



Newsletter

Read all about it!

From the Manager's Desk

Hello Everyone,

Winter is coming to an end. I'm not sure about you, but I have enjoyed the food associated with Winter as it warmed my soul, and I also enjoyed sitting near the wood heater on those chilly winter nights.

Some of you attended our Stepping On Program and found it beneficial in maintaining your strength and balance. There is a review of the program inside this newsletter and you may consider signing up for the next session with Kelly & Joan.

Did you know it takes 200 muscles to enjoy a stroll? With the weather improving I hope you will take the opportunity to get outside and take a stroll. Things like spring blooms, fresh air, and sunshine are hard to beat.

Kind regards

Cheryllyn Brown

**Manager
Dungog & District Neighbourcare**

EDITION 3 2023



DUNGOG & DISTRICT
Neighbourcare

Your helping hand at home

IN THIS ISSUE

CLINICAL TEAM NEWS

VOLUNTEER
NEWS

STEPPING ON

WORD SEARCH

TRANSPORT NEWS

SOCIAL SUPPORT
PHOTOS

SOCIAL SUPPORT
CALENDAR



 Find us on
Facebook

@dungoganddistrictneighbourcare

CLINICAL TEAM UPDATE

ACUTE RESPIRATORY INFECTIONS (ARI)

COVID-19, influenza and respiratory syncytial virus (RSV) are still circulating in the community.

The ADSSI clinical team regularly review the NSW and local statistics so they can make a risk assessment and recommend procedures to protect our clients and staff. These procedures include testing, screening, hand hygiene, social distancing and use of protective equipment such as masks.

NSW Health recommends that COVID-19 and influenza vaccines offer the best protection against severe illness from COVID-19 and influenza.

Over 5 million Australians - 1 in 4 people aged 15 years or over - experience bladder or bowel incontinence.

Incontinence is not just a woman's or an older person's issue, nor is it an inevitable part of ageing.

Incontinence is a common condition that can often be treated and proactively managed. Seeking advice from a health professional is the first step.

To find out more and access free resources, including podcasts, webinars, fact sheets, videos and online magazine Bridge, please visit <https://www.continence.org.au/world>

[-continence-week](https://www.continence.org.au/world)

CONTINENCE FOUNDATION OF AUSTRALIA

PD WARRIORS WELLNESS PROGRAM

Do you have a diagnosis or do you know someone with a diagnosis of Parkinson's or Parkinson's Plus. Mitchell Integrated Therapy and Neighbourcare are partnering to bring PD Warriors to our local community.

PD Warrior exercise programs lead the way in neuroactive exercises designed to retrain your brain and improve your Parkinson's symptoms.

WHEN: Every Friday

WHERE: Uniting Church Hall, 246 Dowling St, Dungog

TIME: 11:00 am

If you are interested please contact Lurline

on 4992 3348 for details. Please book your assessment with Mitchell Integrated Therapy on 4933 6895.



MEALS ON WHEELS VOLUNTEERS

DO YOU HAVE A SPARE HOUR ONCE A MONTH TO HELP DELIVER MEALS AND HAVE A CHAT TO THOSE IN NEED WITHIN OUR COMMUNITY?

MEET NEW PEOPLE, LEARN NEW SKILLS,
HELP YOUR COMMUNITY.

**CALLING FOR VOLUNTEERS IN AND AROUND:
DUNGOG, CLARENCE TOWN, GRESFORD**



KEEPING THE TEAM SAFE



OUR WORK HEALTH & SAFETY MANAGER WOULD LIKE TO REMIND VOLUNTEERS THAT THEY ARE NOT PERMITTED TO LIFT ANYTHING WEIGHING OVER 10KG. LIFTING MORE THAN 10KG CAN CAUSE SERIOUS INJURY. IF YOU ARE IN DOUBT IF SOMETHING WEIGHS OVER 10KG, PLEASE DON'T LIFT IT AND SEEK ADVICE TO CONFIRM ITS WEIGHT BEFORE LIFTING.

MEALS ON WHEELS - FROZEN MEALS

Did you know Neighbourcare offers frozen Meals on Wheels? The meals have been developed using the Nutritional Meal Guidelines to ensure you are getting the most nutritious and well balanced meals to keep you healthy and well. Older aged groups have higher nutritional requirements. The frozen meals are designed to reach these required targets, to help address common health issues such as bone health, muscle strength & overall well being. The meals are tasty healthy and affordable. If you would like to have a look at a menu please call Joan, 4992 3348.

STEPPING ON

The Stepping On program incorporates a group setting plus individualised home follow-up. It covers a range of issues, including falls risk, strength and balance exercises, identifying home hazards and safe footwear, coping after a fall, and understanding how to initiate a medication review. In May and June, Kelly and Joan from Neighbourcare successfully facilitated the program in Dungog.

After completion of the program a home safety inspection is completed for each participant in their home to see what changes they have implemented and how they were feeling since participating in the program. It was interesting to see that how many small changes have been made in their homes that are making such a difference to day-to-day safety. Participants were very positive and said they still do the exercises on a regular basis and are encouraging their friends to join the next program.

Participant feedback has indicated just how effective the program has been by giving simple ways to make changes to their home. Changes in the bathroom, lounge room and by removing mats, electrical cords, clutter, installing night lights and moving furniture to make more open passageways for using mobility equipment. Participants agreed that they have a new awareness and more confidence, more care is taken when mobilising around their homes and gardens, they look out for any hazards and plan ahead when they go into the community. By increasing their confidence they are more likely to travel outside their local area and being more aware when visiting family and friends. Participants also agreed that if they fall, they know not to panic and understand the technique to get up off the ground.



STEPPING ON FEEDBACK

"I feel more confident and empowered".

"My family knows I have done this program and they have noticed I am more careful and aware than before"

"It was nice to come to the group and feel comfortable and supported by Neighbourcare staff and the other group members".

" it was great to have a physiotherapist talk to the group and he was able to adjust our individual walkers and sticks"

" I really do take more care now and feel my balance is better"

If you or someone you know are interested in participating in our next Stepping On program please call the office and speak with Kelly or Joan.



New Member of The HCP Team

Neighbourcare welcomes Michelle who joins Lurline as a Home Care Package Case Manager.

OFFICE CLOSURE

Monday 2nd Oct - Public Holiday

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



WORDSEARCH - COUNTRIES OF THE WORLD

U	N	K	E	G	C	H	I	N	A	A	I	C	S
N	U	K	R	A	I	N	E	I	H	L	K	O	A
I	U	A	I	N	A	Z	N	A	T	G	S	N	U
T	G	L	I	H	K	D	I	I	L	E	P	G	D
E	A	D	N	A	U	U	A	R	I	R	I	O	I
D	N	E	I	N	A	R	I	N	D	I	A	S	A
K	D	A	N	I	G	E	R	I	A	A	D	P	R
I	A	R	N	E	A	P	D	U	U	C	N	A	A
N	A	I	S	Y	A	L	A	M	N	N	A	I	B
G	S	N	A	R	I	G	Z	R	D	B	L	N	I
D	A	N	S	A	A	M	R	U	B	S	I	G	A
O	A	A	N	I	T	N	E	G	R	A	A	N	N
M	I	E	A	N	A	H	G	N	I	A	H	I	A
N	U	I	A	L	S	N	I	D	A	A	T	A	I

CHINA
 CONGO
 THAILAND
 MALAYSIA
 BURMA
 PERU
 CANADA
 ALGERIA
 UGANDA
 SAUDI ARABIA
 UKRAINE
 IRAN
 GHANA
 SPAIN
 INDIA
 UNITED KINGDOM
 ARGENTINA
 NIGERIA
 TANZANIA

GAMES, PUZZLES, AND DEMENTIA: WHAT DOES RESEARCH SAY?

You have probably heard that games, puzzles, and other activities are a good way to keep your brain active and slow down the effects of ageing. However, did you know that some activities may reduce the risk of developing dementia more than others?

Monash University's School of Public Health and Preventative Medicine has released a study suggesting that some activities are more helpful than others when it comes to keeping the mind active. This recent research used information gathered over more than 10 years, taken from regular surveys of 10,318 older people.

This study found that regularly doing activities such as writing letters, taking classes, or using a computer was associated with an 11% lower risk of dementia.

Activities such as chess and word puzzles were associated with a 9% lower risk. These findings were the same between both men and women, as well as people with different education levels and income.

Transport NEWS

EDITION 3 | 2023

THURSDAY DUNGOG TOWN SHOPPING

We have several clients who we drop down town every second Thursday to do some shopping in our local community. If you live locally transport can be arranged. Pick up at 10 am and drop off at home at 12 pm please contact our office 02 4992 3348.

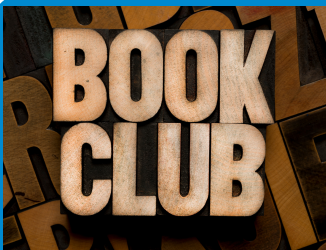
You may have a hair appointment, items to collect from the chemist or just wish to meet a friend for a coffee.

Please book before September the 7th, 21st ,October 12th and 26th and November 9th and 23rd.

Cost : \$11.00 and booking requires 48 hours notice.

A special thank you to our Community Transport volunteers, who without your assistance our clients would not be able to attend their appointments. Thank you for your time, long hours and the care you show to our clients.

**Find the Friday Shopper
Bus locations on the Social
Calendar**



Neighbourcare is currently seeking names of clients who may be interested in joining a Book Club to meet at Dungog Library in the courtyard. There is also soft seating available with the new renovations. Day and time to be advised. Transport is available. If you are interested please contact our office ph: 02 4992 3348. Dungog Shire Library has a great collection of books, magazines, DVD's, CD's, Audiobooks and large print books. If you are not a member you can join for free , you only need to show a form of identification. Council also provides free Wifi and public computer access to library patrons.



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. MORNING APPOINTMENTS ARE PREFERRED FOR MEDICAL APPOINTMENTS. PLEASE BOOK AT LEAST 48 HOURS PRIOR TO YOUR APPOINTMENT TO ALLOW US TIME TO SCHEDULE OUR STAFF AND VEHICLE REQUIREMENTS.

A CANCELLATION FEE OF \$15.00 WILL BE CHARGED IF YOU CANCEL A BOOKING THE DAY BEFORE.




















SOCIAL SUPPORT PICTURES



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
SEPTEMBER				
Access: Wheelchair Walking Frame Several Steps Walking Food				1 FRIDAY SHOPPER - RAYMOND TERRACE CARE & SHARE Lunch Included
4 TAI CHI MOVIES AT RAYMOND TERRACE & LUNCH Movie and session time to be advised 	5 DUNGOG DINERS 	6 DUNGOG TEA PARTY	7 DUNGOG TEA PARTY MEN'S GROUP 	8 FRIDAY SHOPPER - MAITLAND CARE & SHARE Lunch Included
11 TAI CHI	12 	13 DIVINE DUNGOG DESSERTS 	14 CRAFTY NEIGHBOURS Lunch Included 	15 FRIDAY SHOPPER - RAYMOND TERRACE CARE & SHARE Lunch Included
18 TAI CHI MOVIES AT READING CINEMA MAITLAND & LUNCH Movie and session time to be advised 	19	20 	21 MEN'S GROUP OUTING TO SINGLETON ARMY MUSEUM 	22 FRIDAY SHOPPER - MAITLAND / GREENHILLS CARE & SHARE Lunch Included
25	26	27 LUNCH AT HINTON PUB 	28 CRAFTY NEIGHBOURS Lunch Included 	29 FRIDAY SHOPPER - RAYMOND TERRACE CARE & SHARE Lunch Included

Monday	Tuesday	Wednesday	Thursday	Friday
<p>OCTOBER</p> <p>2 PUBLIC HOLIDAY</p> <p>OFFICE CLOSED</p>	<p>3</p> <p>DUNGOG DINERS</p> 	<p>4</p>	<p>5</p> <p>MEN'S GROUP CUPPA</p> 	<p>6 FRIDAY SHOPPER - RAYMOND TERRACE</p> <p>CARE & SHARE</p> <p>Lunch Included</p> 
<p>9</p> <p>TAI CHI</p>	<p>10</p>	<p>11 A LITTLE BIT NAUGHTY DAY POKOLBIN CHEESE, CHOCOLATE & FUDGE</p> 	<p>12 CRAFTY NEIGHBOURS</p> <p>MOUNTAINS TO SEA EXHIBITION AT GLOUCESTER ART GALLERY</p> 	<p>13 FRIDAY SHOPPER - MAITLAND</p> <p>CARE & SHARE</p> <p>Lunch Included</p> 
<p>16 TAI CHI</p> <p>READING CINEMA MAITLAND & LUNCH</p> <p>Movie and session time to be advised</p>  <p>CARERS MORNING TEA AT STELLA BISTRO</p>	<p>17</p>		<p>19 MENS'S GROUP OUTING TO NOBBY'S BEACH</p> 	<p>20 FRIDAY SHOPPER - RAYMOND TERRACE</p> <p>CARE & SHARE</p> <p>Lunch Included</p> 
<p>23</p> <p>TAI CHI</p>	<p>24 LADIES DAY 'YOU ARE REALLY BEAUTIFUL' AT WARNERS BAY & LUNCH</p> 	<p>25 HUNTER VALLEY GARDENS & LUNCH</p> <p>\$30 ENTRY FEE</p> 	<p>26 CRAFTY NEIGHBOURS</p> <p>Lunch Included</p> 	<p>27 FRIDAY SHOPPER - MAITLAND/GREEN HILLS</p> <p>CARE & SHARE</p> <p>Lunch Included</p> 
<p>30 TAI CHI</p> <p>SCOTTY CINEMA RAYMOND TERRACE & LUNCH</p> <p>Movie and session time to be advised</p> 	<p>31</p> <p>DUNGOG DINERS</p> 			

AGED CARE EMPLOYEE DAY, ON THE 7TH OF AUGUST, WAS AN OPPORTUNITY TO EXPRESS OUR HEARTFELT APPRECIATION FOR THE EXCEPTIONAL WORK AND DEDICATION OUR STAFF AND VOLUNTEERS BRING TO OUR OLDER COMMUNITY MEMBERS. I'M SURE YOU AGREE WITH ME THAT THEY MAKE A PROFOUND DIFFERENCE IN PEOPLE'S LIVES AND THAT WE ARE INCREDIBLY GRATEFUL FOR THEM AND EVERYTHING THEY DO.

HAVE YOU BEEN ASSESSED FOR A HOME CARE PACKAGE?
 WOULD YOU LIKE INFORMATION ON WHAT SUPPORTS MIGHT BE AVAILABLE TO KEEP YOU AT HOME?
 CALL MICHELLE OR LURLINE ON 4992 3348 TO REQUEST AN INFORMATION PACK.

Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER		1	2 MEN'S GROUP 	3 FRIDAY SHOPPER - RAYMOND TERRACE CARE & SHARE Lunch Included 
6 TAI CHI PRE-MELBOURNE CUP COMBINED PICNIC DAY AT BLACKBUTT RESERVE 	7	8 PORT STEPHENS KOALA SANCTUARY Entry from \$19 + lunch 	9 CRAFTY NEIGHBOURS Lunch Included 	10 FRIDAY SHOPPER - MAITLAND CARE & SHARE Lunch Included 
13 TAI CHI READING CINEMA MAITLAND & LUNCH Movie and session time to be advised 	14 	15 CHRISTMAS PARTY DUNGOG 	16 MEN'S GROUP 	17 FRIDAY SHOPPER - RAYMOND TERRACE CARE & SHARE Lunch Included 
20 TAI CHI	21	22 CHRISTMAS PARTY PATERSON 	23 CRAFTY NEIGHBOURS Lunch Included 	24 FRIDAY SHOPPER - MAITLAND/GREEN HILLS CARE & SHARE Lunch Included 
27 TAI CHI SCOTTYS CINEMA RAYMOND TERRACE & LUNCH Movie and session time to be advised 	28 DUNGOG DINERS 	29 CHRISTMAS PARTY GRESFORD 	30 MEN'S GROUP 	

CANCELLATION FEE OF \$15 WILL APPLY IF YOU CANCEL WITHIN 24 HOURS OF OUTING OR TRANSPORT.

NEIGHBOURCARE CLIENT CHRISTMAS PARTIES

Christmas is just around the corner and the Neighbourcare team are busy planning the client Christmas Parties. We will send out invitations with all the details closer to the dates. Stayed tuned!

Happy Fathers' Day to all the Father's, Grandfather's and Father figures. A Dad joke for you....

Why did the scarecrow win an award?
Because he was outstanding in his field!

Another?

What country's capital is growing the fastest?
Ireland. Every day it's Dublin!

STAFF

General Manager

Cherylin Brown

Coordinators

Debra

Joan

Kelly

Lurline

Lynette

Michelle

Rostering

Doreen

Jennie

RN

Ali

Cindy

Finance

Ruth

Sharon

Admin

Jennie

Wendy

Drivers

Alison

Emma

Support Workers

Amanda

Danielle

Heidi

Jennie

Joyce

Karen

Katie

Louise

Lyle

Mellissa

Milisa

Natalie

Rachel

Robert

Sarah

Sue

Laundry Assistant

Josie

Dialysis Transport

John

Jon

“MAN DOES NOT CEASE TO PLAY
BECAUSE HE GROWS OLD,
MAN GROWS OLD BECAUSE HE
CEASES TO PLAY !”
GEORGE BERNARD SHAW



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



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.