



# LUTHERAN CARE



The Community  
Visitors Scheme

AN AUSTRALIAN GOVERNMENT INITIATIVE

# A Caring Voice

JULY 2022



## Volunteer Lunches Held To Say Thanks

During National Volunteer Week in May, Lutheran Care held three lunches for volunteers as a token of appreciation in Adelaide, the Barossa and Victor Harbor.

National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you. This year's theme was 'Better Together'.

Thank you to all of our fabulous Community Visitors Scheme volunteers. You bring so much joy to those who you visit and we are so blessed to have you.





## Welcome Carolyn and New Volunteers



Carolyn Koch

We would like to extend a big welcome to Carolyn Koch, who has been working as Lutheran Care's CVS Metro Coordinator for a few months now.

Carolyn says "I'm loving the variety of work and supporting the wonderful inspiring volunteers who continually bring joy to those they visit."

Carolyn's career background was predominately spent in the creative industry. She started working at a regional newspaper as a graphic designer, before moving to Adelaide and working as a pre-press manager.

After having her children, she changed direction slightly and moved to the advertising industry for 25 years.

When COVID first hit, an opportunity came up to work with volunteers at Meals on Wheels. "I was in awe and inspired by the volunteers and all the time they gave to the organisation, some volunteering every day," Carolyn says.

Carolyn initially started volunteering for Lutheran Care as a Recruitment Officer, working on the recruitment and advertising of volunteers for all programs.

When she was offered the position in the Community Visitors Scheme program, she was excited to be in a position to work directly with volunteers again and be a part of making a difference to older, vulnerable people in our community.

We are glad to have you join the team, Carolyn!

We would also like to welcome new volunteers Geoff P (Barossa), Geoff H (Barossa), Mikarla (Hills), Eryn (Hills), Dani (Metro), Vincenzo (Metro), Alyssa (Metro) and Megan (Metro).

We are so lucky to have you as volunteers and thank you for all that you do.

### Training Days

Upcoming training days for CVS volunteers will be a chance for volunteers to connect over a cuppa and lunch, while also giving you the opportunity to listen to some interesting key speakers.

Please save the dates below. Registrations are free. More information will be provided to volunteers soon.

#### Barossa Event

Venue: St Petri Lutheran Church Hall, 21 Second Street, Nuriootpa

Date: Wednesday, 28 September 2022

Time: 10am – 3.30pm

RSVP: By 14 September 2022 to Annie Chambers (8562 2688 or [achambers@lutherancare.org.au](mailto:achambers@lutherancare.org.au))

Presentations by Arthritis SA, LiveUp and Lutheran Care.

#### Hills Event

Monday, 5 September 2022, 10am – 3.30pm, venue and presenters to be confirmed

#### Fleurieu Event

Wednesday, 14 September 2022, 10am – 3.30pm, venue and presenters to be confirmed

#### Metro Event

Tuesday, 20 September 2022, 10am – 3.30pm, venue and presenters to be confirmed

### Premier's Certificates

We are pleased to share that six Community Visitors Scheme volunteers were successful in receiving 2022 Premier's Certificates. Congratulations to Chris Werner, Dawn Spencer, Yvonne Gaca, Sue Fackrell, Peter Rudiger and Penelope Pfitzner. Thank you for your wonderful contributions to community and the time that you so generously give.



### Annie On Leave

CVS Regional Worker Annie Chambers is on some well-deserved leave until August 23. We wish her all the best on her travels and look forward to hearing about her adventures on her return!

## A Note From Sonja

Dear wonderful CVS volunteers,

I hope this finds you warm and well. There has been some lovely sunshine recently, as well as some much needed rain. How fortunate we are.

Thank you for all you are doing to help those suffering social isolation around you.

Did you know research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions? High blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death.

Spending time with friends and family is a key factor in staying well.

For many in our community this is not always possible for a variety of reasons and you are so very special to selflessly plug this gap in providing companionship to others.

Many of you tell me how important it is for your own wellbeing also and how you receive more than you give. A true joy spreading program that works both ways,

which is highly needed as COVID times have increased the isolation and social distance everyone experiences.

Thank you for sending all your reports in. When I look at your visiting numbers and hear some of the stories about your visits from Annie and Carolyn I am so very humbled and inspired.

We have some free optional training/ community education/hot soup and sandwiches days coming up for you (and an interested friend) in each area in September (dates in this newsletter). I'm very much hoping to see you there for a chat to hear how you are going.

I hope you enjoyed the photos from our appreciation lunches in May. How very grateful Lutheran Care, Annie, Carolyn and I are for the difference you make.

You bring light and hope which shines brightly through the dark and cold of winter.

Every blessing to you and your families.

With many thanks,

**Sonja Williams**  
CVS Team Leader

### The Story Keeper Interviews

We're very excited to let you know that Michaela Andreyev will be interviewing some of our longstanding volunteers to capture some stories as a family keepsake and for CVS promotion.

And even better, Michaela is becoming a CVS volunteer herself! More information to follow.

We are so grateful to Michaela who is kindly providing this individual gift at a significant discount to CVS family and friends.

Look out for Michaela at one of our support group meetings or lunches.



### Staff Contacts



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*Usual days of work:  
Tuesday, Wednesday, Thursday*



#### Annie Chambers

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*Usual days of work:  
Tuesday and Wednesday*



#### Carolyn Koch

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*Usual days of work: Tuesday and  
Wednesday*