

CLIENT NEWSLETTER FEBRUARY 2022

Happy New Year to you and to your family. I hope the year has started well for you and I look forward to being able to meet you or to chat to you on the phone over the next few weeks.

As I write this Newsletter the Australian Open has just finished and there has been exciting news for Australia.



A win in the women's singles, and a win and runner up in the men's doubles, and runner up in the wheelchair men's singles by the new Australian of the Year were highlights from Saturday night's games.



These successes are just good news tales that the country needs as our Covid cases continue to grow.

Our organisation is continuing to monitor the Covid situation and each month the Board spends time discussing the trends and how best we can assist you.

In January the Board agreed to several recommendations including that we will

- ★ only have fully vaccinated volunteers and staff working,
- ★ not enter homes when delivering meals unless the client is disabled,
- ★ have masks and they must be worn,
- ★ supply hand sanitiser to our volunteers to use,

and that if all these are in place then our Group Social Support (Out and About) may restart, and that our Individual Social support may continue. Our meals of course did not stop.

So, we continue to offer all our services to you, and we know that you will be pleased to see our volunteers and their smiling eyes above their masks.

We have had some staff changes over the holiday period.

As our Out and About clients know we had Chelsea Terry leave in October to start a position with another Aged Care group; Keith Dornan went on holiday to Ireland to visit his parents for Christmas and decided not to return to us when he arrived back; and Karen Welsh retired.

Therefore, we had to employ new staff and have been very happy to welcome Sheena Prince and Kelley Hill to our team. They completed a week of training from 17 January and then started with our clients from Monday 24 January. I am very pleased that our clients have welcomed the two



ladies with big smiles and joy; and that they have instantly taken to each of them.

Our team is: Alan Russell (Manager), Bethany McLean (Client Services), Nicole McDonald (Finance Officer), Sheena Prince and Kelley Hill (Out and About Coordinators).

As we start the new year, I shall give you a summary of our activities and invite you to take advantage of what we have to offer.

Meals...we have over 62 items on our menu, and we continue to update the menu with specials and new items. Our Food Panel (*a Board Committee*) meets four times a year to discuss the menu, the specials, our systems and to 'taste test new items'!

Out and About (Group Social support) ...we have a bus and a car available each day to take clients to a venue for activities (Monday in Narooma and Thursday in Malua Bay) and on Lunch About (Tuesday). We pick you up at your home and return you after the day; provide morning tea and lunch and fun activities; as well as the opportunity to mix with others and to have some fun away from home. We have a programme available, and you are most welcome to pick the activities you wish to attend.

Individual Social Support...we have volunteers who will take you shopping or to an appointment; we have a team who can do some 'courtyard' gardening and others who may come and sit with you and share a cup of tea, a game of cards or just a chat about the world!

PALZ Group ... (*meets every two months, on a Tuesday morning*) is hoping to restart in April. This group was established for those with the early onset of dementia and their carer. But we are happy for others to join. We usually have a Guest Speaker and discussion while enjoying morning tea. Would you like to join us?

We also have a group for the Elders at the Wallaga Lake Aboriginal Community which meets each month for social activities. This will start again in April.

**Remember to be in touch (44744464) if you want more information.
We are very keen to be able to provide services which assist you.**

When this arrives with you, we will be about to celebrate the Queen's 70 years on the Throne (6 February).

Some of you will recall the occasion when she became Queen, and later her coronation, and have watched her lead the Commonwealth with humility, loyalty, honesty, consistency, and dedication. What an example to us all she has been, and I am sure you will enjoy watching the various Jubilee events throughout the year.



This week our own champion Ash Barty along with Dylan Alcott (*Australian of the Year*) are inspiring the younger people to be humble, loyal, honest, consistent, and dedicated to their craft and hard working as they and the Queen have been. Role models such as the Queen, Ash Barty and Dylan Alcott are just what we need currently as we work our way through the pandemic.

But you have been, and keep being, a role model to your family. You have been a wonderful role model for many years and continue to keep them safe and dedicated to doing well. Congratulations on all you have achieved in your life and how you have successfully shaped the world for others.



Alan Russell, Manager