

Greetings to all our fantastic volunteers September 2024



IT's SPRING! Yeah! And that means it's father's day. My husband is a genius at Dad jokes (*So he thinks hehe*) So here are a few to hopefully give you a giggle, share them around.

- *Thinking about putting my ashes in a glass urn – remains to be seen!*
- *How did the barber win the race? He knew a short cut.*
- *When does a joke become a Dad joke? When its apparent!*
- *I went to buy a pair of camouflage pants, but couldn't find any.*



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HELPFUL HINTS FOR GETTING OLDER HEALTHIER/SAFER:

It is important as we get older that we recognise the changes that happen in our bodies, not just physically, such as deterioration in muscle strength, loss of balance, hearing, breathlessness, etc, but also mentally, such as slower thought processes, slower reflexes and the emotional upheaval that these changes cause. Keep these tips in mind as you continue to support your friend.

- If at all possible when you visit you can try to walk around a garden, or along a path, even if it just a few metres.
- Encourage a healthy snack intake like fruit rather than a biscuit, or a juice/water rather than a coffee.
- Ask if they would like to get involved in a social outing such as meals on wheels lunches. You don't have to take them to this, but just bringing it up to them may open another avenue of friendship that will help them to connect socially, which is a major factor in mental health.
- You might notice that your friend is struggling with balance and think they might need assistance, talk to them about it. Ask if they want information about supports that are available, whether that means balance classes or mobility accessories. There is a great deal of support available in our community.

For all our Policy/Procedure/Handbook documents, go to: <https://acvvsfarsouthcoastnsw.org/>

WE ♥ VOLUNTEERS!



If you need further information about other services that are available to support your friend, please contact me.

Sincerely, Lee