Hello Volunteers & Friends

Hello Volunteers,

I hope everyone is enjoying the cooler weather, and remembering to rug up when the mercury drops too far.

Given the change in weather we’d like to remind everyone to keep an eye out for your Do Care friend. They may be more sensitive to the cold, so keep it in mind when you’re visiting, especially if you go outside.

Also be cautious if you might be coming down with a cold or other illness. We have some information on current flu immunisations on page 4 of this newsletter.

We hope you all enjoyed Volunteer Week 2018, and the Wangaratta Volunteer Appreciation Lunch if you managed to attend.

We would also like to thank you for all you do with the Do Care program, the time you give greatly improves the quality of life for those you visit, making things better and brighter.

Scott & Shari
National Volunteer Week was celebrated from 21-27 May 2018.

Thank you, for all you have contributed through the Do Care Program!

We tremendously appreciate all that you do, and that we can help you to make a big difference to socially isolated people.

Do remember, we’re here to support you. If you have any concerns or issues, feel free to call or email us anytime.

The focus of this year’s National Volunteer Week was “Give a little. Change a lot.” Which is what each of you do, just a short visit each week can have a major impact on the quality of life for those you visit. You bring them something to look forward to and help connect them to their community. Rest assured that you have made a difference.

You have made someone’s life brighter and better through your visits.

Thank you for all you give to the program, and all we learn from you. Whenever we talk with our volunteers our faith in people is increased. Community visiting is not always easy and your dedication is inspiring.
Music for aged care

Everyone responds instinctively to music. A person’s ability to engage in music often remains intact far into the advanced stages of dementia.

Research into music and brain function has revealed that music triggers certain networks of the brain that benefit people who have difficulty with language, cognition, or motor control.

Music Therapy for Dementia
Music lights up the entire brain. Music Therapy can give people with dementia a break from confusion and fear. Some people can no longer remember their loved ones, but they still know all the words to their favourite songs.

Music Therapy may even in some instances provide relief from pain and help people recover lost memories.

Who can Benefit from an Individual Music Activity Session?
Everyone can benefit from music activities! Regardless of genre, listening to music of your preference releases endorphins in the brain and may reduce anxiety, relieve depression and boost the immune system among other benefits.

[ Music sessions can be enjoyed by anyone, including: ]

- Physically frail elderly clients who are functionally dependent
- People living with dementia or Alzheimer’s Disease
- People with Aphasia and Agnosia disorders


Most Aged Care facilities will have a range of music available, you can ask a staff member to find out what they have available. They may also have someone on staff who has trained in music therapy and can provide advice about how music and be enjoyed by your resident.

If the facility isn’t able to loan you music or you are a home visitor, you could ask friends and family if they have some of the music you’re after. You could also bring in a laptop, mp3 or phone with the music (or google it). If you aren’t sure what kind of music your resident enjoys best, ask them or check the hits from the decade during which he or she was between the ages of 20 to 35 (1930s, 1940s etc.). It’s typically in our 20s that we fall in love, attend dances and parties, listen to music with friends and enjoy new experiences.
Flu Season 2018

[While there is a great deal of encouragement to get the flu shot as soon as possible] The Royal Australian College of General Practitioners (RACGP) says the timing of influenza vaccination is critical to ensuring people have the highest level of protection when the flu season arrives.

Rushing out to get the flu vaccination too early may put people at serious risk, warns RACGP President Dr Bastian Seidel.

“Typically, flu season affects Australia from June to September, with the peak being August,” Dr Seidel said.

“Recent evidence suggests that protection following flu vaccination may begin to wear off after three to four months, so timing of vaccination is critical,” he said.

“Specialist GPs are up-to-date on when the flu season will affect Australian patients and will continue to offer vaccinations throughout the flu season.”

Information taken from https://www.racgp.org.au media release 13/04/18

As a community visitor you will be coming in contact with at-risk people. We suggest you consider getting an influenza immunisation. You can discuss with your GP if you are unsure which immunisation you need or when you should have it.

P.S. Last year’s flu season swept across Australia a month earlier than usual. So the above information doesn’t mean to delay your flu shot to June!

Please remember: If you have indications of illness, even just being a bit sniffly, it is better to delay, or cancel, your visit rather than risk spreading illnesses to people who may have lowered immune systems.

The new vaccines – Fluad and Fluzone High Dose – will be available through the National Immunisation Program (NIP) from April following a recommendation from the Pharmaceutical Benefits Advisory Committee (PBAC).

The introduction of these stronger vaccines comes after Australia’s worst ever flu season in 2017, which included more than 217,000 confirmed cases – a massive jump from the 2015 record of 100,000.

Information taken from https://www.racgp.org.au/newsGP 17/04/18

Do Care Note: These ‘enhanced’ flu vaccines will be available for free to people over 65.
**Cheese Scones**

**Ingredients**

- 2 cups self-raising flour
- ½ teaspoon salt
- 50g butter, plus ¼ teaspoon more for greasing pan
- ⅓ cup cheddar cheese, finely grated
- ¼ cup whole milk, plus 1 tablespoon more for brushing
- Cayenne pepper or other spices to taste.

**Method:**

1. Preheat oven to 200°C. Lightly grease a baking sheet using the ¼ teaspoon butter.
2. In a mixing bowl, mix flour, (and spices if you choose to use them) and salt together. Place butter in the mixture and using your fingertips rub the butter together with the flour until you have a mixture resembling course breadcrumbs.
3. Mix in the milk and almost all the cheese, reserving about 1 tablespoon.
4. Once it’s loosely combined, turn out the mixture onto a clean kitchen bench and knead together until the mixture takes a dough form – avoid over-working the dough as this will make for heavy scones.
5. Knead for about 1 minute gently and form a 20cm diameter round about 2 cm thick. Cut 5-6cm circles out using either a knife or a round cookie cutter.
6. Place the cut circles touching side by side on the baking sheet and bake for ten minutes.
7. Remove from oven and then sprinkle the remaining cheese over the top. Put back in the oven for another 2-3 minutes until they are golden brown. Serve immediately.