



ON THE SQUARE

WINTER

2019

Hello to everyone,

The winter rain has been very welcome considering the dry summer earlier in the year. Doesn't summer seem to be a distant memory! On the other hand, hasn't the year gone so fast? It all sounds rather confusing doesn't it?. Anyway, I know I am not the only one who is looking forward to the warmer weather, spring is not too far off now 😊

News Update:

Thank you for your support during our Uni SA Social work student placement. Emily completed her required hours at the end of June. She really enjoyed her time with us and getting to know you all. Towards the end of her placement she designed a new flyer and catalogue of our resources and games. It has an easy to read format and hopefully it will enable you to be more aware of the games that we have and choose the activities that are of interest to you. We were scheduled to have a 4th year student commence in the second semester but he was not able to attend due to some issues with his course. We will keep in touch with Uni SA regarding another student in the New Year.





On Wednesday the 24th of July we had the opportunity to meet 3 lovely Indian ladies. They were in Australia for 2 weeks on a study tour in conjunction with Uni SA. They are all studying social work and it was a great opportunity for them to come to Australia and learn from practical experience and attend some courses that are not available to them in



India. They looked so lovely in their Saris and showed us a dance which is popular in their region. They also taught us a celebration song in their dialect. It was difficult to grasp but we all had a go at it!





Wednesday the 7th of August was Aged Care Employee Appreciation Day. It was an opportunity to thank all the staff for all their efforts. Ken gave a few words of thanks and gave the staff their certificates and small gift. He did manage to score a couple of kisses in the process, good work Ken, love your style. Staff who were not present on the day received their certificate and gift in the following days.

Information update:

Charter of Rights; Thankyou to all for spending the time to read through the new Charter of Rights. It was a requirement of the Commonwealth that we make you aware of the changes and give you an opportunity to sign the Charter as being understood. We now have a Charter of Rights information booklet that provides further information. Please ask the staff and they will give you a copy, or just pick up one as you leave from the flyer rack near the main door. Please feel free to ask any questions if you are at all not sure of any particular points.

Recent Events:

Recently I have been visiting a number of Medical Practices in our catchment area to introduce myself and tell them about Care and Share. The response from the Nurses was really positive and I could see that they already were thinking about patients that they know who may be interested in attending. I have also been in touch with the Regional Assessment Services who do the in home assessments about the program. Again, it has been a positive reaction, so I am hoping that it will not be too long before have some new people referred to our program.

Character Strengths Assessments and volunteers

Just to keep you up to date. Some of you are already aware that as part of our annual participant review, we have updated the process to include a discussion on individual participant character strengths. This has been brought about by the feedback that we received from the Quality Audit last year. Our Character strengths are not something that we often think about and it can be challenging to stop and think about who we are, our motivations, passions, things that bring us joy, a sense of achievement and satisfaction. I will explain this further as I go along when we catch up individually. With these character strengths in mind, we can discuss what you would like to achieve, learn or give something new a try. Just to give you an example, one of our participants has always wanted to learn how to paint, in particular gum trees. In response to this we advertised for a volunteer painting tutor. Now we have a lovely young lady named Chloe coming along on Mondays to provide some painting tutoring. Not all of us are aspiring painters and we don't have to be, but it was just an example to show you how we may be able to assist you. There is also the opportunity if you would like to join in with the painting class on Monday afternoons too. No specific talent or experience is required, you just need the willingness to give it a try. You are very welcome.



Like reading? Please let us know if you would like to be part of a book club or an article discussion group. Barbara Harris has expressed an interest and wondering if there are any like-minded people.

BOOK CLUB



In conjunction with Trinity Baptist Church, Care and Share will be offering a men's shed as another activity every second Friday morning. It commenced on the 9th of August and will happen every second week thereafter. It will very much be a place for people to get together, have a chat and get to know each other. You never know, there may be some ladies who might like to be involved too, if so, we may need to think about a name for the group which is more inclusive. How about "People's Shed" or "Shed Business", I am sure they will come up with an appropriate name. Anyway, it will be a place to connect, share and learn new skills. Activities will be according to participant interest. As the existing equipment in the shed is old and not up to current safety standards it will not be able to be used. However we will start small and purchase new equipment as needed for the group projects. John Horner is the shed coordinator and he has a few ideas for small projects to kick off with. We have purchased an engraver and some wood burning tools to play around with initially. Some of the men that usually do some of the maintenance around the church will also be around on the men's shed mornings as well. Did I mention morning tea? Yes it will be available in the main hall each shed day. It will also be an opportunity to pop in and say hello to others who attend Care Share.

Trinity Baptist Church and Care and Share together are working on changing the way that we do things to create a community place where people can come together, pursue their interests, learn, meet people and share life together.

Advertising: We have been advertising in the "Senior Newspaper" for several years with limited response. This has been discussed with the Community Services Board and it has been agreed that we will start to explore electronic forms of advertising media that are not so cost prohibitive. We have also discussed updating the website, creating a video and photographing more of the activities so that we can show what Care and Share is all about to potential new comers. More info to come..

Participant surveys

Our annual survey is due again, gee 12 months comes around quickly. This year we will be condensing it and hopefully making it a lot simpler. We will be looking into using Ipad's for the survey and we will provide support if required to complete the survey. We really appreciated your willingness to complete surveys as it helps us to monitor and improve the program.

Awareness of phone scams

There have been recent reports of scammers targeting Home Care Package recipients via phone.

These scammers often start by offering a better Home Care Package and attempting to lure the client into making a payment of some description, including through the purchase of vouchers.

In one reported case, a scammer advised the client they could offer a better Home Care Package deal and that they were eligible to receive a sum of money, but in order to receive this money they had to pay upfront through the purchase of vouchers.

Please report any suspicious activity to us and contact the Police.

Information on scams and the ability to report them can also be done via the Australian Competition and Consumer Commission's website
['Scamwatch'](#)

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

Look after yourselves, Janine

Just for Laughs...

