

Vox Volunteers

8th May 2020

Save the date

20 May 2020 10.45am – 12pm

It's **National Volunteers Week** and despite current conditions we would like to Celebrate with you all.

“Changing communities, Changing lives “

See you at the Zoom recognition function!!!

Reflections by msr (nom de plume)

“If you want a friend - get a dog”. Harry S Truman

This morning I took Timmy, our mini poodle, for his and my usual walk. His name is Timothy (bestowed on him by a nine-year old granddaughter who couldn't spell), but Timmy he quickly became. Passing a turning, I stopped by a Frangipani tree to smell its flowers. Aren't they just divine? With their five white petals and yellow centre, they give such a scent to die for. How this beautiful flower can grow and blossom from such an ugly tree is beyond me, although we all know Andersen's 'ugly duckling into beautiful swan' story.

My garden has a number of trees that flower at their appropriate times. There are Eucalyptus, Crepe-Myrtle and a beautiful Japanese Maple that changes its leaf colours like the lights that shine on the Opera House during the light shows. I do have one tree, a Magnolia, with port wine blooms, though, unfortunately of late they don't flower as they used to and so the tree has had little to show for itself. You see, we had a neighbour recently and he or she is the cause.

Let me explain. One day, while sitting at my desk, I looked out the window to see, crawling along the fence, a huge rat – or so I thought. About two hand-widths in length, with a long tail, it was proceeding slowly along the fence before dropping off onto my neighbour's side. I mentioned it to the neighbour some time later and she told me that it was a common brushtail possum and comes from the trees at the rear of our gardens. Now about my magnolia flowers; they don't flower as they used to and it's all because of those darned possums, who like to eat the buds. And Timmy, the gentle coward that he is, would probably run a mile if confronted by them.

Hazel, Jane, Arlene and
Darren

Send good wishes to

***All Mothers and
Grandmothers***

We hope you have a happy
and enjoyable Mother's Day



REMINDER

**Flu vaccine is mandatory
before returning**

Please let us know when
you have had your shot!

email the date of vaccination and
the doctor's name

**We are missing you and need you
to be ready to go when we open
the doors!**



This is what some of you have been up to in the past weeks

The boutique volunteers joined the residents from HH and RW at a virtual Zoom tea party

Pretty teacups, delicious cakes and creations and a chat... were enjoyed by all

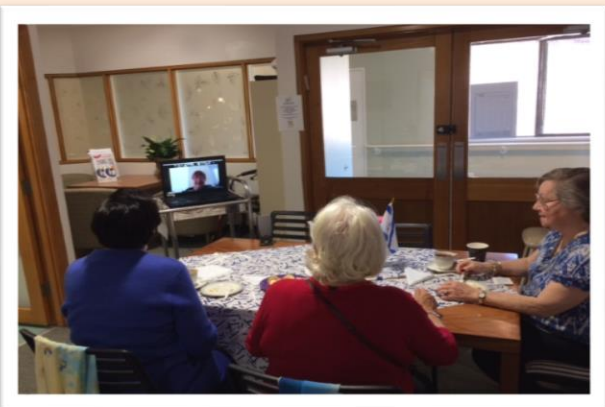
Cheers to 23 volunteers and residents who attended the Zoom boutique morning tea. The boutique volunteers were happy to see each other and master the tech challenge of Zoom.

They chatted with the residents, who often come to the boutique to do retail therapy.

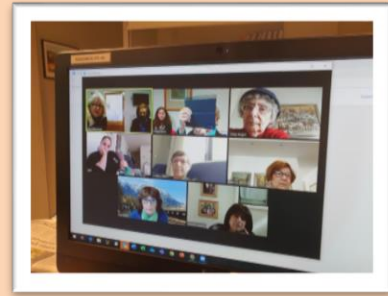
Thanks for your feedback Annette and Elise...

"Thank you, ladies, for the time & effort you had put in to organise this Zoom meeting. It really was such a great joy to see all these lovely smiling faces. This Zoom App is just amazing".

"It was lovely to connect with you all on Zoom, we loved seeing you all and the residents".



Hunters Hill sewing group Zoom chat



A special time catching up with our sewing team, even the youngest member Ben who is only a few weeks old attended! Just so special to see you all.

BINGO!!

.... shouted Regina as David & Jeannette Milston creatively facilitated the Zoom bingo game for our willing resident participants.

This created such a buzz!



See it in action

[https://www.youtube.com/watch?v=Ai79a9 HpSY&feature=youtu.be](https://www.youtube.com/watch?v=Ai79a9HpSY&feature=youtu.be)

It's been so lovely to see you all looking so well and congratulations for embracing this wonderful technology that has enabled us to connect!



The residents enjoyed seeing the volunteers and hearing how they have been coping with isolation and staying home and vice versa.

Responses from volunteers on how they have been coping with COVID-19

What's giving you hope right now?

To see another face and everyone well

What is the most generous act that you have seen recently?

Standing on the pavement on Anzac morning with a candle and listening to the Last Post

What do you hope we all learn or take away from this experience?

To be kind, listen to people, generosity of spirit and keep your hopes up

Boutique Volunteers Zoom Morning Tea with residents from RW and HH

https://www.youtube.com/watch?v=hnHvA9LZah_o&feature=youtu.be

12 Tips and Tricks for Zooming

1. Check your internet connection
2. Check Video and Audio before connecting
3. Mute yourself when not talking
4. Use headphones if possible
5. Dress for the occasion, if only from the waist up!
6. Check your lighting, not too dark or light
7. Raise your hand if you wish to speak
8. Make sure you are looking at your camera
9. Try not to use too many gestures
10. Ask open questions clearly
11. Respect others
12. Go for a neutral background if possible

Happy Zooming!

Zooming at HH with Helen's Monday Discussion Group

Five residents met in the Recreation Room to enjoy the virtual discussion group with Hunters Hill Volunteer Helen Yarad, where we exchanged stories, opinions and strategies of coping with the COVID19 situation.



On the lighter side

A Poem by the famous poet **Pam Ayres**

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go through the gates.

You see, we are the "oldies" now
We need to stay inside
If they haven't seen us for a while
They'll think we've up and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60's
If you only knew the truth!

Then we settled down, got married
And turned into someone's Mum
Somebody's wife, then Nana
Who on earth did we become?

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door.

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming FLOUR!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random handsome killer.

At least I've got a stash of booze
For when I'm being idle
There wine and whiskey, even gin
If I'm feeling suicidal!

So, let's drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!!



Keep
Calm
and
Dance
Like No
One Can
See You



A BIG Thank You to Montefiore for this gift bag given to all our staff acknowledging the outstanding contribution made during Covid-19.....

