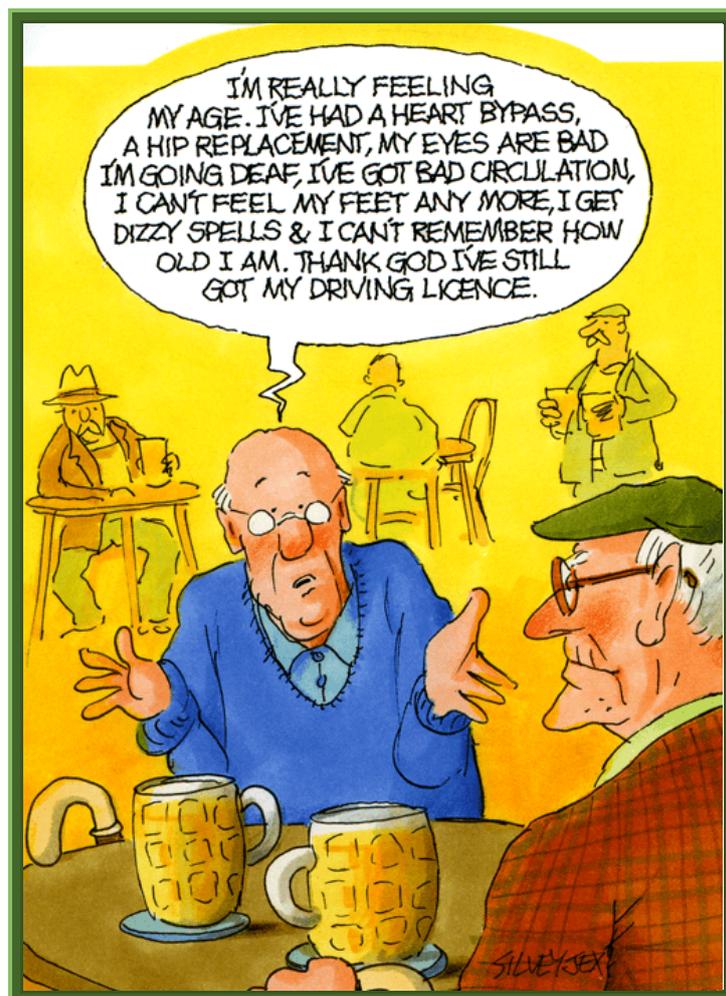


ON THE SQUARE

SPRING

2017



Hello to everyone,

I think I say every time that I write a newsletter, how fast the year has gone, but at the risk of sounding like a cracked record... 'Hasn't the year gone fast!!!' Hope you enjoy the spring edition. I try to include anything that has happened and keep you up to date with any changes, I hope you enjoy the comics; I certainly have a chuckle too 😊

News Update;

Brochure rack: You may have seen it already but there is a new rack of information brochures available that may be of interest in the Activity room. Please feel free to help yourself.

Winners



Well done to our footy tips winners this year:

1st prize: Frances

2nd prize: Chris

3rd prize: William

Myagedcare:

I am sure you are all aware of Myagedcare but just in case, the following is an update. Myagedcare was introduced in July 2015 by the Dept. of Health as a point of access for information and aged care services. Knowing what services are available before you need them will help you be prepared to make decisions about your future. Myagedcare can help you access services at home which can improve your well-being and help you stay independent. From July 2015, anybody looking to receive services for the first time needed to register with Myagedcare. At that time, anyone who was already receiving services (including attending Care and Share) were grand fathered over to the new system. Some of you have since registered with Myagedcare to receive services. For those of you who have not, I need to register you with Myagedcare before June 2018. Don't worry; I will do this for you unless you let me know that you would like to do it yourself. It means that I will submit your referral so that you become registered with Myagedcare. They will contact you by phone to ask a few questions. They may send out someone from the Regional Assessment Service to do an in home assessment. Myagedcare will then send Care and Share the referrals that we need, namely centre based meals, social support and transport (if required). You will only have to register with Myagedcare once, so in the future if your needs change they will have your service history so it cuts down on information seeking duplication. We do have some Myagedcare brochures available in the brochure rack. Please feel free to ask me for further clarification if you have any questions or concerns.



Recent Events:

Sad news: Bill Hems passed away in early October. He may not be known to all of you as he stopped attending earlier in the year. I do have some fond memories of the wild shirt and wig he wore to our loud shirt day in January. It was such a change from the usual suit and tie 😊.

I attended the funeral to represent all from Care and Share.



Arthritis SA Community Information Session

Earlier in the year I was successful in applying to Mitcham Council for a Community Development Grant. The aim was to provide a community information session about arthritis and the condition's symptom management. Lyn Crossly from Arthritis SA facilitated the presentation on Oct 24th and provided a wealth of information for those who attended. Lyn has very kindly agreed to provide 2 more sessions for Care and Share participants, the first is planned for Wednesday 6/12/17 and in the New Year on Monday 12/2/18. If you do not usually come on Mondays or Wednesdays, you are very welcome to come on the day and join in. Please let us know if you would like to attend so that we can organise transport etc.

Guest speakers

We have had a variety of guest speakers come and present over the year. Just looking ahead for 2018....Wow hasn't the year gone fast!! If you have any ideas or requests for information and guest speakers, please let me know. In January I will start planning so I would welcome your feedback on the frequency, type of guest speakers or information that you may be interested in. I am also looking for ideas for the next bus trip too, which more than likely will be scheduled for March when hopefully the weather will have cooled down a little bit.

Focus group

As part of our funding responsibility we need to ensure that participants have plenty of opportunity to provide feedback about the Care and Share program. A focus group is one way of doing this. What is a focus group you may ask? Well it is an opportunity for participants who want to be involved, to sit together and discuss the program. There may be some issues that you may like to discuss or have some ideas about how things can be done better. I intend to run these groups each day during the week commencing the 13th of November. We can sit together during the program or afterwards and arrange for a later pick up time if required. I am looking forward to our discussions, please let me know if you wish to be involved by 10/11/17. Thankyou

Bus trip: 25/10/17.

What a great day, and wasn't the weather fantastic. I know I enjoyed the day and by some of your comments, I think the outing was a real hit. The morning tea at Millie's at Mount Barker was really nice. It was so nice in fact that unbeknown to me it was declared a diabetic free day!!





I have been to Milang quite a few times when we are holidaying at nearby Clayton. I found the tour around the town really interesting as I had not been through a lot of those back streets which hold so much history. The lunch on the train carriage was enjoyed by all. The craft shop was also well supported and those looking for interesting crafty things, jam and early christmas presents. Our bus driver Bruce and his wife Chris did a fantastic job. I have sent a thankyou email to them, the Manager at Kiwanis and Peter from Milang for their assistance and great hospitality on the day.





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 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

Hope you like the comics,
Until next time,
Janine

