



NEWSLINK

The Quarterly Newsletter of South Port Day Links Inc.

December 2010

Season's Greetings and Best Wishes for the New Year from the Committee, Volunteers and Staff at South Port Day Links Inc



SPDL Inc Committee of Management 2010-2011

At the Annual General Meeting (AGM) on 16 November 2010 Chairperson Catherine Healion, Treasurer Graham Cook and Committee members Brian Sutton and Carol Zschech decided to retired from the Committee. The new Committee for Management for 2010-2011 is as follows:

Chairperson: Geoff Ellis
Secretary: Lilian Lethborg
Treasurer: John Dawes

Steve Roper (Public Officer)
Betty Harrison
Meryll Hansen
Fran Jackson



Geoff Ellis



Lilian Lethborg



John Dawes

The AGM expressed SPDL's lasting thanks to the retiring Committee members, and to Chairperson Catherine Healion and Treasurer Graham Cook in particular for their contributions over many years.

Our new Chairperson Geoff is introduced on page 4 of this newsletter. Future issues will feature other members of the team.

Gardening Get-Togethers

Resuming Thursday 17 February 2011 then monthly on the third Thursday

1.30pm-3pm
Liardet Centre

Afternoon tea provided
Transport available

RSVP essential: 9646 6362



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From the Chairperson

It is a great honour to be the latest custodian of South Port Day Links. Elsewhere in this issue are details of the changes to the CoM. Rest assured that we are working diligently to complete a seamless handover. South Port Day Links is in great shape, both financially and operationally, and this is a tribute to the leadership of our retiring committee members and the capabilities of our hard working staff.

Life gets busy at this time of year. There are presents to wrap and family gatherings to plan. Maybe there are some old friends to catch up with or a letter to that needs to be written. In our home we will be busy in the yard getting everything "just right" for those special visitors. And shopping!

No matter how long our "to do" list is, we need to be mindful of those around us. Shops are crowded, roads are congested and parking spaces harder to find. We need to "count to ten" more often. Maybe we should allow extra time to find a parking spot or plan our trip to avoid the heat. We have to exhibit greater restraint when driving, particularly in the chaos around our local shopping centre. Much as I love cars they can do a lot of damage. We have to remember to look up from the mobile phone when we walk across the street.

And we need to relax. Everyone has some favoured recreational activity. Our four month old Labradoodle can't wait to get to Sandridge beach to run amok on the coarse sand. As a newcomer I like to meander, pondering the history of this area as we pass Bank Houses, The Trugo Club, The Beacon and finally the water's edge. The hustle and bustle of Melbourne seems very distant yet I can see its towers reaching into the clouds. Looking west there are the towers of Industry and to the east sand sweeps around to St Kilda and beyond, punctuated by the Piers and SLFS clubs. This city respects its history while growing into its potential.

The thing that strikes me most is the sense of pride that our community fosters. People here look you in the face and say "Hello, how are you going?" and make you feel welcome. There are so many generous people in the City of Port Phillip.

As we reflect on the past and anticipate the future I would like to thank, on behalf of South Port Day Links:

- > to all the Volunteers who are helping our family of clients remain active in our community,
- > to all our sponsors and donors for the contributions they make to keep us running,
- > to our staff for making it all happen,
- and,
- > to our clients for affording us the opportunity to serve this great community.

I feel privileged to have been elected Chairperson of SPDL CoM at the November AGM.

Thank You and Merry Christmas and Happy New Year.

Geoff Ellis

South Port Day Links Inc acknowledges the funding it receives from the Australian & Victorian Governments under the HACC program, the City of Port Phillip and our other generous sponsors and donors – see them on our website at www.spdl.org.au

Volunteers at SPDL

The end of the year is rolling around and it certainly has been a jam packed year here at South Port Day Links. At our recent AGM two long standing members of our volunteer Committee retired. Graham Cook (commenced 2003) and Catherine Healion (commenced 2001) have stood down from their respective positions as Treasurer and Chair of the Committee of Management. On a personal level I would like to thank them both for their support and encouragement during my time at SPDL. Both have been strong advocates for South Port Day Links over time and have never stopped supporting the organization in many ways. For many years Graham was also a volunteer driver and Catherine has managed some weekend luncheons and been involved in countless other projects in and around SPDL. We hope to see you both around SPDL in the years to come. Committee member Brian Sutton also retired from the Committee, but he continues his role with us on Reception on a weekly basis, which we appreciate.

Our last Gardening Get-Together for the year was hosted by our volunteer Doris Pace at her home in Garden City. We had a wonderful afternoon looking at Doris' beautiful garden. Thank you very much Doris for your generosity.

Thank you to everyone who 'put the word out' with our plea for new volunteer drivers recently. It seems to have worked as we have several wonderful new trainee drivers who have commenced with us. Happily two of them can drive a mini bus which is wonderful! Of course you do not have to be able to drive a mini bus to volunteer with SPDL as most of our work is undertaken using our three station wagons. If you or any of your friends have any questions regarding volunteering roles at South Port Day Links, do not hesitate to give me a call on 9646 6362. We have volunteer roles on our Committee, with DayLinks (transport), GardenMates, WalkMates and InfoLink.

If you are currently volunteering with SPDL and are going away over the summer period, please let us know in the office as soon as possible so we can support our clients as best we can.

A big welcome to our new volunteer drivers Sue Kirby, Helen LittleJohn, Bob White and Peter Dasa. We also welcome Kathie Wachsmuth and Shionagh McGree to our WalkMates program.

Thanks to EVERYONE for your support and good humour this year. We've had some challenges and had to support each other along the way, and this support certainly has been there for all to see. If you are taking a break in the near future, enjoy and we'll see you in the New Year.

Mary Kehoe
Coordinator of Volunteers.

SPDL Volunteer Xmas Thank You Function

Thursday 16 December
5.30pm

Port Melbourne Senior Citizens Centre (also known as
Edwards Trugo) in Edwards Park, Esplanade East, Port
Melbourne (Melways 57 D3)
RSVP essential on 9646 6362

Volunteers are welcome to bring partner or a friend



Committee Profile: Geoff Ellis, Chairperson

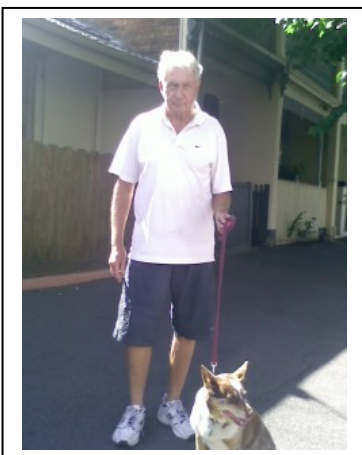
Geoff moved to Melbourne from Sydney in May 2009 with his partner, Leslie, who originally came from Melbourne. In Sydney he worked as a foreperson at Boral where he was heavily involved in occupational health and safety and union activities. Away from work he is a self-described "massive petrol head". He now spends most of his spare time researching his family's history.

Geoff started volunteering with SPDL, as a driver, in September 2009 after seeing one of our volunteers and a vehicle "at work" in the local area. He was quickly recruited onto the Committee of Management. He agreed to join the Committee because he found his previous committee work rewarding and challenging and volunteered to be our new Chairperson when Catherine Healion announced her intention to retire from the Committee. He sees the role of Chairperson as an opportunity to provide leadership and as a commitment to see SPDL's success continue well into its third decade.

Geoff and his partner live in Garden City. Since moving to the area he has been impressed by the welcoming sense of community he has experienced and is looking forward to working with, and for, its members.



Volunteer Profile – Don Brown



Interests: Golf, horse riding

How did you find out about volunteering with PetLinks?

I saw an article in the Herald Sun and started in February 2007

What volunteering do you do with PetLinks?

Dog walking

What do you enjoy about volunteering with us?

Involvement with people – Pat and Ray; the exercise and of course, Abby the dog.

Cultural and linguistic diversity at South Port Day Links

South Port Day Links provides a number of services aimed at keeping people in touch with the community and enhancing their quality of life.

If you feel your English language skills are not good, or you know of a friend who would like to use our services who does not have good English language skills, you can ring a **free** interpreter service on **131 450** and speak to them about contacting us with your request.



You and your family are invited to attend

Free Christmas Day Lunch

For City of Port Phillip residents. Limited places. Bookings essential. Ring **ASSIST** on **9209 6777**

This event is a partnership between South Port Parks Inter Church Council and the City of Port Phillip

SPDL Xmas Closedown & Xmas – New Year Shopping

SPDL office will be closed from midday on Friday 24 December and will re-open at 8am on Tuesday 4 January.

We are hoping to offer transport for shopping on Wednesday 29 December and possibly also Friday 31 December.

If you are likely to need transport to shopping on either or both of those days please call the office on 9646 6362 as soon as possible to make a booking.

The provision of transport will be dependent on the availability of volunteer drivers. Pick up and return times will be confirmed closer to the dates of travel.

City of Voices

invites family and friends to come and join them for a night of Christmas fun...

Wednesday 8th December
6.30pm

South Melbourne Community Centre
Cnr Park St & Ferrars Place, South Melbourne

New Community Garden for Albert Park

CoPP has given the green light to the establishment of a community garden at the Mary Kehoe Community Centre in Albert Park: one of 14 potential new community garden sites identified by the Council

Dogs and Heat Stress

Heat stress or heat stroke occurs when animals are confined in hot environments. Motor vehicles prove a real danger for animals locked in the sun where the temperature can rise to lethal levels very quickly.

All animals are affected by heat stress, however dogs with short noses such as the Bull Dog, Pekinese, Pug, and Boxer are particularly at risk.

When suffering from heat stroke, a dog will initially show an increase in activity associated with panting and vocalisation - usually barking or whining. The dog will become agitated, often with a worried or furrowed expression.

As heat stroke progresses, the panting becomes excessive and laboured with the dog showing an inability to breathe properly.

The dog usually drools excessively and may vomit. If the suffering continues, the dog will suffer circulatory collapse, its gums will appear blue and it will convulse or become unconscious.



SPDL Extreme Heat Policy & Taking Care on Days of Extreme Heat

As we are entering summer we would like to remind everyone, and particularly our DayLinks clients, of our *Working in Extreme Heat* policy.

We have an obligation to look after our clients and our volunteers, so our drivers will be called back to the office once the temperature reaches 38 C.

However, we will not leave clients stranded and will warn all clients if the weather forecast is indicating that the temperature is expected to reach that level so they can plan their activities accordingly.

Information from the Department of Health suggests that a combination of high temperature during the day followed by a high minimum temperature the same night is the most dangerous and both clients and volunteers should be wary of exertion the following day. The effects are mitigated if you have access to air conditioning overnight and are able to sleep properly.

We have attached information from the Department of Health about taking care on days of extreme heat to this newsletter. Also, Continence Victoria provides information about maintaining adequate fluid levels, and their information is summarized below.

If you have any concerns please

- contact your doctor, or
- Nurse-on-Call, Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days), or
- in an emergency call triple zero (000) for an ambulance

From Continence Victoria's ***Water for Wellbeing*** Resources:

Why are fluids important?

Our bodies are 65% fluid. Fluid is the transportation system in the body taking nutrients to the cells and removing waste. It also softens bowel actions so they are soft and easy to pass. Fluid also helps to maintain body temperature.

Each day we lose fluid through breathing, sweating, urine production and in bowel actions. This fluid loss has to be replaced if we are to remain healthy and not become dehydrated.

Even mild dehydration results in symptoms such as: poor concentration, irritability, headaches and fatigue. In the older person, increased confusion is a common presentation.

Other signs of inadequate fluid intake are: passing small amounts of concentrated urine, constipation, recurrent urinary tract infections, poor skin elasticity, and dry mouth, lips and tongue.

Achieving adequate fluid intake will greatly improve the quality of life for the older person and prevent common problems many frail older people experience all associated with insufficient fluid intake.

How much is enough?

Most of us know that we should drink at least 1500 mL of fluid each day. Many frail older people are only managing to drink about half this amount, which is insufficient to meet daily bodily needs. Some older people may be on fluid restrictions due to specific health conditions. It is advised to check with the doctor who can establish a daily fluid goal for the individual.



To promote and enable equality of access and opportunity for frail aged people, people with a disability, and those that care for them, so that they can maintain their independence and links to the local community.