



WINTER 2022

# Connect



**Out and About  
for Seniors Week**

**What's in  
season in Winter**

**Keep warm and  
safe during the  
cooler months**

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

# Spread the allcare love

At allcare, the care you receive is all about you. We're here to help you 24 hours a day, 7 days a week.

We know that when you love something you tell all your friends and family. So, 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 with their care, their way.



## Contact us:

📞 1300 377 074  
✉ info@allcare.org.au  
🌐 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 the best care for clients?

**allcare** is committed to delivering genuine consumer-directed 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 to work with an innovative and passionate organisation, pass on our details! Ask them to email us, or they can take a picture of our business card above.





## 10 Keep moving



## 14 What's in season



## 17 Christmas in July

4 CEO Message

### OUT AND ABOUT

5 Out and About for NSW Seniors Festival

### CLIENT SPOTLIGHT

8 Languages and a spirit of adventure take Dan around the world

### HEALTH AND WELLBEING

10 Keep moving and be part of a community

12 Don't forget about caring for your feet!

14 What's in season in Winter

15 Chicken and Spinach Rolls

17 Christmas in July

18 Six things to get done in your garden this winter

### ALLCARE NEWS

20 UCI Wollongong: Important Information

21 Meet the team

22 allcare's response to the changing COVID-19 pandemic

24 Upgrading your package: we explain the why and how

### AGED CARE NEWS

26 Services that come to you

28 Keep warm and safe during the cooler months

### FUN, GAMES AND ENTERTAINMENT

30 Word search

31 Riddle me this!  
Sudoku

Jean's Jokes  
Brain Teaser

32 Short Story: Traces of the Harvest

33 A little piece of history

35 Having your say: providing feedback

**Connection to community is important to each and every one of us, whatever our age. Our ability to connect with those around us helps manage both our mental health and emotional wellbeing. It also offers extra meaning and purpose to everyday life.**

In this edition of **allcare Connect** we explore different ways that people can connect with their community.

Our friends at **Amplified Health** remind us that exercise is a fantastic way to engage with others. On page 10 they outline the ways group allied health classes can be used to connect with friends, whilst also meeting personal goals and keeping active. They have also provided some handy information on podiatry, and why looking after your foot health is important!

Seniors Festival is always a fantastic way to meet new friends, or get together with old ones. This year **allcare** hosted two great events with our signature flair and style, as part of the festivities. It was wonderful to see so many clients turning out to celebrate Seniors Festival, but most importantly reconnecting with friends after some challenging times. I loved talking to everyone who came, and I particularly enjoyed the relaxing meditation at the end of the yoga class!

Here at **allcare**, we want all of our clients to be safe, happy and healthy. In this edition of **allcare Connect** we have outlined a range of ways readers can take advantage of community services to help achieve these goals. This includes library services offered by local councils and other community healthcare services.

True connection is more than social, as it is also about connection to place. Gardening offers us an excellent way to connect, or



reconnect, with the community in which we live. In this edition of **allcare Connect** we have provided some helpful information to help motivate you to get out into the garden, even as the weather cools down. If you do choose to activate your green thumb, remember to rug up, keep hydrated and wear a hat to keep those UV rays at bay!

Finally, it would be remiss of me not to acknowledge the impact that COVID-19 continues to have on our everyday lives. There is no denying the past six months have been incredibly difficult. Despite the challenges we have collectively experienced, I am optimistic about the manner in which the **allcare** community has tackled COVID-19. We have used this edition of **allcare Connect** to provide an update on the actions that we continue to take in order to keep the **allcare** community safe. We are all in this together, and I am confident that our community will emerge from the pandemic stronger than ever.

Keep well, and happy reading!

**Christopher Murphy**  
Chief Executive Officer



# OUT AND ABOUT FOR NSW SENIORS FESTIVAL

NSW Seniors Festival was held at the end of March, a time of celebrating our wonderful Seniors community. We were so excited this year to host not one, but two wonderful events as part of the week's festivities.

## Community Yoga

Our first event was a yoga class, facilitated by Savvy Fitness. While we had great plans for an outdoor class, the weather gods had other thoughts! So in true **allcare** fashion, we did some fancy footwork and headed indoors! While the rain poured outside, a group of eager yogis limbered up and enjoyed a gentle 45-minute class. All abilities were catered for, with many participants enjoying the seated yoga version.



Scan the QR code to see a short video of the fun at our yoga event. Make sure you turn your sound up!





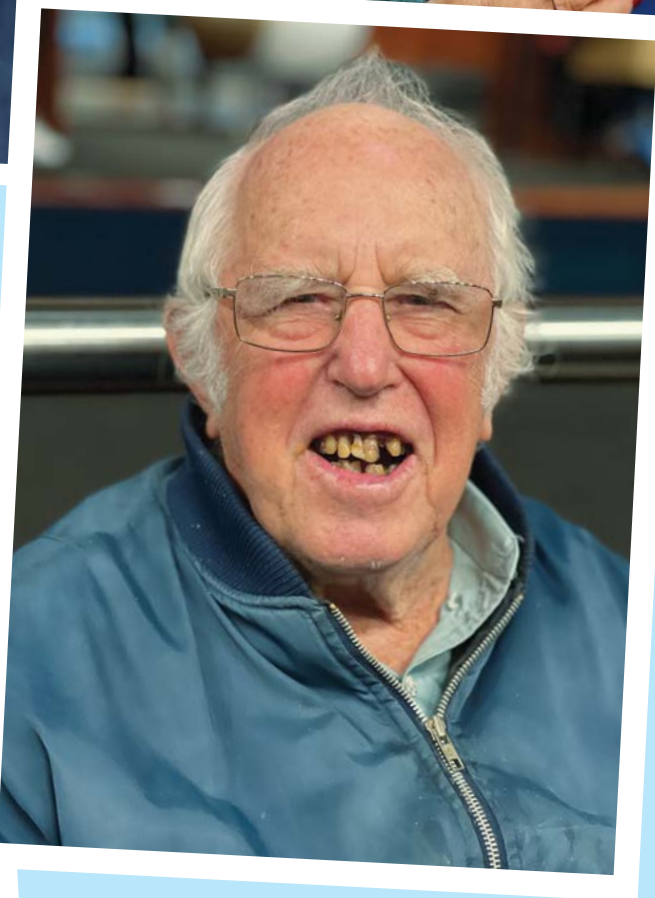


## Movie Night

Later that week on a balmy night a number of clients turned out for an exclusive movie night to watch the recent Australian film, *A Stitch in Time*. Lots of chatter and laughs were heard across the cinema as people caught up and had a chat with friends, enjoyed some light refreshments and settled in for an entertaining movie.







Thank you to everyone who came along to these events, we thoroughly enjoyed seeing you there!



# Languages and a spirit of adventure takes Dan around the world



Ask Dan Kaan, *“tell me about your life...”* and his response will be *“Well, that’s an interesting story.”*

From an idyllic life in North Holland (Noord Holland) with his beloved Friesian cows, to rubbing shoulders with royalty, having dinner with a Mafia boss, and settling in Australia, Dan has led a life of spirited adventure.

Born in Holland in 1926, he grew up on the family dairy farm and developed a special bond with the animals, in particular with the family’s Friesian cows, a native breed of dairy cattle to his homeland. It was here in his late teens that the first seeds of what life held for him were sown. A passion for animals inspired dreams of being a veterinarian. It was during his high-school years to prepare him for university studies, that he learnt the four languages (Dutch, English, German and French) that would be the key to his future.

As World War II descended on Europe, dreams of studies fell away and the first opportunity to use his language skills came to the fore. Dan’s father was the Town Mayor, and Dan, being able to speak fluent German, was brought in as the occasional interpreter and negotiator between his father and the German army who had invaded the town.

Narrowly surviving a bombing during the war, as Europe began to rebuild after the war, again thanks to his knowledge of languages he joined the newly opened steel plant as an Assistant in the steel laboratory. The plant was built as part of the United States’ financial program, the Marshall Plan, also known as the European Recovery Program, providing aid to Western Europe.

It was this role that started his journey around the world. From a role in metallurgy and customer service, to befuddlement on London’s

bustling streets and stumbling across a ‘house of disrepute’, a brief encounter with Princess Margaret as they were descending a train, and dinner with an infamous Mafia boss in Sicily (who was by all accounts, “a lovely, welcoming, and well-dressed gentleman”).

During this time he and his wife had five children and were raising them by the seaside in their hometown. But the young family were keen to create a new life beyond their town. An arranged encounter in Amsterdam with Senior Management from a company called BHP Billiton, from a place named Port Kembla in Australia, saw wheels in motion.

So, in 1966, with five children between the ages of two and 10 the family packed their bags and made the long journey to Australia. It’s with tears in his eyes that Dan recalls travelling down the escarpment on the train from Sydney and coming out of one of the tunnels to see the beauty and wonder of the wide expanse of coast at Stanwell Park.

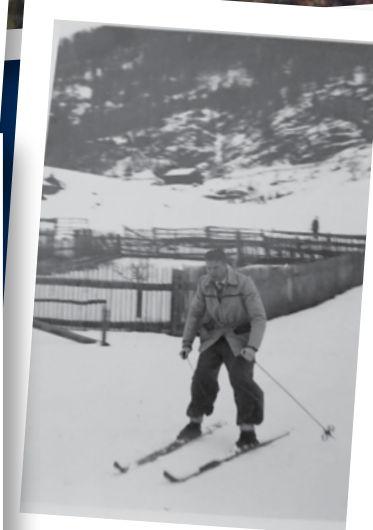
“We came out of the tunnel and it was beautiful, I knew we were home,” said Dan.

His 20-plus year career with BHP was the backdrop for his adventures, which allowed him to travel the world across Europe and Asia Pacific.

He’s taken to the skies parachuting and paragliding, and when that became a little too dangerous, he further indulged in his passion for watersports of all kinds. Then there’s the numerous volunteering efforts from the SES and local fire brigade, to assisting at the local







performing arts centre and helping on the welcoming committee for the 2000 Sydney Olympics.

After the tales of his wondrous life, what memories does Dan hold most dear? Most lovingly he tells of his pride in his five children, each one of whom have taken on their father's enterprising spirit and passion for life.

So, after all of his adventures, what does Dan have to say now?

"Keep going as long as you can!".

*Dan Kaan is a client of **allcare**.*





# Keep moving and be part of a community

**Regular physical activity is one of the most important things you can do for your health. As we age, and our bodies change, we may require different or specialised movement programs.**

While working with a physiotherapist or an exercise physiologist one-on-one for ongoing treatment is an excellent way to treat acute issues and maintain movement with correct and individualised instruction, many people also enjoy the motivation of group classes.

Group classes are more than opportunities to continue movement, they offer avenues to build connections with peers. These classes become a point of community and provide opportunities to decrease isolation.

**Amplified Health** holds a number of group classes during the week, which are available for people to attend.

Group classes are a great way to make friends, while also keeping active. The group classes contain an educational component to help clients understand what is happening with their body and maximise their independence and knowledge.

**Amplified Health** have a number of group classes that are tailored to address specific medical conditions such as Parkinson's Disease or stroke recovery. Our therapists are also trained to provide the GLA:D program for osteoarthritis of the knee or hip.

You may wish to join the strength and balance classes, seated yoga, falls prevention program, strength, or general reconditioning classes. Our friendly team can help guide your choice.





If you're interested in attending Amplified Health group classes here are some commonly asked questions.

### HOW MUCH DOES IT COST TO ATTEND A GROUP CLASS?

The group classes cost \$400 for 10 weeks. This may be covered within your Home Care package if funding allows. Speak to your Client Engagement Manager about your budget.

### WHEN ARE THE GROUP CLASSES HELD?

Below is the current schedule of group classes. Please note, class days and times may change due to availability. New classes may be added, so it is a good idea to check with the team.

### WHERE ARE GROUP CLASSES HELD?

The majority of our group classes are held at our Lab in North Wollongong, unless otherwise specified. The **Amplified Health** Lab is located at Building 239, UOW Innovation Campus, Squires Way, North Wollongong.

### DO I HAVE TO BOOK TO ATTEND THE GROUP CLASSES?

Yes, you do need to book a place in the group classes. Class numbers are capped for the enjoyment and safety of all clients. To book a place in one of the group classes you can contact the **Amplified Health** team.

### ARE COVID SAFE MEASURES IN PLACE?

Yes, COVID Safe measures are in place for all of our group classes and individual treatments.

## Not sure what type of group class to attend. Here's a breakdown of what's available.

### CARDIAC

This class is for those who want to improve their heart health, increase fitness, lose weight or recover post heart attack.

### BALANCE

Do you want to continue doing your favourite activities but concerned about your stability and strength? Or are you recovering from a recent fall? This class helps with improving your balance and strength.

### STRENGTH AND POWER

A gentle pilates class for those looking to improve strength and control.

### PARKINSONS (PD)

If you have been diagnosed with Parkinsons and want to improve your function, and learn more about the condition with the latest research

evidence-based activities, this class is for you.

### STROKE RECOVERY

Specialised for those who are recovering from a stroke and want to get back to maximum function and quality of life.

### HYDRO

If you enjoy the more gentle, yet effective, form of movement in the water, this class is for those who enjoy working out in the pool.

### GLA:D

If you have knee or hip osteoarthritis and are looking to maximise strength and power and reduce the chance of needing joint replacement, this is the class for you. There is also an educational component with the latest in osteoarthritis treatment.

#### Amplified Health Group Class Schedule

	MON	TUE	WED	THU	FRI
9.00 am				PD	
10.00 am	SEATED YOGA			CARDIAC	
10.00 am	BALANCE <sup>#</sup>	BALANCE			
11.00 am		BALANCE		GLA:D <sup>#</sup>	HYDRO <sup>**</sup>
12.00 pm					STROKE <sup>#</sup>
1.00 pm		GLA:D <sup>#</sup>			
2.30 pm		S + P		S + P	

#### BOOKINGS ESSENTIAL FOR ALL CLASSES.

<sup>\*\*</sup> Hydro group session is held at McKeon's Swim Centre, 1 Marley Place, Unanderra

<sup>#</sup> Limited availability in these classes.

<sup>^</sup> This class is held at Bulli. Please contact Amplified Health for exact location.

Classes and times are subject to change. Schedule is current and correct as at 1 June 2022.

Amplified Health Lab; Building 239; UOW Innovation Campus; Squires Way; North Wollongong.

P: 1300 942 895 E: [info@amplifiedhealth.com.au](mailto:info@amplifiedhealth.com.au) W: [amplifiedhealth.com.au](http://amplifiedhealth.com.au)

Contact our friendly team today  
with any enquiries.

Phone: 1300 942 895

Email: [info@amplifiedhealth.com.au](mailto:info@amplifiedhealth.com.au)

# Don't forget about caring for your feet!

**Foot health. It's not something many of us have high on our priority list for our health. However, for those of us with chronic health conditions such as diabetes, arthritis or circulatory disease, foot health is very high on our agendas and is prioritised as part of managing our conditions. But, foot health is something we all need to keep in mind.**

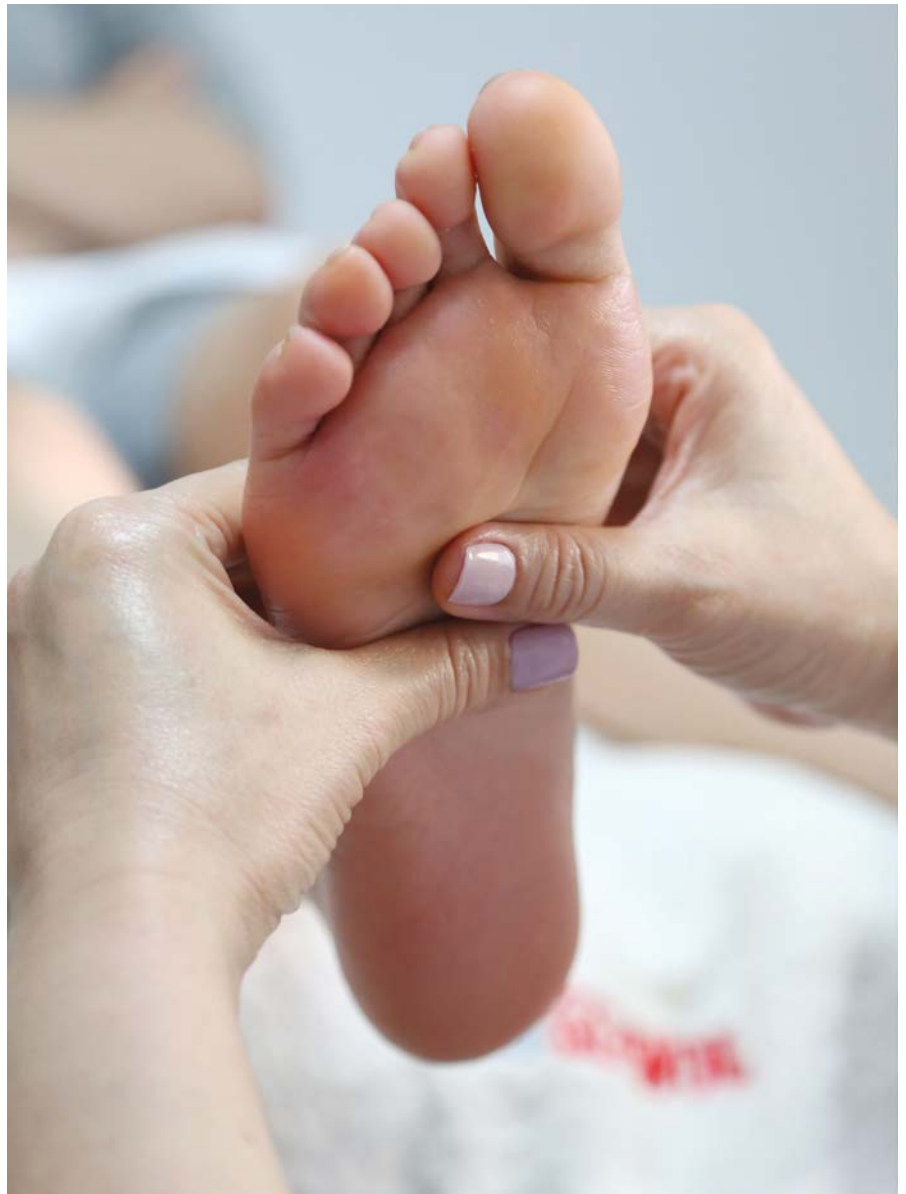
As our feet grow older, they naturally develop more problems. There are ways to keep your feet healthy as you age – through proper maintenance, care and regular check-ups.

The condition of our feet often provides early indications of chronic health conditions and it's for this reason why your GP may ask about your feet during appointments; the human foot is sometimes called the 'mirror of health'.

Specifically, things to look out for include, dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness, and discoloration. If you notice any changes to your feet, seek assistance from your GP or the opinion of a Podiatrist.

## WHAT HAPPENS TO OUR FEET AS WE AGE?

As we age, we can lose cushioning and soft tissue fat in the pads of our heels and balls of our feet, near our toes. Like the skin on our faces, there is also a loss of elasticity in the skin on our feet, making it thin and vulnerable.





Bone deformities – such as bunions or arthritis – and difficulties undertaking basic foot care, can lead to foot health issues and sometimes an increased risk of falls – which for many can have drastic consequences.

Nails also become more brittle, thicker and harder, making them difficult to trim and prone to ingrown toenails, fungal breakouts and other infections.

place and provide adequate support. Don't presume your shoe size remains constant. Also, those oh-so-comfy floppy favourites can make you unstable, so unfortunately you probably need to say goodbye to them as they can lead to falls.

- Look for shoes with a firm sole and soft upper that can be laced, buckled or strapped to the foot for daily activities.

- Inspect your feet every day or have someone do it for you. If you notice any redness, cracks in the skin or sores, consult your podiatrist.
- And finally, have your feet examined by a Podiatrist at least once a year.

## Did you know that your feet house a quarter of the bones in your entire body.

### FOOT PROBLEMS CAN BE PREVENTED

Many people, including older people, believe it is normal for feet to hurt, and resign themselves to enduring foot pain that could easily be treated.

Taking good care of your feet has many benefits, including: increasing your comfort, limiting the possibility of additional medical problems, reducing your chance of hospitalisation due to infection, and keeping you active and mobile.

The Australian Podiatry Association recommends the following foot health tips:

- Properly fitted shoes are essential. The older you get, the more you need shoes that hold your foot firmly in

- Walk walk walk (if possible). Walking is a good exercise option for most people's feet.
- If you have reduced circulation, diabetes, or reduced fatty padding under your feet avoid going barefoot, even in your own home.
- Never cut corns and calluses with a razor, pocket knife, etc. Don't use over-the-counter corn products unless they were recommended by your Podiatrist as they may do more harm than good.
- Bathe your feet daily in lukewarm (not hot) water using a mild soap, then use a moisturiser separately.
- Trim or file your toenails so they are slightly curved just short of the end of the toe.

### WHAT IS A PODIATRIST?

Podiatrists are foot health experts and understand the structure and movement of your feet and lower limbs. They can assess, diagnose and treat foot, ankle, knee, leg or hip pain. A Podiatrist is best placed to get you moving, active or pain-free.

### HOW CAN A PODIATRIST HELP?

Regular check-ups with your Podiatrist are recommended, especially if you cannot look after your feet yourself and you have no one to help you. Nails that grow too long can become infected, and if you are diabetic – which has a higher risk factor as we age – infection can lead to more serious illness.

### ARE YOU LOOKING FOR A PODIATRIST?

The team at **Amplified Health** can assist with podiatry services and can provide treatments for feet and care of foot wounds, diabetic foot care, assistance with ingrown nails, management of corns and calluses, and regular and ongoing nail care.

Remember, painful and uncomfortable feet are not something you should have to put up with.

Contact the Amplified Health team about booking a consultation with a podiatrist.

Phone: 1300 942 895 Email: [info@amplifiedhealth.com.au](mailto:info@amplifiedhealth.com.au)

# What's in season in Winter



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, like yummy summer strawberries in winter!



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, it's available at a lower price.

## VEGETABLES

Beetroot	Kohlrabi
Broccoli	Leeks
Brussels sprouts	Onions
Cabbage	Parsnips
Carrots	Potatoes
Cauliflower	Pumpkin
Celeriac	Radicchio
Celery	Silverbeet
Fennel	Spinach
Jerusalem artichokes	Swede
Kale	Sweet potato
	Turnips







## FRUIT:

Apples	Mandarins
Avocados	Nashi
Banana	Oranges
Custard apples	Pomelo
Dates	Quince
Grapefruit	Rhubarb
Kiwifruit	Strawberries
Lemons	Tangelos



## You'll only need four ingredients

### CHICKEN AND SPINACH ROLLS



All you need is four ingredients for this easy and warm recipe. This makes 12 rolls, so you can make the full recipe and keep some in the freezer for those days when you want to get something yummy quickly!

#### Ingredients

- 400g chicken mince
- 75g baby spinach
- 225g can creamed corn
- 2 sheets shortcrust pastry

#### Instructions

- Preheat the oven to 200°C. Line a baking tray with baking paper.
- In a large nonstick frying pan, cook the mince over high heat until cooked through.
- Let cool, then stir in the spinach and corn, and season to taste.
- Halve the pastry, spoon a quarter of the chicken mixture down the long edge of one piece of pastry.
- Roll to enclose the filling and cut into three pieces. Gently score the surface of each three to four times.
- Repeat with the remaining pieces of pastry and chicken mixture. Place the rolls on the baking tray and bake until browned, about 30 minutes.

#### Recipe Notes

Optional: Brush with a beaten egg before baking for a glistening shine.



# Out and About Program

Get your diaries out!  
allcare's "Out and About Program" is back!

If you're looking for an opportunity to connect with others, take in a great movie or show, or just a change from the everyday, well here's your chance!

## UPCOMING EVENTS:

**Wednesday, 27 July**  
Christmas in July (Venue TBC)

**Monday, 15 August, 10.30am**  
Falls Prevention and Nutrition Talk (iAccelerate)

**Wednesday, 31 August, 11am**  
Lunch and Movie (Warrawong)

Transport is available and our team will be there to support you, no matter your mobility.

**Contact the allcare office to book your place!**

**Phone 1300 377 074**

**Email [info@allcare.org.au](mailto:info@allcare.org.au)**



# Christmas in July

**So many of us love Christmas and it's such a shame that it only comes around once a year. Some people love the festivities so much, they celebrate again mid-year in July.**

Do you know how Christmas in July started? According to legend, Christmas in July was first celebrated at a summer camp in North Carolina in the United States of America in 1933, when Keystone Camp decided to dedicate two days (July 24 and 25) to the holiday—complete with cotton fake snow, a decked-out tree, a gift exchange, and, of course, Santa. From there the festivities were made popular by Hollywood in the movies.

If you love Christmas in July enjoy making and eating this white christmas slice.



## WHITE CHRISTMAS SLICE

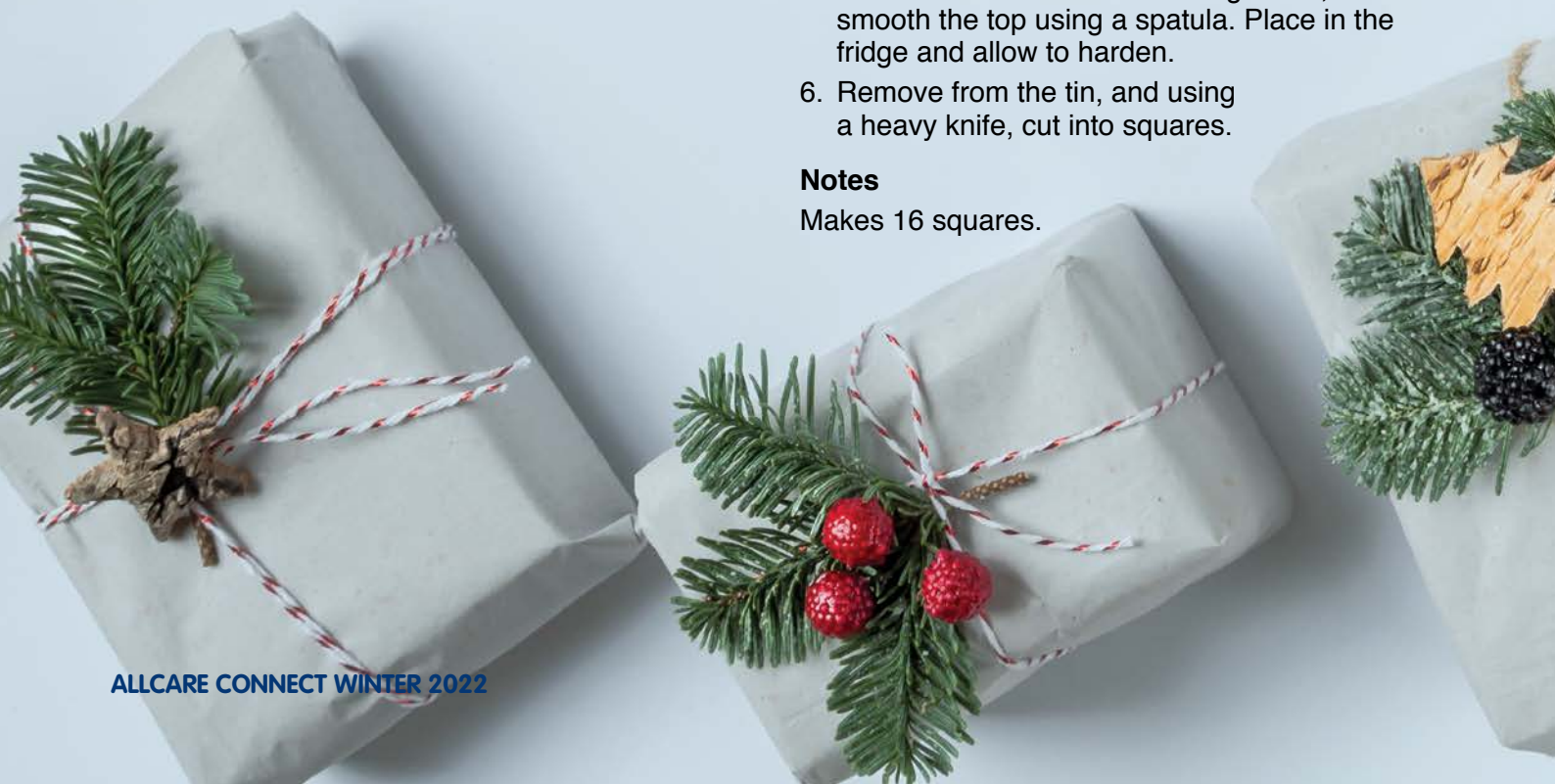
- 250g copha (or virgin coconut oil)
- 1 cup milk powder
- 1 cup desiccated coconut
- 1 cup icing sugar
- 2/3 cup mixed fruit
- 2/3 cup glace cherries, halved
- 3 tablespoons candied orange rind, finely chopped
- 1/2 cup almonds
- 1 1/2 cups Rice Bubbles


## Method

1. Line a square lamington tin with baking paper.
2. In a medium saucepan, heat the copha until just melted. Remove from heat and allow to cool slightly (but not harden).
3. Stir in the milk powder and coconut, and sift in the icing sugar and then stir vigorously until combined.
4. Add the remaining ingredients, one by one, and stir after each addition.
5. Pour the mixture into the lamington tin, and smooth the top using a spatula. Place in the fridge and allow to harden.
6. Remove from the tin, and using a heavy knife, cut into squares.

## Notes

Makes 16 squares.





## Six things to get done in your garden this winter

Don't let the cooler weather deter you from getting stuck into the garden. As it gets cold outside, working in the garden will give you a warm glow in both body and mind.

Here are some winter gardening tips to get you started. Remember to do anything safely and the team at allcare can help with any of your gardening and odd job requirements.

### 1 HELP THE RAIN SOAK IN

If your soil has been dry for an extended period it can become water-repellent (hydrophobic), even after heavy rains. Look for water pooling on the surface, which can be fixed with a good soil wetting agent and/or seaweed-based additives. Remove heavy layers of leaves that can stop the rain getting to the soil. Use any excess leaves to make nutrient-rich compost.

### 2 GET STUCK INTO WEED CONTROL

With rain comes weeds. Make sure you remove weeds before they mature and set seed. Weeding by hand can give an effective result. Be careful to remove roots and all, and use garden hoes or tillers for larger areas.

### 3 GET ON TOP OF THOSE JOBS

This is the perfect time to get on top of 'those jobs'. The ones that have been niggling in the back of your mind. Do you need to relocate underperforming plants to a more suitable spot, or replace them with something else?

### 4 VEGGIE PATCH-UP

Winter's the time to prune your existing fruit trees or buy new ones to put in the ground. It's also a great time for planting brassicas (such as brussels sprouts and cauliflower), lettuce and Chinese vegetables. Take the time to tidy up your veggie garden, enrich the soil with compost and start thinking about what you're going to plant next season. Check with your local nursery to see if they have any new veggies you'd like to try growing.





## 5 TAKE TIME TO PRUNE

Winter is a good time to prune for structure on young deciduous trees. Because these trees are without leaves, the form of the tree can be seen easily, so crossing wood, double leaders and a plethora of other problems can be picked up early. Hydrangea pruning can also be done now the flower buds have set. The old wood can be pruned out and the shrubs pruned back to those healthy fat flower buds for a good display next year.

Rose pruning is a winter must – any time from July onwards is fine. When you've finished, apply a seaweed-based product to condition the soil, which will help the plant with drought tolerance, resistance to frost and attack from pests and disease.

## 6 START SOMETHING NEW

Put the kettle on and get cosy indoors as you make plans for your garden. Think about whether you would like a new design or theme for your garden. Is it time to add more shade or to plant native plants to encourage native wildlife into your outdoor space? Birds, bees, butterflies and other little creatures will do wonders for your garden by helping to pollinate veggies and gobble up pest insects.

## KEEP AN EYE ON LOCAL COUNCILS WHO HAVE PLANT SALES.

If you're a native plant lover and are in the market for some new plants for your garden, then look no further than the Wollongong Botanic Garden. They have a Native Plant Sale.

They offer a wide range of ground covers, grasses, trees and shrubs that are native to the Wollongong area, as well as other Australian natives. Further information is available on their website and you can find out what plants are on offer for sale one week prior to each sale. There's also handy expert horticulturalists on hand at each sale to help with advice about plant selection for your garden.

Please note: this Plant Sale is only open to residents of the Wollongong City Council area.

More information can be found at the Wollongong Botanic Garden website: [wollongongbotanicgarden.com.au](http://wollongongbotanicgarden.com.au)



## UCI Wollongong: important information

### The UCI Road World Championships is coming to Wollongong in September!

The Illawarra will welcome the world's best athletes for the UCI's pinnacle road cycling event. This will be eight days of elite racing and a non-stop city festival for our whole community. The event will be the biggest event to come to Wollongong and is best likened to the Olympics of cycling.

More than 1000 of the top international cyclists from 70+ nations will compete for a gold medal and the coveted rainbow jersey. It is one of the top five sporting events in the world and is watched by more than 300 million viewers around the globe.

We understand that this exciting event will impact a number of our clients. As we get closer to the event, the time is opportune to provide further information on impacts to our **allcare** community.

#### ROAD CLOSURES

The race will impact our city from 16 - 26 September.

A number of residents across the Illawarra will have by now been advised of road closures

in their direct vicinity. It is our understanding that a number of roads will be closed for the race itself, and others for competitor and spectator access, from Helensburgh to Wollongong.

#### WHAT IS ALLCARE DOING IN THE LEADUP TO THE EVENT

**allcare** is working closely with event organisers, Wollongong 2022, to map out road closures and access to clients who will be directly impacted by the event. In the leadup to the event, we will continue to work with organisers to ensure we are across any changes or updates.

#### HOW WILL THE RACE IMPACT ALLCARE SERVICE DELIVERY

The event will only impact the service delivery for clients who are impacted by the road closures around the city.

Over the coming months, **allcare** will be working with individual clients who are directly impacted by road closures and doing our best to ensure these clients will feel safe and secure in their service delivery.

We do acknowledge that due to the requirements of the event, there will unfortunately be a direct impact to some services we are able to provide to some clients. We will do our best to work around the event and still deliver services, which may require some adjustments.

For example, for clients impacted, for those clients scheduled to have a shopping service that week, we recommend doing a larger shop the week before, and your care worker will be able to bring smaller essential items, such as bread and milk, to you during the event period.

We would also like to advise all clients given the numbers of people in the city during this time, and road redirections, this may impact our care workers getting around the city in a timely manner.

If you have any concerns or questions about the impact of UCI 2022 on your services during the event period please contact our team.

#### GET OUT AND ENJOY THE EVENT

The UCI Road World Championships are the largest annual road cycling Championships conducted by the UCI and will include road races, time trials, team time trials, cultural events and other community activities.

Keep an eye out on local news and community noticeboards for exciting local events and locations vantage points across the city to see these amazing athletes whizz past!

Our city is set to come alive during this event and we encourage everyone to get behind our city's presence on the global stage. We're taking Wollongong to the world!



# Meet the team



## Sue Kuebler, CLIENT ENGAGEMENT MANAGER

**In 25 words or less, what does your job entail?** I am a Client Engagement Manager for the Illawarra area. My role is to assist people to remain independent and thrive in their community whilst living at home.

**How long have you been working in the industry?** I've got over 35 years' experience working with people to help them live their best lives. I've worked in the Aged Care and Disability sectors for 13 years, and Juvenile Justice for 23 years.

**What is the best thing about your job?** I really enjoy meeting new people and the staff are very supportive and make me laugh.

**What do you think is the best thing about allcare?** They are dedicated to service, have empathy for all and have a can-do attitude for clients and their staff. Nothing is impossible.

**Five words to describe you?** Honest, reliable, funny, team player, dedicated.

**Three things you like to do in your spare time?** Spending time with family and friends; travel; and music.

### The fast five:

Beach or river – Beach  
Country or city – Country  
Pizza or pies – Both  
Summer or winter – Summer  
Coffee or tea – Tea

## Terri Finlay, CLIENT ENGAGEMENT MANAGER

**In 25 words or less, what does your job entail?** As a dedicated Client Engagement Manager, I work with our clients to ensure a support plan is tailored to suit their specific needs and goals.

**How long have you been working in the industry?** I've worked in the industry for close to three years. It's an industry that I was always drawn to due to my empathetic nature and wanting to make a difference to people's lives.

**What is the best thing about your job?** Getting to know our clients and their families. Understanding their needs and what's important to them. I love that I can also implement services to help with social connectivity, which allows clients to get out and about.

**What do you think is the best thing about allcare?** **allcare** is a place of YES! With a person-centred approach our team work collaboratively to ensure our clients needs are met.

**Five words to describe you?** Passionate, loyal, honest, resilient, quirky!

**Three things you like to do in your spare time?** I love to watch true crime documentaries, hanging out with my grandbabies, as well as chilling out with my two dogs.

**What makes you smile every day?** Starting the day with exercise and finishing the day with chocolate. Life is all about balance.

### The fast five:

Beach or river – Beach. Country or city – Country  
Pizza or pies – Pizza. Summer or winter – Summer.  
Coffee or tea – Red wine ☺ (Coffee)



# allcare's response to the changing COVID-19 pandemic



The last two years have been challenging for everyone. Lockdowns, restrictions, isolation laws and uncertainty have been commonplace. The impacts on the aged care industry have been widely reported.

Here at **allcare** our focus has never wavered from our clients being at the core of everything we do. Ensuring the safety and wellbeing of our clients, and our staff, will always be a priority.

As the COVID-19 pandemic has changed the world in which we live, organisations have had to be flexible in the way they have approached the delivery of their business. Likewise, we also had to change.

## HOW HAVE WE DONE IT

Ensuring our clients don't miss out on critical care and services, and importantly, remaining connected during lockdown and restricted times, has been at the forefront of our operations.

To sustain the continuance of excellent customer service we have had to meet the challenging times head on and make some changes to our delivery:

- **Changes to your normal care team:** Our aim is to always ensure a consistent care team for clients. We know this is important to you and your loved ones, and we know that over time our clients build a relationship with their carers.

Given the NSW Government mandated isolation requirements, we have at times needed to make some changes to your normal care team to maintain your consistent care program. When this has happened we have communicated this to the client so they are aware of the change and who will be coming into their home.

While other providers have been unable to deliver consistent care to their clients over the past 12-months, we have done our best and worked hard to deliver services as best as we could. We have met all Department

of Health requirements, however we do acknowledge that some cleaning services have unfortunately been missed during this time.

- **Wellness checks for all staff:** Prior to commencing appointments that day, **allcare** staff are required to complete a "COVID Wellness Form" within our internal systems to positively confirm that they are able to attend their appointments that day. This system has been designed to reinforce the safety of all clients and other staff. Should the staff member not meet the reporting requirements, they are required to contact the **allcare** office and an email is sent to their managers.

Additionally, staff are also required to take their own temperature in the morning, closely monitor any changes in their health, and regularly report updates.





## WHAT ARE WE DOING TO KEEP CLIENTS INFORMED AND SAFE

- Factsheets available for clients:** We have continued to make information factsheets available on our website for our clients and their loved ones. These are available on our website: [allcare.org.au/covid19-response](https://allcare.org.au/covid19-response)
- Staff wearing Personal Protective Equipment (PPE):** As rules for care delivery have changed as communicated by the NSW Government, **allcare** has responded accordingly to ensure the comfort of staff and safety of clients. We have consistently ensured all staff are wearing the correct PPE as mandated by the NSW Government at each point of the pandemic response.
- Staff training:** All **allcare** staff have participated in infection control training and assessment. All staff are briefed on how to prevent the spread of COVID-19, which also includes all contract and cleaning staff. Ongoing additional education around infection control and hand hygiene is being delivered to ensure all employees remain aware of best practice standards.



If you have any concerns about **allcare's** response to the COVID-19 pandemic please talk with your Client Engagement Manager or contact the friendly team in our office by phone on **1300 377 074**, or via email at [info@allcare.org.au](mailto:info@allcare.org.au)





**Upgrading  
your package:  
we explain the  
why and how**



## allcare can support you to help stay on top of your funding.

If you're finding it harder to do those simple tasks around the house; your circumstances have changed due to a hospitalisation; you've had a decrease in your circle of support; or a decline in your health, you may be eligible to upgrade your funding package.

As your care needs change, a review of your services should be undertaken.

### ENSURE YOU'RE MAKING THE MOST OF YOUR PACKAGE FUNDS

The team at **allcare** regularly reviews your needs, noting any changes required for your current home care package.

This is key to making the most of your money. We do this by:

- Sending you easy-to-read monthly statements.
- Regular face-to-face meetings with you, and any nominated support members. We aim to ensure you have a clear understanding of what funds are available and how you can spend those funds.
- Ensuring your care team understands your needs and are responsive and flexible to add or take away services as required.
- Liaison with your GP and/or discharge planner to provide evidence to My Aged Care to support your eligibility for an upgrade.

- Adding extra services to your care plan if required. The more we can do to make your living and lifestyle experience enjoyable – the better!

The home care services available to you are extensive. Many people are not aware of the array of services available to them.

These can range from general housework, to flexible transport, allied health services, pet care, shopping, home maintenance, even a companion to assist you to access social and community events, and so much more!

### SEEKING AN UPGRADE?

The team at **allcare** are here to support you should you wish to conduct an upgrade review. Contact your Client Engagement Manager advising them of your wish to upgrade your home care package.

Your Client Engagement Manager will request an assessment through the My Aged Portal and you will be contacted by the ACAT team to complete an assessment.

During this assessment you will need to describe what tasks of daily living that you are having trouble with, and talk about your formal and informal supports.

**IMPORTANT:** In order to upgrade your package there must not be any available surplus in your current package.

# Services that come to you

**Over the last two years as we have all adjusted to new ways of going about our daily lives due to the COVID-19 pandemic, many organisations and services have also had to look at how they are able to deliver their services into their local communities.**

For many people simple things like going to the local library, visiting a masseuse, having your dog groomed, and so on, were simply not possible during lockdowns. Services that came to you in your own home that many of us were once not aware of suddenly became popular and mainstream.

We love these services so much that we're sharing them with you as we come across them and hope you get as much enjoyment out of them as we do!

## HOME BLOOD COLLECTION SERVICE

To support the health needs of our communities, NSW Health provides a comprehensive Home Collection Service. This service offers a great convenience and comfort for those patients who are unable due to illness, are elderly, have other medical conditions, or have difficulty attending a collection clinic.

The team are very experienced and build a good rapport, trust and empathy with patients. All Medicare eligible patients will be bulk billed for this service and should not, dependent on

Medicare eligibility of test requirements, incur any out of pocket expenses.

Once your sample is collected it is delivered to the closest laboratory in order for the results to be made available to your Doctor promptly.

A referral from your Doctor will be required to make an appointment. The Home Collection Service will contact you directly to arrange a time and perform a risk assessment in order to ensure safety, ease of access and a successful collection.

**For more information on this service and the areas covered please contact**

**Email:** [NSWPATH-ISLHD-HomeCollections@health.nsw.gov.au](mailto:NSWPATH-ISLHD-HomeCollections@health.nsw.gov.au)

**Illawarra Area** (Kiama and Helensburgh) **Phone:** 4222 5234

**Shoalhaven Area** (Between Gerringong, Kangaroo Valley and Sussex Inlet)

**Phone:** 4423 9235

More information can be found on this website: [www.pathology.health.nsw.gov.au/latest-news/home-collections-nswhp-east-and-south](http://www.pathology.health.nsw.gov.au/latest-news/home-collections-nswhp-east-and-south)



## HOME LIBRARY SERVICE

Home Library Services have long been used by people who have difficulty visiting their local library. There are a number of ways to access the library, depending on your local library and their services available. Generally, you can choose which genres you're interested in and items (books, videos, CDs) you'd like to borrow or tell your lovely librarians your interests and they'll pick something for you. You do need to register for the service, however once you do, you'll be able to continue to enjoy getting lost in the magic of books!

The Home Library Service is available from these local council libraries for residents of those local government council areas.

Bowral Central Library: 1300 266 235  
 Kiama Library: 4233 1133  
 Narellan Library: 4645 5039  
 Nowra Library: 4429 3705  
 Picton Library: 4677 8300  
 Shellharbour City Library: 4221 6222  
 Wollongong City Library: 4227 7442



Image courtesy of Wollongong City Council.

## ALLIED HEALTH SERVICES

Did you know that you can receive allied health services such as physiotherapy, exercise physiology, occupational therapy, speech therapy, podiatry and more in your home. Contact the team at **Amplified Health** for more information.

**Visit** [www.amplifiedhealth.com.au](http://www.amplifiedhealth.com.au)  
**Email** [info@amplifiedhealth.com.au](mailto:info@amplifiedhealth.com.au)  
**Phone** 1300 742 895

 **amplified**  
 health Together.  
Better.





## Keep warm and safe during the cooler months

As the weather cools down after the blistering heat of summer, we all enjoy the change this brings. The air becomes crisper and the nights cooler, so sleeping is much more comfortable. As winter comes the days and nights become a lot cooler and we bring out our heaters, warm clothes, and electric blankets.

According to Fire and Rescue NSW, the number of home fires rises by 10 percent during the cooler months, with more incidents due to the use of heaters and electric blankets in the home. Seniors are particularly vulnerable. Being physically impaired or frail due to advanced age can significantly affect your ability to survive if unfortunate enough to be caught in a home fire. Nearly 50% of house fire fatalities are aged 65 years and over.

Here's some common things to keep in mind as we head into the cooler months.



### 1) HEATERS IN THE HOME

- Check your heater at the beginning of each winter – inspect your gas or electric heater for wear and tear, frayed cords or any damage. If you aren't sure what to look for, ask your carer or a family member for help. If you suspect something is faulty, have the item checked by a qualified repairer or replaced.
- Make sure your heater is in a stable position – accidentally knocking over a heater can cause a fire, so make sure it is placed in a safe location that is not in the way, and cords are not a trip hazard.
- Never use a heater to dry clothes – it's important to keep all flammable materials such as curtains, tablecloths and clothes at least a metre away from the heater.
- Don't sit too close to the heater, and be careful if you are wearing loose-fitting garments (such as a dressing gown or cardigan) as this could be a fire risk.

### 2) ELECTRIC BLANKETS

- Inspect your blanket at the beginning of each winter – you can do this by laying it out flat on your bed while switched on, leaving it for five minutes and checking for uneven hot spots.
- If you notice any hot spots, abnormalities in the internal wires or cord damage, immediately discard the blanket and replace it with a new one.
- Roll your blanket when not in use – don't fold your blanket when storing your blanket in the cupboard, as this can cause damage to the internal wires and cord, which increases the risk of a fire.
- Don't keep your electric blanket on while you are sleeping! These great inventions are used to warm your bed, not to sleep under and are not designed to be used while you are sleeping. If possible, only use it to warm your sheets up before getting into bed. If you need extra warmth while you sleep, try an extra blanket or socks.

### 3) HOT WATER BOTTLES AND WHEAT BAGS

- Never use boiling water to fill a hot water bottle – this puts you at risk of burns. Use hot water instead and wrap the bottle in a towel or pillow case so it doesn't directly make contact with your skin.
- Replace your hot water bottle every two years.
- Use a wheat bag properly – follow the product's instructions when heating, using and storing your wheat pack, and never use them in bed or while sleeping, as they are only meant to be applied directly on the body.
- Let your wheat bag cool completely before putting it away – leave it to cool on a non-combustible surface before storing it away.

## NSW FIRE AND RESCUE'S TOP TIPS FOR STAYING SAFE

1. Get your smoke detectors checked regularly! Legally, you must have at least one working smoke alarm on each level of the home, placed between bedrooms and in living areas.
2. Don't overload power points and powerboards. Only use fuses of recommended rating and install an electrical safety switch.
3. Regularly check electrical leads for damage and faults. Never use faulty electrical leads or appliances.
4. Store your electric blanket safely - roll, don't fold.
5. Before going to bed, turn off all electrical appliances at the powerpoint.
6. Use only authorised installers of fixed heating appliances. Oil, gas or wood heating units may require a yearly maintenance check.
7. If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit. And make sure all the keys to locked doors are easy to access in a hurry.
8. Never leave burning candles or any open flame unattended.

**And remember, for any emergencies call Triple Zero (000).  
For more information on fire safety in and around the home you can visit  
the Fire and Rescue NSW website [www.fire.nsw.gov.au](http://www.fire.nsw.gov.au)**

# Word Search



## TYPE OF VEGETABLES

CELERY  
PUMPKIN  
LEEK  
SPINACH

PARSNIP  
CARROT  
BEET  
ZUCCHINI

ARUGULA  
PEA  
POTATO  
BROCCOLI

RADISH  
RUTABAGA  
CAULIFLOWER  
SWEDE

TURNIP  
GINGER  
CABBAGE  
CASSAVA



# Jean's Jokes



# Riddle me this

1. What did one autumn leaf say to another?  
*I'm falling for you.*
2. How does an elephant get out of a tree?  
*It sits on a leaf and waits till autumn.*
3. What do dentists call their x-rays?  
*Tooth pics!*
4. What's the best thing to put into an apple pie?  
*Your teeth.*
5. What do you call a large, colourful pile of leaves in Australia?  
*The Great Barrier Leaf.*
6. Why do ducks have feathers?  
*To cover their butt quacks!*

1. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
2. If there are four sheep, two dogs and one herds-men, how many feet are there?
3. You answer me, although I never ask you questions. What am I?
4. I am wet when drying. What am I?
5. What word is always pronounced wrong?
6. When is music like vegetables?
7. Which three letters can frighten a thief away?

# Sudoku

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

# Brain Teaser

I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?

**ANSWERS:**  
**Riddle me this:** 1. NOON. 2. Two. Sheep have hooves; dogs have paws; only people have feet. 3. A telephone. 4. A towel. 5. Wrong! 6. When there are two beats (beats) to the measure. 7. I C U.  
**Brain teaser:** A carpet.

# TRACES OF THE HARVEST

by Alex Reece Abbott

My grandmother's wisdom is stitched to my heart with blackberry thorns.

In sun and cloud, I trailed behind her, wandering autumnal countryside in search of free fruit. Not too gritty, not pecked by birds nor chewed by bugs. Not too near the road, where dust and diesel fumes will spoil the berries. Not too low on the bush, go above the level where dogs and foxes can spray.

Not too green, not too squishy. Berries won't ripen once picked from the vine, and from autumn they cannot be picked – frosts make the fruit mushy, likely to turn mouldy, fly-blown. Watching, listening, I soaked up the learning.

Eat up, she says, before the devil spits on them.

Michaelmas Feast on the twenty-ninth marks the change of seasons. Then it's time to finish reaping, start preparing for winter – my grandmother swears that by then, the fruit are past their prime. The Feast day, that September when Archangel Michael defeated Lucifer and banished him from heaven. That day when the angel became a devil.

Lucifer landed hard on his arse in thorny blackberries that covered hell's floor. Angered,

he stamped on the bush with his cloven hooves, breathed diabolical fire on the fruit, sprayed the berries with his satanic spittle...and probably pissed on them too. Whatever he did, he made the berries taste bad.

Remember, she says, after September's end, blackberries are the Devil's fruit. Her wisdom seeps into me as I fight the vines before they are past their prime, plucking and feasting, racing against Lucifer.

She examines my brimming ice-cream container with a nod, then licks her thumb and wipes the blood from my bramble scratched arms. She rubs my purple-stained cheeks, traces of the harvest that never made it into her basket.

Laden, we head home.

Jam is best made right away.

In these dimming days of a long northern winter, well past Michaelmas, five hundred grams of fruit of the forest wait in my freezer. Straight from the supermarket, sanitised. Tame.

No vines fended off, no mosquitos slapped. No thorns extracted from my punctured fingers.

No quality control from my grandmother. The berries are delivered to my door, in re-sealable plastic packaging that is printed with instant wisdom.

I guess that's progress.

When the thawing berries stain my fingers, my heart pangs. I hear her say: Mind your white shirt, those stains linger.

*A New Zealand-Irish writer, Alex's stories are widely anthologised, including in *Bonsai: Best Small Stories from Aotearoa New Zealand*, *The Broken Spiral* (UNESCO Dublin City of Literature Read), *The Real Jazz Baby* (Best Anthology, 2020 Saboteur Awards), *MIROnline*, *Flash Fiction Festival Anthology* and *Heron* (Katherine Mansfield Society). A finalist for Penguin Random House WriteNow and Irish Novel Fair winner, she writes across genres and forms.*







## Wollongong Breakwater Lighthouse

Lighthouses have long been beacons along coastal shores. In Wollongong, we are fortunate to have two beautiful lighthouses that stand proud on our seawalls, protecting seafarers from around the world. It is, in fact, the only point on the eastern coast of Australia that has two lighthouses.

The first lighthouse, known as 'Breakwater Lighthouse', was built in 1871, and was designed by Edward Orphan Moriarty, the Engineer-in-Chief of the NSW Harbours and Rivers Department, having been requested by Wollongong City Council in 1866.

Until the lighthouse came into service, a temporary red light was fixed in a box at the end of the pier.

The tower, constructed of wrought iron on a ferro-concrete base, was built by Joseph Mather. The wrought iron plates were manufactured and assembled in his foundry, after which they re-assembled them on site.

While the lighthouse was being constructed there was concern that the tower would not survive in gale force weather, and that under these conditions the keeper would not be able to reach it on the end of the breakwater. Work was delayed by heavy seas, which the lighthouse tower did survive.

*But how was the light generated?* It is not known when the original oil burner was replaced as gas was supplied to the town in 1883. In 1908 a Kern Gas Burner was installed, and in 1916 an acetylene gas burner was established. There is however great conjecture as to when the lighthouse was upgraded to electricity, with some believing it was in 1922, others claiming it was as late as 1947.

In 1937 a new Wollongong Head Lighthouse was constructed on Flagstaff Point to the south of the Breakwater and took over as the major light in the area.

The Breakwater light was extinguished in 1974. A complete restoration began in 2000 and when near completed it was exhibited for the first time in 18 years in March 2002.

Today, Breakwater Lighthouse still has the original configuration, divided into three storeys with wooden floors, each storey being connected by iron ladders, the ladder from ground level being outside.

While Breakwater Lighthouse no longer functions as the area's beacon of light, it will forever remain a landmark on the coastline, a towering structure where people will continue to make memories and marvel at the wonder and delight of innovation.

Find information on Australia's lighthouses at [lighthouses.org.au](http://lighthouses.org.au)



# 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](mailto: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.

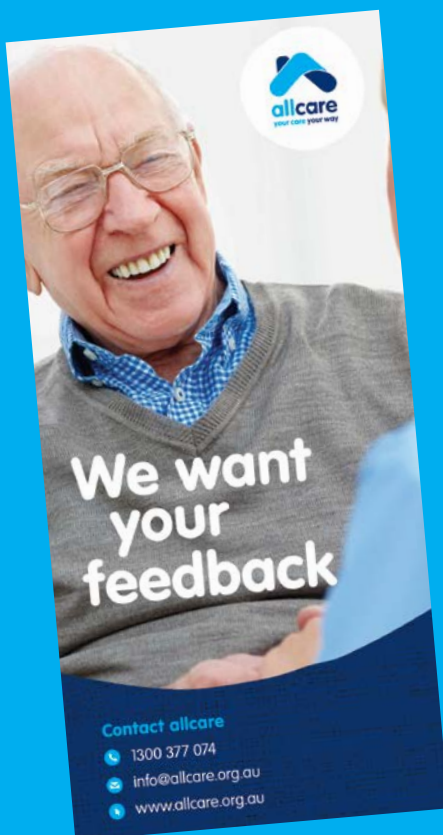
## 1 HOW DO I PROVIDE FEEDBACK?

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](http://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](http://www.agedcarecomplaints.gov.au)
- **Seniors Rights Service – Advocacy Service**  
Phone: 1800 424 079  
Website: [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

## SUDUKO SOLUTION

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



**1300 377 074**

**[allcare.org.au](http://allcare.org.au)**

**[info@allcare.org.au](mailto:info@allcare.org.au)**