

SUMMER 2022



Connect



Out and About

**What's in season
in Summer**

**Preventing falls
and injury**

**The incredible
importance of sleep**

**1300 377 074
allcare.org.au**

Spread the allcare love



At allcare, the support you receive is all about you. We're here to help you 24 hours a day, seven days a week.

64% of our new clients come from word of mouth! We want to take this opportunity to thank you for telling your friends and loved ones about us.

If you know someone who would benefit from becoming part of the **allcare** family, please share our details with them, we'd love to help them receive support to stay in their own home.

Here's how they can contact us:



- By phone: 1300 377 074
- By email: info@allcare.org.au
- Or they can visit our website for more information at allcare.org.au

BUT WAIT! WE KNOW OTHERS MAY BE READING THIS EDITION OF ALLCARE CONNECT!

VOLUNTEER WITH ALLCARE

We know family and friends of loved ones may enjoy volunteering with **allcare**. And we love our volunteers!

Volunteering is an immensely rewarding experience; we recognise the important function that volunteerism plays in the aged care space, and more broadly in our community.

Our volunteers have the opportunity to support the **allcare** community through:

- Driving our community transport vehicles.
- Helping out at BBQs and community events.
- Providing our clients with social support activities of their choosing.
- Helping out at our corporate office.

If you know someone (or they're reading this!) who would like to volunteer with **allcare**, please contact us on the details above.

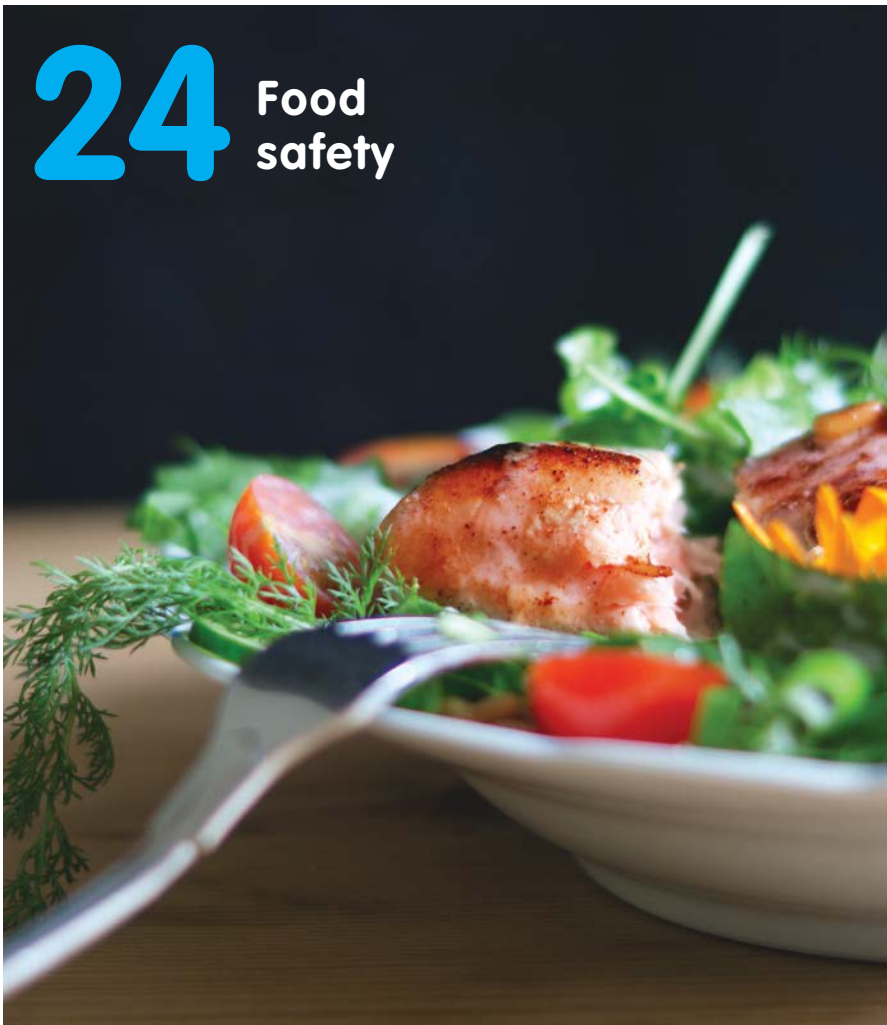
CAREERS

Do you know someone who is passionate about delivering wonderful care and support for seniors in your community?

allcare is committed to delivering genuine person-centred care, and that's why we need the highest quality staff.

We're always looking for people who are dependable, respectful, innovative, and have a passion for providing person-centred care for our clients. If someone you know is looking for work and is honest, reliable and passionate pass on our details!

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Welcome to the Summer 2022 edition of *allcare Connect*!

Oscar Wilde famously said that ‘with age comes wisdom’.

I often wonder, what value is ‘wisdom’ if it is not shared with others? There is a great deal of wisdom to be learnt by listening to each others’ stories.

In this edition of **allcare Connect** we take heed of this by sharing the stories of several clients, and in doing so proudly showcase the diversity of the **allcare** community.

Also, in this edition of **allcare Connect** we introduce you to some new faces, as well as showcase team members who have been with the organisation for many years.

There are also some nutritious recipes, and a few Christmas games, jokes and activities to help provide some entertainment over the holiday period. We have also taken steps to provide information that may help readers navigate the aged care sector, by sharing information on how to access assistive technologies and aids to enhance comfort in the home.

Key to independence is the ability to communicate individual choices and decisions. Impairment to verbal communication is something that affects many people as they age, and in this edition of **allcare Connect** we also visit how speech pathology can be key to maintaining and improving independence.

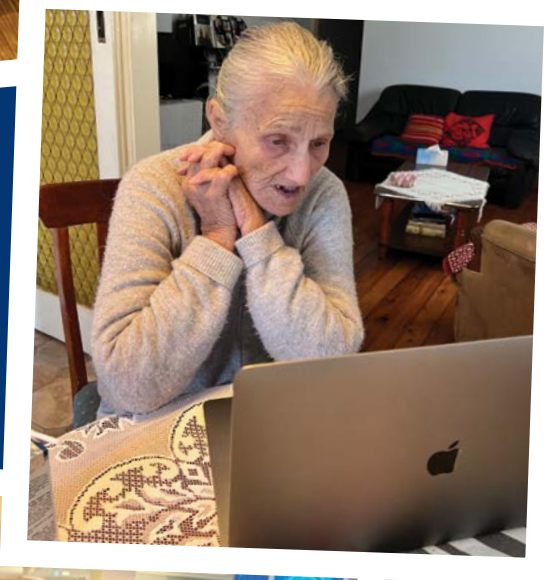
Enjoy the holiday season ahead and from all of us at **allcare**, I wish you a happy holiday period and healthy New Year!

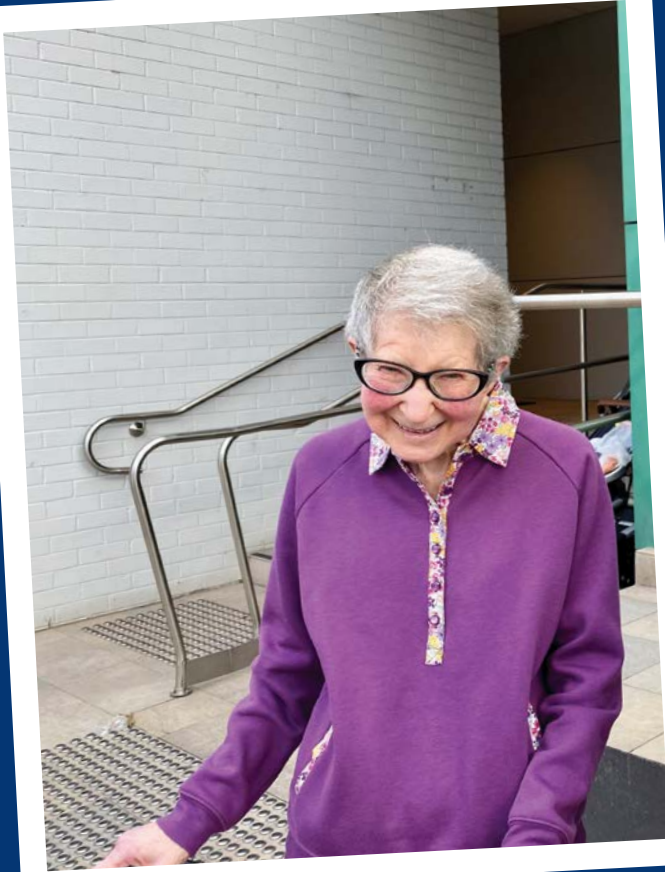
I hope that you enjoy taking the time to read the Summer 2022 edition of **allcare Connect** – wherever in Australia that you may be!



Christopher Murphy
Chief Executive Officer







Celebrate Seniors Festival 2023 with us

We're inviting all of our clients and their loved ones to our Seniors Festival 2023 event.

Due to the popularity of our movie event in 2022, we're taking to the cinema again to celebrate our fabulous seniors in our community.

YOU'RE INVITED TO JOIN US

Date: Wednesday,
8 February 2023

Time: 1.00 pm start for
a 2.00 pm movie

Location: UniMovies,
University of
Wollongong,
Foleys Road,
Gwynneville

Light refreshments will be provided.

If you would like to RSVP early for this event to make sure you don't miss out, please call the office on 1300 377 074. Transport is available, please advise if transport is required when booking.

Please note, the movie will be advised closer to the date.



It was a platinum year



1952 was a big year. It was the year that the late Queen Elizabeth II acceded the throne (and went on to become the longest reigning monarch), and it was the year that a young couple, Fay and Merv Rigney, were married.

It is with pride that they display the official congratulatory card from the Queen, amongst others including the Australian Prime Minister, for their 70th wedding anniversary celebrated in August this year.

Picture this. It's 1948, Australia is rebuilding after the war. In Hurstville, a dance is taking place. Young people dance to jazz music and do ballroom dances. Two young, shy teenagers attend the dance. 15-year old Fay, and 17-year old Merv. Merv was there with friends and spied Fay from

across the room. While he's a shy guy, he said to his friend that he was going to talk to the fetching young lady across the room. So, he plucked up the courage, and the rest as they say, is history.

That pluck of courage led to a wedding four years later on 2 August, 1952. Before family and friends they began their life together at St Declan's Catholic Church in Penshurst.

"The day was cloudy, but it didn't rain!," said Fay Rigney, of her big day.

It was by all accounts a lovely day, with Fay even arriving at the church on time! As many will attest, a wedding day doesn't always go to plan.

"My father had been in the hospital and had to be discharged that morning to give me away," said Fay.



The wedding was indeed a family affair with both Fay's sister, and Merv's brother, part of the bridal party, and Merv's Aunty Cath, making Fay's beautiful wedding dress.

"I was 19-years old and had a 19-inch waist!" said Fay.

They began their lives together, Merv working as a carpenter, and Fay working in a number of roles until they started their family.

After a few years, the couple welcomed three children, a son and two daughters.

In 1961, Merv's company, GH Thomas (who went on to become Hooker Homes) offered him a role as a Branch Manager in Albion Park. Merv was keen, Fay less so. They settled into life in the Illawarra's southern suburbs, building their family and making a home. When the company went bust, Fay loved the area so much she didn't want to move back to Sydney. Eventually, Merv's parents also moved to the area, and lived in the house that Merv and Fay live in today.

Throughout their time in the Illawarra they have been involved in a number of charities, including the Apex Club.

When asked what has been the most memorable thing over the last 70 years, apart from their family, they answer: a trip they took in the early 1980s to England. The 12-week trip was a dream come true, with the couple joining friends, and staying in London's prestigious Mayfair.

Merv says, "When we got on the plane, Fay said to me ' pinch me so I know I'm not dreaming'. We had the best time."



During the last 70 years (74 if you add their courtship), there have been a number of tokens of love, but one stands out for them. Merv, produces a beautifully handcrafted jewel box that he lovingly created during their early days of courtship, when he was an apprentice. Today it is filled with mementos and special memories, and has been kept in mint condition.

In celebrating their platinum anniversary the couple had a special party where they were joined by their family, which included their three children, six grandchildren and two great-grandchildren (they've since welcomed another great-grandchild and there's another on the way!).

So, after 70 years of wedded bliss, what words of advice do these two have for a good, long marriage?

"Truth," says Fay.

"Don't answer back," says Merv.

He adds with a smile, "Keep laughing, no point going around with a long face."

Sage advice from two lovely, humble people, who are a true example of a life of love and friendship.

Merv and Fay are clients of allcare.





A heart of Gold

Yvonne Edwards, is the queen of the Shoalhaven, or according to many locals, the spitting image of the late Queen Elizabeth II.

A friend to all, and with a heart of gold, Yvonne is indeed a very special lady, who according to many locals is the spitting image of the late Queen Elizabeth II, and this is why some people refer to her as The Queen.

Spend some time with her and you'll know what we mean. She's a beacon and matriarch to her local area, known for her volunteer work and her delicious homemade cakes, which include a three-layer neapolitan cake (one layer chocolate, one layer strawberry, one layer vanilla).

It was in 1932 in Orange, NSW, that Yvonne was welcomed into the world. In 1940 (or thereabouts according to Yvonne), her father moved the family to Nowra to run a transport company, moving fish from Eden all the way to Sydney to the fish markets.

When World War II came a little too close to home, her father moved the family back to Orange as he was worried about a possible invasion at Jervis Bay. By the early 1950s, the family was back in Nowra, this time to stay.

In that time she's seen many changes to the area she calls home, for example, she recalls her mother using tank water from the Bomaderry Creek.

At the age of 17, she was one of the first employees at the area's first Woolworths in Junction Street, Nowra.

"And it wasn't self-service like it is now. Back then, you had to ask someone behind the counter to get your items," said Yvonne.

"There was talk then of Coles opening up, but that took another 20 years!" she said.

Yvonne married the love of her life, Ray, in 1952, and they settled into family life welcoming four children, one son and three daughters.

Family life was very important to Yvonne. Like many mothers, she volunteered at the school canteen throughout their primary and high school years. She was also known to host a great party! She held parties for each of her children when they turned 18 years of age, and then again at 21 years old. She remembers with affection one party right in her front lounge.

"My daughter asked if she could have a party with a band at our house. We said of course! So there was a band right there in our lounge room. We set up the shed out the back. And Ray and I partied with the 18-year olds. It was great fun," she recalls with delight.

She is also a keen traveller. For every place she's visited, she has brought home a fridge magnet as a keepsake. Her fridge door filled with magnets is testament to her many travels.

WHERE HAS YVONNE MOST ENJOYED VISITING?

"Cape York. I don't know why, I just really enjoyed it the most. Travelling to the tip of Australia and going across to Thursday Island," she said.

WHAT IS SHE MOST PROUD OF OVER THE YEARS?

Her volunteer work.

"I loved fundraising and volunteering. I was known especially for my sponge cakes that I would make," she said."



"I was always shooing my family away from the cakes when I was baking them. They would ask if I could make a cake for them. Home cooking always sells at a fundraising stall."

For 63 years she was involved with the Order of the Amaranth*. During her time with the Amaranth she served as the Chair and the Royal Matron.

"The ceremony to officially put the Officers in their Office, such as the Royal Matron, is very grand. It's like the Queen's coronation. You have to wear a tiara, or crown. And there is a line you have to say, that I still remember, 'She walketh amongst us as Queen'," Yvonne said.

Very apt for a lady the **allcare** team affectionately call, "The Queen".

Yvonne Edwards is a client of allcare.

* The Order of the Amaranth is a fraternal organisation composed of Master Masons and their properly qualified female relatives. In its teachings, the members are emphatically reminded of their duties to God, to their country and to their fellow beings. Charity is a guiding principle of the Order.



Fated

“It’s a miracle, that out of all of the people in this world, that we met each other,” said Thelma Prescott.

“I couldn’t love her more,” says Tony Prescott of his beloved wife of 62 years.

When Tony Prescott and his wife, Thelma met, it set off a chain of a lifetime of fateful meetings.

“In the summer I played cricket (and in the winter played soccer). Well, this one day, it was raining, and I thought, well, I don’t have anything else to do, so I thought I’d go and have a few drinks, and then go to the plaza, where there was a dance hall,” said Tony.

“From across the dance floor, I saw her. She was dancing. I couldn’t take my eyes off her. So, I made my way across the hall, and when she sat down, I sat down a few rows behind her. Eventually I plucked up the courage to talk to her, and well, as they say, the rest is history,” he

Meetings

added, with eyes still twinkling, as he recalls that moment 64 years ago.

“We arranged to meet, and I just knew he was the one for me,” said Thelma.

“We’ve been blessed, just blessed,” she added.

And it was that fateful meeting that set off a number of other fated meetings that led the UK-born couple to Woonona.

It could have been so very different for Thelma and Tony Prescott, given Tony’s adventurous spirit and a love of the high seas.

“I didn’t want to lead a dull life. I wanted to see as much as I could of the world and get paid for it! So I joined the Merchant Navy. I was an engineering apprentice,” said Tony.

“I’ve always said, if he hadn’t been in the Merchant Navy, he would have been a pirate, he just loves adventure!” says his wife.

It could have all gone pear-shaped right here in this story. A young man, with a passion for adventure, living life to the fullest on the high seas. We all know, when cupid strikes there is little you can do to run!

It was no surprise when around 18-months later, Thelma received a letter by post from Tony, saying that the next time he was home from leave, they should settle things and get an engagement ring.

When Tony regained his land-legs six months later for extended leave, the couple announced that they would be wed six-weeks following.

In Manchester, England, on Boxing Day 1960, the couple wed.

After that, they set up home in Kent, where Tony went to work as an engineer on the tugs on the River Thames. Over the years they welcomed two sons and went about living their lives.

Fate was to step in again, when in the early 1980s, their youngest son, who had followed his father into a life on the high seas, was in Australia on a work assignment and clapped eyes on a beautiful young Australian woman. The young couple arrived back in the UK where Thelma picked them up on Valentine's Day.

Later that year, Thelma and Tony first travelled to Australia to see the couple wed on 20 December (only six days before Thelma and Tony's anniversary).

"Well, I thought Australia was going to be all dirt tracks, kangaroos on the road, and things cobbled together. When we got here, we absolutely loved it," said Thelma.

The years went by after that second fateful meeting and they welcomed grandchildren. Tony and Thelma kept coming to Australia when they could. In time they loved Australia so much and wanted to see the grandchildren grow up, so the decision was made to make the big move to the other side of the world.

In 1998, the couple touched down in Australia, their new home. They were soon joined here by their eldest son and his family. Now, all the Prescotts have made Australia their home.

"The love we share, we've got over the good, and the bad, and now we have to work as a team together. We look after each other," said Thelma.

And that time together means spending quality time together doing what they love. As they've had to make some life adjustments, they've realised they need a bit of assistance.

It was another fateful meeting that brought them to **allcare**. It was a kindly Pharmacist who mentioned to the couple getting some assistance through My Aged Care. And that set the Prescotts on a path to **allcare**.

Once a week, they get some help from **allcare**, and the Prescotts cannot speak highly enough of their team.

"We just love our Tuesdays. We get picked up by the girls and taken to Bulli Beach. We go for a walk along the beach, then head to Bulli Beach Cafe for breakfast. When we're finished, the **allcare** team are there to pick us up and take us home, safe and sound. And to top it all off, when we get back, the girls put the bins out for us."

"We never knew this help was available! Having **allcare** there for us has given us the confidence and security knowing that we can stay home as long as we can. And the quality of care; it's exactly what we need. **allcare** is absolutely amazing."

*Thelma and Tony Prescott are **allcare** clients*



In his own words...

Bruce Rees

Many who grew up in the Illawarra will likely remember that drive up into the wilds of Mount Kembla to buy the most delicious, crunchy and fresh apples. The crisp air, the crunch of gravel underfoot, and the reward of yummy apples.



The Rees family founded their famous apple orchard in 1880 and opened their gates for business six years later. It was passed down through the generations to Bruce Rees, the last surviving member of the family. Bruce, dedicated his life to working on the family farm, through triumph, disasters and tragedy.

A once prominent fruit and vegetable-producing district west of Mount Kembla, which shipped produce as far away as London, the area had its own school, agricultural board and cricket club. Little remains of the once thriving community as you drive through the lush subtropical wilderness today.

Bruce Rees, was the very last person to live in Cordeaux Valley. Today he lives next door to his former school teacher, Flo McNamara, in Unanderra. **This is his story.**

“My story is about my apple orchard, and how I was the last person left in the Cordeaux Valley. All I did was work on the farm and I never left. Outsiders love it up there. They say it’s God’s own country. I was always there at the farm, working from the early morning to night, and I never knew anything else.

My grandparents came from Glamorganshire in Wales in 1880 and settled in the valley. There were already some orchards planted there. I was told that the nine children cleared a lot of the

forest off the land by axe. There was originally a house built of slab. There are still two very old pear trees there on the lower side of the house from that time.

Our family opened the farm for business in 1886 and I was the last of the line and sold in 2007.

My sister Barbara was born in 1936 and I was born three years later. I went to the Cordeaux School for about ten years from 1945. Flo was my teacher the whole time. There were only six kids at that time. It was correspondence, all the schoolwork in the State was sent to Blackfriars’ in Sydney on a Friday and would be checked out.

We mainly grew apples. About 20 different kinds and we were noted for having old varieties of fruit like Lord Nelsons, Twenty-ouncers and Luxembourgs.

People would come to the farm in the hundreds’ and I would sell from the shed. I also delivered apples myself, every Friday to Wollongong; Port Kembla on Saturdays; and on Mondays to Dapto.

People used to come from Sydney and everywhere, especially lots of new Australians, for the old varieties, because you couldn’t get them anywhere else. The Portugese loved the Luxembourgs and Red Baking Pears. The English and Welsh loved the Cox’s Orange Pippin. The

Vietnamese would come for the Rock Pears. The Turkish and Lebanese would take the quinces. Koreans, Vietnamese and Italians were customers for my persimmons. Australians liked the big cooking apples; and everyone liked the Winesaps. Portuguese used to buy the rotten pears to make grappa; and we'd sell rotten apples for cider.

Besides a lot of apples we also grew vegetables: lettuce, beans, cabbage, pumpkins, corn, potatoes and peas. We used to have each section named and numbered for areas on the farm. My father had them numbered and knew exactly which one had which crop. Some things like carrots we never cultivated because of water limitations.

We had cattle and raised some good calves and had a registered dairy for a long time. We separated butter and sold that, as well as milk. But after my father died, we did away with the cattle

because it was a lot of work and needed an extra man to help. After that I put in another twenty acres of apples and fenced off the cattle.

We also had chickens, geese and ducks for sale. The tiger snakes used to hide in the sheds and would eat the eggs.

We bred a lot of Fox Terriers, because they're good hunters and keep things under control. They'd go for snakes, rats and foxes. One, named Duke, used to like to chase the birds and would climb the trees. We gave a lot of the pups away and a lot of people in Wollongong have descendents of Rees dogs to this day.

All we did was work seven days, but we never seemed to have much money. We'd take a truck to the markets and maybe come back with eight pounds if we were lucky. We never got rich, that's for sure. But, on the other hand, we never



Photo: Ken Robertson © Illawarra Mercury/ACM

went bankrupt either. We always struggled but managed to pay our bills. Somehow we made it through some big things during those years.

On Boxing Day in 1959 the willy-willy hit the farm. Big trees fell over like matchwood. The camellia tree that my Dad brought over from the James Sawmill in 1900, suffered a busted trunk but survived (and is now probably the biggest camellia tree in Australia). It smashed all the apples and we had no fruit for years. That nearly broke us. So, we planted the orchard as new, rebuilt and carried on.

My Dad finally passed the farm to me when he was 70. He died one day while he was feeding the chooks. He still had his wooden pipe in his mouth that he has in nearly every photo, he was always smoking that thing.

There was never a day off. There were different times of the year for different things. It was running a business, so it was planning and maintaining production all the time. Pruning, thinning, spraying every 10 days, otherwise there would be no fruit, we'd get blackspot and codling moth. In October, fertiliser. There would be a hail storm or something and that would stuff everything up. Other problems

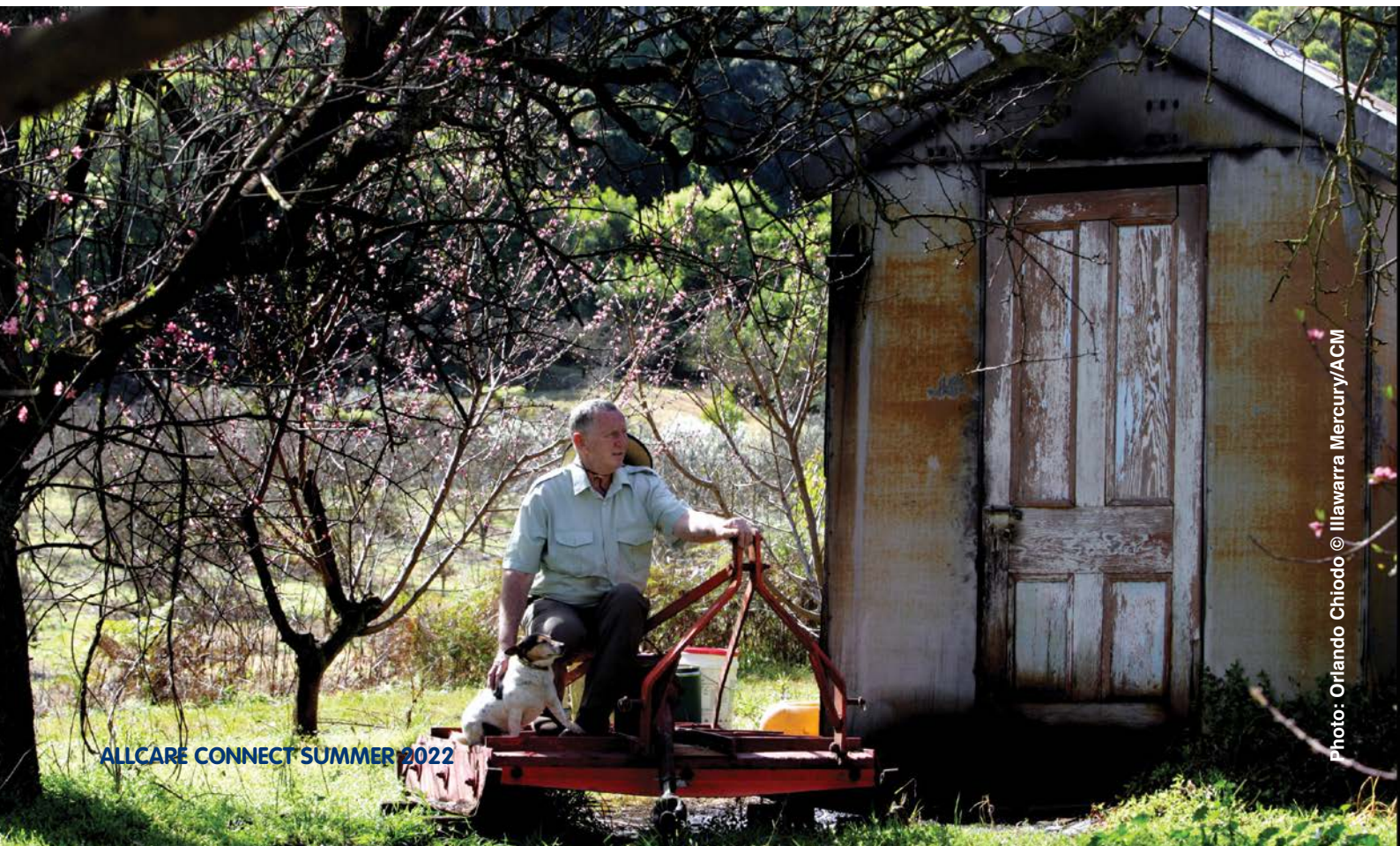
were things like bushfires. Everything that could possibly go wrong, would go wrong. When the fruit was ready, with around 4000 trees it would take about four months of the year to pick the apples.

Every once in a while, we would drive into Wollongong in the Model A to do some shopping or visit my grandmother. We would buy things at Moran and Cato, or Nock and Kirby's in Crown Street. They would serve you and put everything in a box, there was no self-service then!

Towards the end there was a lot of trouble at the farm with robberies and all of this made it much easier when I made the difficult decision to sell. I eventually gave up the orchard because I was getting old and had no family, and if you get sick, well who's gonna look after you? I don't know if I would have stayed, it was alright there, but you made nothing out of it. Taking care of things took up every day of the year, my whole life. All my time and money went into the farm.

When I sold the farm things finally got a bit easier. I don't worry about it, and I don't miss it; it's in the past now."

Bruce Rees is a client of allcare





Preventing falls and injury

KEY FACTS

- Nearly 1 in 3 older Australians have experienced a fall in the past 12 months.
- Falls usually happen because gradual changes to our bodies make walking difficult, or they can be caused by hazards in and around the home.
- Falls can cause hip fractures and other injuries that require lengthy hospital care and have long-term effects.
- See your doctor for a check-up if you have ever fallen before, even if you weren't injured as a result.

Falls are the leading cause of unintentional injury in older Australians. As our population ages and the number of older people grows, the likelihood

of more falls and fall-related hospitalisations increases.

Slips, trips and falls can happen to anyone, but they are more

common and more significant as we get older, because we are more likely to injure ourselves.

Even when falls don't cause an

injury, they often trigger a loss of confidence as we get older and can lead to an ongoing fear of falling. Over time, this can lead people to limit their movements and reduce their activity, which further increases the risk of falling.

CHANGES TO THE BODY

Our bodies change gradually over many years as part of the normal ageing process. As we get older, we notice the following may start to happen:

- balance problems, such as feeling unsteady when you walk
- weaker muscles that, for example, make it harder to lift your feet when you walk
- poorer eyesight, meaning you don't see quite as clearly, or have difficulty with sudden light changes or glare
- slower reaction times
- new health problems, such as incontinence or dementia.

These changes can be due to normal ageing or they might be caused by an illness or condition, affecting the way we move around, which could cause a fall.

DANGERS IN AND AROUND THE HOME

Nearly two out of three falls happen in and around the home. Common household hazards include:

- poor lighting
- unsafe footwear, such as loose slippers or narrow heels
- slippery surfaces, such as wet or polished floors, or spills
- trip hazards like rugs, floor mats and electrical cords
- steps and uneven surfaces.

THE GOOD NEWS

- many falls are preventable
- injury from falls can be minimised
- ageing does not have to mean a loss of independence.

HOW CAN FALLS BE PREVENTED?

There are many practical ways to reduce the risk of falls occurring, including:

Lifestyle changes

- **Keep physically active.** Whatever your age, aim to do at least 30 minutes of activity, five times a week that will help make you stronger and improve your balance. Suitable activities include tai chi, dancing and group exercise programs.
- **Eat healthily.** Enjoy a wide variety of foods and drink, particularly during hot weather.
- **Stand up slowly** after you have been lying down or sitting to prevent posture-related dizziness.
- **Changes around the home** You can also reduce the risk of your falling by making positive changes to three types of potential hazard found in your home: lighting, slipping, and tripping.

WORK WITH AMPLIFIED HEALTH TO REDUCE YOUR RISK OF FALLS

Amplified Health can help with preventing falls by working with you to develop a program to build strength, advise on what exercises to do, things you can do to reduce your risk of falling, and what to do if you have a fall.

You can also work with a Podiatrist for advice on ways to improve your circulation, decrease swelling and reduce pain in the legs and feet.

Contact the team at **Amplified Health** if you would like more information on falls prevention. No referrals necessary.

P 1300 942 895 **E** info@amplifiedhealth.com.au

If you or someone in your care has experienced a severe fall, go to your nearest emergency department or call triple zero (000) immediately and ask for an ambulance.

Working with a Speech Pathologist

Speech Pathologists study, diagnose and treat communication disorders, including difficulties with speech, language, fluency and voice.

They work with people who have difficulty communicating because of developmental delays, stroke, brain injuries, learning disability, intellectual disability, cerebral palsy, dementia and hearing loss, as well as other problems that can affect speech and language.

People who experience difficulties swallowing food and drink safely can also be helped by a speech pathologist.

Using assessment tools, Speech Pathologists are able to diagnose each person's specific problem and devise a treatment plan that best suits their needs.

WHO DO THEY WORK WITH?

Speech Pathologists work with many different people with lots of different communication challenges.

They could include:

- helping an older person with dementia to communicate with their family and carers

- working with a client post-stroke to regain their communication skills
- providing communication strategies and assistive devices for a person with cerebral palsy who cannot communicate verbally
- teaching a person to swallow safely and without choking following a stroke.

WORKING WITH OLDER PEOPLE

As people age their speech, language, memory, voice and swallowing changes naturally. It is also more likely that older people will acquire a communication or swallowing disorder as they are at higher risk of stroke or developing a condition such as dementia and Parkinson's disease.

Speech Pathologists are experts in the assessment and management of communication and swallowing disorders.



They work with older Australians to help promote independence, participation and quality of life.

COMMUNICATION PROBLEMS

Communication problems experienced by older people may be caused by neurological disorders such as stroke, Parkinson's disease and dementia.

Stroke is Australia's second biggest killer and a leading cause of communication impairment in older adults. Following stroke, one in three people will experience a communication disability (aphasia) caused by damage to the language centres of the brain.

Older people are at risk of voice disorders (dysphonia), with more than half of older adults with voice problems finding it negatively impacts on their quality of life. This can lead to social withdrawal, anxiety, depression and other mental health issues.



SWALLOWING PROBLEMS

Swallowing disorders (dysphagia) may affect as much as 22% of people aged 50 and over.

While minor changes in the way people swallow is a normal part of the ageing process, conditions such as stroke, Parkinson's disease and dementia can also cause swallowing difficulties. Dysphagia is common after stroke with around 60% of stroke survivors experiencing trouble swallowing. This increases the risk of pneumonia and aspiration (food or drink entering the lungs). Long-term difficulties affect around one in four stroke survivors.

Signs of swallowing difficulties include coughing when swallowing, a wet or gurgly voice during or after eating or drinking, extra time or effort needed to chew or swallow, recurring chest infections, or unexplained weight loss.

HOW CAN SPEECH PATHOLOGY HELP?

Speech Pathologists work with older Australians to improve their communication and swallowing abilities to increase independence, their participation in society and quality of life.

Speech Pathology services may include assessment, individual and group therapy, counselling

and education of clients, family and support carers. They may also provide advice regarding dietary changes and swallowing strategies and advocacy for older adults with communication and swallowing difficulties.

Speech Pathologists also ensure that healthcare information and communication environments are accessible for older adults to promote inclusion and participation in life.

Speech Pathologists can recommend communication technology and assistive or augmentative communication devices to ensure that older adults are able to communicate.

WORK WITH A SPEECH PATHOLOGIST AT AMPLIFIED HEALTH

If you have any concerns about your speech, swallowing or are having communications problems, **Amplified Health's** Speech Pathologist can assist.

Contact the team at **Amplified Health** if you would like to book an appointment. No referral necessary.

P 1300 942 895 E info@amplifiedhealth.com.au



Stay healthier and stronger for longer in the Shoalhaven

**Calling allcare clients who
live in the Shoalhaven!**

**Did you know that you can
receive in-home services
from a Physiotherapist
and Occupational Therapist
from Amplified Health?**

You may be able to access these services through your aged care funding.

Services can also be accessed at our Lab. Talk to your Client Engagement Manager about organising transport to the Lab, if required.

Contact the Amplified Health team to find out more.

P 1300 942 895

E info@amplifiedhealth.com.au

What's in season in Summer

Do you remember when you were growing up that daily meals were rarely the same from summer to winter? That's because many of us grew up eating what came from the garden and only what could be grown during that season. With the industrial revolution came the increase in the ability to have those beautiful foods we love all year round!

While we can now find most fresh fruit and vegetables year-round, eating seasonally has so many benefits, here are some to ponder:

1. It's better for your health: Foods that are grown and consumed during their appropriate seasons are more nutritionally dense.

2. It tastes better: Have you ever noticed that tomatoes grown in your neighbour's summer garden taste much sweeter than the ones you buy at the supermarket?

3. It's better for the environment: Sticking to local produce can be a great way to help discover what is in season near you.

4. It's cheaper: When a fruit or veggie is in season, it's abundant and, not surprisingly, available at a lower price.

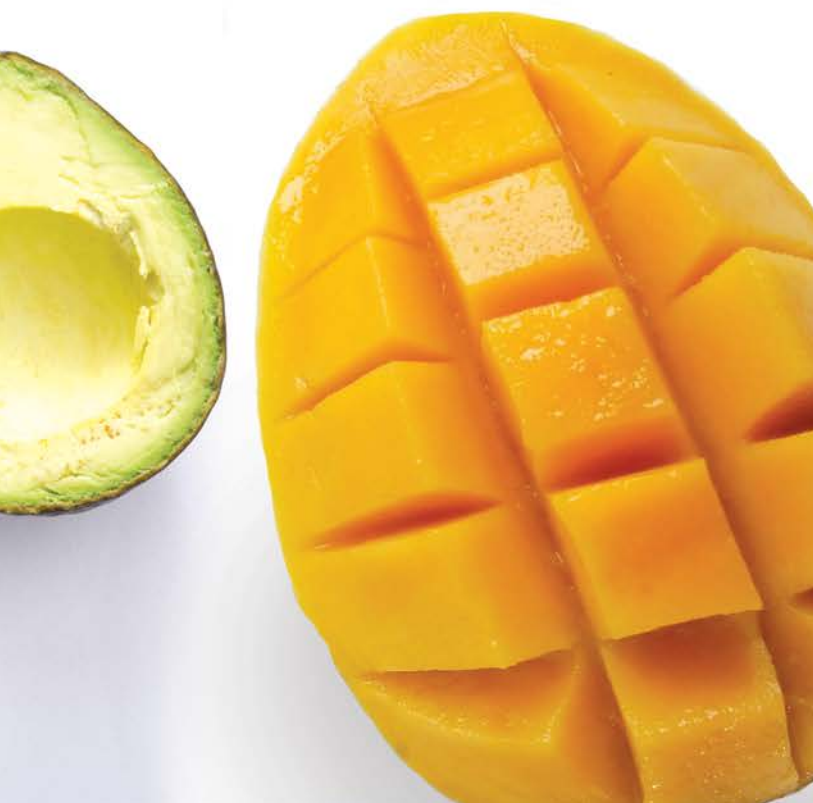
FRUIT

Avocados	Nectarines
Blueberries	Oranges: Valencia
Raspberries	Passionfruit
Strawberries	Peaches
Figs	Pears: Williams
Grapes	Pineapples
Limes	Plums
Lychees	Prickly Pears
Mangoes	Rambutans
Mangosteens	
Melons	



VEGETABLES

Beans	Onions
Capsicum	Okra
Celery	Radish
Chillies	Spinach
Chokos	Squash
Cucumbers	Sugar Snap Peas
Eggplant	Sweetcorn
Lettuce	Tomatoes
Mushrooms	Zucchini



Creamy Mango and Passionfruit Pops



Celebrate summer days with these super cool pops! They're a breeze to make using fresh mango and passionfruit. Kids of all ages will simply love them!

INGREDIENTS

- 3 medium ripe mangoes, peeled and flesh chopped
- 1/3 cup light cream
- 2 passionfruit, pulp removed

STEP 1

Place the mango flesh and cream into a blender or food processor. Blend or process until smooth. Pour mixture into a jug and swirl through passionfruit pulp.

STEP 2

Pour mixture into eight paddle-pop moulds. Gently tap moulds to dislodge any air pockets. Insert a paddle-pop stick into each. Freeze for five hours or overnight until firm. Remove pops from moulds and serve.

Food safety in Summer

Did you know that 5.4 million cases of foodborne illness occur each year in Australia?

While we are lucky to have a reliable, safe and nutritious food supply, this means that around 1 in 5 Australians experience ill health as a result of the consuming food that has been cooked, handled, or stored incorrectly.

Summertime in Australia is often associated with enjoyable outdoor gatherings such as barbecues and picnics. However, it's also a period commonly associated with foodborne illnesses, as bacteria enjoy the warm weather just as much as we do.

Food safety can be broken down into three key principles:

KEEP IT CLEAN:

Keep surfaces, equipment, utensils and hands sanitised and free from dirt and germs.

COOK IT WELL:

Ensure food is thoroughly cooked to the required temperature.

STORE IT SAFE:

Keep raw meats and high risk foods separate, refrigerating or freezing food promptly, and ensuring to discard food after the safe time for consumption is past.

Here are some tips on how to keep food safe in the warmer months.

KEEP PERISHABLES CHILLED

Keep deli meats, seafood, dairy, and other perishable items chilled where possible. Ice, ice packs, and cooler bins are ideal for this purpose.

WATCH YOUR LEFTOVERS

Perishable items, such as raw or cooked meat, in particular, should not sit at room temperature in excess of two hours. During summer, when the temperature is at or over 32 degrees celsius, this window is reduced to only one hour. Any food that has not been refrigerated within this time frame must be disposed.



DON'T RE-USE MARINADES

Meat and poultry cooked on the barbecue during summer are often marinated first. However, care must be taken to ensure that your marinades don't become breeding grounds for bacteria. All unused marinade must be disposed of to prevent raw meat juices from contaminating cooked foods.

KEEP RAW AND COOKED FOOD SEPARATE

If, for example, you're preparing to cook meat on the barbecue, uncooked items should be kept on their own tray or plate with a separate, clean tray or plate reserved for items as they come off the grill. Use separate tongs and other utensils for cooked and uncooked items.

KEEP THINGS CLEAN

Wash your hands thoroughly, especially after handling high protein foods like meat, fish, and poultry. It's also a good idea to store uneaten food in clean containers before taking them home or storing them.

Thoroughly wash any fruit or vegetables that are to be served raw and clean any outdoor communal eating areas before serving food. Antiseptic wipes, sprays, and cleansers are the best tools for the job.

PACK SAFELY

Be careful when you shop for groceries, keeping the summer heat in mind. Use an insulated cooler bag for transporting perishable items back from the shops safely. Be quick to refrigerate meats and other items as soon as you return home. Select the coolest part of

the vehicle, avoiding the heat of the boot or other areas where air conditioning may not reach.

DEFROST MEATS CORRECTLY

Never leave frozen meats out to defrost on a countertop or outside in the heat, allowing dangerous bacteria to multiply. Plan things out ahead of time, for example, defrosting meats in advance in the refrigerator.

WASH REUSABLE BAGS AND CONTAINERS

Bags and containers in which food is transported can potentially harbour harmful pathogens. Wash tote bags regularly to ensure that your food doesn't pick up unwanted guests en route to your chosen venue. Keep all food storage containers (including coolers and eskies) scrupulously clean.

Just four ingredients



PANCETTA-WRAPPED SAUSAGES

5 minutes preparation
25 minutes cooking
6 servings

INGREDIENTS

18 thin slices pancetta or streaky bacon
12 thin pork chipolata sausages
1 tsp honey
2 tbsp Dijon mustard

METHOD

1. Wrap the pancetta around sausages, overlapping slices slightly to secure.
2. To cook sausages in an oven, preheat the oven to 200°C. Place in a lightly greased shallow roasting pan and bake for 20 minutes, turning to colour evenly. Warm the honey slightly and combine with the mustard in a small bowl, then brush mixture over sausages and return to the oven for a further 5 minutes.

Yvonne Edwards' no-fuss trifle



When Christmas rolls around each year, there's one thing we all look forward to: trifle! There are many variations of this family favourite.

We have it from a good source that Yvonne Edwards' trifle is one of the best. We think the inclusion of a jam roll (and if you're feeling up for it, homemade jam roll), has to be the winning ingredient.

Yvonne, will tell you that this recipe is absolutely 'no-fuss' and so easy to make.

INGREDIENTS

1 jam roll (long log)
Red jelly
Green jelly
Fruit juice, or wine
Large custard
Large whipped cream

METHOD

1. Layer the trifle starting with cake, custard, jelly and then sprinkle with the fruit juice or wine, as liberally as you like.
2. When finished layering, spread the top with the whipped cream.

There you have it. Yvonne's no-fuss trifle. Enjoy!



Get out into the garden in Summer

Gardening in the warmer months can pose a challenge for a lot of green thumbs. Summer can bring with it lovely and abundant harvests and doing it right will mean you can reap rewards.

Here's some tips on how to keep your garden green and thriving throughout the warmer months.

1 MAINTAIN YOUR WATER SCHEDULE

Watering in the summer months must be a top priority if you're to reap an abundant harvest. Installing an irrigation system makes this process far easier and less time consuming. It means you won't skip out on watering your plants some days, because who wants to tend their garden when it's 40 degrees out.

2 IMPROVE YOUR GARDEN'S SOIL QUALITY AND MOISTURE

Strong heat can take a serious toll on your garden's soil quality, things such as composting, mulching, or using organic fertilisers can maintain the important nutrients that your garden's soil might lose under the sun. In hot summers soil

moisture can be the success or death of your garden, make sure to regularly water twice a day so that the soil can stay moist for your plants. Morning and evening waters are ideal. If the day's heat hasn't subsided remember to water the soil and roots, not the plant itself.

3 AVOID WILTING PLANTS

On hot days you won't be able to avoid wilting plants entirely but many gardeners make it worse by spraying the actual leaves of the plant. The water that stays on the leaves acts as a magnifying glass which can actually burn and damage the plant you're trying to help. That's why it's always good to begin watering early in the morning and late evening when the sun isn't so strong.

4 STOP FERTILISING IN HEAT WAVES

In summer the plants in your garden aren't looking for extra nutrients, they're focused on surviving the heat. Adding extra nutrients to your plants when it's not needed will add further stress. Wait until a heat wave has subsided before you begin adding new nutrients.

5 USE THE SUMMER MONTHS TO GROW AN ABUNDANCE OF VEGETABLES

Vegetable gardening is far easier in the summer months compared to the winter. Gardeners should all take advantage of the warmer weather and begin growing all the vegetables they possibly can. Vegetable gardening can also be a new hobby instead of just maintenance around the house.



6 DON'T OVERCOOK YOUR GARDEN

In the summer, potted plants that are left out outside for long periods of time under the sun can actually cause some serious damage to the plant. Make a habit of putting your pot plant in areas where they won't receive sunlight for the entire day. Five to six hours is more than enough for anything to grow. Too much heat can negatively affect the plant's root and stunt the entire growth.

7 AVOID MILDEW BY WATERING EARLY

Mildew and fungi can attack the leaves of your garden especially if you water late in the evening. Giving the water time to dry off rather than sit on the plant for long periods of time will prevent a variety of problems down the road. If you water in the mornings the risk of mildew or fungi attacking your plants are greatly reduced.

8 PESTS AND DISEASES

The summer months are notorious for all the different insect pests that can run rampant in your garden. If you haven't already taken preventive measures to stop insect pests, either by companion planting, a variety of pests control sprays can help. You can purchase these sprays or create them yourself. Make sure to rotate your crops so that insect pests don't get used to the same plants year after year in your garden.

REMEMBER, WE CAN HELP!

allcare's team is here to help with any gardening help you need, from weeding, planting and mowing the grass. Just contact the office on 1300 377 074, or speak to your Client Engagement Manager to find out more.

Meet the team



Genny Murina, CLIENT ENGAGEMENT MANAGER

In 25 words or less, what does your job entail? Being a Client Engagement Manager is a very diverse and rewarding role of supporting clients to live their best independent lives.

How long have you been working in the industry? I have been working within the aged care sector for a few years. I have also worked in the NDIS sector and was also a teacher.

What is the best thing about your job? I enjoy meeting new people, learning their stories and being part of something bigger than just myself.

What do you think is the best thing about allcare? I share the **allcare** vision of each individual taking charge of their own lives and making decisions that matter to them.

Five words to describe you? Positive, friendly, always smiling, approachable and kind.

Three things you like to do in your spare time? I love walking my dog Joy. I enjoy spending time riding my bike. I love taking care of my garden.

The fast five:

Beach or river: River

Country or city: Country

Pizza or pies: Pizza

Summer or winter: Summer

Coffee or tea: Coffee!

Olivia Rodrigues, CLIENT ENGAGEMENT MANAGER

In 25 words or less, what does your job entail?

I have many roles relating to helping and serving clients in the southern region of the Illawarra.

I support people who have a Home Care Package who are wanting to join the **allcare** team. I work closely with clients to manage their packages to ensure they get the most out of their funding and to be supported to stay at home safely.

How long have you been working in the industry? I've been in Customer Service for about 20 years and in aged care and disability for about six years.

What is the best thing about your job? I love making a difference in my clients' lives, helping them understand the aged care system, and showing them how home care services can support them to live better and safer lives in their own home.

What do you think is the best thing about allcare? I think how we all work together as a team to make sure our clients' needs and wellbeing are supported.

Five words to describe you? Happy, positive, caring, kind, supportive.

Three things you like to do in your spare time? I enjoy spending time with my kids (and three fur babies). I enjoy travelling and exploring new places, and I enjoy anything to do with water (going to the beach or kayaking).

The fast five:

Beach or river: Beach

Country or city: Country

Pizza or pies: Pizza

Summer or winter: 100% Summer

Coffee or tea: Both, but I need my coffee!



Leonie Woodward

In 25 words or less, what does your job entail?

My day as a Community Service Worker (CSW) is really interesting and very rewarding. A day can consist of anything from providing personal care; taking clients to appointments; assisting with shopping; delivering medication; and general social time.

How long have you been working in the industry? I have been a CSW for around six years now, and with **allcare** for over four years.

What is the best thing about your job?

I love meeting people and listening to their life stories.

Five words to describe you? I have a compassionate and sometimes cheeky nature.

Three things you like to do in your spare time? Love all types of crafts; music mainly 50s; dancing; camping; and I'll have a go at most things.

The fast five:

Beach or river: Beach

Country or city: Country

Pizza or pies: Pies

Summer or winter: Summer

Coffee or tea: Coffee



Merry Christmas and Happy New Year

We would like to take this opportunity to thank all our clients and staff for their continued support throughout 2022.

Wishing you and your loved ones a season of joy.

Please be advised our office will be closed from
THURSDAY, 22 DECEMBER 2022 - TUESDAY, 3 JANUARY 2023

Services will continue over this period and the 1300 377 074
number will be answered for emergencies and questions



A woman with short, straight white hair is shown in profile, looking down at a small, white, oval-shaped emergency button she is holding in her right hand. The button has a red circular center. A bright red lanyard is attached to the button and loops around her neck. She is wearing a white t-shirt under a grey and white striped cardigan. The background is a blurred indoor setting, possibly a living room with a sofa.

Technology to keep you safe at home

Technology has permeated almost every aspect of our daily lives. While the speed at which technology changes can at times scare many of us, there are many benefits to some of the new technology solutions designed for older Australians.

There are a number of technology options available to enable people to continue to live independently while giving true peace of mind and a sense of

security to many people. It also provides reassurance for their family and loved ones knowing that fast emergency assistance is available.

In this article we explore some of the more popular technology solutions available on the market. Note, we do not mention or endorse specific brands.

PERSONAL ALARMS

A personal alarm can help keep seniors living independently in their own home, providing them and their family with the peace of mind that if they should they need assistance, help is only the press of a button away.

By getting help quickly, there is a significantly higher chance of getting someone back on their feet in no time. And if they did need to go to hospital, a much quicker recovery.

What is a personal alarm system?

A personal alarm is a device worn on your person that can alert a response centre or family member when help is needed. It allows people to call for help quickly and can save lives.

With most personal alarms, the person wears a pendant around their neck or wrist at all times, including in the bath and shower – as that is where many accidents happen. The pendant has a button which can send a signal for help to a 24-hour monitoring response service, family or friend.

What are the different types of personal alarms?

There are two types of personal alarms – auto dialler alarms and fully monitored response alarms, which have a subscription-based service connected to a 24/7 response centre.

Auto dialler personal alarms

An auto dialler alarm has to be pre-programmed to call a number of contacts once activated. It can be configured

to leave messages for people on answering machines, receive recorded responses or dial telephone numbers of a friend, family member or Triple Zero.

With an auto dialler, you are not guaranteed a response as the recipient could be busy and not pick up the message in a timely manner.

Before purchasing a personal alarm, you should consider how quickly your contacts will be able to respond and whether the alarm you are looking at can have multiple contact people. These emergency contacts should also live within 30 minutes' drive to you, so they can reach you as quickly as possible.

Also, if the auto dialler alarm is programmed to call the emergency services, please note Triple Zero do not prioritise text-based messages from these alarms as they do not know if the situation they are being called to is genuine or an error.

Fully-monitored response personal alarm service

The other type of personal alarms are the ones that have a response centre connected to them 24/7. So that if help is required and the alarm is pressed, someone from the call centre will be guaranteed to respond any time of the day or night.

The main advantages of a full response alarm service are:

- Fast response, which is crucial during times of need
- Trained professionals taking your call
- Two-way communication with the response centre
- Response centres can quickly assess the seriousness of the situation, to determine whether relatives or emergency services need to be contacted
- They keep in touch with you until help has arrived to make sure you are okay
- Unlike auto dialler alarms, the response centre are able to share the emergency information and client's medical history with Triple Zero, who can then prioritise the call.

How does a personal alarm service work?

If the person feels unwell, has a fall, or has any sort of emergency, they simply press the button on their pendant worn around their neck or wrist. An alert is then sent to a contact or a connected response service through a base unit or mobile alarm via the mobile network.

In the case of a response centre, they will contact you to assess what type of help is needed. The operator can speak to the person using the voice-to-voice feature of the alarm unit. This is an important feature for people when they are unable to get to the phone.

- There is someone there to answer your call for help anytime day or night

MOBILE PERSONAL ALARM

A mobile alarm service typically runs off the phone network as it has an in-built SIM in the alarm unit. Where mobile coverage is low in rural or regional areas, a high range antenna may be needed to boost the signal from your alarm to the mobile towers and then into the response centre.

Mobile Personal Safety Alarms enable older people to leave their house to be active and socially connected, yet remain safe in the knowledge that help is available with only the press of a button.

Keeping socially connected with the community can have huge benefits for older people

in keeping them independent. Whether it be visiting the local park, exercising at a yoga class, or simply walking down the street to your local shops, these types of outings can help older people remain socially connected and physically fit.

Key features of a mobile personal alarm system

Mobile personal alarms are quick and simple to activate – all that is needed is the press of a button. It's quicker to use than a mobile phone, for example.

They have two-way communication with the response team. The caller and

the response team can speak to each other easily through the device.

The response team is specifically trained to understand emergency situations. A mobile alarm has a GPS locator to identify where you are, which is so important in times of need and urgency.

Do you need the NBN to have a personal alarm system?

Not all personal alarm systems require you to have a phone line to use their service. And with the introduction of the NBN this can affect alarms connected through the traditional phone lines.

HOME MONITORING SYSTEMS

Home monitoring systems can transform independent living for older people, and give peace of mind to families, particularly for those who live some distance away.

These systems work via small sensors discreetly placed around the home. They can be set up to send updates about the user's activity and wellbeing to designated friends and family. It is a great way of providing peace of mind for all parties when monitoring elderly parents' welfare remotely.

The sensors can do everything from track temperature, movement and the opening and closing of doors, so you can tell if your

loved one has gone through their usual routine of getting up for the day, preparing meals, taking medication and arriving home safely after going out.

Information is often shared to an app for a nominated family member, friend or caregiver. This helps seniors receive the right support when they need it. They allow people to live the same as they enjoy doing at the moment, with the added reassurance that they are safe doing so.

What is required to install a home monitoring system

- An electrician
- Mobile phone or an existing internet connection.

USE YOUR HEARING AID WITH TVS AND HEADPHONES

Don't give up on home entertainment just because you're hard of hearing.

If you're hard of hearing or wear a hearing aid, you don't need to crank up your TV speakers just to enjoy a movie. Modern home entertainment technology offers plenty of ways to connect headphones and hearing aids to the TV, so you can set the mix and volume to suit your ears.

If you have a hearing aid, we suggest you speak to your audiologist before buying anything to make sure it matches your specific needs.

Aids to make you more comfortable around the house



As we age, our bones, joints and muscles begin to weaken and may not be as strong as they once were. Some tasks require more effort while others may seem close to impossible. But, getting older does not have to mean that life gets harder. There are many daily living aids that are here to help with all tasks, great and small.

Daily living aids help with all types of daily activities such as sitting in a chair, going to the toilet, having a shower, preparing food, eating and taking medication. These aids can provide the necessary addition to make that hard to do task a lot easier and lead to day to day improvements, efficiency and productivity.

SUPPORTIVE CUSHION

Sitting for a long time may place your back, spine and muscles under excessive stress and strain, worsening with old age, which can cause pain, discomfort and possible injury. Cushions can be used to help in this situation to provide support for internal structures. Cushions are a great way to give yourself a comfortable, well-supportive seat while being kind to your body and supporting your back and its structures.

OVERBED TABLE

Overbed tables are the perfect solution to deliver a surface to place food, drinks, books etc. The overbed table is easy and convenient and a great addition to everyday living for those who are confined to their beds or often use a chair that they remain sitting in for extended periods of time.

WALKING AID

Walking aids come in many forms, including walking frames, walking sticks and canes, seat walkers/rollators, and crutches. Before deciding on a particular aid, you should chat with a Doctor or Occupational Therapist to assess your needs and ensure you have the skills and capacity to use the chosen walking aid. Although some people may be reluctant initially to use a walking aid due to feelings of reduced independence, they will likely soon enjoy the confidence and peace of mind it gives them to move more freely.

LIGHTWEIGHT WHEELCHAIR

Lightweight structures and designs are perfect for everyday transit wheelchairs that need to be pushed around rather than self-propelled. A lightweight construction makes the wheelchairs easier to move and transport allowing for easier and longer use. Some lightweight wheelchairs will also have a foldable frame. This will allow you to fold up the chair and place it in your car permitting the chair to be used in any location.

SCOOTER

Wheelchairs aren't the only option for people with mobility issues. Electric scooters are also an excellent aid for those that require assistance getting from one location to another. However, while wheelchairs are often ideal for use in the home, the large size and turning circle of scooters often make them difficult to operate in smaller spaces. As such, they are often better suited to outdoor use.



OVER TOILET AID

An over toilet aid is a very common daily living aid. Over toilet aids are mainly used to assist in toilet transfers and for those who have difficulty lowering themselves down onto the toilet. Over the toilet aids come in all shapes and sizes and should be chosen based on the user. Some special features include adjustable heights, hand rails for extra support and stability, splash guards, lids and rubber non-slip feet.

SHOWER CHAIR

Showering can be a dangerous activity when falling is a factor. Some people may not be able to hold themselves upright for a long period of time or may suffer from immobility or instability, which can cause issues with showering. A shower chair offers a seat that can be used directly in the shower. Shower chairs are made with high quality materials that don't rust allowing them to continuously be used under water. Rubber non-slip feet and drainage holes in the chair seat ensure the chair is shower friendly.

REACHER GRABBERS

Daily activities can become very difficult, time consuming and possibly painful when you are having trouble bending down and picking things up. For people who suffer with painful backs, stiff hips and mobility problems, reaching can become almost impossible. A reacher grabber is a wonderful little tool that provides that extra necessary assistance to help grab and pick up items that might be out of reach. This handy tool has a very user-friendly, lightweight design with a comfy hand-grip and trigger that activates the grabbing function.

Daily living aids are a wonderful, life changing solution for so many individuals. They offer support and assistance in a wide range of areas to ensure your daily life isn't majorly affected by any impairments, problems or issues you may have.

HOW IT COULD HELP: MY AGED CARE

Depending on your eligibility, you may be able to access the following aids through your Home Care Package.

- Walking aids like crutches, quadruped walkers, walking frames, walking sticks
- Mechanical devices for lifting you in and out of bed
- Bed rails
- Aids like slide sheets, sheepskins, tri-pillows
- Pressure-relieving mattresses.

If you're interested in a daily living aid talk to your Client Engagement Manager about a possible solution and possibility of inclusion in your funding.



The incredible importance of sleep

It should come as no surprise to hear that sleep changes as we age. Nearly a third of our life is spent asleep. Infants spend most of the day asleep. Through youth and young adulthood the pattern of sleep that we have all come to accept as “normal” or “good” develops. As we grow older, sleep becomes lighter and more interrupted and other factors may impact on our ability to get that “good” night’s sleep. It is also no surprise that poor sleep impacts all aspects of our health and wellbeing.

THINGS YOU SHOULD KNOW ABOUT SLEEP AND AGEING:

- Older people need about the same amount of sleep as younger adults.
- Age increases the risk of some sleep disorders.
- Medical conditions that arise with ageing can disrupt sleep.
- Older people often take daytime naps as well as sleeping at night.
- Sleep / wake routines, daytime activity and sunshine all help sleep.

HOW DOES SLEEP DIFFER AS WE AGE?

Most people sleep between seven and nine hours each day. However, they may not get all their sleep at night. Around 4 in 10 older people have at least one 30-minute nap every day. Most people over the age of 80 nap for more than one hour each day. At night, some older people take more than half an hour to get to sleep. This is the case for about 1 in 3 women and 1 in 6 men. Older people also tend to sleep lightly. They wake up more often and spend less time in deep, refreshing sleep.

WHY DOES SLEEP CHANGE AS WE AGE?

As we get older, the hormones that help us sleep are released earlier in the day. Some older people may feel sleepy earlier than they used to and may wake up in the early hours of the morning. Melatonin is a hormone that is produced naturally in the body at night, which promotes sleep. Older people make less melatonin so they may find it difficult to get off to sleep. Pain may make it difficult to stay in one position for the whole night. Also, after retirement, many people find it convenient to take a short nap during the day, which can reduce the need for sleep at night.

WHAT SLEEP PROBLEMS DO OLDER PEOPLE HAVE MORE OFTEN?

At least 1 in 4 older people have sleep apnoea or periodic limb movement disorder. These problems often disturb the sleep of the bed partner as well. Insomnia is seen in 4 in 10 older people. One in 10 older people has insomnia that is a problem

for more than three months. Long and/or frequent time awake during the night may happen if people spend too long in bed each night.

WHAT MEDICAL CONDITIONS CAN INTERFERE WITH SLEEP?

Many conditions can make it harder to sleep. Some that are common in older people are arthritis, osteoporosis, Parkinson's, incontinence, indigestion, heart disease and lung diseases such as asthma or chronic obstructive pulmonary disease (COPD). The drugs used to treat these conditions may also interfere with sleep. Anxiety and depression can both interfere with getting off to sleep, as well as cause wakefulness during the night. Dementia or Alzheimer's disease can make sleep worse. Sleep problems tend to increase when there is not enough exercise or interesting activities during the day or people go to bed too early.

WHAT CAN YOU DO TO IMPROVE SLEEP?

Simple lifestyle habits can improve sleep.

- **Regular bedtime:** a regular sleep schedule is the most important aid to a good night's sleep. Go to bed at about the same time every night, but only when you are tired. Set the alarm clock to wake you at about the same time every morning. Don't sleep in because you have had a poor night's sleep. If you wake early consider getting out of bed and starting your day.
- **Daytime naps:** naps should not be used as a substitute for poor sleep at night. Some people find they sleep better

with an afternoon nap, but if your night-time sleep is disrupted, you may skip the nap. Avoiding a nap late in the afternoon might also be a good move. Experiment to find your best combination and try and stick to it.

- **Exercise:** regular exercise benefits sleep, but not just before bedtime. The best time to exercise is in the morning or early afternoon.
- **Bedtime snacks:** a light snack before bed might help you sleep, unless it causes problems with indigestion. You should avoid heavy meals and caffeine-containing drinks late in the evening. A glass of warm milk before bed is a tried and true remedy that may also help, providing that it does not mean you wake up to urinate.
- **Sleep environment:** make sure your sleeping environment is good. If early morning light bothers you, your mattress is uncomfortable or your bedroom is too hot or too cold, fix it. You spend a lot of time in bed, if you're having trouble sleeping don't put up with a suboptimal bedroom.

WHERE AND WHEN SHOULD YOU SEEK HELP?

Talk to your GP if you have persistent problems with your sleep such that it affects your daytime wellbeing or you are always feeling sleepy during the day. Neither of these is a normal result of ageing. Something can be done about both of them. You should also seek help if your partner notices something wrong with your breathing during sleep. There are effective treatments for snoring, sleep apnoea and insomnia.



Be safe during bushfire season

Australia's harsh summers have become all too commonly associated with that familiar smell of bushfire. Over the last few years we have sadly become accustomed to seeing our beautiful natural vegetation burning. These extreme events cause great distress to our wildlife and unfortunately to many people's homes.

No matter if you live close to bushlands or natural scrub areas, living in southern parts of New South Wales (NSW) comes with hazards for residents.

Bushfires are scary and stressful. It's hard to think clearly and make the decisions that could save your life when you are faced with smoke and flames.

BE PREPARED

Here's what you need to think about when planning for bushfire season, whether you live in, or are travelling to, a bushfire prone area.

- **Make a plan:** talk with your family about what you will do, and make a written plan (ideally before the fire season starts).
- **Fire danger ratings:** know what they mean and use them as your trigger to stay or leave.
- **Never "wait and see".** On days forecast for catastrophic or extreme fire danger your safest option is to leave early, either the day before, or very early in the morning.
- **Safer place:** If you live in, or intend to travel to, a high-risk bushfire area, know the location of the nearest Neighbourhood Safer Place, meeting point or evacuation centre and how to get there. Neighbourhood Safer Places are places of last resort; they may save your life but they do not guarantee safety. Find them on your State or Territory fire agency's website, or put "Neighbourhood Safer Places" into your search engine.
- **Protecting the vulnerable:** The elderly, children and animals should be moved away from danger as early as possible, well before a fire arrives.
- **Prepare a survival kit:** emergency agencies recommend having a kit ready with items that will help you survive and recover from a disaster.
- **Tell someone:** always notify your family and friends of your plans to stay or go, and your planned route and destination.
- **Stay informed:** know the frequency of your local ABC Radio station, follow your local ABC on Facebook, and the ABC Emergency website for warnings during a fire www.abc.net.au/emergency

PREPARING TO LEAVE EARLY

Leaving early is your safest choice. A well-prepared home has a better chance of withstanding a bushfire, even if you decide to leave early. Make sure you:

- **Prepare your home:** before bushfire season begins, clear plants, long grass and flammable things from around your house, clear your gutters, make sure you have a sturdy hose and water supply.
 - Close all doors and windows, fill sinks with water and move doormats and outdoor furniture away from the house.
 - Block the downpipes and partially full the gutters with water.
 - Turn off mains gas supply.
 - Be ready to go.
- **Protect yourself**
 - Wear protective clothing to shield you from deadly radiant heat.
 - Identify several ways out so you can leave safely if your planned route is blocked.
 - Pack food, water, woollen blankets, your emergency plan and contacts list, and your survival kit in your car, adding any final items.
- **And remember...**
 - Pack for your pets.
 - Move stock or large animals to a well-grazed area around your home that is sheltered from wind.
 - Leave the front gate open.

DURING A BUSHFIRE

Some fires can start so quickly that they threaten homes and lives within minutes. Don't wait for a warning to enact your bush fire survival plan. Your safest option is always to leave early.

- **Keep an eye on conditions outside:** you may become aware of a fire before the emergency services.
- **Follow your plan:** if you don't have a bushfire survival plan ready, you should leave early. Always inform family and friends of your movements.
- **Wear protective clothing:** wear loose-fitting clothing made from natural fibres like wool, denim or a heavy drill cotton, and sturdy boots.
- **Stay informed:** during a bushfire it's up to you to stay informed. Keep across the situation using more than one source of information so you will know if a fire has started near you. You can't rely on telephones and the internet for early advanced warnings on days of catastrophic fire danger.



AIDER

The Rural Fire Service (RFS) has introduced a free one-off service, AIDER (Assist Infirm, Disabled and Elderly Residents) to support some of our most at-risk community members.

The program helps people live more safely and confidently in their home in areas where bushfires may start.

The AIDER program is designed for people who have limited domestic support available from family, relatives, friends or other services. This could include older people, people living with a disability, and people who are already receiving community assistance and services. Their property must also be on bushfire prone land.

AIDER services can include:

- clearing gutters
- thinning vegetation around the home
- removing leaf and tree debris
- trimming branches from close to the home
- mowing or slashing long grass.

If you would like to know more about the free, one-off AIDER service, call 02 8741 4955 or email aider@rfs.nsw.gov.au.

LISTEN TO YOUR LOCAL ABC RADIO FOR ALERTS

- **ABC Illawarra:** 97.3FM (Illawarra, Shoalhaven, Southern Highlands, Wollondilly)
- **ABC News on Radio:** Illawarra - 90.9FM (Illawarra, Shoalhaven, Southern Highlands, Wollondilly)
- **103.5 FM** Batemans Bay/Moruya

Visit the ABC Emergency website for live news and updates in your area: www.abc.net.au/emergency

If you need support during an emergency, please call 1300 377 074. allcare has a register to record clients who may need assistance. This can be shared with the SES, CFA and Police in case of an emergency.

Summer safety tips

Summer is a great time to live in Australia, with plenty of public holidays, natural beauty and warm evenings for the whole family to enjoy. Living on the South Coast and Southern Highlands of NSW we are even more lucky to be surrounded by stunning coastlines and exceptional bush areas.



It can also be a high-risk time for the senior members of our community – especially on days when temperatures reach well above 30 degrees. People with reduced mobility, chronic medical problems (especially kidney conditions), or who live alone may be at risk of experiencing heat-related health complications over the summer months.

WHY DOES THE WARMER WEATHER IMPACT US MORE AS WE AGE?

As we age, our ability to recognise changes in body temperature decreases. Seniors often have to take medications for health conditions. Some of these can contribute to dehydration. Sometimes older adults do not feel the urge to drink, which can also lead to dehydration. A number of older adults also live with underlying health conditions that can affect their body's ability to adapt to heat.

WHAT CAN YOU DO AS THE WEATHER WARMS UP TO STAY SAFE

Here are some tips to ensure everyone has a safe and happy summer break.

DRINK LOTS OF WATER

It's one of the most basic pieces of health advice for a reason: stay hydrated by drinking plenty of water. At least six to eight glasses a day, even if you don't feel thirsty or aren't being active.

Drinking water throughout the day not only keeps your body temperature cool, but replenishes any fluid lost through sweating. If you don't enjoy the taste of water, try

adding some interest with a slice of lemon. A couple of cubes of frozen berries and mint leaves in a jug of water can also be a lovely treat in the warmer months.

WATCH OUT FOR HEAT-RELATED ILLNESSES

As we grow older, our bodies don't regulate temperature as efficiently as they used to. This means as we age we are at increased risk of heat-related illnesses, especially on extremely hot days.

One condition to watch out for is heat exhaustion, which occurs when the body is unable to cool itself. Symptoms of heat exhaustion include:

- paleness and sweating
- a rapid heart rate
- muscle cramps (usually in the abdomen, arms or legs)
- headaches
- nausea and vomiting
- dizziness or fainting.

If you think you might be suffering from heat exhaustion, go to a cool area, rest, remove outer clothing, increase fluid intake, wet the skin with cool cloths and seek medical advice.

KNOW THE WARNING SIGNS FOR HEAT STROKE

Heat stroke is far more serious than heat exhaustion, and can be life-threatening if left untreated. The symptoms for heat stroke are slightly different from heat exhaustion. They include:

- a rapid pulse and fast, shallow breathing
- trouble speaking or slurred speech

- problems concentrating or coordinating movements
- dizziness, confusion, seizures or loss of consciousness
- sudden rise in body temperature
- hot and dry and possibly red skin, possibly with no sweat
- dry, swollen tongue
- headaches
- nausea or vomiting.

If you think you, or someone else, might be suffering from heat stroke, ring Triple Zero, (000), immediately!

AVOID BEING OUTSIDE DURING THE HOTTEST PARTS OF THE DAY

The hottest part of the day is usually between 11 am and 3 pm. To avoid heat exhaustion, plan your day so you are indoors during that time, and try to relax instead of being busy. If you want to leave the house, try visiting a place with air conditioning, such as a public shopping centre, the cinemas or the public library. If you must be outside, try to stay in the shade as much as possible.

BE SUN-SAFE WHEN YOU ARE OUTSIDE

When you go outdoors, take steps to protect yourself from both the heat and the sun's harmful UV rays. You can do this by:

- using sunscreen with at least SPF30+, even on cloudy days
- wearing a wide-brimmed hat
- carrying a light umbrella as portable shade

- covering exposed skin with lightweight, light-coloured, loose clothing
- staying under the shade as much as possible
- wearing sunglasses to protect your eyes.

COOL YOUR HOME

Keep your house as cool as possible to prevent overheating during summer. You can do this by:

- opening security-screened windows at night to let in the breeze
- avoiding using the oven
- turning on the fans and drawing your curtains during the hottest part of the day so the sun doesn't shine through your windows and heat the house up
- use your air conditioner if you have one. While it is tempting to keep the air-con off to save money, your health is much more important than your power bill!

Your **allcare** Client Engagement Manager can help you keep on top of this, just chat to them about your needs.

COOL YOURSELF

Make sure you dress appropriately for hot weather by sticking to light, loose fitting clothes in materials that can breathe (e.g. natural cotton) and avoiding colours like black, which can absorb heat.

If you start to feel the heat, an easy way to quickly cool down is to take a cool bath/shower, or place a damp, cold washcloth on the back of your neck or face.



DON'T OVERDO IT

During hot days, especially between 11 am - 3 pm, keep strenuous activity to a minimum, drink plenty of water and do something restful instead.

While exercise is important, it's best to leave physical activity to the cooler parts of the day, such as early in the morning.

PLAN AHEAD

It's worth thinking ahead when it comes to staying cool in summer. Stay in touch with the weather forecast. If a heatwave or high temperatures are predicted, consider how you will keep your house cool, check your air conditioner is working, and reschedule any plans that are planned for outdoors. Make sure you have a back-up plan if there is a power failure. Is there someone you can call, a family member or friend you can visit, or a place you can escape to?

EAT COOL FOODS INSTEAD OF HOT

It goes without saying that hot meals like roasts and pasta bakes will not only heat up your house when cooking, but heat up your body as well.

Stick to healthy and easy-to-prepare cool foods such as fresh fruit, salad, sandwiches and wraps (and, of course, keep up those fluids!). The following are the best fruits and vegetables for boosting vitamin and water intake, according to the Hydration Foundation:

- Watermelon
- Strawberries
- Grapefruit
- Pineapple
- Cucumbers
- Celery
- Radishes
- Zucchini

Chat to your Client Engagement Manager about how you can ensure these meals are ready when needed.

Word Search

O	I	A	W	A	S	N	E	O	I	S	R	E	I
I	E	E	R	T	S	A	M	T	S	I	R	H	C
T	N	E	E	M	I	S	T	L	E	T	O	E	O
S	S	A	O	W	P	R	E	S	N	T	R	S	C
A	N	C	E	F	M	E	F	M	A	N	E	T	H
I	O	A	S	E	I	K	O	O	C	N	E	R	T
T	W	N	G	I	S	A	R	P	F	L	D	N	S
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C	A	C	S	K	I	A	G	A	W	T	E	I	C
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CHRISTMAS

COOKIES
SANTA
SNOWFLAKE

SNOWMAN
REINDEER
MISTLETOE

PRESENTS
SLEIGH
POINSETTIA

ELF
CHRISTMAS TREE
CANDY CANE

Jean's Jokes



1. How do we know that the ocean is friendly?
It waves!
2. Why do fish swim in saltwater?
Because pepper makes them sneeze!
3. Why are there fish at the bottom of the sea?
Because they dropped out of school.
4. What do you call a kid who doesn't believe in Santa?
A rebel without a Claus.
5. What do you call a broke Santa?
Saint Nickel-less
6. Why does Santa Claus go down the chimney on Christmas Eve?
Because it soots him.

Riddle me this

1. What do the letter "t" and an island have in common?
2. If you throw a blue stone into the Red Sea, what will it become?
3. What has a bottom at the top?
4. What month of the year has 28 days in it?
5. What do you see once in June, twice in November, and not at all in May?
6. What do you throw out when you want to use it but take in when you don't want to use it?
7. What is one thing that all people, regardless of their politics or religion, have to agree is between heaven and earth?

Sudoku

				1	2	8		3
				7		5		
			9					
1	7							
6						9	3	
3	8			5		7		6
			8					
	5		3	2				7
				6	7		2	

Riddle me this: 1. They're both in the middle of water. 2. Wet. 3. Your legs. 4. All of them. 5. The letter "e." 6. An anchor. 7. The word "and". **Brain teaser:** A Map.

ANSWERS:

Brain Teaser

What has cities, but no houses; forests, but no trees; and water, but no fish?

Kangaroo Court

by Thaddeus Rutkowski

Mr. Supial had it in for me.

I knew his intentions weren't good when I heard a soft knock, opened my apartment door and saw what was outside. It was a koala—a plush specimen holding some official-looking papers.

At first, I didn't take the bear seriously. I had a Tasmanian devil-may-care attitude. But after the creature had subpoenaed me, I knew I was in deep manure.

Later, when I showed up for my court date, I could see the jury was stacked. Six wallabies and a panda crowded the box.

The front of the courtroom looked no better. The judge was an old kangaroo, with a graying pelt and a sagging tail. The bailiff was a seven-footer, straight from the grasslands.

There I was, barely more than a young kangaroo, a joey, having to defend myself before Mr. Supial.

The judge thumped his jumpers on the table, and the court came to order. "How do you plead?" he asked me.

"Not guilty, your ear-ness," I replied.

The wallabies and panda remained silent while the attorneys—one with a white belly, the other with a black nose—faced off.

"Are you a regular joey or not?" one asked me.

"I don't recall," I said.

"Does the document before you refresh your memory as to whether you are a regular joey or not?"

I stared at the koala's summons. "I haven't a clue," I insisted.

"Well, were your parents kangaroos?"



"Yes," I said, "but they came from two different species."

"Aha! Then you admit you are a kanga-mule, not a regular joey!"

"Look," I said. "I have a friend named Joey, I drink joe, and I even play the banjo. So I must be a regular joey."

To prove my point, I hopped around the courtroom. When I got to the jury box, I balanced, tripod-like, on my hind legs and tail.

The judge pounded his thumper. "This point is moot!" he snorted.

He turned to the jury. "You may return to your savanna," he said.

Fixing his large-pupiled eyes on me, he said, "It's a wasteland out there. Mean red kangaroos come in every herd, and not all of them are diurnal. Let me give you some advice: Look before you leap!"

The stiff-eared bailiff gave me a nod, and I hightailed it out of there.

*Thaddeus Rutkowski is the author of seven books, most recently *Tricks of Light*, a poetry collection. He teaches at Medgar Evers College and received a fiction writing fellowship from the New York Foundation for the Arts.*

Meroogal House, Nowra

A few blocks from the town centre of Nowra, Meroogal, is a rare and precious gem.

Barely changed since it was built in the 1880s, the distinctive 'Carpenter Gothic' house has been loved and maintained by four generations of Thorburn and Macgregor women.

Meroogal is known to many as the 'women's history place', and indeed as a home to four generations of women. It is a rare place to examine and experience the lives and conditions of Australian women in the late 19th through to the mid 20th centuries. Heavy with domestic responsibility yet brightened by countless social visits, family and community events, and involvement in local charities, the patterns of life at Meroogal were both representative of this time but unique to the family.

Unlike many houses that are open to the public, Meroogal was never home to someone well-known or wealthy. Its significance lies not in the names of those who lived there, but in the way those lives were lived and in the possessions they left behind. Designed by Kenneth McKenzie for his sister Jessie, Meroogal became home to four generations of resilient and resourceful women, whose house was their livelihood as well as their home.

Work on the house began in 1885, the year Nowra was declared a town. Located just outside the six-by-six-block grid of the central town, the allotment

allowed ample space for a house, gardens and orchards. In February 1886, the recently widowed Jessie Thorburn moved into the newly completed house with three of her four unmarried daughters, Belle, Kate and Georgie. The fourth, her youngest, Tot (Kennina), moved in later, in 1893.

On her death in 1956, aged 91, Tot left the house to her nieces Helen, Margaret and Elgin Macgregor, who had lived there since the mid 1930s. In 1977 Margaret Macgregor's daughter June Wallace inherited the house, which she owned and maintained until 1985.

Shaded by jacarandas, the two-storey-timber and weatherboard house presents a distinctive and picturesque face to the street. The design, featuring Juliet balconies, dormer windows, decorated bargeboards and first-floor bedrooms within the steep roof space, is thought to have been copied from, or at least inspired by, a pattern book of cottage architecture published by the American architect, Andrew Jackson Downing.

Twenty years earlier, Kenneth had built a house for another of his sisters, Georgina, in nearby Cambewarra in a similar but perhaps more robust 'Carpenter Gothic' style. His design for Meroogal shows his skilful adaptation of sources and talent for composition: it is a house that is functional and harmonious,

romantic in its detail yet humble and unostentatious.

Apart from an early extension to create a larger dining room by relocating the kitchen, and the retrofitting of electricity and plumbing, Meroogal has changed little since it was built. Through careful housekeeping and maintenance, the Thorburns and Macgregors kept the house much as it was when they first moved in. They were in their own way, whether through thrift or design, its first conservators.

A TREASURE CHEST OF MEMORIES

One of the most fascinating aspects of Meroogal as a museum is its collection of almost 4000 household objects and family treasures, from furniture skilfully crafted by Kenneth McKenzie to Tot's personal diaries, family scrapbooks, letters and paperwork, and household equipment that illustrates almost 100 years of social and technological change.

In the house, the slight eccentricities of life are on display: upstairs in one of the bedrooms a wardrobe sits upside down so it fits against the angled ceiling inside the gable roof; if placed the right way up, it would have prevented the bedroom door from opening. It is these small acts of ingenuity and making-do, passed down from one family member to another and now carefully preserved, that make Meroogal the precious place it is.

The survival of Meroogal as a house and later its value as a museum owe much to June Wallace, Jessie Thorburn's great-granddaughter and

Meroogal's final private owner. After inheriting Meroogal in 1977, June cared for and maintained the house and its contents until the early 1980s, when, due to commitments in Sydney, she needed to sell. With the significance of the house recognised by a growing number of historians and heritage conservators, Meroogal was acquired by the Historic Houses Trust in 1985. In announcing the purchase, the then premier Neville Wran described Meroogal as 'the most intact late nineteenth-century house known in New South Wales'. In an act of great generosity, June Wallace donated the entire contents of the house to the Historic Houses Trust. Together with the careful efforts over many years of the Thorburn and Macgregor women, this act ensured the significance and integrity of Meroogal as both a house museum and rich historical record.

VISIT MEROOGAL

Corner West and Worrigeer streets, Nowra, NSW 2541
Phone +61 2 4421 8150

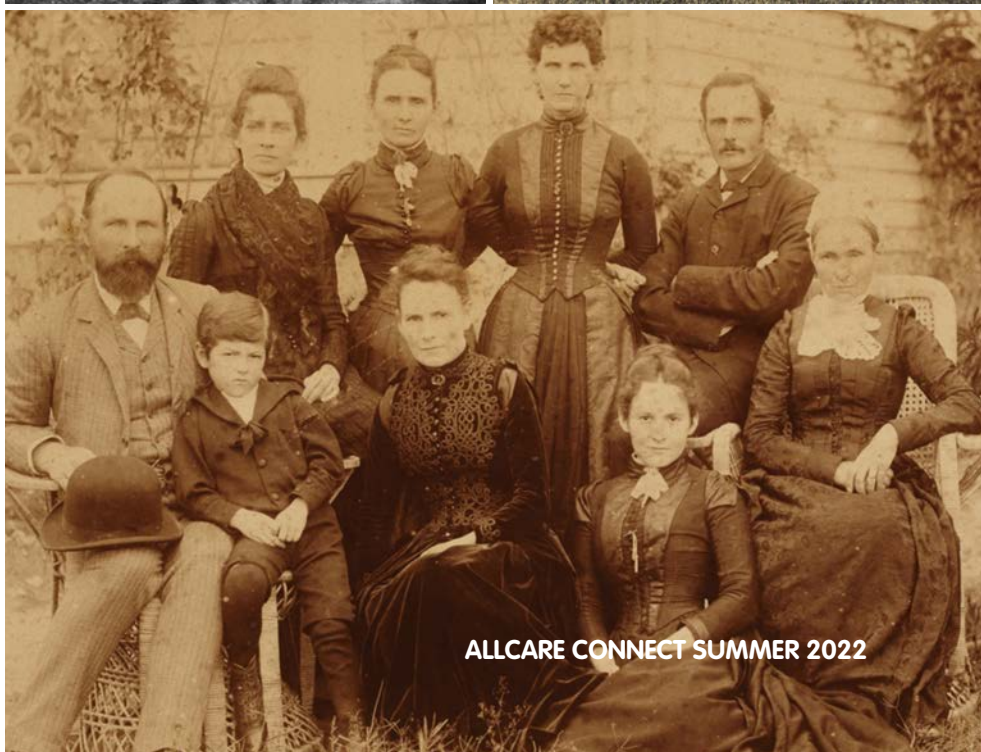
Open Saturdays 10 am – 4 pm
Closed Good Friday and Christmas Day
Free entry

Pre-book your tickets

You can only visit the house on a guided tour. Tours last about an hour, starting at 10am, 11am, 12pm, 1pm, 2pm and 3pm.

Accessibility

There is level access from the street into the garden and ramp access to the ground floor of the house. The team at Sydney Living Museums are always happy to try and accommodate individual visitors, but advise it is best to call ahead to let them know about any particular requirements.





2023

Year of the Rabbit

The Year of the Rabbit is the fourth year in the Chinese zodiac tradition and repeats every twelve years. It starts on 22 January, 2023 until 9 February, 2024.

According to the Chinese Zodiac, the Year of the Rabbit 2023 is a very peaceful year, welcomed with open arms by all after the bold Year of the Tiger. We need to retreat to a quiet and peaceful place, in order to heal our wounds and wind down after all we had to endure the previous year.

Tastefulness and improvement will triumph over all else, and

people will acknowledge that prestige is more important than force.

It is a time when we have to keep ourselves in check and not become hedonistic and lazy. The Rabbit tends to affect those people who are too attracted to comfort, which makes them forget about the value of responsibility.

In 2023, the Chinese Horoscope tells us that the Year of The Rabbit will be calm and at peace. We will be prone to procrastination on things we don't like to do for as long as we can. Money can be earned without putting in blood, sweat and tears.

In Chinese culture, the rabbit is thought to be the luckiest of the twelve animals of the zodiac.

It signifies forgiveness, grace and beauty. Those born in the Year of the Rabbit are calm and harmonious. They tend to avoid arguments and petty fights as much as possible, but are very creative and have good taste.

CELEBRATE THE CHINESE NEW YEAR IN SYDNEY, SYDNEY LUNAR FESTIVAL 2023

Each year the Lunar New Year celebrations in Sydney seem to get bigger. Now in its 27th year, the festival has become the largest celebration of the Lunar New Year outside Asia.

Celebrations for the Year of the Rabbit take place from Saturday, 21 January to Sunday, 5 February 2023.

A celebration for many cultures in Sydney, including the city's Chinese, Vietnamese, Thai and Korean communities, the city hosts a number of exciting events through the period. Think street parades, lion dancing, huge lanterns, pop up markets, art installations and plenty of delicious food.

With live music, food stalls, parades and fireworks; the Chinese New Year is a great family event to celebrate together.



Explore exhibitions around the Sydney Opera House and Circular Quay including spectacular lunar lanterns bringing to life the traditions of the Chinese New Year. Take part in a game of Mahjong at Martin Place or enjoy some traditional Chinese delicacies at the many market stalls.

There is also a traditional Dragon Boat Race, which runs along Darling Harbour where over 5000 paddlers will take part in this treasured tradition. Watch the dragon boats as they race along the harbour; with races running over the weekend with competitive races, as well as charity and corporate team races.

There is also a fabulous Twilight Parade featuring lion dancers, drummers, marching bands, dragons and acrobats, which is held in George Street. Each night there is a spectacular firework display over the harbour, making a specular backdrop to the Opera House.

Take a picture with one of the nine lion dancers set to weave in and out of crowds to thunderous drumming – the colourful 10m-long LED dragon

is especially a sight to behold. Watch live music on the main stage on Hay Street. And, once you've worked up an appetite, take your pick of delicious Asian restaurants for dinner.

NAN TIEN TEMPLE

If you're looking for something a little more local, keep your eyes peeled for news from the Nan Tien Temple's Chinese New Year celebrations (not available at the time of print).

Nan Tien is very different from most tourist attractions because there is so much on offer. The visual delights of grandeur architecture, art and culture including unique exhibitions and festivals, Buddhist festivals, vegetarian culinary delights, educational and healthy lifestyle classes and retreats, accommodation, top-class conference and auditorium facilities. There is also the spiritual and religious experience that is unforgettable and even life-changing for some.

Keep an eye on announcements regarding Chinese New Year celebrations at the Nan Tien Temple at their website www.nantien.org.au/en

Share Your Favourite Things

From our next edition onwards we're introducing a new section called "Our readers' corner". We'd love to hear from our allcare community in these pages.

Do you have a ...

- Short-story or poem that you've written
- Book or movie review that you'd love to share
- Piece of art you'd love to share

WE WANT TO HEAR FROM YOU!

Please send your content to our team via email at media@allcare.org.au and include your name and the content you'd love to share!

We cannot guarantee publication, but we'll try our best. You might just find your content on our social media pages!

If you're online and have a Facebook or Instagram account to keep connected with family, why not also connect with **allcare**



All Care



allcareaustralia

Having your say: Providing feedback

At **allcare**, we want to understand our clients' needs and aspirations. We want to discover what is important to you so we can work together to meet your needs ensuring you are in control of your life.

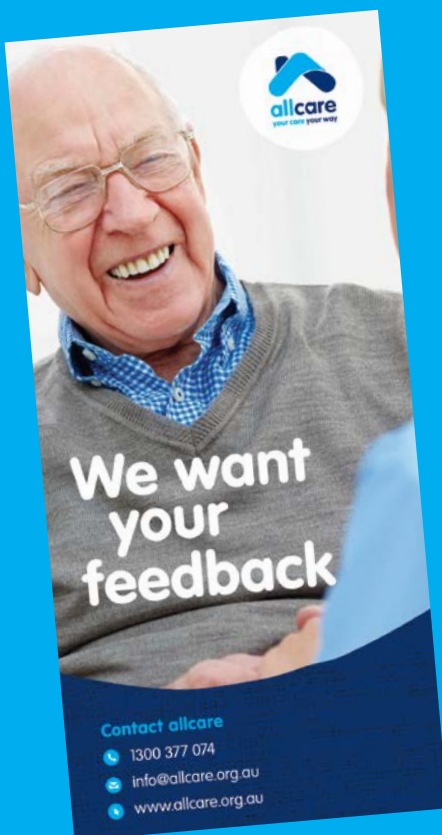
1 HOW DO I PROVIDE FEEDBACK?

There are many ways in which you can provide feedback to **allcare**:

- **Talk** to your Community Support Worker about the situation. **Phone 1300 377 074.**
- **Visit** our **website www.allcare.org.au** and click on the feedback tab to fill in the form.
- **Post** the completed **Feedback Form** located in your client folder and post it to us.

Who can provide feedback?

Everyone is encouraged to share their thoughts on how we are doing.



All feedback, whether it is a suggestion, concern, compliment or general comment, helps us improve the way we do things and allows us to deliver the best service possible to our clients. We welcome you to share your thoughts with us.

2 WHAT HAPPENS TO YOUR FEEDBACK?

Any information shared with us is treated in the strictest confidence. We will let you know we have received the feedback within two days.

Once the feedback is received it will be reviewed by Management. **allcare** will aim to address the feedback within 14 days, but if we need more time, we will let you know.

Compliments will certainly be passed onto our dedicated Community Support Workers.

If you feel your feedback has not been resolved, the following avenues are available to you:

- **Aged Care Complaints Commissioner**
GPO Box 9848 Sydney NSW 2000
Phone: 1800 951 822
Website: www.agedcarecomplaints.gov.au
- **Seniors Rights Service – Advocacy Service**
Phone: 1800 424 079
Website: www.seniorsrightsservice.org.au

SUDUKO SOLUTION

9	6	7	5	1	2	8	4	3
2	3	8	4	7	6	5	9	1
5	4	1	9	3	8	6	7	2
1	7	4	6	9	3	2	5	8
6	2	5	7	8	1	9	3	4
3	8	9	2	5	4	7	1	6
7	1	2	8	4	5	3	6	9
4	5	6	3	2	9	1	8	7
8	9	3	1	6	7	4	2	5



1300 377 074

allcare.org.au

info@allcare.org.au