

ON THE SQUARE

WINTER

2018



Hello to everyone,

I hope you are all keeping comfortable and warm during the colder months. If you are anything like me, it is a little difficult getting out of a lovely warm bed in the mornings. We have had some well anticipated rain so the wellies and umbrellas are on standby. The farmers are still hoping we may have some decent rain before the warmer weather starts. Let's hope so, the drought is really hit hard in some rural areas.

News Update;

You may have noticed over the last 2 months or so that whoever runs the activities of the day leaves by approx. 2pm the same afternoon. I have been aware for some time that the program assistants use their own time at home to plan the activities. We having been doing a trial of finishing earlier to recompense for the time spent planning at home. The trial was intended to see how it would work and what potential impact it would have on the activities of the day. I am pleased to say that overall the feedback has generally been positive. As there are only 2 program assistants working on Thursdays, we have agreed that I will come in to support them with set up tasks for a while in the morning and assist after 2 pm until everyone has gone home for the day. I am confident that this change has not impacted on the enjoyment of your day at Care and Share. If you have any concerns or feedback, I would be more than happy to have a chat with you.

A big thank you to everyone for signing the Service Level Agreements and the Participant Consent and Acknowledgment Forms. The original have all been placed into your case file. A copy of your signed Service Level Agreement will be distributed with this newsletter. This has been just another improvement in preparation for a quality audit which is due towards the end of the year.

The Commonwealth is very keen to have every one aware of their rights and what to do if you feel that you have been disadvantaged in some way. I have attached to this newsletter a copy of the Home Care Common Standards, the most up to date version of the Charter of Care Recipient's Rights and Responsibilities – Home Care and a Care to Comment form (Care and Share's feedback form). Please take time to read through them. I have also placed some Care to Comment forms and a feedback box in the Activity room so that the forms are readily assessable for you to have your say.

You will also find a copy of the Charter of Care Recipient's Rights and Responsibilities – Home Care and our Grievance Policy available for you to read in the Activity room. If you need any further clarification, let me know so that I can assist wherever I can.

If you have a family member, carer or an advocate who assists with arranging supports for you, please let them know that you have a copy of the Charter and Standards available for their reference if required.

Recent Events:



Our Wednesday ladies have been working very hard and making some lovely baby blankets and toys. There has been numerous cups of tea and lots of chatting along the way too I might add. ☺

Previously we had given lots of blankets, beanies and toys the Bundles of Love Ministry. Unfortunately Hazel who coordinated the distribution to disadvantaged families has retired so we needed to find another avenue to gift all the lovely knitted produce.

I contacted Genesis Pregnancy Support Inc. about the potential of supporting them in the wonderful work they do. They also prepare gift packs to disadvantaged pregnant women who are in need of support and encouragement. Genesis gladly accepted our donation. I arranged to drop in all the items on 1/8/18. The volunteers were so appreciative of the kind donation. It really helps them to keep providing the gifts and support services that are much needed. A big thankyou to all the ladies



Up date:

For those of you who are on Facebook, Care and Share's Facebook page is up and running again. I am hoping to make a post every 2 weeks or so with some pictures of recent activities. I will be looking for comments, funny things that happened or feel-good stories which show what Care and Share is all about. Please remember to like us and share our page with your friends.

<https://www.facebook.com/CareandShareatTrinity2015/>

Information:

What is shingles? Shingles (Herpes zoster) is a painful blistering rash caused by reactivation of the varicella zoster virus – the same virus that causes chickenpox. The shingles rash occurs when the dormant chickenpox virus is reactivated in the nerve tissue, causing inflammation of the nerves. Sometimes pain in the affected region can be severe and prolonged. When it lasts more than three months it is called post herpetic neuralgia (PHN). Other less common complications may include scarring, skin infections, loss of vision or hearing, pneumonia, or neurological complications. Are you at risk of shingles? One in three people will develop shingles in their lifetime. As you get older, the risk of getting shingles and neurological complications increases. The vast majority of adults aged over 60 years in Australia have had primary infection with the varicella zoster virus (VZV) and are therefore at risk of reactivation of latent VZV, causing shingles. Although an individual over 60 years may not remember having had chickenpox, they can still receive the shingles vaccine. Why should I get vaccinated against shingles? Shingles is uncomfortable, and for some people can be very painful and last a long time. Although most people recover within a few weeks, some go on to develop chronic nerve pain called post-herpetic neuralgia. This is an ongoing, severe nerve pain, which can sometimes go on for months or even years. Who can have a free shingles vaccine? The National Shingles Vaccination Program will provide free shingles vaccination to all people aged 70 years old, with a five-year catch-up program for people aged 71-79 years old until 31 October 2021. Those who are not eligible for a free vaccine can purchase it with a prescription from their vaccination provider. For more information please talk to your GP. (A previous history of chickenpox infection is not a pre-requisite for receiving the vaccination).

Advanced Care Plans

Did you know that only around 14% of Australians have an Advanced Care Plan? Yet research shows an Advanced Care Plan improves the care given to people. Advanced Care Australia says advance care should be 'a routine part of a person's healthcare'. So what exactly is an Advance Care Plan and why should you have one?

Advanced Care Plans are legal documents which are used when you are unable to make your decisions because of acute illness, an accident, a mental health episode, dementia, or you are unconscious, or in a coma. Plans explain how you want to be cared for when 'you cannot communicate decisions about your medical care'.

Making an Advanced Care Plan documents your wishes and in the plan you appoint someone to speak on your behalf and make decisions for you – your 'substitute decision maker'. Why not start the conversation with a trusted person who you would like to represent you? Forms and a DIY kit is available from:

<https://advancecaredirectives.sa.gov.au/forms-and-guides>



Did you know we have singing on Thursdays every 3 weeks? Our volunteer Alex attends to play the ivory keys for us. Why not dust off those vocal cords and come along and join in and make a joyful noise. No, not everyone is a great singer, but that can be part of the fun.

Val Lord also volunteers playing the piano on Fridays for a singalong too. So if you love singing and do not attend on Thursdays or Fridays, why not ask one of the staff when the next session is due and come along and join in the fun.

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

My theme for this newsletter is winter shoes. The wellies on the cover are recommended in this weather, but the following are rather dubious winter accessories.....



Multi-Purpose thongs



Slipper skates



Keep smiling and warm,
Janine