



**ON THE SQUARE**

**WINTER**

**2020**

Hello to everyone,

The winter rain has been quite heavy so far this year so much so that it made me wonder if we are truly in Adelaide?? The rain is great for the garden and it is lovely to be inside by the heater feeling nice and warm. It seems like the terrible heat of summer is but a distant memory. I hope you are enjoying staying warm and eating some lovely, hearty soups.

Information Update:

Release of Isolation Restrictions *begins*.

Following the National Roadmap to Recovery announcement by the Prime Minister and the South Australian Premier's subsequent announcement, Stage Two of easing restrictions began on 1 June 2020 and step 3 as of the 29<sup>th</sup> of June. Navigating through COVID-19 during winter may be a challenging period. It is important that we continue helping one another, provide support where we can, and practise safe ways to stay connected.

**The big news is.....**

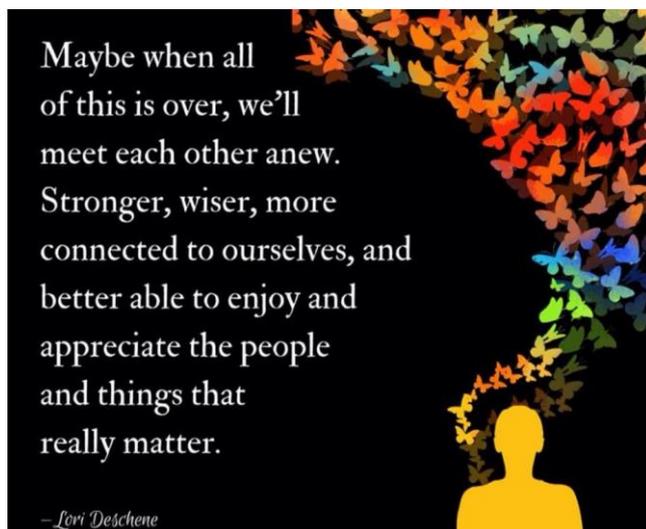
**Welcome back to Care and Share!! We will be reopening on 8/7/20**

All the team are looking forward to seeing you again 😊.

**Remember:** Wash your hands & sanitise  
Follow isolation guidelines  
Use the App



**National COVID Older Persons Information Line**  **1800 171 866**



### News Update:

Thank you for your support during our Uni SA Social work student placement. **Karen** is still completing her required hours and has been a huge source of encouragement and help to Janine & staff. Karen has been mainly helping to complete our self-assessment against the Aged Care Quality Standards. She has also been working on updating some of the documentation and will be with us until the end of July. We loved her 'Cake in a Cup' contribution to the Care Packs we prepared for you during our Recess and her Newsletter ideas. The Staff have really enjoyed her contribution to life at Care and Share.



Thanks so much Karen



Which **activities** of the ones we included in the Newsletters have you chosen to complete or will soon? (Find a summary below)



### Walking

### Gardening

Plan your day  
 Play music  
 Crocheting  
 Exercise  
 Craft  
 Magazines  
 Cross stitch  
 Patchwork  
 Gardening  
 Boardgames  
 Genealogy  
 Sudoku  
 Weather Station  
 Clean out drawers – one at a time  
 Take care of Mental Health  
 Work on our resilience

Keep a diary  
 Colouring in  
 Watch a movie  
 Word Search  
 Read a book  
 Embroidery  
 Newspapers  
 Write a letter  
 Phone a friend  
 Write your life story  
 Walk the dog  
 Crossword  
 Water gauge

Knitting  
 Sing  
 Jigsaw puzzle  
 Go to a Library  
 Painting  
 Audio Books  
 Quilting  
 Baking  
 Check on neighbours  
 Play Cards  
 Put photos in albums  
 Watch comedy TV  
 Spot the difference

Make a Windchime or Birdfeeder  
 Practice Gratitude  
 Make a Terrarium in a Jar



Windchimes

Jar Terrarium

Knitting

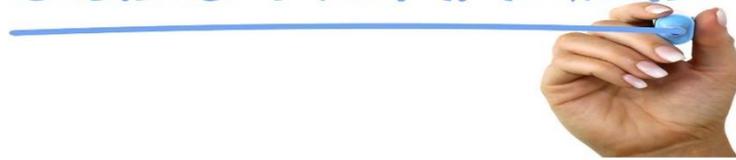
**What are you planning on doing today?**

### Information update:

Care and Share has engaged a **digital marketing specialist** to help us broaden our marketing strategy into more electronic marketing types e.g.: Facebook. To help us reach more people who may also enjoy the program he needed to understand who our current participants are and what influences your decisions. Thanks so much for completing this **survey** via the phone when we called. Watch this space.....

We also asked you to complete two other **surveys** recently: One was the Re-opening Questionnaire which gives everyone an opportunity for input on general program activities, timing and content as well to check if there are any concerns about returning to the program. The other was our Annual Survey. Thank you for your responses and we look forward to implementing some of your suggestions this year.

## QUESTIONNAIRE



### Recent Events:

Just to let you know that we have been quite busy behind the scenes:

**Staff** have been completing and updating their training while we have been in Recess. Recent training includes: Abuse: recognising and reporting, Confidentiality & information handling, Complaint handling: Service user rights and responsibilities, Open disclosure, Caring for a person with depression or anxiety, Reablement, Dementia: Understanding behaviours, Handling Food safely, Strength based approach, Being Curious series: (Moving towards wellness through self-management, Reframing retirement, The Forgotten Australians: Aged Care Project), Culturally safe & informed aged care support during COVID-19 (Webinar).



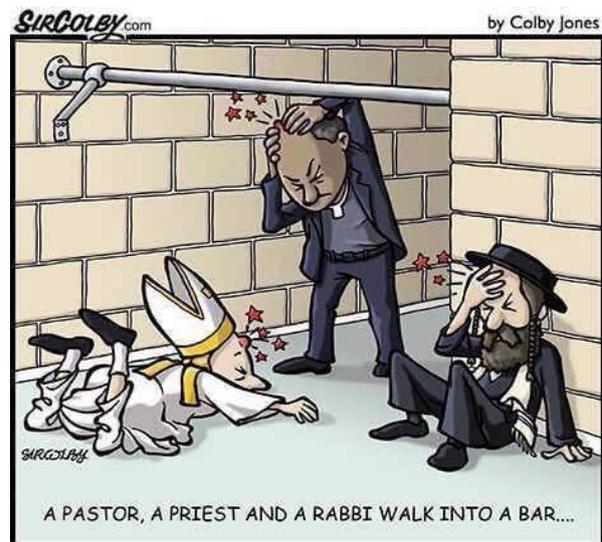


What was your favourite cop show during those early years of black and white TV?

Big note of thanks. Ann has does a wonderful job of creating all the newsletters while the program has been in recess. We hope you enjoyed reading them and found the content encouraging. Thankyou also to Josie, Barb, Deidre, Kelly and Ann for their contribution with the welfare check phone calls, Care and Share at Home pack goodies, pack preparation and delivery. Your efforts have been really appreciated by myself (Janine) and the Community Services Board. Thankyou also to all those participants who called and sent thankyou notes during the recess. The feedback was really appreciated.

Look after yourselves, The Care and Share team

Just for Laughs...



"I don't know what kind of sandwich you made, but we're out of cat food."

