

ON THE SQUARE

Autumn

2017



Hello to everyone,

I trust that you all had a lovely Easter. It seems like ages ago but it was only a few weeks, where does the time go?. So what has been happening in the life of Care and Share?

Recent Events: Celebrating Australia Day on 27/1/17.

The theme was to wear a loud shirt and there was to be a prize for the most creative outfit. The Care and Share staff rallied on the day with some out there kind of out fits, but we were all eclipsed by Bill Hems with his wonderful inspired ensemble.



## **News Update;**

Up and coming survey:

Thank you for all your suggestions throughout the year about ways to improve Care and Share. We really appreciate all your feedback! We try to implement as much of your feedback as practically possible.

We are all committed to making sure that Care and Share is your program by putting you in the `driver's seat` to ensure that we are meeting your needs and wants.

Once a year we have a more structured feedback process. This is to make sure we capture everyone`s opinions. We have found our yearly survey has identified some issues that have come up during the year. Also some people prefer to give considered written feedback, rather than "as we go feedback". Our survey is also a way to work out what the majority of people think about certain issues.

The survey is strictly confidential. This means that any issues do not have to be said in front of a group, or identify the person who provides the feedback.

I hope you will find the survey is a lot simpler this year. This is a direct result of the feedback from people about last year`s survey!. This year`s survey will be considerably shorter and simplified. This includes many yes/no questions combined with an option to add more information if you would like to.

The survey will take place a little later in the year than previously to make sure that we include information that the Commonwealth is looking for. It will be in hard copy format and you will be able to take it home and fill it out. Please bring it back within the following week. If you are having any difficulties, I would be happy to provide some assistance and will ensure your anonymity when compiling the results.

I can't stress enough that your feedback will form the basis of the planning process for Care and Share. Your opinions are highly valued and used.

Also just to give you the heads up, The Department of Social Services will in the next couple of months be giving those who access services under Commonwealth Home Support Services (CHSP), yes this does

mean us, to fill a survey on why they sought assistance and what their outcomes have been as a result of accessing the service. This survey will be completely voluntary and will need to be completed electronically. If you decide to complete the survey a staff member will provide assistance and ensure that your responses are kept private. I will let you know when the survey is released.

New people:

We have a number of new participants this year namely Edna, Rita, Kath, Linda, Joan and Rom. Not everyone may know them as it depends on what day they attend. Thank you to everyone who helped them settle in. Actually it feels as if they have been here a lot longer as they have all fitted in so well into our Care and Share community. Welcome aboard girls!!

Guest speakers:

We have a series of guest speakers planned for this year. These include COTA (Council for the Aged), ARAS (Aged rights advocacy service), SAPOL (SA Police), Red Cross and a Diabetes Management Educator from the Repat. The presentations have been planned over the year, so if you think you have missed out, there is still more to come and you are always welcome to come an extra day to catch up on a presentation. If anyone has a particular interest or suggestion for a guest speaker, please let me know and I will do my best to organise a session.

Up and coming dates include:

Friday 19<sup>th</sup> May: SAPOL

Friday 14<sup>th</sup> July: COTA

Wednesday 19<sup>th</sup> July: COTA

Thursday 10<sup>th</sup> August: ARAS

Monday 21<sup>st</sup> August: ARAS

Friday 13<sup>th</sup> October: Red Cross (REDiplan)

Thursday 19<sup>th</sup> October: SAPOL

Monday 13<sup>th</sup> November: Diabetes Management

## **Bus trip 27<sup>th</sup> of March.**

The kind Kiwanis bus drivers took us out to rediscover the Virginia Nursery. When we arrived, some of the group enjoyed the greenery and the massive variety of plants available, others headed straight for the gift shop or to get a cup of coffee. The gift shop was very good I might say and my Chai latte was fantastic, the plants I glanced at weren't bad either 😊. We then headed off to the Two Wells hotel for a big lunch which was enjoyed by all. We all must have been in a food coma on the way home as there was certainly more conversation on the way up compared to the nanna napping on the way home.

We will have another bus trip later in the year when the weather becomes warmer again. Suggestions of a suitable destination would be most welcome.





Thanks to all who participated in the photoshoot and graced us with their fine acting skills. Mind you, the ladies didn't have to fake it a lot as the biscuits were real and they were good. I have not received all the portrait shots yet but I did receive some great images that I have placed into our new printed information brochure. I am really pleased with the result as the images add so much more authenticity to the brochure. Thanks everyone, you all looked great in blue by the way.

We still have room for more new participants. If you know of anyone over 65 years who you think would enjoy the group, bring them along and let them be our guest for the day. You never know, it could be just what they are looking for. 😊

Out and about in the community:

Have you ever wondered where Betty Ennis disappears to on Mondays or Wednesdays when she comes to Care and Share? Well, in her early 60,s Betty mentored some kids at local primary school in Salisbury. For 5 years she had so much joy and satisfaction from enabling children to overcome some reading and numeracy difficulties which had previously caused them so much angst. So when the opportunity arose to mentor at Colonel Light Gardens Primary School she jumped at the chance. She looks forward to her weekly visit with her designated child. Relationship building, having fun, imparting her love of words and appetite for learning are real highlights for Betty. She has gained so much

satisfaction from seeing the child she is supporting, grow, develop and gain more confidence. She commented: “The satisfaction in my 83<sup>rd</sup> year of being able to use the life skills I have learnt are immeasurable, nothing is wasted, that which is learnt a life time ago can be passed on and be such a blessing to others”

If you have ever considered mentoring or would like to become involved, please let Janine know and we can explore the opportunity together.



### Money Matters

As I am sure you are aware that the cost of food and the necessities of life have risen over the previous 2 years. We have noticed it too in our budget and therefore the Community Services Board has approved a nominal price rise. As from July the 1<sup>st</sup> the full day attendance fee to attend Care and Share will rise to \$18 per day. For those who attend part days, the fees will also have a partial rise. Others who attend 2 or more days per week, I am happy to discuss with you a small fee reduction accordingly if the rise causes any financial difficulty. Thank you for your ongoing support of Care and Share. We look forward to the future and to keep providing you with all the fun activities, transport and the lovely hot meals that make Care and Share a great place to be.

## JUST A REMINDER.

Hand sanitiser – just a little reminder to use the hand sanitiser, especially throughout winter. We have enjoyed a lower incidence of sickness since introduction which is great. ☺ Sometimes it is easy to overlook things when we are busy, but we ask that if a participant is unable to come to Care & Share that they please contact the office so that the booked taxi can be cancelled.

Please ring office and leave a message as soon as possible. The answering machine is always on.

PH: 8276 1144



This is what we did at the photo session while you were not looking!

Sayings to ponder:

“My health is good; it is my age that is bad”

“Why did the menopausal woman cross the road? To kill the chicken”

“Be careful reading health books, you may die of a miss print”

Kind regards, Janine

PS: The cute bird on the front cover belongs to my daughter Ava. Her name is Squeaker and she is a green cheeked pineapple conure. She is very cheeky, loves company and being picked up. The down side is that there is only a 10 minute window between birdy poos. !!

