

Your Invitation to the Annual General Meeting...

INNER WEST
neighbour  **aid**
PH: 97995099 www.iwna.com.au

2011 ANNUAL GENERAL MEETING

We would be delighted if you could attend this year's AGM.

DATE: 2nd October 2011

TIME: 1.00pm - 3.00pm (afternoon tea will be served at 1.30pm)

VENUE: Wests Ashfield, 115 Liverpool Rd, Ashfield

Please RSVP to the office by 25th October.

Transport available for clients only and early bookings are essential.

The IWNA Team

Rebecca Holland—Manager	rebecca@iwna.com.au
John Uychaco—Community Development Co-ordinator	john@iwna.com.au
Jackie Walters—Social Support Co-ordinator	jackie@iwna.com.au
Claire Urban—Volunteer Co-ordinator	claire@iwna.com.au
Michelle Ishak—Project Support Worker	michelle@iwna.com.au
Kym Tremaine—Home Maintenance Co-ordinator	kym@iwna.com.au
Roman Deguchi—Garden Aid Team Leader	roman@iwna.com.au
Melanie Rang—Garden Aid Team Leader	melanie@iwna.com.au
Lara Butler—Mini-Duties/Lawn Mowing Assistant	lara@iwna.com.au
Tommy Wu—Office Co-ordinator	tommy@iwna.com.au

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Croydon Park Public School,
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IWNA would like to thank our sponsors...



INNER WEST
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INC. (IWNA)

September 2011 - Issue 70

NEIGHBOUR NEWS

Introducing Senior Pets for Senior People

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Neighbour Aid is happy to announce their partnership with Seniors and Silky Rescue as part of the "Senior Pets for Senior People" project. Linda and Anna from Seniors and Silks are both well respected in the animal welfare industry and are very well aligned with the vision Neighbour Aid has for this project.

Linda and Anna conduct very thorough and sometimes lengthy vet care and rehabilitation programs with the pets they rescue from death row before any of them are released into adoptive or foster care. They have a very strict placement procedure and will never place a pet into home that is not mutually suitable.

Beautiful Sonny (pictured above), epitomises the Senior Pets for Senior People project. At 11 years old Sonny's Mum left him and his little mate Roxy, and not too long after Roxy got sick and Sonny was left on his own. He is house broken, can use a doggie door and loves cuddles and affection. He likes to go for little walks, but not too far as his heart isn't what it used to be. He is looking for a loving home to retire in with someone who would benefit from similar companionship.

Sonny, is only one of many pets in this position, and Neighbour Aid is committed to helping dogs and cats who have reached their twilight years find someone to love them. Neighbour Aid is currently developing a plan to offer subsidies to clients who are interested in adoption. Alternatively, for clients who are reluctant to commit to outright adoption we can also look at a long term care plan. If you can help, or if you know someone who is in a position to provide a home for a senior pet, please contact Neighbour Aid as soon as possible.

Home Maintenance News

Garden Aid Clients

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome. ~Anne Bradstreet

Citrus Gall Wasp

Lumpy growths on young leaf stems, leaf mid-ribs and fruit stalks of citrus trees are caused by a pest called the citrus gall wasp. All citrus trees are attacked, but grapefruit and rough lemons are the most susceptible.

The adult is a black wasp about 3mm long, which lays eggs in young citrus growth in spring. The larvae hatch within three weeks and start feeding inside the stems, causing galls to form. As the larvae grow, the galls become larger. The larvae feed throughout the following summer, autumn and winter, and emerge as adult wasps around September to October. There is only one generation per year.

Although citrus gall wasp does not kill citrus trees the damage it causes is unsightly, and repeated attacks can weaken trees and make them unproductive. To control this pest, remove all galls from the trees by the end of August/ September by pruning the gall segment. Place the galls in a plastic bag, then seal the bag and put it in the garbage. After removing the galls, it is a good idea to fertilise your tree to encourage strong new growth in the spring.



Best Wishes

Kym Tremaine

HOME MAINTENANCE CO-ORDINATOR

Training Patch

Upcoming Training Schedule

Working with Older People (2 days - 12th & 19th October)- this course is for volunteers who are working with or are interested in working with older people. Topics will include:

- Myths, stereotypes and realities
- Physical, social, and psychological aspects of ageing
- Introduction to dementia
- Falls prevention
- Overview of services

Volunteering Essentials (13th October) - this session will introduce topics relevant to community volunteers such as:

- The role of volunteers in community organisations
- The benefits of volunteering—what it can do for you
- Your rights & responsibilities as a volunteer
- Occupational Health & Safety for volunteers
- Developing and maintaining personal boundaries when volunteering
- Communication skills and cross-cultural competence
- What is the Home & Community Care (HACC) program?

All training for volunteers is free, please call the office for these or other training opportunities.

Client's Corner

QUOTE OF THE QUARTER:

“Because that’s what kindness is. It’s not doing something for someone else because they can’t, but because you can.”

~ANDREW ISKANDER~

Hints for Eyes from Ruth Chong

1. Keep your eye products in the fridge, as the cold touch will help to de-puff and lighten dark circles around the eye.
2. To give your eyes an “at home mask”, apply eye crème to a cotton round and place it on your eyes for 15 minutes. Your eyes will look wide awake!
3. Never look down on people unless you are helping them up.

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 for a volunteer pack.
- ⇒ This is your page! Please send us your recipes, poetry, stories or ideas to be published here in the newsletter.

Italian Almond Meal

Biscuits

Submitted by Angela Salvatore

INGREDIENTS

4 Egg Whites
500g Almond Meal
220g White Sugar
2 Tbsp Vanilla Essence
1 Tbsp Lemon Juice
Glazed Cherries (cut in half)
Icing Sugar

METHOD

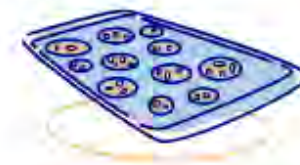
Beat the egg whites then add sugar, vanilla essence and lemon juice.

Add the almond meal and continue beating until all ingredients are combined and mixture is soft.

Sprinkle a little icing sugar on some baking paper. Using a dessert spoon, scoop a spoonful of the mixture and coat with icing sugar.

Roll the mixture into a ball, then place on a baking tray lined with baking paper.

Press 1/2 a glazed cherry onto each ball and bake for 12 minutes in a moderate oven (175 degrees celsius).



From The Manager

So we're down to the business end of the year. This year's Annual General Meeting will be held at Wests Ashfield Leagues Club, on the 12th October at 1.00pm, and it would be our pleasure to have you there to hear about the year that was and in particular, what we are planning for the next 12 months.

An agenda item worth noting will be the membership fees. Currently membership stands at \$2.00 per year (and has done for over a decade) and our collection of these fees has been quite lapse. A discussion around increasing the membership fees to \$10.00 will be tabled for the meeting as well as collection and monitoring strategies and payment plans for those who require it. Membership fees are unrestricted and as such will allow Neighbour Aid to expand services in areas that would otherwise be unfunded or limited to the guidelines set out for us by the government. Your input on this issue is very important to us.

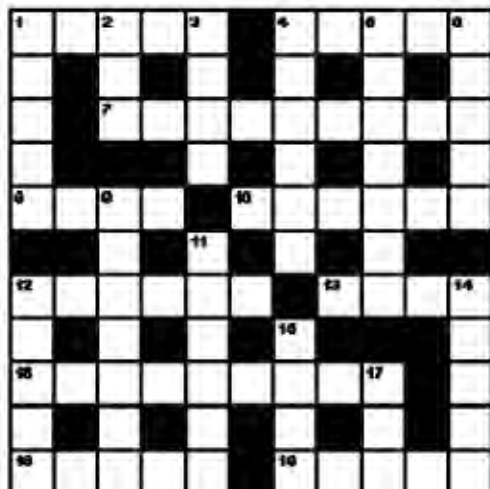
We are beginning to get our Christmas Party preparations underway, so you can expect to see an invitation in your mailbox in the next month or so. The date will be the 15th December so please pencil this in to your calendars in the meantime.

The team and I are always actively working to improve our service delivery and increase the types of services we can offer. Since the last newsletter we have continued to try and develop a Men's Group, as well as a new project "Senior Pets for Senior People", and a range of activities that can be delivered in our newly created community space—we're hoping to begin offering art therapy classes and brain training sessions in the very near future. Your feedback or suggestions for activities are very valuable, Neighbour Aid is your service and we aim to be a benchmark in the community.

All the very best,
Rebecca Holland

Brain Training

According to studies, for seniors, solving crossword puzzles can improve memory and ability to focus. Any clue in a crossword is going to prompt you to try remembering names, places, events, foreign words, and other items that you perhaps haven't thought about in years.



Across

- Twelve (5)
- Hoard (5)
- Unaware (9)
- Gape (4)
- Ware away (6)
- Birds of prey (6)
- Nor on (4)
- Large spider (9)
- The lowest point of anything (5)
- Implied (5)

Down

- Journal (5)
- Menagerie (3)
- World's longest river (4)
- Secret or hidden (6)
- Bustling (7)
- Abated (5)
- Placed a bet (7)
- Thinner (6)
- Consumed (5)
- Proficient (5)
- Female relative (4)
- Part of a circle (3)

Social Support News

Thank you to all our clients who have been attending our outings, rumour has it that you are all enjoying yourselves!

Included is our schedule for October and November 2011. We are excited to be running outings 5 days per week. It certainly keeps our staff busy but more importantly is supporting those in the community who find it difficult to get out socially and physically. Research shows that remaining social reduces isolation and therefore reduces the risk of depression and early entry to aged care.

In August the Neighbour Aid office was refurbished to include a community space, so the next *Mind, Body & Spirit* will be conducted at Croydon Park. The programme will run again for 8 weeks. Guest speakers have been arranged on topics such as: Continence and its management, genealogy, massage and its benefits to arthritis. The exercise component is a modified ZUMBA. Not like you see on TV but a "gentler" version. The instructor will tailor the course to suit individual needs. We have had great success with the last course with participants commenting such as:

"I feel much better since I participated in the course and definitely less stiff."
"My balance has improved".
"I have been putting off visiting my family because I enjoy the course so much."

We look forward to seeing you there.

As you will notice in the schedule for the next 2 months there are some varied and interesting outings. All these outings are flexible in their delivery because there are sometimes unforeseen circumstances and plans change. Please be flexible with us.

See you all soon

Jackie Walters
SOCIAL SUPPORT CO-ORDINATOR



Volunteer News

It is with great sadness that we farewell our wonderful Volunteer Coordinator, Claire Urban, this month. Claire is taking off an exciting adventure with her family to Chicago and although we wish her the very best of luck we know she will be dearly missed by staff, volunteers and clients alike. Claire has made an invaluable contribution to Neighbour Aid, to the systems and processes but in particular to the support she gave to everyone she worked with. Claire always went the extra mile.

So long Claire, Bon Voyage, Goodbye & Good luck!

Until such time as we can find a suitable replacement for Claire, all volunteer enquiry should be directed to John Uychaco. Please help us get through this difficult transition period by ensuring you get all your reimbursement forms and activity forms to us promptly. Our reporting period finishes at the end of September 2011, so these forms are all DUE NOW!!!

Email to: john@wna.com.au

Fax to: 02 9799 5201

Post to: PO Box 247, Croydon Park, NSW 2133

If you have any feedback on how this reporting process could be easier for you and other volunteers, please let us know, we are very keen to simplify this process.

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 PUBLIC HOLIDAY	4 EAST Club Five Dock Cost: \$5+	5 WEST Flower Power Cost: \$10+	6 ALL AREAS MIND BODY & SPIRIT Zumba Com. nence Lecture Cost: BYO Lunch (moderate)	7 NO OUTING TODAY
10 WEST BURNINGS lunch to be advised Cost: \$12+	11 EAST Picnic at Quarantine Park Cost: \$5 for BBQ (easy)	12 NO OUTINGS AGM (moderate)	13 CORPORATE OUTING HARBOUR CRUISE (advanced)	14 ALL AREAS MEN'S DAY OUT Cost: \$10+ (moderate)
17 EAST Flower Power Cost: \$10+	18 WEST Shopping @ DFO Cost: \$15.00 (easy)	19 EAST CHP RSL Cost: \$6+	20 ALL AREAS MIND BODY & SPIRIT Zumba Cost: BYO Lunch (moderate)	21 EAST Buffet Lunch @ Merrylands RSL Cost: \$11 (moderate)
24 EAST BURNINGS lunch to be advised Cost: \$12+	25 EAST Wheel of Fortune @ Strathfield Sports Club Cost: \$8 (moderate)	26 WEST Ferry ride to somewhere Cost: \$10+ (advanced)	27 ALL AREAS MIND BODY & SPIRIT Zumba Cost: BYO lunch (moderate)	28 ALL AREAS BIG bus to Pie in the Sky Cost: \$13 + (moderate)
31 WEST Let's check the surf-drive BYO lunch (moderate)				

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
7 WEST Author Talk Cost: \$10+ (moderate)	8 EAST Fish Markets Cost: \$10-15 (moderate)	9 WEST Picnic BBQ @ Ballast Point Cost: \$5 for BBQ (moderate)	10 ALL AREAS MIND BODY & SPIRIT Zumba Genealogy talk by one of our clients (moderate)	11 ALL AREAS MEN'S DAY OUT Cost: \$10+ (moderate)
14 EAST Eden Gardens Cost: \$10+	15 WEST Show me @ Burwood RSL Cost: \$15 (easy)	16 WEST CHP RSL Cost: \$6 (moderate)	17 ALL AREAS MIND BODY & SPIRIT Zumba Cost: BYO lunch (moderate)	18 ALL AREAS Centennial Park BYO (moderate)
19 WEST Fish Markets Cost: \$10-15 (moderate)	20 EAST FIVE DOCK RSL Cost: \$5+	21 WEST Mystery day BYO (moderate)	24 ALL AREAS MIND BODY & SPIRIT IMAX theatre (advanced)	25 EAST Mystery day BYO (moderate)
28 EAST Art Gallery of NSW Picasso exhibition \$15+ (advanced)	29 WEST Birkenhead Point Cost: \$10+ (advanced)	30 EAST Flower Power Cost: \$10+ (moderate)		