

ON THE SQUARE

Summer

2018



Hello to everyone,

Welcome back to Care and Share for 2018. I trust that you all had a wonderful Christmas and your new year has started well. As I write this newsletter we have already entered into February, my question is, where did that time go???. They say time goes faster as you get older and I am starting to believe it.

It has been lovely to catch up with you all and hear of your holiday adventures. My husband and I took our kids on a road trip to Melbourne. We had a lovely time rediscovering the Dandenong's, St Kilda and the city. Our car was broken into while were off exploring but the insurance company came to the rescue and we were able to get it fixed before Christmas (It could have been a very windy trip coming home otherwise).



(The Alfred Nicholas garden was well worth the steep paths to get there)

One of my oldest friends from Queensland also came to stay with us over the New Year. Some of you met Robyn when she came in one day. She really enjoyed meeting you all and had a lovely time playing Rummicubs, Thank you for making her feel so welcome.

All the Care and Share team are looking forward to spending time with you in the year ahead. We have some new ideas and interesting things we will be doing along the way. We always appreciate hearing your ideas/interests too, so please tell us and we will do our utmost to include it in the activities. Remember it is your day when you come along to Care and Share.



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.

News:

You may already be aware that Margaret C, Rom V and David F have moved into residential care over the holiday break. They will certainly be missed from our Monday and Thursday groups. We wish them well with settling into their respective new homes.

Later in the year Care and Share is due to have a Quality Audit conducted by the Australian Aged Care Quality Agency. It is the same type of audit that all Government supported services need to go through. We are well on our way in preparing for this. You will all be notified in writing when we are notified of the audit date and will be given an opportunity to participate in the audit to give feedback about Care and Share if you would like to.

Christmas 2017

Christmas dinner was again held at the Flagstaff Hill Hotel. Eating is one of the things that we do well, and frequently I might add, at Care and Share. We have so many images of people gathered around food and 2017 was no exception. Good food and conversation was had by all as these photos show:





Other information:

Don't feel helpless or embarrassed if you've been hit by an online scam at Christmas time. You're not the only one. In December 2016, 7153 online scams were reported to Scamwatch, the highest number of online scams in a month that financial year. In these scams, criminals used the internet, email, mobile apps, or social networking and online forums to siphon money from victims. Individuals in Australia lost \$2.3 million to online scams last December and that increased to almost \$3.2 million in the following month. If you do lose money to an online scam it is unlikely you will be able to recover any money lost, but there are some simple steps you can take to limit the damage and protect yourself from further harm:

- Contact your bank or financial institution: if you've inadvertently sent money or personal banking details to a scammer while Christmas shopping, contact your financial institution immediately. They may be able to stop a money transfer or cheque, investigate a fraudulent credit card transaction or even close your account. Most big banks offer guarantees that they'll cover any loss due to unauthorised transactions on your account, as long as you didn't contribute to the loss, you protected your devices and passwords, and you let them know as soon as it happened. Most financial institutions will have support lines open during public holidays.

Recover your identity: if you think you have been the victim of identity theft and a criminal has taken some of your personal details, act quickly to avoid further damage. For free advice contact IDCARE. Call 1300 IDCARE (1300 432 273) or go to www.idcare.org, here you can run a free cyber first aid kit to help you work out what to do.



Congratulations to David. He officially retired from Bedford Industries in Dec 2017. His was honoured with a framed award and gift voucher to thank him for 40 years of service. Well done David, congratulations from all at Care and Share.

Helping Hand is currently working on a Quality of Life project, with Griffith University and the Cognitive Decline Partnership Centre. The project is exploring the meanings of wellbeing for people with cognitive decline. This will then form part of the development of new ways to evaluate dementia care. If you are living with a diagnosis of dementia or cognitive impairment, they would like to interview you and your caregiver about your priorities for quality of life. Each interview will take about 30 minutes and participants receive a \$25 gift voucher to cover any costs associated with participation. Contact Quality of Life Project
Email: ad-5d@griffith.edu.au Phone: (08) 8366 5444

Wellness & Reablement

Included with the copy of this newsletter is an information sheet which has been put together by the Department of Health (from the Australian Physical Activity and Sedentary Behaviour Guidelines) titled 'Tips and ideas for Older Australians'. It is full of ideas on how to improve your Flexibility, balance and strength.

Having Older Australians more physically active is certainly a focus of the Government because of the many benefits both personally and financially. You will have heard of the terms "Wellness and Reablement" in the media & literature directly related to aged care services. All Government supported services are moving away from a "What can I do for you" model to a "What can I do with you" model. It is a very big shift of mindset. It encourages older people to do as many things for themselves and remain independent for as long as possible. At Care and Share we are also keen to promote independence by encouraging participants to continue doing here what they would normally do at home. This may include for example: not rushing in to help some who is in a wheel chair if they are able to move independently. The team at Care and Share really care for your well-being, so not rushing in to assist may look a little strange, but we would really be doing a dis-service and taking away your independence if we assisted with activities that you are capable of doing.

Each person is an individual of course so there will be variations to how we assist each participant if and when it is required. If you would like to talk about this further or need some clarification, I am more than happy to sit and have a chat with you.

Keep up all the good work with the exercising,

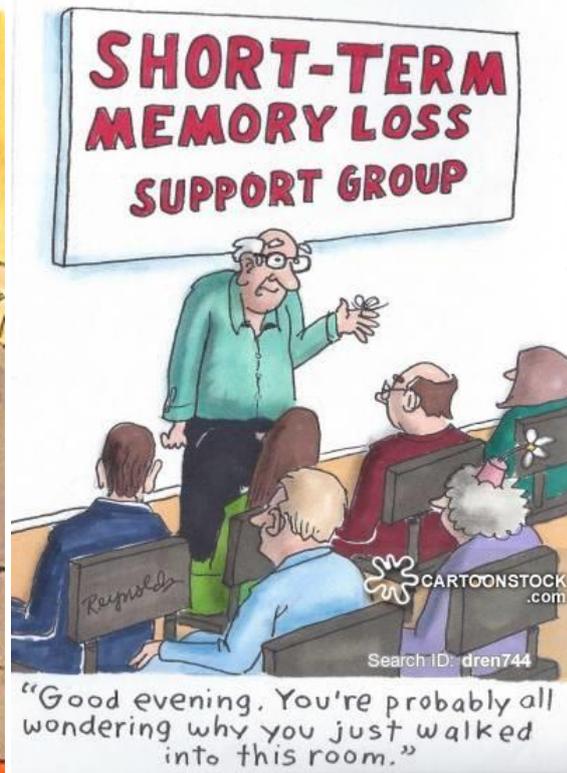
Kind regards, Janine

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 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





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

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

GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE WITHOUT
A REMOTE CONTROL.

