, Moranbah and Clermont in the coming months and this too is a great achievement for the organisation and to our volunteers. The work our volunteers perform in Mackay and Proserpine is of such importance and of a high standard, other regions have requested our service.

Over the Christmas break we unfortunately received the resignation of our Treasurer, Karon Sam and I would like to thank her for her contribution and welcome our new Treasurer, Jeff O'Keeffe. Jeff will be a wonderful addition to our organisation and already has shown he is willing to bring a new perspective to our committee with his vast professional experience and knowledge.

Kids are all back at school and Josh in particular is enjoying being king of the school in year 12 and Tayla is still attending for the social aspects of school but am hoping she will be a little more committed this year. Courtney has recently found a job she enjoys so this too is a relief for me. Sonny is fully grown now and continues to remind us and anyone who visits who the boss of the house really is. He is so clever and spoilt rotten but too gorgeous to deny anything.

I am very pleased our recent flyer distribution has eased the crisis for volunteers a little. The response was good, although we never have enough volunteers in any area, so if you know of anyone who may be interested, please let me know. Welcome to our new group of visitors and I am sure you will enjoy the experience of being involved with your new friend and the organisation.

I am very excited about the launching of our Transport program and hope to see all of our volunteers and clients at the launch. Not only will this be an opportunity for you to meet our new bus driver and transport officer but it will be a chance for the committee and I to catch up with all of you. So to everyone, please try and attend, particularly our long time visitors who should be there to witness MCVA make history in terms of diversifying in service delivery. It will be a family event, so bring your wives/husbands, children/grandchildren and your friends. Have a sausage and a drink and say hello.

Always remember, I am here to help.

Tracey xx00xx



Hacc Client Responsibilities

- clients should let the agency know if he/she is not going to be at home when a Employee member or Visitors is due to visit;
- clients should act in a way which respects the rights of other clients, Mackay Community Visitors Association Inc. Employees and Visitors;
- clients need to take responsibility for the results of any decisions they make;
- clients are to play their part in helping Mackay Community Visitors Assoc. Inc. to provide them with services.

Tracey and the Management Committee would like to offer our best wishes to long time visitor, Marie Baulch who recently lost her father. Our thoughts and love are with you at this time.



Tracey and the Management Committee of MCVA wish to acknowledge the recent passing of Whitsunday Home and Community Care Co-ordinator, Peta Watson. Peta was a fantastic lady and a valuable friend to MCVA when establishing our service in the Proserpine and the Whitsundays. She will be missed by all those who knew her for her wonderful character and her professional attitude.

Do You Need An Advocate?

An advocate can assist in the exploration of options for clients, help if an individual is feeling pressured to make a choice or advise if there is confusion surrounding issues in relation to care or services being received or withheld.

Advocates are people who stand alongside an individual and speak out on their behalf, always representing the best interests of that person. All clients of Mackay Community visitors Association are eligible to engage the services of an advocate if necessary. For further information or contact details contact Tracey.

Volunteer Training and Information

Friday 19 March
19 Palmer Street, North Mackay
10.30 am – 1.30 pm

| | | |
|----------|-------|--------------------------------|
| 10.30 am | 11.00 | Volunteer/ MCVA News (Tracey) |
| 11.00 am | 11.30 | Hacc Services (Lauriann Trevy) |
| 11.30 pm | 12.00 | Colleen Nielsen (COPS) |
| 12.00 pm | 12.30 | Lunch |
| 12.30 pm | 1.00 | Shanelle Dumma(Carers) |
| 1.00 pm | 1.30 | Elder Abuse (Tracey) |

Please rsvp by Tuesday 16 March

Confidentiality

This cannot be emphasised too much. It is vital that friends can confide in their community visitors completely.

A visitor should never repeat conversations, comments or actions of their friend to anyone other than Tracey or if a life threatening situation develops.

All friendships are based upon trust and to breach confidentiality destroys that trust and will ultimately destroy the friendship.

You have the ability to have certainty, the ability to transform, the ability to heal and succeed in everything you put your mind to.

Don't let anyone take away your certainty from you with feeble excuses, tall tales or lies.

*It doesn't matter who you are,
Where you come from.
The ability to triumph begins
with you.
Always.*



Oprah Winfrey

We are friends
You smile.....I smile
You cry..... I cry
You hurt..... I hurt
You jump off a bridge
I am going to miss you.



MCVA Transport

MCVA Transport is our new program which will provide a door to door transport service for both Hacc eligible clients and others within the community who are unable to access mainstream transport for outings and to shopping centres.

All prospective clients of the service will need to register before undertaking travel and when all relevant documentation is completed a calendar of itinerary will be sent out to inform of the transport options for the month that follows.

All prospective clients will need to be able to mobilise independently once at their destination and bookings are essential.

MCVA Transport is a fee for service program and will commence operation on 15 March 2010.

Telephone **49531623**
Email **mcvatransport@gmail.com**



Any volunteer who does not have a name badge please contact the office. It is necessary for all volunteers to wear a name badge while performing their role as a community visitor.

To all our new volunteers, your name badges have been arranged and should be available in the next two weeks.

Makes perfectly good sense to me!!!!!!!!!!!!

An 83 year old American woman talked herself out of a speeding ticket by telling a young officer that she was speeding to get to her destination before she forgot where she was going

I wonder if this would be a valid reason in Mackay?????



Did you know??????

An ostrich's eye is bigger than its brain.

The names of all continents begin and end with the same letter.

The smallest bones in the human body are found in the ear.

Macadamia nuts are toxic to dogs.

Coca cola originally contained cocaine.

Honey is the only natural food which does not go off.

Your tongue is the fastest healing part of your body.

Frogs don't drink but absorb water through their skin.

At birth, Dalmatians are always white in colour.

A group of owls is called a parliament.

A group of frogs is called an army.

China manufactures 70% of the world's toys.

Pearls melt in vinegar.

The electric chair was invented by a dentist.

Only female mosquitoes bite.

The Eiffel Tower has 1,792 steps.

Buckingham Palace has over 600 rooms.



All logs sheets need to be completed and submitted to the office at the beginning of the following month.

If it is easier, just give me a call and inform me of the details and I will complete a log sheet for you.

Thanks.

Recipe for a Lasting Friendship

2 teaspoons of trust
1 teaspoon of concern
1 teaspoon of respect
1 teaspoon of tolerance
2 teaspoon of understanding
1 teaspoon of laughter
1 teaspoon of acceptance
1 teaspoon of support



Mix together with a teaspoon of memories and enjoy

What is the Community Visitors Scheme (CVS)?

The community visitor's scheme is a federal program that provides companionship and a one-on-one friendship to socially isolated people residing in aged care facilities. The Community Visitors Scheme arranges community volunteers to visit selected residents on a regular, one-to-one basis.

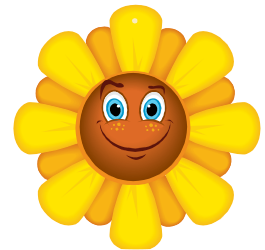
The Community Visitors Scheme is funded by the Australian Government and operates in every State and Territory.

Any resident whose quality of life could be improved by the companionship of a regular community visitor can be referred to the Community Visitors Scheme.

Brain Teasers

- 1) What can run but never walks, has a mouth but never talks and has a bed but never sleeps??
- 2) What is light as a feather, but even the strongest man cannot hold it more than a few minutes?
- 3) Eskimos are very good hunters, but they never hunt penguins. Why not?
- 4) Which months have 28 days?
- 5) You are driving on a road and there is a detour. Which road do you take?
- 6) What goes up and down but always remains the same?
- 7) Larry's father has five sons named- Ten, Twenty, Thirty and Forty. What is the fifth son's name?
- 8) How much dirt in a hole measuring 2m by 2m?
- 9) If Mr Jones peacock lays an egg in Mr Smiths yard. Who owns the egg?
- 10) A farmer had 15 sheep and all but 8 died. How many were left?

Answers on page 8



Mackay Community Visitors Association



Launch of
MCVA Transport
13/03/2010



Tracey and the Management Committee of MCVA invite you to join them for the launch of the MCVA Transport program at the Botanical Gardens on Saturday, 13 March 2010

Agenda



Sausage Sizzle: 9.30 am
Welcome: 11.00 am
Official Launch: 11.30 am
(By Jan Jarrett)



RSVP by 10 March 2010

They Walk Among Us (These are true stories)

My sister has a lifesaving tool in her car it's designed to cut through a seat belt if she gets trapped
She keeps it in the boot.

One day I was walking down the beach with some friends when someone shouted...'Look at that dead bird!' Someone looked up at the sky and said...'where?'

I couldn't find my luggage at the airport baggage area. So I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional and I was in good hands. 'Now,' she asked me, 'Has your plane arrived yet?'...

Not only do they walk among us but they reproduce

Answers to Brain Teasers

- 1) A river
- 2) His breath
- 3) Eskimos live at the North Pole and penguins, the south
- 4) All 12 of them
- 5) You have no choice, can only take the detour road.
- 6) Stairs
- 7) Larry
- 8) If it's a hole there is no dirt
- 9) Peacocks don't lay eggs. Peahens do.
- 10) 8



*People may
forget what
you said,
But they will
never forget
how you
made them
feel.*



Jeff O'Keeffe MCVA Treasurer

Jeff has always had a desire to become involved in helping within his community but due to work commitments which involved extensive travel has been unable to pursue this until now. With a change in job that allows him to spend more time based at home, Jeff has become involved with MCVA and has taken on the role as Treasurer.

Jeff is a qualified engineer and is currently employed as a manager for a local mining and drilling company. With extensive working and travel experience he will be a great asset to our committee and I am sure will keep a tight rein on any spending. (worst luck).

He is married to Trixie and has four children.



Trent's Challenge for a Cause

One of our newly recruited young volunteers, Trent Tame is an advocate for the disease, Alzheimer's. Trent has decided to walk from Airlie Beach to Mackay to raise money for the disease and sufferers in the Mackay/Whitsunday region.

Our local Alzheimer's Mackay office receives no government funding and relies on the generosity of the community to operate.

Trent has decided the organisation needs a major funding event and put his hand up to take on the huge task to raise much needed funds.

Agenda

8am 1 May 2010 Trent will set off from Airlie Beach and walk through to Calen

2 May 2010 Trent will arrive in Mackay and be greeted by Mayor Col Meng in the Council grounds.

Trent would like others to join him for even a small part of his journey and is challenging other local groups (sporting, fire brigade, community groups) to walk with him.

If you see Trent, over the Labour Day weekend please give generously.



Working together to Challenge Alzheimer's Disease



Acknowledgement of MCVA Management Committee

I am very fortunate to have the support and assistance of a dedicated and terrific group of people on my Management Committee and as we prepare to make history with MCVA with the introduction of service to new regions and the establishment of a new transport program, feel it is the opportunity to publicly acknowledge them. They make my job so much easier and so enjoyable.

President Peter Grant, you continually inspire and teach me on a daily basis with your wisdom, your dedication to our organisation and your integrity. The workload and your contribution to MCVA since your return has been a massive commitment and I know at times quite challenging. Thank you for your humour, your fairness and your foresight. Most of all thank you for the care and respect with which you hold our organisation and its volunteers. You have made me believe there are no coincidences.

Vice President, Dean DePinto, you continually make me laugh even when I have had a bad day and have provided much to the organisation with your unique humour and your vast professional experience and knowledge. I really appreciate your help, as I do recognise how busy you are. Thank you.

Our secretary, Anne Garz, you are a wonderful example of what this organisation is all about. You are warm and kind and always prepared to help. You are an amazing lady, a super efficient secretary, (shorthand and all) and I am very grateful and happy you decided to continue in your role and be a major contributor to the growth of MCVA. Thank you so much.

Our Client Representative, Arthur Trott. Arthur, thank you for your support and your contribution to MCVA. I am happy you are a part of this committee and the expansion of MCVA as you have been a long time supporter of our organisation.

Jeff O'Keeffe, our new Treasurer, although only with us for a short time, thank you for your interest and for taking on the role of Treasure. I am certain you will be an asset to the organisation and you will enjoy the experience.

All of you have taught me so much and your hard work, support, assistance, advice, guidance and a happy working environment is much appreciated. I am very lucky to work for an organisation I believe in so much, with the most incredible group of people, my volunteers and my committee.

Thank you again.