

ON THE SQUARE



Autumn

2018

Hello to everyone,

I hope you have been enjoying some of the lovely autumn weather. It is a bit like a lucky dip isn't it, you never know what you will be getting. So I figure it is the best idea to enjoy the sunshine as much as possible, get out there and work on the vitamin D intake. One thing that certainly heralds autumn is all the dropping leaves. As colourful as they are they certainly take a bit of cleaning up. I hope you are managing with the clean up or have got somebody to give you a hand around your place. Wish me luck, we have Plane trees up the length of my street, when they drop, they really drop!!!

Information:

If you start to have some difficulty at home and don't feel that you are managing as well as you used to, please come and have a chat. I would be really happy to talk with you and make some suggestions about how you can remain as independent as possible. You may need some extra support with tasks about the home, maybe an Occupational Therapist or some Physiotherapist involvement to enable you regain some movement etc. I can explain how Myagedcare works and assist with making a referral if required. I have experience with Home Care Package Coordination so I would be more than happy to explain the cost and how a package could support you to remain living at home.

Please note: If you are offered a package, please let me know. There are a few rules about eligibility to services



Update: I have mentioned previously that Care and Share is due for a Quality Audit from the Australian Aged Care Quality Agency later in the year. We are well on track in preparation for their visit. One thing that I realised that we need to have is an agreement in place between you the participant and Care and Share for the services that you receive. This is a common practise and if you receive any in home support from a Service provider, you will know what I mean. I have included a copy of this agreement with the newsletter. It is a little wordy, but it just outlines the services you receive and our management obligations. Please feel free to take it home to read through it. If there

are any questions relating to the form, I am more than happy to sit with you and have a chat. I would appreciate it if you could bring it back 13/6/18. Please date it the day that you sign it. Each new participant will now also be asked to complete the form as well. Thank you for your support with getting all our processes in good order. (Note: If you are receiving a Home Care Package you will not need to complete this form)

Bus trip 11/4/18

Yes the weather was warm but we still ventured out on our Bus trip to Belair National Park and a guided tour of Old Government House. We had a lovely Devonshire morning tea and then split into 2 groups for the tour. The guides were very knowledgeable with the history of the house and gave us a snap shot of the lives of the people who lived there. In fact I think it really inspired Barbara and Josie to get busy when they were in the kitchen :). I dare say they are really appreciative of all the modern conveniences we now have in the kitchen to assist with food preparation.



The gardens were just lovely and there were some great shady spots to sit, chat and enjoy the view. We then moved on to have lunch at the Belair Hotel. I believe there were some requests for Barb to make Pavlova the following week too! (I think Barb's version would be better!) The drive through the hills on the way home was a good opportunity to digest lunch, escape the heat and enjoy the scenery. I hope you all enjoyed the day. We will do another bus trip when the weather gets warmer (Oct, Nov), please let me know if you have any great ideas.



A big thank you to our Kiwanis Bus drivers who graciously escorted us on the day. I think they enjoyed their outing too.



News Update;

Staff: You may already be aware that Chris has decided to reduce her working hours and will no longer be participating in the program on Thursdays. She will still be coming into the office on Thursdays to organise the taxis as per usual and she will stay a little longer to record our data onto the Data Exchange (we must report on what we do to the Commonwealth). Thankyou Chris for all your input, I am sure you will be missed by the Thursday group. Kelly has kindly said that she is available on Thursdays and will now be working both Mondays and Thursdays as a Program Assistant. Thankyou Kelly for stepping in, much appreciated.

Staff: Barbara has decided that she would like to reduce her working hours to enable her to spend more time with family. She will be giving up her Monday shift by Mid-Late June. I am currently in the process of back filling the position to ensure that you will all still receive the yummy food for lunch that you have been accustomed too. I will keep you posted. Thankyou Barb for catering for us so well, you will be missed on Mondays.

Information up date:

The new Retirement Villages Act 2016 and Retirement Villages Regulations 2017 commenced on 1 January 2018. The new Act and Regulations will deliver greater transparency, greater certainty and some much needed protections for current and future residents of villages in South Australia. Major benefits for residents include:

- The introduction of guaranteed payment of an exit entitlement at 18 months if the residence is not relicensed before that time. This measure provides a greater level of certainty around the time frame in which a resident or their estate will be repaid an exit entitlement.
- Ensuring that those residents who wish to leave their village but cannot afford to do so until the residence is on-sold, can remain living in their residence until relicensing occurs. This greater flexibility empowers people to make plans to be closer to family, new friends or a new partner when they otherwise would feel trapped financially in their village.
- A cap on the period of time that a resident is responsible for maintenance fees after leaving a village at six months, after which the operator must assume responsibility for those fees. The Act also contains updated early repayment provisions to assist those residents who enter into aged care.

- Greater disclosure and transparency of residence contracts with the introduction of a standard disclosure statement. The disclosure statement will provide a summary of all fees and charges that a resident will be required to contribute to; before entering, while living in and upon leaving a village. This increased awareness of the terms of the contractual documents and rights and responsibilities will assist residents to choose the offering which best suits them.
- Responsible management of residents' funds by strengthening auditing requirements and improving transparency of financial reporting. The Act also introduces provisions relating to what is to occur when a surplus or deficit occurs in a village's recurrent fees and requires villages to adopt a surplus or deficit policy.

Information.

I received the new food intake recommendations from the Heart Foundation this week. There is not a massive change to their recommendations but I have noticed that they are now promoting increasing the intake of nuts, seeds and health oils. They are also recommending a reduction in saturated fats, sugar and salt in the diet.

Take a look at the attached heart healthy eating principles

Recycling:



Care and share has gone green; recycling food waste.

We have purchased a food waste recycling caddy from Mitcham Council. Most councils are currently making them available to residents at a reduced cost. The caddy was \$12.00 and a pack of 50 compostable bags costs \$6.00. Just put the full compostable bag in the big green bin. Easy. Why not contact

your council and start composting. It will certainly reduce the amount of landfill if we all participate.

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. 😊

JUST A REMINDER.

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 we can adjust the numbers for catering and taxi bookings.

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

PH: 8276 1144

Until next time, keep safe and warm

Janine 😊

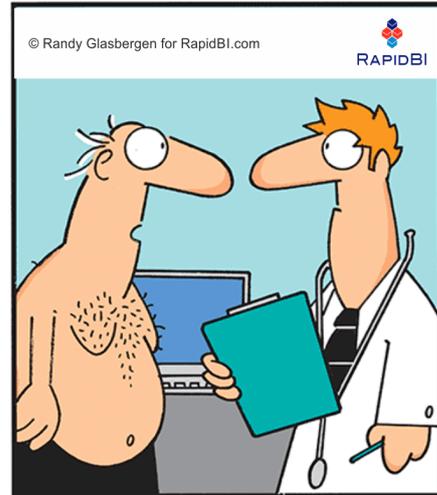
Please remember to tell your friends about Care and Share. As long as they live in the South/ East Metro area and are over 65's years, they will be eligible to attend. Care and Share participants are our best form of advertisement as word of mouth is a well-respected and powerful form of marketing. Simply telling stories about the things that you have done, the meals shared & the funny conversations that you have had will go a long way in relaying what Care and Share is all about. Please invite someone along for a free trial day, you never know they may enjoy Care and Share too.





“When I was younger, carrier pigeons like me were on the cutting edge of wireless communication technology. Unfortunately, I never bothered to update my training!”

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“Gravity has lowered my chest, my stomach and my butt. Why hasn’t it lowered my cholesterol?!”



“You caught a virus from your computer and we had to erase your brain. I hope you’ve got a back-up copy!”

