

Read all about it!

WINTER | 2023

What's News?



Message from the Manager

Hello to our valued client community, and thanks for joining us for the Winter edition of 'What's News?'

A lot has happened since we were here last; we officially have a new Monarch and a new Premier, and Sydney artist Julia Gutman won the Archibald Prize 2023. At 29, she is one of the youngest winners in the 102-year history of the prize.

The World Health Organization declared in May that COVID-19 was not a 'global health emergency'. While this is a good sign that we're starting to move on from COVID-19, we must remain vigilant about it and other seasonal viral infections, such as RSV. Read more about it on page three.

Also in this issue is information about heater safety, the aged care reforms, our Domestic Assistance Service, some transport tips and a FUN winter crossword. I hope you enjoy this Winter newsletter.

Kind regards,

Sarah Twaddell

Manager
Maitland Community Care Services



Registered NDIS Provider



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subscribe to our
email newsletter*



IN THIS ISSUE

BENEFITS OF
VOLUNTEERING

PETS & SERVICES

SOCIAL SUPPORT
NEWS

NDIS
NEWS

STAYING WELL IN
WINTER

Find Purpose & Keep Moving: How Volunteering Can Keep Seniors Active & Engaged

As we age, finding ways to stay active and engaged is essential. One way to do this is through volunteering. Volunteering is an excellent form of active ageing and wellness. It benefits the community and provides a sense of purpose and fulfilment.

Volunteering has numerous benefits for seniors, both physically and mentally. It allows you to stay engaged, gives you a sense of structure and routine (greatly benefiting mental health) and can be a great way to learn new skills or put existing skills to use.

There are many different types of volunteer opportunities available for seniors.



From community transport driving, Meals on Wheels deliveries and support with social groups to office administration, there are plenty of volunteer opportunities where you can contribute to boosting your mental and physical wellness.

The good news is that not-for-profit community organisations like MCCS are flush with volunteering opportunities.

Contact us today on 4932 5755 to see how we can help each other!



MCCS volunteers and staff at the recent TOCAL Field Days.

CUTE PUPPY ALERT



Now that we have your attention:

For the safety of your pet and our support workers, please remember to secure your animals when we are in your home. Guide Dogs or Companion Pets (documentation is required) can remain unsecured while our services occur.

For more information, get in touch with your Case Manager or call 4932 5755.

Staying Well in Winter

What is RSV and do adults get it?



RSV can occur in children and adults.

What is RSV?

RSV is a virus that causes respiratory infections. Infections usually peak in late autumn or winter in NSW. It can cause a cold with a runny nose, sneezing, sore throat, fever and headache, cough, wheezing and difficulty breathing.

How is RSV spread?

RSV is highly infectious. It can be spread through

- Droplets containing the virus when someone coughs or sneezes.
- Touching items and surfaces (such as doorknobs or toys), and hands that are contaminated with droplets and then touching your nose or eyes.

Who is at risk of RSV?

RSV can affect anyone but usually causes a mild infection.

Older adults, especially those with chronic heart or lung disease or weakened immune systems, may also become unwell with RSV.

As it becomes winter, there is a higher risk of coming into contact with an infectious respiratory disease; these include Influenza, Covid-19 and Respiratory Syncytial Virus (RSV).

One way to helping to prevent or reduce the level of illness from a virus is to stay up to date with your vaccinations. Contact your GP if you haven't had your Covid booster or Flu vaccination.

How is RSV prevented?

The best way to help stop the virus from spreading is for everyone always to practice good hygiene, especially if you have flu-like symptoms:

- Stay at home if you don't feel well.
- Cover your nose and mouth when coughing or sneezing.
- Wear a mask in crowded places or visiting high-risk settings with vulnerable people, such as aged care facilities or hospitals.
- Avoid contact with high-risk people such as infants, older people and those who are immunocompromised until you feel better.

The virus can survive on surfaces or objects for about 4 to 7 hours. It is, therefore, essential to:

- wash your hands regularly with soap and warm water or use hand sanitiser
- avoid sharing cups and utensils you eat with
- regularly clean surfaces and items that may be contaminated with droplets using a household detergent

Crossword: 1. Skiing 2. Fire 3. Gloves 4. Snowflake 5. Vest 6. Beanie

Home Heating Safety

During colder months, ensuring that your heater is properly functioning and safe to use is essential.

Choosing the right type of heater for each room can make a difference in efficiency and safety. Oil column and panel heaters are great options for living rooms and bedrooms, as they come in various sizes and can easily be transported between rooms.

Drip protection heaters are recommended for use in the bathroom. **However, they should not be used when receiving a service from MCCS.** When looking for a heater, it's crucial to check for safety features such as a safety tilt switch and cool touch surfaces to avoid burns. Convection heaters are generally safer because they have lower surface temperatures and no exposed heating elements.

Despite their safety features, it's important to be aware of potential risks, such as faulty wiring, tipping over, oil leaks, or fires caused by items hanging over the heater.

Oil Heater



Any type of heater must not be used in the bathroom while an MCCS service is taking place.

Convection Heater



Aged Care Reforms

The Australian Government is making changes to the aged care system in response to the recommendations of the Royal Commission into Aged Care Quality and Safety. These changes – known as the aged care reforms – will improve aged care in Australia for all.

Scan this QR code where you can learn more about the aged care reforms and how they might work in real life.



Or call our office, and we can arrange a hard copy of the booklet.



Getting the Most out of Your Domestic Assistance Service

MCCS's domestic assistance service helps in keeping your homes liveable and, depending on your individual assessed mobility, can include support such as:

- Vacuuming and mopping
- Wiping benches and surfaces
- Changing your bed linen
- Emptying the kitchen bins
- General tidying of your living area
- Unaccompanied shopping (our Support Workers will go and shop for your items from a list)

The service is designed by My Aged Care to help you in your daily activities. However, it's important to note that **domestic assistance is not a full house clean**. Instead, it's about assisting clients with the tasks they need help with while also encouraging independence. Under this service, please remember that our Support Workers can not:

- Service other areas used by other adults in your home (e.g. bedroom/bathroom)
- Do laundry for other adults in your home
- Clean every room in large homes during each visit. A quarterly or spring clean can be organised through your case manager.
- Clean windows, ovens, filters or fans, turn mattresses, hose driveways, clean pools, use leaf blowers, etc.
- Lift items heavier than 10 kilograms.

Our fabulous, hard-working Support Workers are able to attend to the areas that are used by you - our client. Please don't put them on the spot and ask for extra that day. We suggest speaking to your Care Manager about jobs needed in addition to your care plan.

If you have any questions or would like more information, please get in touch with your Care Manager or our office on 4932 5755. Thank you for your understanding.

Staying Hydrated



With the colder months setting in, you may find it difficult to keep yourself hydrated.

As our sense of thirst decreases with age, and some medications increase our need for water, seniors are more susceptible to dehydration, which can be dangerous.

Here are some tips that can help you keep your fluid intake up!

- In addition to water, drink warm liquids like tea, milk, juice, and coffee to stay hydrated.
- Keep a water bottle with you and take sips whenever you remember.
- Try to drink a full cup of liquid with every meal.
- Start your day with a glass of water.

**Don't just stay home this winter.
Get out and about and meet new friends!**



Men's Day Out is growing in popularity. Destinations have included Fighter World, Barramundi Farm and Cook a Barra Café, Irukandji Shark & Ray Encounters, the Australian Army Infantry Museum with lunch at Singleton, Belmont 16s Sailing Club with a scenic drive around Lake Macquarie, and there are many more exciting upcoming outings.



We host an **Aboriginal Art Group** every Friday and are looking for new members to join. All art material is supplied to get you started. Aboriginal art is an expression of identity, culture, and spirituality. It's also a beautiful reflection of the culture.

General Outings.

Let's Do Lunch!



MCCS will pick you up and drop you off at your home; we attend local and day trip destinations in Nelson Bay, Hunter Valley, Newcastle, Stockton and Lake Macquarie. We also visit interesting places like art galleries, movies, botanical gardens, and picnics at Blackbutt Reserve.

Aqua Fit will also resume in Spring.

There is something for everyone.

Call the office on 4932 5755 and join us.

The new Meals on Wheels Winter Menu has started!

Maitland Meals on Wheels provides delicious and nutritious frozen meals.

Order your yummy meals today by calling the office on 4932 5755.



Transport Tips!



- When booking, tell us if you are bringing a carer. We need to know the total number of people traveling, including clients and carers. We may carry multiple clients in one vehicle, so we need to ensure we have enough seats. Failure to inform may result in refusal of clients due to seat unavailability.
- Make your transport bookings with as much notice as possible. We can't always accommodate same-day or last-minute bookings.
- Please ensure you have your destination's correct name and address when phoning for a transport booking.
- **LATE CANCELLATION FEE REMINDER.** If you cancel your Transport on the day of the booking, you may be charged a late cancellation fee.

NDIS News

Did You Know?



Did you know you can use your NDIS funds to make where you live more accessible? Home modifications are custom-built changes to help you access and use areas of your home. They can be minor changes, or they can be complex.

You may need home modifications if you:

- have safety concerns or difficulty moving around your home
- have trouble with personal care, like using your shower
- can't use the rooms you need to use in your home
- have difficulty achieving your goals in your home because of your disability
- need changes to your home so your carers can support you safely.

We can help organise home modifications. For more information, contact your Coordinator of Supports or our office on 4935 5755.



Registered NDIS Provider

Don't forget to tell us...

- If there are any changes to your NDIS plan.
- If your plan has moved from **NDIA Managed** to **Plan Managed**.
- If the things you are funded for have changed.



Call us on **4932 5755** so we can make sure you are getting the right service and support.

Have you downloaded the NDIS App?

View
your
budget

View
your
plan

View
your
details

Make &
manage
claims

Self-managed plans

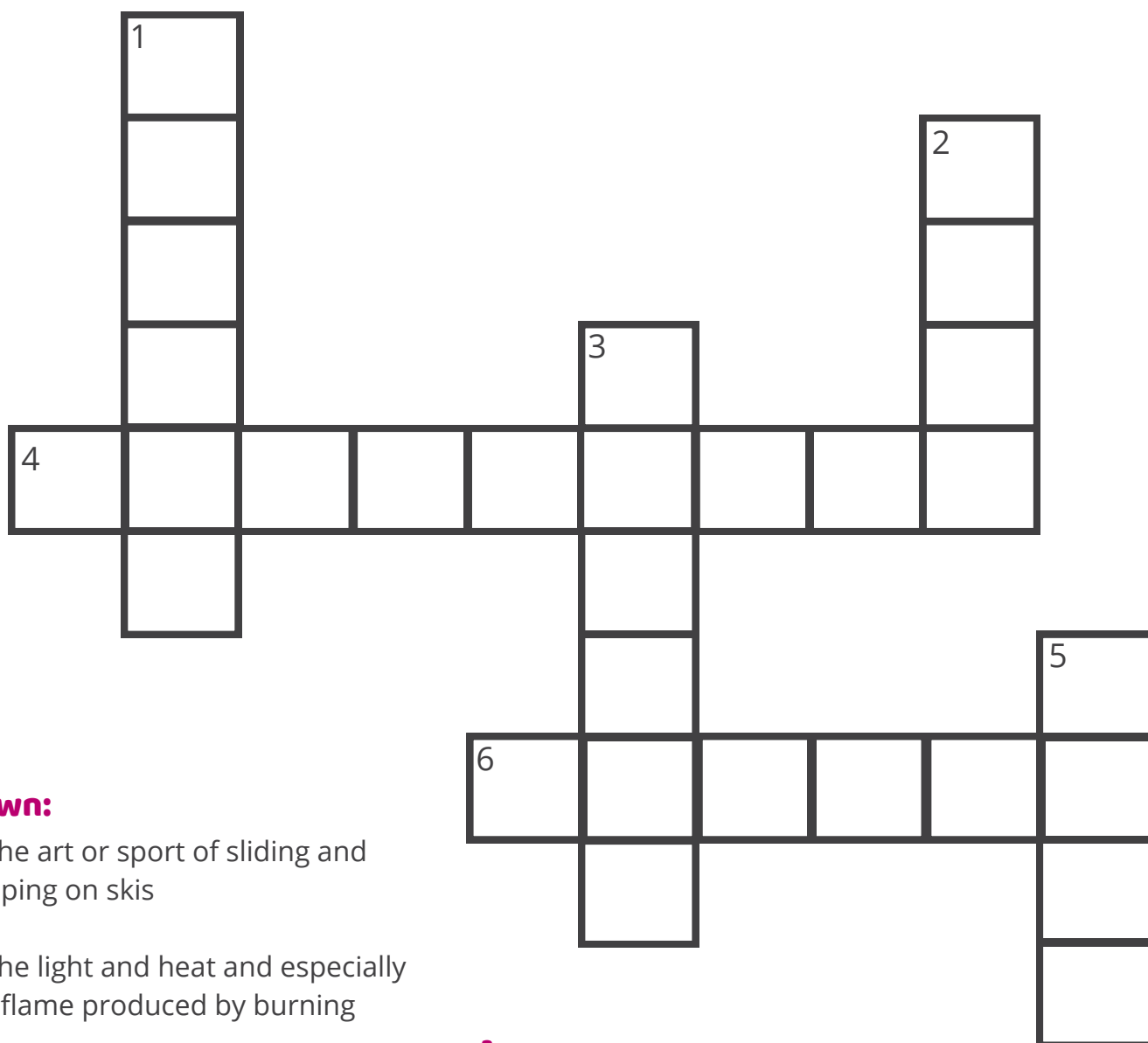


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If you need help with the NDIS, or anything else in this newsletter, call us on **4932 5755** and we can help you.



Down:

1. The art or sport of sliding and jumping on skis

2. The light and heat and especially the flame produced by burning

3. A covering for the hand having separate sections for each of the fingers and the thumb and often extending part way up the arm

5. A sleeveless garment for the upper body usually worn over a shirt

Across:

4. A flake or crystal of snow

6. A small close-fitting hat worn on the back of the head

Answers are on page 3.

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

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