



## CVS CHAT (Issue #3 – August 2018)

Welcome to the 3<sup>rd</sup> edition of CVS Chat. I want to thank you all for the time that you have spent visiting your residents at the aged care homes. The Lifestyle Coordinators often express what a difference these visits make to the residents lives and I am sure you all have your own special moments that you have experienced through volunteering your time.

In May, CVS commenced a pilot program that connected graduated TAFE students (Tameara & Katie) with residents in aged care to write the resident's Life Story. It was arranged for the students to spend one hour per week for 6 – 8 weeks. The students had a basic outline of what questions to ask the resident which would enable them to reminisce about their past. From this information the students compiled a history of the resident's life and presented them with their own Life Story. We have three more graduated students connected with residents at Regis in Woodlands who have just begun the Life Story Program.



Thank you to the Lifestyle Coordinators, Resource Unit Staff from Nedlands, Claremont Baptist Church Pastor and Volunteers that attended our morning tea on Friday 20<sup>th</sup> May. We had a lovely morning catching up with old friends and making new. It was great to hear the perspective from Tameara & Katie regarding their journey with the Life Story Program and how different their approach was with their residents. A big thank you to you both for the time you have put into this program, and good luck with your future endeavours.

Michelle, a graduated TAFE student has been assisting me in the office for the past month, she has been learning how to ensure that CVS runs smoothly and has assisted me with paperwork, preparation of the morning tea, Newsletter and she has also compiled a songbook for our first Piano Singalong at Regis Woodlands.

CVS has linked in with two new aged care homes, Regis in Woodlands and Nedlands. Both facilities are keen to have volunteers linked in with their residents, so if you know of anyone wanting to volunteer, please get them to give me a call.

The current CVS funding ends at the end of 2018. We have applied for another three years new fundings for the program and are waiting for approval. The Government Yearly Report and Financial Declaration for 2017-2018 was submitted.



Morning Tea for CVS Volunteers and Lifestyle Coordinators

### Mindfulness

Mindfulness has become increasingly popular today, partly because we are living in a busy society with many demands on our time, and taking time-out is becoming necessary. Mindfulness has been proven to have positive effects on our mind and body, so here is one simple technique that you might like to try for yourself....

Checking email has become, for many, what we do in between other tasks, sometimes as a kind of break. Change this! Instead, drop the email and practice a mindfulness exercise.

Turn away from the computer/tablet/smartphone and sit for a moment noticing the sensations in your mind and body. How do you feel? What can you hear? Try to be as present in that moment. If your mind wanders off to tasks that you have to complete, or starts working over things that happened yesterday, let these go.

Gently bring your mind's focus back to the present. Just be wherever you are for a few moments. Remember: mindfulness is not about trying to make sense of anything; it's about attention to that moment. For more information, or other mindfulness exercises here is a link: <https://www.spring.org.uk/2014/04/mindfulness-meditation-8-quick-exercises-that-easily-fit-into-your-day.php>