



Newsletter

Read all about it!

Message From the Manager

Hello Everyone,

It is a new year! How can we enjoy a new start and set some goals about improving our wellbeing?

Start each day with a plan. Some of our goals can be quite overwhelming unless we break them down into small milestones or daily tasks, achieving them is then more achievable.

Replace Complaints with Gratitude

Positivity is powerful. One way to break negative thinking is to track how many times we have a negative thought or complain each day. If we replace negative thoughts with positive thoughts or gratitude, it can help us see opportunities in every challenge and become more resilient in the face of adversity.

Visualise

Visualisation is a great tool to help accomplish our goals by visualising ourselves taking action or reaching our goals. Visualising for just five minutes each day can really help.

Happy New Year everyone, and thank you for trusting us with the care and services our staff provide to you all.

Cherylin Brown

General Manager

EDITION 1 2024



DUNGOG & DISTRICT

Neighbourcare

Your helping hand at home

IN THIS ISSUE

CLINICAL CORNER

VOLUNTEER NEWS

APPLE OAT COOKIES
RECIPE

CLOSURE DATES

TRANSPORT NEWS

SOCIAL SUPPORT PICS

SOCIAL SUPPORT
CALENDAR



Find us on
Facebook

@dungoganddistrictneighbourcare

COVID-19 Update

NSW Health is reminding the community to keep practising COVID-safe behaviours, as COVID-19 remains at high levels across NSW.



COVID-19 Booster

Protection provided by COVID-19 vaccination begins to wane over time. An additional (booster) dose of COVID-19 vaccine helps to strengthen your immune system and improve your long-term protection against severe illness from COVID-19 as the virus continues to spread through the community. If you are 65 yrs. or older and your last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or more, you may be recommended to receive an additional COVID-19 vaccine booster dose. It does not matter how many doses you have received before. Discuss with your doctor or pharmacist.

Antiviral Medicine

Should you become unwell, contact your doctor to discuss anti-viral medication. Or make a plan with your doctor at your next regular visit.

Respiratory Syncytial Virus (RSV)



RSV is a virus that caused respiratory infections. Although RSV is often referred to as a childhood illness, it can cause serious illness to older people who often have a decline in their immunity. Last year 27,440 people aged 60 and over were reported as having had RSV.

A vaccine to combat the highly infectious respiratory disease has now been approved for use in Australia.

The Therapeutic Goods Administration (TGA) has approved a drug called Arexvy to be used as a Respiratory Syncytial Virus Vaccine for Australians aged 60 and over. Your Doctor or Pharmacist will be able to give you advice.

Stay Safe from Mosquitoes



NSW Health is reminding people to protect themselves from mosquitoes when they are out and about during the summer. People are encouraged to take actions to prevent mosquito bites and reduce the risk of acquiring a mosquito-borne virus by:

- Applying repellent to exposed skin. Use repellents that contain DEET, picaridin, or oil of lemon eucalyptus. Check the label for reapplication times.
- Re-applying repellent regularly, particularly after swimming. Be sure to apply sunscreen first and then apply repellent.
- Wearing light, loose-fitting long-sleeve shirts, long pants and covered footwear and socks.
- Avoiding going outdoors during peak mosquito times, especially at dawn and dusk.
- Using insecticide sprays, vapour dispensing units and mosquito coils to repel mosquitoes (mosquito coils should only be used outdoors in well-ventilated areas)
- Covering windows and doors with insect screens and checking there are no gaps.
- Removing items that may collect water such as old tyres and empty pots from around your home to reduce the places where mosquitoes can breed.
- While camping, use a tent that has fly screens to prevent mosquitoes entering or sleep under a mosquito net.

Remember, Spray Up – Cover Up – Screen Up, to protect from mosquito bite.

Healthy Mind

Brain changes with ageing

Normal changes to the brain that happen as a person gets older. The brain that gets smaller and lighter with age can still function just as well as a younger brain. For example, exercising an older brain can create new connections between neurons. Mental abilities may be 'shared' by various parts of the brain so as some neurons die, their roles are taken up by others.

Physical activity is important for a healthy mind

Some conditions that can affect the brain's ability to function, such as stroke, are associated with diet, obesity and sedentary lifestyle choices. Keeping an active body is crucial if you want an active mind. **Regular exercise** may improve your brain's memory, reasoning abilities and reaction times.



Some things that may help include:

- Getting at least 30 minutes of moderate exercise every day gives your brain an oxygen boost. This means increasing your heart rate to a level where you can talk but not sing, You don't have to do your 30 minutes of exercise all at once, as exercising in three 10-minute blocks, gives significant health benefits.
- Avoiding smoking and drinking too much alcohol.

Credentials

To meet Neighbourcare's governing body regulations, we need your help to keep our records up to date.

When you renew your:

Vehicle Registration

Vehicle Insurance

Drivers Licence



Please send a copy to Joan at joan.mascord@neighbourcare.org.au

The insurance document needs to include the start and end date of the insurance policy and the details of the vehicle. If you pay monthly, the easiest way is to ask your insurer for a Certificate of Currency.

We appreciate your help!

Stay Hydrated



The weather has been hot & humid. Please stay hydrated when you are out and about volunteering for Neighbourcare. There are bottles of water for the Meals on Wheels team in an esky at both kitchens, transport drivers in the office and laundry assistants in the laundry fridge.

WEEKEND MEALS ON WHEELS VOLUNTEERS NEEDED

IF YOU WOULD LIKE TO VOLUNTEER TO DELIVER MOW IN THE DUNGOG TOWNSHIP ON A WEEKEND WE HAVE SOME SHIFTS TO FILL ON SATURDAYS AND SUNDAYS. THE DELIVERIES ONLY TAKE ABOUT AN HOUR OF YOUR TIME ONCE A MONTH, PLEASE GIVE JOAN A CALL 4992 3348 OR 0477 021 266

Apple Oat Cookies

INGREDIENTS

Makes 10 cookies (1 serve = 1 cookie)

- 1 teaspoon baking powder
- 1 cup wholemeal plain flour
- 1 cup rolled oats
- ½ cup desiccated coconut
- ¼ cup pepitas/pumpkin seeds
- ¾ cup dried cranberries
- 1 ½ teaspoon cinnamon
- ½ teaspoon vanilla essence
- 3 small green apples, grated, core removed
- ½ cup olive oil
- 2 tablespoons honey

METHOD

- Preheat the oven to 180°C. Line 2 baking trays with baking paper.
- In a large bowl, mix the baking powder, flour, oats, coconut, pepitas, dried cranberries and cinnamon.
- In a separate smaller bowl mix the grated apple, olive oil, and honey.
- Add the wet ingredients to the dry ingredients and stir to combine.
- Roll tablespoons of the mixture into balls.
- Place onto lined baking trays and flatten the biscuits so they are approximately 1cm thick.
- Bake for 15 minutes, or until lightly browned.
- Remove from the oven and cool on a wire rack

Source: <https://www.heartfoundation.org.au/recipes>



MEALS ON WHEELS

TOCAL KITCHEN
CLOSED - NO MEALS
ON GOOD FRIDAY &
EASTER MONDAY

DUNGOG AS NORMAL
ON ALL PUBLIC
HOLIDAYS

OFFICE CLOSURES
EASTER
Friday March 29th
Monday April 1st

ANZAC DAY
Thursday 25th April

Our office will be closed on these days.
In an emergency always call 000 or use
your personal alarm if you have one.

HAPPY MOTHER'S DAY
TO ALL THE MOTHERS,
GRANDMOTHERS & MOTHER
FIGURES WHO HAVE MADE A
DIFFERENCE TO ALL OUR
LIVES.

WE HOPE YOU SHARE SOME
TIME & MEMORIES WITH
YOUR LOVED ONES.



CAMEL FARM TOUR

WHEN: 10TH APRIL

WHERE: CAMEL MILK NSW, DENMAN

COST: \$20 PP

FOLLOWED BY LUNCH AT DENMAN HOTEL AT OWN EXPENSE.

CAMEL MILK NSW TOURS CONSISTS OF THE HISTORY OF CAMELS, WHERE THEY ORIGINALLY CAME FROM AND WHY THEY ARE HERE. ENJOY AN UP CLOSE AND PERSONAL MEETING WITH THE CAMELS AND STAR STUD BULL HUEY. A REAL SAFARI EXPERIENCE.

SAMPLING CAMEL MILK AND AN OPTION TO BUY CAMEL MILK AND CAMEL MILK PRODUCTS INCLUDING HAND MADE SOAPS, BATH BOMBS AND LIP BALMS.

PLEASE CALL LYN ON 4992 3348, TO BOOK YOUR SEAT.



Ladies Day

Lyn is organising another Ladies Day to 'You Really are Beautiful' at Warners Bay.

Would you like to be fitted, buy some new garments, have lunch by the lake?

Please give Lyn a call to register your expression of interest & secure your booking.

YOU REALLY ARE
Beautiful



Greater Newcastle Dementia Advisory Service

Raymond Terrace Carers Support Program

Venue: Raymond Terrace Community Health Centre – 4 Jacaranda avenue, Raymond Terrace, 2324

Time: 10am – 12pm

Meeting dates:

27th February

26th March

23rd April

28th May

25th June

Caring for someone living with dementia?

We welcome you to join us for practical support and information.



Phone: 02 49 855 700

Email: HNELHD-NewcastleDAS@health.nsw.gov.au

Transport

You may notice Emma and Alison are wearing new Hi Vis shirts when driving clients to appointments. The shirts are designed to increase a persons visibility and prevent accidents. They are also much cooler than wearing a shirt and fluoro vest.



Weekly Shopping

If you are wanting to go downtown our Thursday Shopper runs fortnightly.

A door-to-door service allowing 2 hours to do your shopping , have a coffee with a friend, book a hair appointment or even visit the library. It is up to you!

Our Friday Shopper runs weekly travelling alternate weeks to Raymond Terrace and Maitland/Greenhills.

Leaving Dungog at 9am and returning at 3pm. This year we are offering a run to Singleton in March and July.

Travel in air-conditioned comfort and enjoy catching up with friends or meeting new ones.

If you require any further information, please contact our office or book online using the QR codes in our vehicles.



Transport Drivers Meetings

Bimonthly transport meetings for all Drivers are starting again this year. They will be held on the following dates in the Day Care Room, next to Neighbourcare at 4:00 pm - 5:00 pm.

Please RSVP to Debra.

27th March

22nd May

24th July

25th September

27th November



WHEN BOOKING TRANSPORT PLEASE TELL THE OFFICE ALL THE DESTINATIONS YOU WOULD LIKE TO GO TO ON THE DAY E.G. CHEMIST, SUPERMARKET OR POST OFFICE. THIS HELPS US GREATLY WITH OUR OUTPUTS.



SOCIAL SUPPORT PICTURES














We would like to acknowledge the invaluable work our nurses, Ali and Cindy, provide at Neighbourcare; especially on International Nurses Day, 12/05. Our nurses are valued members of our team providing care that assists people to live safely and well at home. International Nurses Day 2024 aims to demonstrate how strategic investment in nursing can bring considerable economic and societal benefits to the community.

SOCIAL SUPPORT OUTINGS

Call Lyn to book in - 4992 3348. Please RSVP for outings 3 days prior to the event for vehicle scheduling. With the weather warming up please bring a hat and sunscreen for protection. Outings may be postponed or altered due to weather on the day. Cost of entry to venues, transport and lunch is at your own expense. **CANCELLATION FEE OF \$15 WILL APPLY IF YOU CANCEL WITHIN 24 HOURS OF OUTING OR TRANSPORT.**

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH				
Access: Wheelchair Walking Frame Several Steps Walking Food 				1 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included
4 TAI CHI LUNCH AT THE BRADFORD HOTEL RUTHERFORD 	5 DUNGOG DINERS 	6	7 MEN'S GROUP OUTING TO ANZAC WALK & LUNCH IN NEWCASTLE 	8 FRIDAY SHOPPER SINGLETON CARE & SHARE Lunch Included
11 TAI CHI SENIORS FESTIVAL - COMEDY GALA & SENIORS EXPO COST \$15 ea 	12 	13 A LITTLE BIT NAUGHTY CHEESE & CHOCOLATE AT POKOLBIN 	14 CRAFTY NEIGHBOURS Lunch Included 	15 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included
18 TAI CHI MOVIES & LUNCH Movie and session time to be advised 	19	20	21 MEN'S GROUP 	22 FRIDAY SHOPPER MAITLAND / GREENHILLS CARE & SHARE Lunch Included
25 TAI CHI	26 ASK YOUR GP ABOUT THE FLU VACCINATION	27 FERRY TRIP NELSONS BAY - TEA GARDENS & LUNCH	28 CRAFTY NEIGHBOURS Lunch Included 	29 EASTER FRIDAY OFFICE CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 1 EASTER MONDAY OFFICE CLOSED	2 DUNGOG DINERS 	3	4 MEN'S GROUP OUTING TO THE ROUNDABOUT INN, GLOUCESTER FOR LUNCH 	5 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
8 TAI CHI	9 	10 CAMEL FARM, DENMAN 	11 CRAFTY NEIGHBOURS Lunch Included 	12 FRIDAY SHOPPER MAITLAND CARE & SHARE Lunch Included 
15 MOVIES & LUNCH Movie and session time to be advised 	16	17	18 MENS'S GROUP 	19 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
22 	23	24 LONG BOAT CAFÉ, FINGAL BAY FOR LUNCH 	25 ANZAC DAY OFFICE CLOSED	26 FRIDAY SHOPPER MAITLAND / GREEN HILLS CARE & SHARE Lunch Included 
29 TAI CHI MORTELS SHOPPING TRIP & LUNCH AT CAFÉ 	30 DUNGOG DINERS 			HAVE YOU HAD YOUR FLU VACCINATION? ASK YOUR GP TODAY

NDIS NEWS

NDIS IS WORKING TOWARD DELIVERING A BETTER EXPERIENCE FOR PARTICIPANTS. PARTICIPANT FIRST IS LOOKING FOR PARTICIPANTS, FAMILIES, CARERS AND PEOPLE WITHIN THE DISABILITY COMMUNITY TO SHARE THEIR VIEWS ABOUT THE BEST WAYS TO IMPROVE HOW NDIS WORKS. YOU WOULD RECEIVE A WEEKLY INVITATION TO PROVIDE FEEDBACK, INCLUDING COMPLETING SURVEYS, JOINING FOCUS GROUPS OR TAKING PART IN INTERVIEWS.

YOUR FEEDBACK WILL BE CONFIDENTIAL AND NOT ADDED TO YOUR OFFICIAL NDIS PARTICIPANT RECORD. IF THIS IS SOMETHING YOU ARE INTERESTED IN FIND MORE INFORMATION ON THE NDIS WEBSITE

[HTTPS://WWW.NDIS.GOV.AU/COMMUNITY/HAVE-YOUR-SAY/PARTICIPANT-FIRST-HELP-IMPROVE-NDIS](https://www.ndis.gov.au/community/have-your-say/participant-first-help-improve-ndis)

Monday	Tuesday	Wednesday	Thursday	Friday
MAY 		1	2 MEN'S GROUP OUTING TO LAKESIDE TAVERN FOR LUNCH 	3 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
6 TAI CHI 	7	8 BUSHRANGERS BAR & BRASSERIE AT LARGS FOR LUNCH 	9 CRAFTY NEIGHBOURS Lunch Included 	10 FRIDAY SHOPPER MAITLAND CARE & SHARE Lunch Included 
13 TAI CHI MOVIES & LUNCH Movie and session time to be advised 	14	15	16 MEN'S GROUP 	17 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
20 TAI CHI	21	22 AGATHA CHRISITIE'S - THE MOUSETRAP AT THE CIVIC THEATRE TICKETS \$79.90 ea. 	23 CRAFTY NEIGHBOURS Lunch Included 	24 FRIDAY SHOPPER MAITLAND/ GREEN HILLS CARE & SHARE Lunch Included 
27 TAI CHI ANZAC WALK & LUNCH IN NEWCASTLE 	28 DUNGOG DINERS 	29 	30 MEN'S GROUP OUTING TO MAITLAND GAOL & LUNCH AT THE WINDSOR CASTLE 	31 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 

CASH PAYMENTS AT THE OFFICE

If you are paying your account with cash at the office, please ensure you have the correct money. We no longer have change in the office. Alternatively please pay with cash at the Maitland Mutual Bank or if you would like to change to Direct Debit, call the office, 4992 3348, and ask for a Direct Debit form to be sent out to you.



STAFF

General Manager

Cherylin Brown

Coordinators

Debra

Joan

Kelly

Lurline

Lynette

Michelle

Rostering

Doreen

Jennie

Registered Nurses

Ali

Cindy

Finance

Ruth

Sharon

Admin

Jennie

Wendy

Drivers

Alison

Emma

Support Workers

Amanda

Danielle

Heather

Heidi

Jennie

Joyce

Karen

Katie

Louise

Lyle

Mellissa

Milisa

Natalie

Rachel

Robert

Sarah

Sue

Virginia

Laundry Assistant

Josie

Dialysis Transport

Jon

Leeanne



JOIN
Lovey's
PROGRAM

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.

IMPORTANT PHONES NUMBERS

- The Older Persons Advocacy Network 1800 700 600
- The Australian Centre For Grief and Bereavement 1800 222 200
- Beyond Blue 1300 224 636
- Lifeline 13 11 14
- Mental Health Line 1800 011 511
- The Older Persons COVID-19 Support Line (OPSCL) 1800 171 866
- Carer Gateway 1800 422 737
- Seniors Rights Service 02 9281 3600
- Aboriginal & Torres Strait Islander Crisis Support Line - 13YARN - 139276
- Family, Domestic or Sexual Violence helpline - 1800RESPECT 1800 737 732



ADSSI Limited T/A Dungog & District Neighbourcare

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

E info@neighbourcare.org.au **W** neighbourcare.org.au **P** 4992 3348



We are situated on Darkinjung, Wonnarua, Awabakal and Gringai lands and acknowledge the Traditional Custodians of these lands. We pay our respects to the Elders, past, present and future, and recognise their continuing connection and contribution to this land.

We affirm the right to equality, respect and fairness for the LGBTIQ community and all community members.