

Happy Holidays! Take the chance to reflect on another great year...



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### Neighbour Aid would like to thank our sponsors...



# INNER WEST neighbour aid

December 2011- Issue 71

## NEIGHBOUR NEWS

## Live Happy!

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Could you give Puss Puss a home?

Research shows that pet ownership is an important step in living a happy life.

Having a pet companion has numerous health and wellbeing benefits. Older pet owners visit the doctor less, and take less medication than non-pet owners. The Baker Medical Research Institute in Melbourne has found that stroking a cat can reduce stress levels, heart rate and blood pressure. As a result, this decreases the chance of a heart attack by a third.

Pets also provide great companionship, which will reduce loneliness and depression.

Margo Ottley recently adopted Scruffy. She has thoroughly enjoyed her new friendship and is extremely happy with the way things have turned out.

Speaking about adopting Scruffy, Margo says "my family has been trying to persuade me to get a dog for years but I always thought I was too old. Until I heard about Neighbour Aid's older pet adoption program, and thought an older dog would be a good fit." Being 89 and living alone Margo really enjoys coming home to her little friend, because "seeing his little ears pop up and tail wagging is a good feeling to come home to."

Neighbour Aid also has a volunteer pet care program, helping with dog walking and grooming.

If you are interested in Adopting or Fostering a pet, please contact us on 97995099.

Roman Deguchi

SENIOR PETS FOR SENIOR PEOPLE

## Home Maintenance News

It has been a busy year for our volunteers. The Garden Aid and Lawn Subsidy Program staff and I would like to take this opportunity to thank our Team Leaders, Roman and Melanie, and Lara (who is working on the Lawn Subsidy Program) for their wonderful work and support throughout the year.

I would especially like to thank the Garden Aid volunteers for their selflessness, hard work and dedication to our clients and their gardens, it is truly inspirational. Their labour of love and attention to detail has transformed many gardens this year, and I want to thank them for their devotion to a worthy cause. It is due to our volunteers giving us their valuable time that the yearly Garden Aid service to our eligible clients was fulfilled.

For our clients, don't forget to keep up with the watering, especially as the very hot weather sets in! If you don't water enough, roots will stay near the surface, making them even more prone to the heat. Don't just lightly spray the garden regularly, **water deeply less often** to keep those roots digging deeper. Always make sure you stay within the water restrictions, if they apply.

It's also time to get those tomatoes and other frost sensitive plants in the ground. More time in the ground means bigger and quicker harvests.

Although many shrubs do not require pruning, some shrubs that flower in the spring and early summer, such as lilacs, will greatly benefit from pruning once they have finished flowering.

Summer is a time of beauty and abundance in the garden. Be sure, of course, to take some time to sit back, relax, and enjoy the joys of summer in your garden...a cherished time of year. The Garden Aid team are back gardening in the second week of the New Year if you need any assistance.

Wishing all the best for 2012 and we look forward to seeing you in the New Year. Our office is closing on December 16 and reopening January 3.

Best Wishes

Kym Tremaine  
HOME MAINTENANCE CO-ORDINATOR



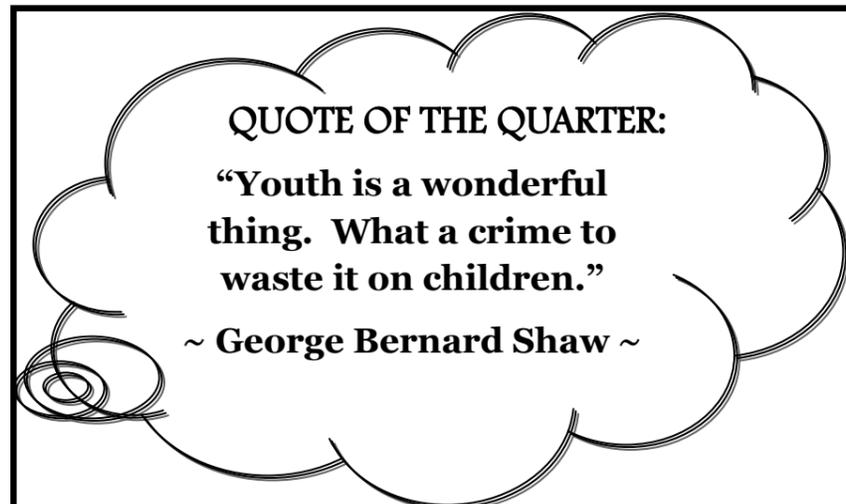
## Training Patch

### Upcoming Training Schedule

We are putting together an overhauled training program in 2012. We will be offering more opportunities, that are more relevant to our volunteers.

If you have any ideas for what you would like to see included, please call us on 9799 5099 or email me in the office Patrick@iwna.com.au.

## Client's Corner



### QUOTE OF THE QUARTER:

**“Youth is a wonderful thing. What a crime to waste it on children.”**

~ **George Bernard Shaw** ~

### Neighbour Aid: A Celebration Of Multicultural Australia

Neighbour Aid is proud to support our clients, who represent the best of multicultural Australia.

Did you know that we have clients who were born in an amazing **49 different countries**?

Amazingly, we have clients from every continent except Antarctica! This includes Asia, Africa, North and South America and Europe.

Congratulations, and we encourage you to all continue to promote tolerance and friendship in the community.



- ⇒ Two fantastic new programs, Art Attack and Brain Training will start in 2012! Why not come along and get involved?
- ⇒ Neighbour Aid is always looking for new volunteers. If you have a friend or relative that may be interested in helping our gardening teams, our mini-outings groups or becoming a community visitor then please ask them to contact us!
- ⇒ This is your page! Please send us your recipes, poetry, stories or ideas to be published here in the newsletter.

### Neighbour Aid Can Drive

Can you believe that it's Christmas again already?

This year we have decided to organise a Christmas Can Collection Drive. All cans collected will be donated to the Exodus Foundation. We will be collecting cans in the following ways:

- \* Christmas Party entrance fee will be at least 1 can per person



- \* Outings clients, please bring a can with you if you can



- \* Gardening clients, please give a can to Roman or Melanie if you can



- \* Staff are collecting cans



- \* Morton & Morton Real Estate and Partners in Performance International are collecting for us too!



## From The Manager

As 2011 draws to a close, I would like to take a moment to reflect on the year that was:

January – Australia experiences the worst floods in our colonial history.

February – Christchurch has a catastrophic 6.3 earthquake.

March – Japan is devastated by a 9.1 earthquake and flooding, over 15,000 people are killed.

April – 2 billion people watch Prince William marry Kate Middleton.

May – President Barack Obama announces that Osama Bin Laden has been killed in Pakistan.

June – The Chilean volcano eruption covers half the world in an ash cloud.

July – The UN declares a famine in Southern Somalia, the first in 30 years.

August – Libyan rebels overthrow the government of Muammar Gaddafi.

September – We say goodbye to Claire Urban and hello to Patrick Murray.

October – The world population reaches 7 billion.

November – The Gold Coast won the 2018 Commonwealth Games.

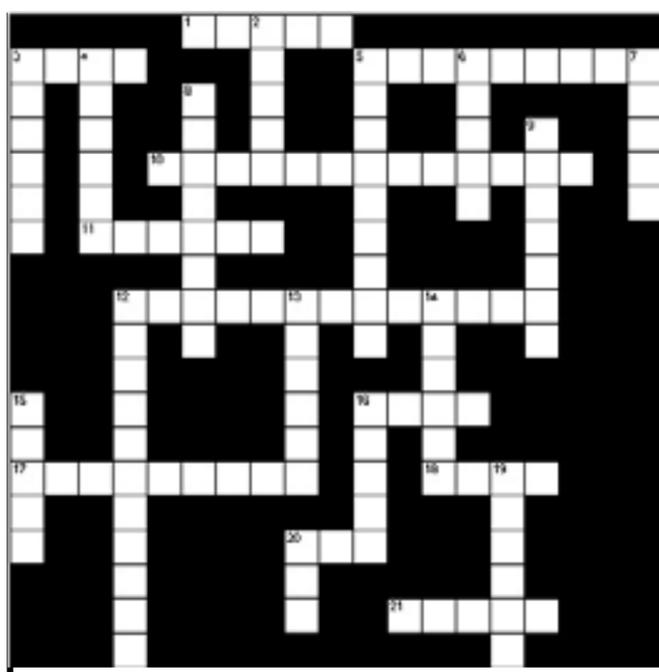
December – We'll see!

Have a safe and happy Christmas period, and get ready for a HUGE 2012!

All the very best,

Rebecca Holland

## Brain Training — A Christmas Crossword



5. The town where Jesus was born (9)  
 10. The original Santa Claus (5,8)  
 11. The bird traditionally eaten for Christmas dinner (6)  
 12. A tradition introduced by Prince Albert (9, 4)  
 16. A lot of angels  
 17. Evergreen plant with white berries (9)  
 18. Gift from the shepherds (4)  
 20. Climbing plant (3)  
 21. One of Santa's reindeer (5)
- Down**
2. Small brown thrush with a red breast (5)  
 3. Where Joseph and Mary had to stay (6)  
 4. The four weeks leading up to Christmas (6)  
 5. The day after Christmas Day (6, 3)  
 6. The kind visited by the wise men (5)  
 7. Gold, frankincense and ..... (5)  
 8. A popular addition to the Christmas table (8)  
 9. Name of the archangel (7)  
 12. A decorated orange (11)  
 13. Christmas lasts for ..... days (6)  
 14. A Christmas tree decoration (6)  
 15. The army occupying the land at the time (5)  
 16. Deck the halls with boughs of ..... (5)  
 19. Baby Jesus' bed or crib (6)  
 20. No room for Mary and Joseph here (3)

**According to studies, solving crossword puzzles can help seniors improve their memory and ability to focus.**

**Across**

1. Christmas hymn (5)  
 3. The wise man's guide (4)

## Social Support News

Can you believe that the end of the year is almost upon us and in next to no time it will be 2012? Who would have thought the year would fly by as fast as it has.

2011 has been a wonderful year for Social Support. We have made a number of changes during 2011 and these have proved successful for both our clients and our funding body.

We are excited to announce that some new projects will commence in 2012 as a result of feedback. Art Attack and Brain Training are two such activities being introduced. They are a result of suggestions from you to keep our brains active. We look forward to seeing you here in our lovely community space.

Michelle will be pursuing some new challenges in her life next year. However, we are delighted to tell you that we will still be able to enjoy her wonderful and caring nature, not to mention her wicked sense of humour two days a week!

As indicated, our outings schedule for January and February 2012 is included in our newsletter. Please remember to **book in early** to your area specific outings to avoid disappointment.

We would also like to remind you that whilst we do our best to ensure convenient return times from outings, we cannot guarantee return by 4pm. Please keep this in mind when booking in to outings.

Remember, the office is closing on December 16 and reopening January 3. Stay safe over the festive season and we will see you all in 2012.

Jackie Walters



## Volunteer News

My name is Patrick Murray (Pat is fine) and I have joined the Neighbour Aid team as Volunteer Coordinator. I am settling in very well, and if I have not met you yet I am sure I will soon! It isn't easy to fill Claire's shoes, as she was much loved and from all accounts she gave incredible support to everyone she worked with, and always went the extra mile.

As well as getting up to speed on the systems and processes, I am looking to make getting all your reimbursement forms and activity forms to us as easy as possible. Please let me know if you are currently receiving your forms in the post and would like to switch to email.

Our Volunteer Christmas Breakfast on Saturday 26 November was at Wests Leagues Ashfield. There was a great turnout, with good food and fantastic company. All who came agreed that we should have volunteer events more often, and we agree! In 2012 we will have quarterly get-togethers for our volunteers to share stories and information, have a chat and generally have fun.

If you have any feedback on how volunteering could be easier or more rewarding for you and other volunteers, please let us know. You are the lifeblood of Neighbour Aid and we could not do the work we do without your help!

2012 promises to be a fantastic year, and I am excited to share the journey with you all!

Patrick Murray

Please remember to ring to book as soon as possible to avoid disappointment. Our outings are extremely popular!  
 Also, please note that we cannot guarantee return by 4pm. Please keep this in mind when booking in to outings.

<b>JANUARY</b>				
Mon	Tue	Wed	Thu	Fri
<b>2</b> NO OUTINGS	<b>3</b> Office reopens NO OUTINGS	<b>4</b> NO OUTINGS	<b>5</b> NO OUTINGS	<b>6</b> NO OUTINGS
<b>9</b> EAST Flower Power Cost: \$10+	<b>10</b> WEST Lunch @ Ashfield RSL Cost: \$12+	<b>11</b> EAST Mystery day Cost: BYO	<b>12</b> WEST Out and About in Sydney Cost: \$10+	<b>13</b> EAST Fish markets Cost: \$10+
<b>16</b> WEST Lunch @ Darling Harbour Cost: \$10+	<b>17</b> ALL AREAS Hydrotherapy swimming @ Annette Kellerman Aquatic Centre Cost: \$3.10	<b>18</b> WEST Lunch & show @ Campsie RSL. Show starts @ 1.00pm Cost: \$10+	<b>19</b> EAST NO OUTINGS	<b>20</b> ALL AREAS Men's day Out Cost: \$10+
<b>23</b> WEST Movies Cost: \$11+	<b>24</b> EAST Club Five Dock Cost: \$5+	<b>25</b> WEST Lunch @ Watsons Bay Lunch: \$10+	<b>26</b> PUBLIC HOLIDAY	<b>27</b> ALL AREAS Fish & Chips @ La Perouse Cost: \$10+
<b>30</b> EAST Maritime Museum Cost: \$10	<b>31</b> WEST Ceramic Painting @ Summer Hill Paint your own design on wide variety of ceramic pieces plates, mugs & figurines etc. Cost: entry \$8 Ceramics \$15- 20			

<b>FEBRUARY</b>				
Mon	Tue	Wed	Thu	Fri
		<b>1</b> WEST Entertainment @ Campsie RSL. Show starts @ 1.00pm Cost: \$10+	<b>2</b> ALL AREAS ART ATTACK & BRAIN TRAINING Lunch: BYO	<b>3</b> NO OUTING TODAY
<b>6</b> EAST MOVIES Cost: \$ 11+	<b>7</b> EAST Club Five Dock Cost: \$5+	<b>8</b> WEST A drive to somewhere Cost: BYO	<b>9</b> ALL AREAS ART ATTACK AND BRAIN TRAINING Lunch: BYO	<b>10</b> EAST Fish and Chips @ Watsons Bay Cost: \$15+
<b>13</b> EAST Flower Power Cost: \$ 10+	<b>14</b> EAST Picnic in the Park Cost: \$5	<b>15</b> WEST Harry's Café De Wheels and a walk at Woolloomooloo Cost: \$10+	<b>16</b> ALL AREAS ART ATTACK AND BRAIN TRAINING Lunch: BYO	<b>17</b> BIG BUS MYSTERY OUTING Cost: \$10+
<b>20</b> EAST IKEA Cost: \$10+	<b>21</b> ALL AREAS HHydrotherapy swimming @ Annette Kellerman Aquatic Centre Cost: \$3.10	<b>22</b> WEST MOVIES Cost: \$11+	<b>23</b> ALL AREAS ART ATTACK AND BRAIN TRAINING Lunch: BYO	<b>24</b> ALL AREAS Men's day Out Cost: \$10+
<b>27</b> ALL AREAS Sydney Town Hall Concert Col Joye; Judy Stone Cost: \$25	<b>28</b> EAST Wheel of Fortune @ Strathfield Cost: \$9	<b>29</b> WEST Flower Power Cost: \$10+		