



Greetings to all our fantastic volunteers October 2024

Firstly a thank you to those who appreciated my last newsletter's jokes, your encouragement meant a great deal as I really don't know if any of you actually read the newsletter, so thanks again. Here's a short story that might give you a giggle.



AT THE BAR THE OTHER NIGHT

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, "So tell me, do I come here often?"



Healthy Ageing

The loss of balance control is a factor in falls and so here are some activities that can be done while waiting for the kettle to boil that will help keep your balance.

Side leg raises (improves both strength and balance).

Stand sideways to the bench and hold on with your right hand to support yourself. Slowly take your left leg out to your left side. Keep your back and both legs straight. Hold the position for one second then slowly lower. Repeat 8 times at first, increasing to 15. Turn around and hold on with your left hand while you raise your right leg.

Heel raises (for strength and balance)

Stand sideways to the bench, feet apart (shoulder width) holding on with one hand to support yourself. Slowly rise up on to your toes, hold for one second and lower again. Repeat 8 times at first, increasing to 15. Make sure your movements are not rushed.

A quick reminder of the December volunteer appreciation day at the Merimbula Bowling Club, so please save the date as I would love to catch up with as many of you as possible.

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



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

Sincerely, Lee