

Newsletter 2 2022



DUNGOG & DISTRICT

Neighbourcare

Your helping hand at home

FROM THE MANAGERS DESK;

Hello Everyone,

Socialising with others has multiple benefits for our mental health. Whether it's a physical activity, hobby class or volunteering, they all give meaning and purpose to our lives and make us more confident. Having the opportunity to laugh and chat with others in social situations, serves to temporarily distract us from our worries by turning our focus outwards instead of inwards. And being able to talk through problems and share our worries with others decreases our stress.

As the saying goes, a worry shared is a worry halved, and less worry equals less stress.

So have a look at the calendar of social activities in this newsletter and see if there is a social activity you might like to join to have a chat with others.

Cheryl Brown

Manager

CALENDAR ON PAGES 10 & 11

 **4992 3348**

info@neighbourcare.org.au

62 Hospital Road, Dungog NSW 2420 • PO Box 171 Dungog

Contact us by

PHONE: 4992 3348

FAX : 49922 120

Email:

info@neighbourcare.org.au

Website:

www.neighbourcare.org.au

Please like our posts on Facebook!



@dungoganddistrictneighbourcare

To be referred to Neighbourcare for support services if you are over 65 call My Aged Care on 1800 200 422 or www.myagedcare.gov.au

If you are under 65 years Call NDIS Phone 1800 800 110 or www.ndis.gov.au

ADSSI Limited trading as Dungog & District Neighbourcare. For further information contact Cheryl Brown General Manager



www.neighbourcare.org.au

Healthy teeth and gums

Maintaining healthy teeth and gums is essential to enjoy the experience of eating.

Missing teeth, sore gums and dentures that do not fit properly can make it difficult to chew food, which may mean that you change what and how much you eat and put yourself at risk of nutrient deficiencies or poor health outcomes.

Have your teeth checked regularly and ensure your dentures are adjusted correctly so that you can continue to enjoy a variety of foods and drinks without restriction. Remember to visit your dentist annually or whenever you are having difficulty with your teeth, gums or dentures. There is a public Dental Service, phone 1300 651 625.

Shopping for food

Shopping can become more challenging for older people that live alone, or those with mobility issues or a lack of transport. It is a good idea to have your cupboard well-stocked with foods that can keep for a long time without going stale. This makes it easier to easily prepare a nutritious meal.

Staple foods may include:

- canned fruit and UHT fruit juice
- canned vegetables (reduced salt where possible)
- baked beans and bean mixes
- rice, spaghetti, macaroni, flour, rolled oats and breakfast cereals
- canned, powdered and reduced fat UHT milk and custard
- canned meat and fish
- canned soups (check the salt content)
- sauces (such as reduced salt soy sauce)
- pastes (such as peanut butter)
- vegetable oil such as olive oil or canola oil



Following a healthy diet and making sure that you keep active will help you to maintain your health as you get older. Remember to eat well, keep moving, and call on friends and family whenever you need help along the way.

Home Care Packages

Have you had an Aged Care Assessment with the Aged Care Assessment Team (ACAT)?

Did you agree to be placed on the National Waiting list for a Home Care Package?

Neighbourcare can assist you while you wait with services like Personal care and Respite.

We can also assist you to understand the process of funding and waiting lists.

If you would like information on the differences between Commonwealth Home Support Program (CHSP) and Home Care Package (HCP) funding, the costs, and the way your funding is allocated, our staff are here to help. Phone Lurline, on 4992 3348, she can assist you and your family and/or support person with written information and is always happy to answer your questions and have a chat.

HOYTS

HOYTS CARER CONCESSION

Hoyts are offering carers an adult ticket for \$1.10 (maximum of 1 ticket per day) when accompanying the person they care for to the cinema. All carers wishing to take up this offer must produce their state or territory Carers Association card or any other card with government-recognised carer identification, such as a Healthcare Card or Centrelink Pension Card. Full details: <https://www.carersnsw.org.au/get-involved/become-a-member>

Do you have a spare hour or two a month that you could help deliver fresh meals to your local community? We are looking for volunteers to fill some gaps in our delivery rosters. If you would like to help out please give Joan a call 4992 3348, 0477 021 266 or you could even drop me an email

joan.mascord@neighbourcare.org.au

Are you interested in helping Neighbourcare behind the scenes? We have a Consumer Group whose valued opinion we use to gain a consumer perspective to enable us to continue providing a user-friendly approach to our support services. If you enjoy reviewing policies, proofreading documents, suggesting ideas for activities and linking with the community, we'd love to have you on our team. Please call the office, 4992 3348. Please call Virginia on 4992 3348 for more information.

Preparing for Flu Season

NSW Health is recommending that NSW residents book in for their flu vaccine, as infections have increased significantly in recent weeks.

Being un-vaccinated increases the risks to you, your family our clients and other staff.

What is Flu (influenza)?

Influenza (the flu) is a highly contagious disease, **usually prevented by vaccination** and treated by managing symptoms.

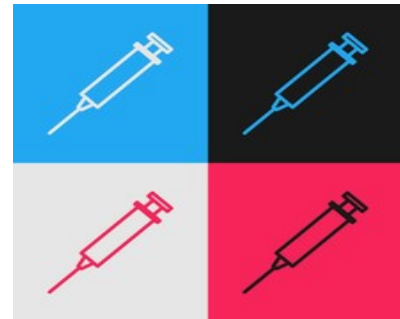
Flu can affect anyone but is especially serious for babies and older people.

Flu is not the same as a common cold. The flu is a serious disease that can lead to severe illness or death.

Symptoms

Flu symptoms include:

- runny nose or sneezing
- cough or sore throat
- fever and chills
- headache
- body aches
- vomiting and diarrhoea (more common in children).



Symptoms usually start about 1 to 3 days after catching the flu and can last for a week or more.

If you have the flu, you can be infectious to others from 24 hours before symptoms start until 1 week after the start of symptoms.

The flu spreads:

- when an infected person coughs or sneezes, and you breathe it in
- through direct contact with fluid from an infected person's coughs or sneezes
- by touching a contaminated surface with the flu virus on it, and then touching your mouth, eyes or nose

Ways of protecting ourselves and others

1. Get vaccinated.
2. Stay away from social events if you are sick.
3. By maintaining social distancing and using masks.

We can provide transport to an appointment for your flu vaccination, call the office on 4992 3348

NATURAL HIGHS

- ♥ Being in love
- ♥ Laughing so hard your face hurts
- ♥ A hot shower
- ♥ No queues at the supermarket
- ♥ Taking a drive on a pretty road
- ♥ Hearing your favourite song on the radio
- ♥ Lying in bed listening to the rain outside
- ♥ Hot towels out of the dryer
- ♥ Chocolate milkshake... (or vanilla ... or strawberry!)
- ♥ A bubble bath
- ♥ Giggling
- ♥ A good conversation
- ♥ Finding a \$20 note in your coat from last winter
- ♥ Running through sprinklers
- ♥ Laughing for absolutely no reason at all
- ♥ Having someone tell you that you're beautiful
- ♥ Accidentally overhearing someone say something nice about you
- ♥ Waking up and realizing you still have a few hours left to sleep
- ♥ Making new friends or spending time with old ones
- ♥ Having someone play with your hair
- ♥ Sweet dreams
- ♥ Making eye contact with a cute stranger
- ♥ Holding hands with someone you care about
- ♥ Running into an old friend and realizing some things (good or bad) never change
- ♥ Watching the expression on someone's face as they open a much desired present from you
- ♥ Getting out of bed every morning and being grateful for another beautiful day
- ♥ Knowing that somebody misses you
- ♥ Getting a hug from someone you care about deeply
- ♥ Knowing you've done the right thing, no matter what other people think



Friends are angels who lift us to our feet when our wings have trouble remembering

Men's Group - Starting: 16th June

When: Every Second Thursday

Time: 10am - 2pm

Where: Day Care Centre, Hospital Rd, Dungog

Happenings: Get together for a yarn, outings and activities.

Possible Outings: Ag Shows, Field days, Steam Fest, Museums. These will be small group outings. Open to suggestions of things you would like to do.



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Volunteers

Neighbourcare celebrated Volunteer Week, in May, by presenting our wonderful Volunteers with a pen, some chocolates and a voucher to use at selected cafes in the Shire to treat themselves to a cuppa and cake. A small gesture by Neighbourcare to say Thank you for the time and caring our Volunteers give to support the most vulnerable in our community.



NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK



Neighbourcare values the important link we have with Dungog Public School. Once a month students from Year 6 help Neighbourcare deliver Meals on Wheels to our clients.

A fresh cooked meal, delivered with a smile! Thank you Dungog PS Year 6, your kindness is amazing!

Transport Drivers Meetings.

Bi monthly meetings are back. Commencing **14th June at 4 pm** in the Day Care Centre, next to Neighbourcare. Debra is looking forward to seeing you there. Following meeting 16th August.

Office Closures

The Office will be closed on:

Monday, 13th June.

Fresh Meals on Wheels will still be delivered.

In an emergency always call 000 or use your personal alarm if you have one.



Meals on Wheels

Are you needing some help with meals? We have availability for our fresh meal deliveries:

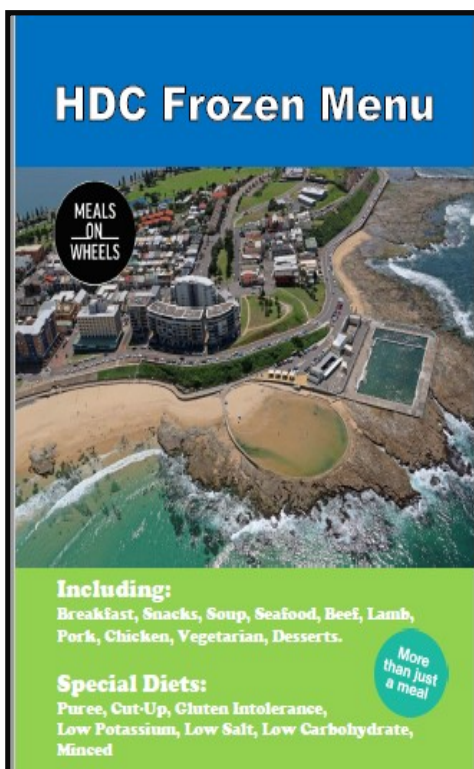
- ✓ Monday to Friday in Dungog
- ✓ Monday, Wednesday & Friday in Clarence Town,
- ✓ Monday, Wednesday & Friday in Gresford, Paterson and Vacy.



We also have frozen meal options from the Meals on Wheels production kitchens in Newcastle and Sydney. Our fresh and frozen meals are nutritionally balanced and designed for those that are ageing. Please give Joan or the office a call 4992 3348.

Why shouldn't you tell a secret on a farm.....

Because the potatoes have eyes and the corn have ears!



LOOKING AFTER YOUR FRESH MEAL

Please eat your fresh meal straight away or put it into the refrigerator immediately. Do not leave your food on the table or bench to cool down.

This is important to slow down the growth of food bacteria and to help keep your meal nutritious and delicious!



Did you know we are a Lovey's *my rewards* community partner? Support our organisation with your rewards points. Not a member? It's free to join, ask the Lovey's team.

Thank you to the community members that have chosen Neighbourcare as their community partner to donate their points to. These donations help Neighbourcare continue to provide support that assists people to remain living in their own homes. To choose Neighbourcare, please speak with staff at IGA.

WINTER HEATING TIPS

Now that we are in the midst of the colder weather, people have brought their winter gear out from storage. It is important that items have been thoroughly checked before using them to reduce the risk of fires and burns.

Below are some tips to keep your castle warm and safe.

Electric blankets

Store your electric blanket rolled up, not folded. Inspect it before use and look for frayed fabric, exposed elements, damaged cords or scorch marks before using it again. If you notice any damage to your electric blanket, throw it away. Damaged or faulty electric blankets can cause an electric shock or fire hazard.

Tips

- Check before use each year - cords should not be frayed and the blanket covering the wires should not be worn out.
- Don't sleep with your electric blanket on - warm the bed and then turn it off.
- Never place heavy items on your bed when the electric blanket is turned on.
- Seek advice about using an electric blanket if you have diabetes or for anyone who is pregnant.

Hot water bottles

Hot water bottles are widely used for warmth or to help ease pain. They are manufactured from rubber or polyvinyl chloride (PVC) and can deteriorate with age. Each year, 200 people in Australia are treated for serious burns from using hot water bottles.

Tips

- Don't overfill or use boiling water in your hot water bottle - use hot tap water.

Once filled, avoid direct contact with your skin - use a fitted cover or wrap the bottle before use.

- Never leave on one body part for more than 20 minutes.



Wheat/Heat Packs

If you purchase a wheat pack follow the heating instructions and never heat more than instructed. Homemade wheat bags can pose a fire and injury risk because the moisture content and volume of these bags is not known so there are no heating times to guide you. Over time the organic fillings inside wheat packs to dry out and become more combustible.

Tips

- Do not heat and place the wheat pack on or in bedding. Blankets trap the product's heat and may cause it to ignite.
- Allow the wheat pack to cool completely each time before reheating.
- If you notice a burning smell, let the bag cool and then dispose of the bag.

Heaters

Heaters need to be checked every year, no matter how old they are. Make sure there are no exposed wires or loose connection on the cables. Only use one appliance per power point and switch each off when not in use.

Gas heaters must be vented adequately as the carbon monoxide produced when the gas is burnt is odourless, colourless and deadly. It is particularly important to have gas heaters serviced regularly by a qualified tradesperson to ensure that there are no carbon monoxide leaks.

Tips

- Heaters should be placed on a flat, level surface
- Never use a gas heater or BBQ made for outdoor use inside your home.
- Always supervise children and pets when heaters are in use.
- Keep heaters well clear from items that might burn. A minimum of 1 metre clearance from clothes, bedding, furniture, curtains and other combustibles is recommended.

Smoke alarms

Each year, more than 50 people across Australia die from house fires and many more are injured. Many homes do not have working smoke alarms. Only working smoke alarms can provide early warning and time to escape. You lose your sense of smell when you are asleep. A working smoke alarm reduces your chance of dying in a house fire.

Tips

- Test your smoke alarm is working every month.
- Replace your alarm battery every year.
- Replace your smoke alarm every 10 years. If you move to a new house, check the alarm - the date of manufacture should be displayed on the smoke alarm.

Source: <https://www.seniorsonline.vic.gov.au/News-Opinions/Latest-News/How-to-keep-your-home-warm-and-safe-this-winter>

JUNE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2 Crafty Friends & Lunch at Stroud	3	4	5
6	7	8 Meg's Kitchen Dungog	9	10 Bunnings Kmart	11	12
13 Public Holiday Office Closed	14 Lunch at Hinton Pub	15	16 Men's Group	17	18	19 BJORN Again Civic Theatre
20	21 Hunter Wetlands & Lunch	22	23 Art Gallery at Gloucester	24 Bunnings Kmart Aldi	25	26
27	28 Twin Rivers Café Gresford	29	30 Men's Group			

JULY

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5 Stanley Park Homestead Tour	6 Dungog Museum	7	8 Bunnings Kmart Aldi	9	10
11	12 Destiny Haven	13 Turandot at Scotty's Cinema	14 Men's Group	15	16	17
18	19 Tea Gardens Craft Gallery & Ice Cream	20	21 Heritage Gardens Ashtonfield	22 Bunnings Kmart Aldi	23	24
25	26 Op Shop Crawl	27	28 Men's Group	29	30	31

AUGUST

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2 Maitland Goal and Lunch	3 Murals Tour at Kurri Kurri	4	5 Bunnings Kmart Aldi	6	7
8	9 Singleton Tour, Picnic in the park	10	11 Men's Group	12	13	14
15	16 Movies at Raymond Terrace	17	18 Fort Scratchley & Beach Picnic	19 Bunnings Kmart Aldi	20	21
22	23 Medowie Macadamia Farm Lunch	24	25 Men's Group	26	27	28
29	30 Riverwood Downs	31				

If you have ideas for Social Support outings please pass them on to Lyn. There might be an event you know is coming up in our area, or is there an activity you haven't participated in for some time and you'd like to do again? Our other clients may also be interested. All ideas welcome!



For all Social Support Outings please call Lyn on 4992 3348 to book in. Limited seats available, masks must be worn by all participants, outings subject to change due to weather.



STAFF:**GENERAL MANAGER:**

Cherylin Brown

COORDINATORS:

Joan

Virginia

Debra

Lurline

Lynette

ROSTERING:

Doreen

Jennie

RN:

Megan

Cindy

FINANCE:

Ruth

Sharon

ADMIN:

Wendy

Jennie

DRIVERS:

Emma

Alison

SUPPORT WORKERS

Ashlee

Heidi

Jennie

Hayley

Joyce

Karen

Katie

Louise

Lyle

Mellissa

Natalie

Robert

Sarah

Sharon

Sue

LAUNDRY ASSISTANT:

Sharon

DIALYSIS TRANSPORT:

Jeff

John

**IMPORTANT PHONES NUMBERS**

- ♥ The Older Persons Advocacy Network 1800 700 600
- ♥ The Australian Centre For Grief and Bereavement 1800 222 200
- ♥ Beyond Blue Corona virus Mental Wellbeing Support Service
1800 512 348 or visit coronavirus.beyondblue.org.au
- ♥ Lifeline 13 11 14
- ♥ Head to Head provides access to free & low cost digital & phone mental health services & supports website - headtohead.gov.au
- ♥ The Older Persons COVID-19 Support Line (OPSCL) 1800 171 866



Would you like your account emailed to you? Please call us on 4992 3348 and let us know your email address.



The Carer Gateway is a national website and contact centre that provides carers with practical information, counselling and support about local services.

carergateway.gov.au or phone 1800422 737

