



# December 2015 Newsletter

## Community Visitors Scheme

An Australian Government Initiative  
Proudly auspiced by Community Care NESB Inc



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Hi everyone

Given that the concept of an 'end of year' is somewhat notional (and differs in different calendars), I always find it intriguing how, in addition to the extra Christmas activity, many of us feel obliged to finalise a host of jobs before the end of the year. Still, I suspect it is very useful to be able to draw a line in the sand and say such and such must be done by this time so that we feel that our holidays are well deserved, and that we can take comfort in the knowledge that things can begin afresh in the New Year. If you are one of those people trying to move mountains, I wish you well.

More importantly, I wish you all a wonderful festive season with family and friends. Thank you for the time and care you have given to the resident you visit for the CVS program. I know you all agree with me that the CVS is a wonderful program or you wouldn't be doing it, nevertheless, please give yourself a pat on the back, put your feet up, and know you are valued. I look forward to seeing many of you at the CVS Christmas lunches.



### Office Christmas Closure

The CCNESB Office will be closed from Tuesday 22 December 2015 and will reopen on the Monday 4th January 2016.

MERRY  
CHRISTMAS  
& A  
HAPPY NEW  
YEAR

*Season's Greetings*



Returning your Record of Visits Forms by the 10<sup>th</sup> of each month is greatly appreciated.

## Happy December Birthdays

A very happy birthday to four CVS volunteers - Ellie-Rose Rossler, Rosemary Lacey, Margarita Citron and Ann Bennett - who celebrate birthdays in December. As all their birthdays are close to Christmas I hope they will have a doubly festive time! Of course having a birthday close to Christmas has its pros and cons. Often people think (particularly when they are younger) that they are short-changed of parties and presents when their birthdays are combined with Christmas functions. On the other hand, however, some families and friends do that bit extra for December birthdays to ensure that does not happen. I hope that is the case for our birthday foursome!

Ellie-Rose's birthday is the first on the 19 December. She shares the date with French singer Edith Piaf (1915-1963). Known as 'The Little Sparrow', Piaf became an icon in France during World War II. On this day in 1686, Robinson Crusoe, according to Daniel Defoe, left his island after 28 years, and in 1950 Tibet's Dalai Lama fled his homeland in the wake of the Chinese invasion.

Rosemary and Margarita share a birthday on the 20 December with each other and with Australia's 12th and longest-serving Prime Minister Sir Robert Menzies (1894 -1978); Menzies served over 18 collective years, first from 1939 to 1941 and from 1949 to 1966. And on this day in 1991 Australia's 24th Prime Minister Paul Keating took up his post, leading the Labour Party until 1996. And in 2007 Queen Elizabeth became the United Kingdom's oldest monarch, surpassing Queen Victoria, who lived for 81 years, 7 months and 29 days.



## Ellie-Rose Rossler...on being and giving the best you can



Ellie is currently our youngest CVS volunteer. When I asked her why she joined the program her instant response was that she wanted to give something of herself and that she loved talking with older people. It is somewhat ironic then that Ellie is matched with one of Legana Presbyterian Home's younger residents, but it is one of those matches that is near perfect. From the get-go the resident warmed to Ellie and they have got on famously ever since.

Ellie is really enjoying volunteering. She loves the warm feeling she gets when she sees her resident's eyes light up when she walks in the room. She takes great pleasure in how her resident perks up while she is there and how they are gradually becoming part of each other's lives. Ellie says she loves the opportunity to encourage both herself and her resident to be the best they can be, and she says her resident regularly 'surprises me; she is a beautiful person but she doesn't really know it.' I can say the same about Ellie. She surprises me on a number of counts, not least in the degree of compassion and empathy she demonstrates at such a young age.

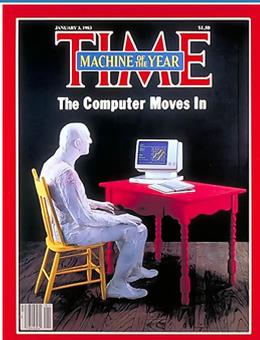
Talking with Ellie about her background and her interests revealed a young woman who has and is working hard to create a balanced and healthy space from which to live and flourish. Her early childhood is instructive in understanding her focus. She was the first child born at

Poatina after the youth and community Christian organisation Fusion bought the town. She is the youngest child of parents who at the time both worked there as missionaries.

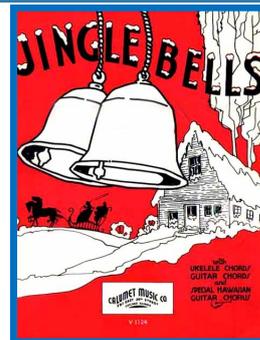
Ellie is on a GAP year this year. She had not planned it that way. She had enrolled in a nursing degree but had to pull out because of health issues. With a history of allergies and skin complaints she has spent a lot of this year focusing on looking after her physical and mental wellbeing to be in optimum health. Whatever she is doing it is working; she looks a picture of health! Now she is looking for ways to share what she has learnt and she has enrolled in a Bachelor of Health Sciences with the aim of becoming a dietician. As well as working in the industry, Ellie wants to write books on the subject; she thinks she will have a lifetime of study ahead of her.

Ellie already has experience working in the role of a care-educator. She currently works in that capacity for the Northern Children's Network, a job she plans to continue with while studying at university. The flexible working hours suit her, and so do the challenges the work sometimes presents, such as rethinking how to communicate effectively with an autistic child. Ellie is clearly determined to be and to give the best she can in any scenario life presents her. And she is clearly up to the challenge of succeeding in doing both.

## Happy December Birthdays continued



Ann shares her birthday on 26 December with German composer Arnold Ludwig Mendelssohn (1855-1933) and Mao Zedong (1893-1976), Chinese revolutionary & Chairman of the Communist Party of China (1949-76). On this day in 1982 TIME magazine announced its Man of the Year was a computer! And in 1924 Judy Garland, then known as 'Baby Gumm', made her show business "debut" during a Christmas show at her parents' theatre in Grand Rapids, Minnesota. She was 2½ years old and thoroughly enchanted the audience by singing numerous verses of 'Jingle Bells'.



## Annette Shady ... and the gift of giving

I am fortunate that Annette agreed to meet with me for an interview. This is not only because the lead-up to Christmas is a busy time, but because she is a very busy woman all the time; she fitted in meeting with me before going off to visit her mother-in-law, which she does twice a week. While Annette is at an age when many people start to slow down, like the lives of many CVS volunteers I have spoken with, Annette's life is packed to the hilt.

Since her husband Peter died eight and a half years ago, Annette has volunteered her time to three organisations - the kiosk at the LGH, the Holman Clinic auxiliary, where she is currently secretary, and the CVS program. She began volunteering at the kiosk at the LGH through Peter's Lion's Club before he died. She became a volunteer with the CVS after hearing a talk about the program given by former CVS Coordinator Leah Kok at her Probus club. Her time with the Holman Clinic auxiliary, however, is her very personal thanks to a body that served her family well through the eight years of Peter's cancer treatment.

Annette grew up in Sidmouth on the West Tamar but she moved to Launceston when she was 16 to work at the Commonwealth Bank. She stopped work to have her two children, daughter Michelle and son Chris. While she was happy to do this she recalls she did not have a choice; 'you had to leave the bank when you were pregnant' she says. She returned to work part-time at the NAB Bank when her children were older, but she stopped again to care for Peter after his cancer was diagnosed.



Annette was grateful that in the time Peter had left both their children married and he met their five grandchildren. When I arranged to catch up with Annette she had just returned from a class at School for Seniors in time to be home for her son's three children to arrive after school.

Annette likes to be active and social. In addition to her volunteering she goes line dancing on Monday evenings, plays cards with friends every Wednesday afternoon, attends a mah-jong class at School for Seniors on a Thursday morning, participates in a craft class on a Friday morning and she also does a Pilates class every week at UTAS. Her Pilate's class was initially run as two separate studies assessing the impact exercise had on older people, but it became so successful the class is now run permanently for the group. Other researchers on occasion still use the group for their trials. They are soon to wear a heart monitor during their class to measure how their hearts perform from the exertion.

Annette also belongs to the 'Travelling Ladies Group', an initiative established by local travel agent Andrew Jones for women without partners, or women whose partners do not like to travel, as a way of traveling on an escorted tour with like-minded companions. Annette recently returned from a trip to Portugal, followed by a cruise around the Spanish and Moroccan coasts. Great travelling companions was a highlight of the trip for her, as was her time in Portugal.

With such a busy life I am impressed that I have had an opportunity to interview Annette at all. Likewise I am impressed that she makes time to visit the resident she sees for CVS at Aldersgate, Kings Meadows. She assures me that this is not hard to do as her resident has no family and she knows her visits are important to her. Although her resident has no interest in Annette's life, her resident is always happy to see her and thanks Annette for visiting. During Annette's visits her resident loves to talk to her about her past, often repeating the same stories each visit. Her resident does not join in any group activities any more, but Annette's involvement in all her group activities more than makes up for what her resident can no longer do!

# Deloraine CVS Christmas Lunch 1 December 2015



Kathy Heyward & Brian Baldwin



Five of the six Deloraine CVS volunteers attended the first of this year's CVS' Christmas lunches. This was held appropriately at the Christmas Hills Raspberry Farm. We were very well looked after with High Tea platters that allowed us to taste of a variety of savoury snacks for our mains and some stunning raspberry concoctions for dessert. Unfortunately we had demolished the savoury platters before I remembered to get my camera out and take any snaps!! Fortunately we still had the dessert platters in tact for me to include in the photos!



Maureen Legdin & Daphne Morrison

A lovely time was had catching up on everyone's news, which sadly included saying farewell and thank you to Brian Baldwin. After 8+ years in the program Brian has decided it is time to retire. It is a bit of a Clayton's retirement, however, for while his CVS resident died in early October, Brian will continue to visit many people he knows at Grenoch and Kanangra.



L-R: Peter Legdin, Maureen Legdin, Daphne Morrison, Kathy Heyward & Brian Baldwin