



## CVS CHAT (Issue #2 – December 2017)

A big thank you and Seasons Greetings from the CVS Coordinator

Hello everyone! I hope this Newsletter finds you well. At this beginning of the busy season, I want to say a big thank you to you all for your involvement to the CVS Program this year. I would not be able to do this role without your willingness and commitment to serve the aged-care community. I also want to say Merry Christmas and a Happy New Year to you and your family for 2018.

Since starting this role in late April, there have been some challenges in the sector but at the same time I have experienced many positives which make it all worthwhile. I feel I am settled.

By October, I managed to have 20 volunteers involved in the program, and up to date I have 15 volunteers that are currently visiting. Some are waiting for residents to match and some had resigned for personal reasons or employment opportunities.

I would like to take this opportunity to thank Craig, Paul and Maureen for assisting the residents and for your work. I would like to specially mention that Maureen has served CVS program for about 10 years. Such a wonderful record! A big thank you to you all for making the time to commit. You will be greatly missed and all the best for the future.

I have included an article which might be of interest to you from the Minister for Aged Care, Kim Wyatt AM. He pointed out the loneliness the aged community is experiencing and the important role that we play in society.

Merry Christmas and please keep safe.

Swee Logie  
CVS Coordinator

## Upcoming Events

I am hoping to run training sessions that are related to the aged care sector next year. If you have any suggestions or training needs please don't hesitate to contact me.

I will be away from my office from Jan the 5<sup>th</sup> until the 28<sup>th</sup> Jan.

For any urgent matters, please contact Claremont Baptist Church on 93852607. Alternatively email me, I will be checking my emails when possible.

### ***Brain Games: A More Mindful You***

Being stressed or sad is a natural and inevitable part of life, but when these feelings begin to impact on our day to day life, it's important that we know useful tools and tricks to manage our mental health and keep us at our best. Below are just a handful of tips you could use, the next time you find yourself feeling struggling.

- **Get Active!** Exercise may not be everyone's favourite, but getting yourself out and about in a physical activity can do wonders for your physical *and* mental health, as it releases endorphins, powerful hormones that make us feel happy!
- **Meditate!** Meditation is great when it comes to calming yourself down. The trick is to stop thinking about the past or the future, and instead focus on the *here* and *now*. Closing your eyes, focusing on your own breathing and body, can give you a much needed rest before jumping back into your day.
- **Get Some Sleep!** According to the Sleep Health Foundation, over 1.5 million Australian adults suffer from sleep disorders and problems sleeping. This can severely impact on your energy levels and ability to focus – surprisingly, changing this simple step in your life could have great benefits for your mood!
- **Helpful Hobbies!** After a stressful week at work, many of us simply want to go home and hibernate, to prepare for the next day. This pattern can lead to mood problems like anxiety and depression. Consider joining a club, like a men's shed, or a casual art group, can get your mind away from the stresses of everyday life, and doing things that are for fulfilling.

## Care Alert: Reach Out To Reduce Loneliness This Christmas

The Minister for Aged Care, Ken Wyatt AM today launched a national campaign to reduce loneliness this festive season, revealing he recently visited an aged care home where, year-round, none of the residents receive visitors.

“This is a particularly distressing situation, despite the best efforts of the aged care staff,” Minister Wyatt said.

“I have previously raised concerns that up to 40 per cent of aged care residents receive no visitors but 100 per cent is completely unacceptable.

“So more than ever this Christmas, I am asking all Australians to reach out to people in residential aged care and relatives, friends, and community members everywhere in need of company.”

The Minister’s plea comes at the launch of the Australian Red Cross’s Season of Belonging campaign, with the results of a Red Cross survey highlighting the extent of loneliness in Australia.

“The survey indicated that up to a quarter of us are lonely some or almost all of the time,” said Minister Wyatt.

“This equates to up to 5.6 million people, with men over the age of 55 the most likely to feel the impact of loneliness, after divorces or separations. Young men aged 18 to 34 are the most likely to feel lonely.

“I believe Australia is a caring society but as our lives have become busier, we have left too many people behind.

The Season of Belonging campaign encourages us to take five steps this Christmas:

- Meet neighbours
- Volunteer
- Say hello to someone new in the neighbourhood
- Check on someone who may be in trouble
- Be kind on social media

Minister Wyatt said campaigns such as this are vitally important to ensuring people are not forgotten this Christmas.

Research by aged care provider Southern Cross Care found that between 60 and 70 per cent of home care clients experienced loneliness, with the organisation now providing special training for staff and offering more than 200 volunteers to give support.

“As the new Red Cross campaign recommends, volunteering is a particularly

valuable way to help reduce community isolation,” Minister Wyatt said.

“I’m also proud the Turnbull Government provides practical support for senior Australians who may be experiencing loneliness, with \$17.2 million for the Community Visitors Scheme this financial year.

“The role of a volunteer in this Scheme is simply to be a friend to someone. Our need for love, company, compassion, family and friends does not diminish as we age.

“It’s up to all of us to show people, especially senior Australians, that we care and value them, by being there as much as we can.”

For more information and to find ways to tackle loneliness in your community, visit [www.redcross.org.au/act](http://www.redcross.org.au/act)

To get involved with the Community Visitors Scheme, visit <https://aged-care.health.gov.au/older-people-their-families-and-carers/community-visitors-scheme>

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