



August 2026 Newsletter

Greetings to all our fantastic volunteers

Well I am a bit behind with the August newsletter, my apologies! Where has the year gone! But it's good news as it is the last month of winter.



Our next training opportunity is a live webinar, details below if you are thinking of attending it would be great to RSVP, just so I know possible numbers. But you can just turn up, you won't get turned away and I'm sure there will be a hot cuppa on offer. It would be ideal to arrive 10-15min early so we have our cuppas and seats before it starts.

August face to face catch-up and training opportunity

Meeting at the Uniting Church Hall Merimbula.

Topic

Alcohol use in older adulthood: Cognitive impacts and effective treatment strategies

Date & Time

Aug 27, 2026 12:00 PM

Description

About this webinar: This webinar will provide information on the epidemiology of alcohol use, with a focus on increasing alcohol-related harms among older adults. The impact of alcohol use on the brain, cognitive impairment and dementia will also be detailed. Finally, effective intervention approaches for reducing alcohol use in older adults will be presented. Speaker: Dr Louise Mewton

Signing off with a laugh

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally, he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently."

"I'm very sorry," replied the young man, "is there anything I can do for you?"

"Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better."

"Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.

For some people
Volunteering is about giving
But for the likes of you
It is a way of living...
Thank You



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Sincerely, Lee & Ali