

And a good time was had by all...



A big thank you to all the staff, volunteers, clients, guests, supporters, sponsors and donors who made our 21st Birthday Picnic in the Park such a great success. Musically we were entertained by the Layfiled Court Jazz Band and the Russian Women's Choir, and we all enjoyed the dog fashion parade, organised for us by YapWear. Thank you too to Martin Foley MP, Deputy Mayor Judith Klepner (deputising for the Mayor), and Councillors Janet Bolitho, Rachel Powning and Jane Touzeau for their attendance and support.

Christmas Shutdown
 SPDL Office will close at midday on Thursday 24 December and re-open at 8am on Monday 4 January 2010. We will be providing **2 shopping trips**: one on **Tuesday 29 Dec** and one on **Thurs 31 Dec**: bookings essential – 9646 6362

Gardening Get-Togethers
 Thursday 17 December
 Thursday 18 February
 and then the third Thursday of each month
 1pm-3pm
 Liardet Centre
 Afternoon tea provided
 Transport available
 RSVP essential: 9646 6362

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From the Chairperson

I'm sure you'll agree with me that this year has flown by. It saw our 21st Birthday Party "Picnic in the Park" in beautiful weather. My thanks to all involved in the preparations and planning, and to all who attended and made it such an enjoyable day.

Our AGM was held in November, and I'm pleased to report that we have 2 new faces on the Committee of Management: Lilian Lethborg and Geoff Ellis. As we move into our second 21 years we are looking forward and seeing new challenges and the need for new ways of doing things, and fresh minds and a few extra pairs of hands never go astray!

My thanks and those of the Committee to all our staff and volunteers who keep the show on the road (literally!) and to all our donors and sponsors. Those of you who were not able to be at the 21st party may not know that committee member and volunteer Brian Sutton presented a cheque to us for the purchase of a new vehicle in 2010: thank you Brian!

I hope to be able to continue our irregular lunches at the Mary Kehoe Centre next year and look forward to seeing many of you there.

Until next time, kind regards,
Catherine

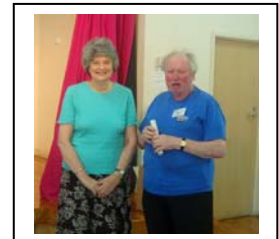
AGM 2009

The 2009 AGM was held on Tuesday 17 November at the South Melbourne Senior Citizens' Centre.

Chairperson Catherine Healion reported on our activities for the year, as did Treasurer Graham Cook, Executive Officer Megan Lilly and Coordinator of Volunteers Mary Kehoe.

Nominations were called for Chairperson, Secretary, Treasurer and Committee members, and the following were elected:

Chairperson: Catherine Healion
Secretary Lilian Lethborg
Treasurer: Graham Cook
Committee:
Betty Harrison, Steve Roper,
Carol Zschech, Brian Sutton,
Meryll Hansen, Geoffrey Ellis.



The Arthur Rowan Certificate for Five Years of Volunteer Service was presented by Kay Rowan to Sherill Kovacic (Frank Kovacic (dec.), Frank O'Donnell, Ray Monagle, Brian Sutton and Doug Lay.



Details of donor certificates and of the audited accounts are available in the Annual Report: downloadable from our website (www.spdl.org.au/downloads) or by mail by ringing our office on 9646 6362.

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

We are coming to the end of a long and productive year at SPDL and we should all be very proud of the work we have done. It has been a very busy time, training and inducting new volunteers to SPDL and meeting with other community groups to work on ways we can all support each other. It has been a pleasure to continue our Gardening Get-Together group, meeting once a month at the Liardet Centre. It is a small and enthusiastic group that exchanges ideas (and cuttings!) to enhance their gardens. We have also been able to provide some training for our volunteer drivers on a range of topics relating to their work at SPDL. This training session was also a good time for drivers to get together and meet for the first time, as many of them never really cross paths! Our recent 21st birthday celebrations gave us an opportunity to stop for a moment and celebrate all the wonderful achievements of the organization. It was lovely also to catch up with people who have volunteered for us in the past who still really wish us the best of good fortune!

Welcome

It has been lovely to welcome some new volunteers to SPDL and we would like to say thank you for joining us. A very big welcome to John Lewis (PetLinks), David Dew, Cathie Keenan, Geoff Ellis, Lilian Lethborg, Stan Holden (driving), Helen Durling, Pat Agostino and Michael Sabada (GardenMates). We are very pleased to announce that Geoff Ellis and Lilian Lethborg have also joined our Committee of Management and we are very grateful to them for taking this on board.

Volunteer Opportunities

We have opportunities to join our InfoLink program at South Melbourne market on Fridays. We are seeking a few more GardenMate and PetLinks volunteers as well. We would also like to find someone who could coordinate our Gardening Get-Together group once a month at the Liardet Centre.

PetLinks

Volunteer opportunities – We are currently looking for PetLinks volunteers to assist people who can no longer walk their dogs. Please give us a call if you can assist on 9646 6362.

Volunteer Profile: Joan Bacon

Interests: Family, craft work, movies, cooking/entertaining, golf, Mahjong

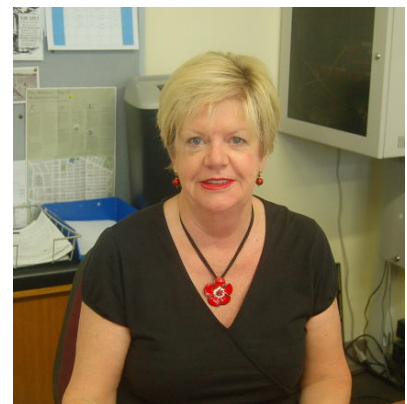
Passions: Travel, photography

Where & how long have you been a volunteer? 6 months at SPDL

What volunteering do you do at SPDL? Reception

What do you enjoy about volunteering with us? Working in an organization that is providing a service to the elderly and frail community, in a friendly and caring atmosphere.

Is there anything you don't like about volunteering with us? No.



Volunteer Xmas Function

Thursday 10 December, 5.30pm, Edwards Trugo (Port Melbourne Senior Citizens)
RSVP essential 9646 6362

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.