

Postal Friend



March 2022

Australian
Multicultural
Community
Services

Dear Postal Friend,

Welcome to our first 2022 newsletter. We hope it finds you safe and well!

In this issue, we have put together stories, news, humour and puzzles to brighten your day. The colouring competition is back and the winner will receive a surprise gift in the mail.

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Summer highlights

In February, the AMCS Volunteer Visiting Programs featured in Channel News Asia (CNA).

Volunteer Natasha Karunaratne often brings Sarah Viney flowers and chocolates (picture below). Sarah's family lives interstate and she sometimes felt lonely in the pandemic. Natasha and Sarah caught up online during lockdowns.



Companionship at Christmas

The festive season can be difficult for all sorts of reasons. This Christmas, AMCS staff held "match meetings" to support seniors with volunteers.

On 24 December, Lahiru Muthukumarana, a current MBA student with a full time job, met his companion. After sharing stories and getting to know each other, it was clear his senior client was having a difficult time with social isolation. On Boxing Day, Lahiru visited again to support his new friend to ensure she felt seen, heard and special.

"Christmas comes once a year and people get busy. It's important to think about people who might be isolated," Lahiru says.

Gina's love for painting.



In November 2021, AMCS Volunteer Coordinator Milena Schaedler met Gina who was feeling isolated throughout lockdowns. Two and a half years ago, Gina was hospitalised. She spent a lot of time at home during her recovery and started painting to pass the time. Gina has always liked working with her hands. Painting has become her hobby and passion. Although her mobility is improving, she is not giving up painting any time soon.

Milena introduced Gina to AMCS volunteer, Helen, to visit her on a regular basis. For over 40 years, Helen worked in an aged care facility as a nurse. Now retired, she would like to give her time to others. She misses this aspect of her job. Gina showed Helen her paintings and Helen delivered canvas to Gina when she ran out.

New Volunteer Coordinators

Ewa O'Brien (left) Coordinator for Barwon Region (Geelong)

In 2008, Ewa migrated to Australia. A few years ago, she moved from Melbourne to Geelong. Starting her journey with AMCS as a volunteer five years ago, she recently took the role of Coordinator of Volunteer Programs, as well as assisting with AMCS Social Support Group. In her community, she enjoys supporting seniors and learning about their experiences and lives. "Often, the volunteer and senior become great friends", Ewa says. Ewa loves cooking and eating.

Nipuni De Silva (right) Coordinator for Melbourne's Southern and Eastern Regions

Nipuni is a proud Sri Lankan. She moved to Australia during the pandemic in 2020 and joined AMCS in October 2021. Her role gives her immense satisfaction meeting seniors from different walks of life. She likes to engage in deep conversations with them. "I feel blessed with a team of committed volunteers who always have each other's back" says Nipuni. She's a vegetarian, a nature lover and enjoys classical and country music.





Just for fun

What are the strongest days of the week?

Saturday and Sunday — the rest are weekdays!



WHY WAS THE CUCUMBER MAD?

WHAT IS A PRETZEL'S FAVORITE DANCE?



SUDOKU

Fill in the blanks so that each row, each column and each 3x3 grid contains only one number from 1 through to 9.

		8						
4	9		1	5	7			2
		3			4	1	9	
1	8	5		6			2	
				2			6	
9	6		4		5	3		
	3			7	2			4
	4	9		3			5	7
8	2	7			9		1	3

We would love to hear from you

Do you have any interesting stories, funny jokes or creative artwork to share?

Contact: Magda Adamczewska
E: magda.adamczewska@amcservices.org.au
P: 0401 572 154 (Wednesdays only)

CONTACT US

For more information about AMCS and our services, please contact:

Australian Multicultural Community Services
Website: www.amcservices.org.au

Melbourne Office
Suite 111, 44-56 Hampstead Road
Maidstone VIC 3012
Phone: (03) 9689 9170
Email: info@amcservices.org.au

Geelong Office
Suite 6/79 High Street
Belmont VIC 3216
Phone: (03) 5241 2446
Email: geelongoffice@amcservices.org.au



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Colouring in competition

Colour in this image for a chance to win!

Send the image to: magda.adamczewska@amcservices.org.au or 0401 572 154 or mail back in the reply paid envelope provided.

Great prizes to be won!

Name:..... Surname:.....

Contact number:.....



Free Coloring Pages from PrimaryGames.com