

Read all about it!

SPRING | 2023

# What's News?



## Message from the Manager

Hello to our fabulous MCCS client community, and welcome to the Spring edition of 'What's News?'.

Can you believe that we are now past the halfway point of 2023? The year is flying by!

What a big few months we've had. We retained the Ashes cricket test series against England, saw our mighty Matildas make it through to the semi-final in the Women's World Cup (the furthest an Australian senior national team has ever achieved), and closer to home, our hard-working support workers received a much-deserved industry pay rise.

In this issue, we share some helpful information on what to do next if you're assigned a Home Care Package; we'll give you a balanced look at the upcoming Voice referendum, an exciting update about our social activities and a friendly reminder about heavy lifting restrictions with support workers.

Please enjoy and take care.

Kind regards,

*Sarah Twaddell*

Manager  
Maitland Community Care Services



### IN THIS ISSUE

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WHAT TO DO WHEN  
YOU HAVE BEEN  
ASSIGNED A HCP

---

STAYING WELL

---

SOCIAL SUPPORT  
NEWS

---

NDIS  
NEWS

---

IN THE KITCHEN

---



Registered NDIS Provider



Find us on  
**Facebook**

@maitlandcommunitycareservices

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email newsletter



## Have you been assigned a Home Care Package? Here is what to do next.

When you get word from My Aged Care that an allocation letter has been issued to you or a loved one, you will have 56 days (from the date of the letter) to select a provider and enter into your Home Care Agreement.

### MCCS can help.

When you get a Home Care Package, you'll need to select a provider for your Home Care Package. MCCS is one of the Central Coast's biggest and most reliable home care providers. .

The government will send you a Home Care Package allocation letter to inform you that a package has been **assigned** to you and its level (1 - 4). You'll also receive a reference number.

When making a big decision like this, MCCS can help. We can visit you at home to discuss the services you need.

**If you're already a client and have received notification about your Home Care Package approval, or if your Home Care Package is changing, get in touch with us; we'll make the process as simple. Contact your Care Coordinator or call our office on 4932 5755.**



### When you get your HCP allocation letter...

✓ Write the reference number down somewhere safe and put it on the fridge. You'll need it down the track.



✓ Work on selecting a provider. Remember, you have 56 days from your allocation letter's date to choose a provider and sign a Home Care Agreement.



## Equity, Equality & The Voice

Here at MCCS, we aim to help people live at home and in their communities with independence and positive wellness. We proudly deliver quality and safe home care to support clients and their loved ones – regardless of race, religious beliefs, or sexual and gender identity. MCCS respects Aboriginal and Torres Strait Islander people's right to self-determination, inclusivity, and the right to be heard. However, our organisation also respects the democratic process and would not tell our staff, volunteers, or client community how to vote. Our role is to provide home care (free from political and religious influence) to help our clients live their best lives.

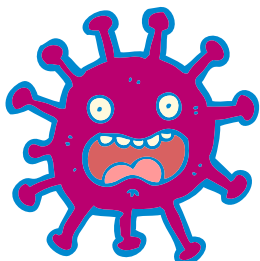
We've compiled balanced information that gives an overview of the Voice, plus arguments for the 'Yes' and 'No' votes.

**Visit [www.mccs.org.au/thevoice](http://www.mccs.org.au/thevoice)**



## Staying Well

### Acute Respiratory Infections (ARI)



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

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

### Looking after your bladder and bowels



Receive free and confidential advice from a Nurse Continence Specialist.

#WorldContinenceWeek2023

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

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

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

To find out more and access free resources, including podcasts, webinars, fact sheets, videos and online magazine *Bridge*, please visit [www.continence.org.au/world-continence-week](http://www.continence.org.au/world-continence-week)

### Did you know??



**Engaging in puzzles and brain games can be beneficial for older people in maintaining cognitive function and overall brain health.**

Just like physical exercise helps maintain physical health, mental exercise helps maintain cognitive function.

Doing puzzles challenges various cognitive skills, including memory, attention, problem-solving, and reasoning. By regularly engaging in these activities, older adults can help keep their minds sharp and active.

To help you, we have included a word search puzzle on the back page of this newsletter.

Note: it's advisable to consult with a healthcare professional if you have concerns about cognitive health or are seeking personalised recommendations for brain-boosting activities.

## Social Support Activities



Here to help

# LIFE'S TOO SHORT TO STAY AT HOME

## Join our Social Groups

DAY TRIPS // LUNCHES // AQUAFIT  
MOVIES // BOTANICAL GARDENS  
MEN'S GROUP // VARIETY DAYS  
ART GALLERIES // + MORE!

Meet new people, get out and about and have some fun - all with door-to-door transport.



4932 5755



## Maitland Community Care Services

proudly hosts monthly social activities for our Commonwealth Home Support Programme and Home Care Package clients and NDIS participants. With plenty of events, we are here to help you stay socially connected.

If you are interested in any of our social support activities, contact our Activities Coordinator on 4932 5755.



Photo: Variety Fun Day's Xmas in July Celebration

# HEAVY

# LIFTING

Now that we have your attention:

For the safety of our workers and volunteers, we are not allowed to lift anything over 10 kg.

This includes heavy grocery items such as multi-pack cans of soft drink.

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



Did you know that  
1 x 24 pack of soft  
drink cans  
weighs 9 kg?



# NDIS News

## MCCS lifts all support worker wages

**Maitland Community Care Services** (who are part of the Hunter and Central Coast home care and disability group ADSSI Limited) recently announced that they will lift the wages of their aged care **and** disability support workers, following The Fair Work Commission's recent decision to increase minimum wages by 15% for only some eligible aged care workers.

The momentous decision, approved by ADSSI Limited's Board of Directors, is a testament to support workers' exceptional work and a show of appreciation for their contributions.

For more information, go to:  
[www.mccs.org.au/mccs-lifts-all-support-worker-wages](http://www.mccs.org.au/mccs-lifts-all-support-worker-wages)

## Looking after yourself to prevent carer burnout

If you care for a friend, family member or relative living with disability, a medical condition, mental illness or who is frail due to age, it is important to look after yourself physically and mentally.

Taking care of yourself every day and taking breaks helps prevent **carer burnout**.

For helpful advice, please read this article "Looking After Yourself" on the **Carer Gateway** website:  
[www.carergateway.gov.au/looking-after-yourself](http://www.carergateway.gov.au/looking-after-yourself)



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.



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

## FIRE DANGER RATINGS HAVE CHANGED

Fire danger ratings have changed as part of the new national Australian Fire Danger Rating System. Fire danger ratings are now simpler and give you clear actions to take.



### Key to Fire Danger Ratings

	<b>NO RATING</b>	No rating issued
	<b>MODERATE</b>	Plan and prepare
	<b>HIGH</b>	Be ready to act
	<b>EXTREME</b>	Take action now to protect your life and property
	<b>CATASTROPHIC</b>	For your survival, leave bush fire risk areas
	Total Fire Ban – There is total fire ban in place	

Fire danger ratings and total fire bans are determined each afternoon for the following day.

To help you plan activities and travel, go to:  
<https://www.rfs.nsw.gov.au/fire-information/fdr-and-tobans>

Sourced from [www.rfs.nsw.gov.au](https://www.rfs.nsw.gov.au)

## MCCS is closed for the October long weekend

Only essential services\* will take place on **Monday, 2 October**. If you have other services on these days, you will be contacted to reschedule or cancel.

\*Essential services include personal care, medication assistance and half-hour welfare checks.

**In an emergency, call 000 or use your personal alarm**

## Daylight Savings Time



Daylight Savings Time starts at 3:00 am on **Sunday 1 October**.

Don't forget to turn forward your clocks one hour before you go to bed.

# In the Kitchen

## Breakfast Toast Toppers

Colourful and nutritious, these great toast toppers are perfect for a quick breakfast for all ages.

**Avocado & feta smash** - Place ripe avocado on toast then gently mash with a fork. Sprinkle with crumbled feta cheese and serve.

**Banana, peanut butter & honey** – Spread toast with crunchy peanut butter and top with sliced ripe banana. Drizzle with honey and serve.

**Strawberries, blueberries & cream cheese** – Spread toast with reduced fat cream cheese and top with halved strawberries and blueberries. Sprinkle with toasted coconut flakes and serve.

**Tomato, egg & spinach** – Spread toast with butter or margarine. Top toast with baby spinach, sliced tomato and a soft boiled egg and serve.

Sourced from [sydneymarkets.com.au](https://sydneymarkets.com.au)



For more recipes and  
information on fruit and  
vegetables in season,  
scan here →



## Fresh fruit and vegetables in season

SEPTEMBER		OCTOBER		NOVEMBER	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
<ul style="list-style-type: none"> <li>• Apples: Lady Williams</li> <li>• Berries: Strawberries</li> <li>• Grapefruit</li> <li>• Lemons</li> <li>• Mandarins: Honey Murcot</li> <li>• Mangoes</li> <li>• Oranges: Blood</li> <li>• Papaya</li> <li>• Papaw</li> <li>• Pineapples</li> <li>• Pomelo</li> <li>• Tangelos</li> </ul>	<ul style="list-style-type: none"> <li>• Asian greens</li> <li>• Asparagus</li> <li>• Beans: Broad</li> <li>• Beans: Green</li> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Chillies</li> <li>• Fennel</li> <li>• Garlic, fresh</li> <li>• Globe Artichokes</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Onions: Spring</li> <li>• Onions: Green (Shallots)</li> <li>• Peas: Green</li> <li>• Potatoes</li> <li>• Silverbeet</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Banana</li> <li>• Blueberries</li> <li>• Strawberries</li> <li>• Grapefruit</li> <li>• Mangoes</li> <li>• Melons</li> <li>• Oranges: Valencia</li> <li>• Papaya</li> <li>• Papaw</li> <li>• Passionfruit</li> <li>• Pineapples</li> <li>• Pomelo</li> <li>• Tangelos</li> </ul>	<ul style="list-style-type: none"> <li>• Asian greens</li> <li>• Asparagus</li> <li>• Beans: Broad</li> <li>• Beans: Green</li> <li>• Beetroot</li> <li>• Cabbage</li> <li>• Chillies</li> <li>• Cucumber</li> <li>• Fennel</li> <li>• Garlic, fresh</li> <li>• Artichokes: Globe</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Onions: Spring</li> <li>• Onions: Green (Shallots)</li> <li>• Peas</li> <li>• Potatoes</li> <li>• Silverbeet</li> <li>• Spinach</li> <li>• Watercress</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Bananas</li> <li>• Blueberries</li> <li>• Mulberries</li> <li>• Youngberries</li> <li>• Cherries</li> <li>• Grapefruit</li> <li>• Loquats</li> <li>• Mangoes</li> <li>• Melons</li> <li>• Oranges: Valencia</li> <li>• Papaya</li> <li>• Papaw</li> <li>• Passionfruit</li> <li>• Pineapples</li> </ul>	<ul style="list-style-type: none"> <li>• Asian greens</li> <li>• Asparagus</li> <li>• Beans: Green</li> <li>• Cabbage</li> <li>• Chillies</li> <li>• Cucumber</li> <li>• Artichokes: Globe</li> <li>• Lettuce</li> <li>• Onions: Spring</li> <li>• Onions: Green (Shallots)</li> <li>• Peas</li> <li>• Potatoes</li> <li>• Silverbeet</li> <li>• Spinach</li> <li>• Sweetcorn</li> <li>• Tomatoes</li> <li>• Watercress</li> <li>• Zucchini</li> <li>• Zucchini flowers</li> </ul>

Sourced from [sydneymarkets.com.au](https://sydneymarkets.com.au)

# Spring Word Search

SPRING | 2023

APRIL  
BEES  
BIRDS  
BLOSSOM  
BUNNY  
BUTTERFLY  
CHICK  
EGGS  
FLOWERS  
GARDEN  
GREEN  
KITES  
MARCH  
MAY  
NEST  
PICNIC  
RAINBOW  
SEASON  
SEEDS  
SPRING  
SUNSHINE  
TULIP  
WARM

B	I	B	I	R	D	S	V	U	Z	E	P	T	O	G	C	C	F	O	Q
E	O	D	Z	Z	Z	E	O	M	Z	I	A	B	Q	O	T	H	S	T	Q
B	H	W	E	W	F	A	N	L	A	B	C	Q	L	Y	E	F	I	I	B
J	E	K	A	Y	I	S	S	S	P	R	I	N	G	O	N	B	Q	C	U
R	C	E	I	E	U	T	E	F	E	W	C	W	T	P	S	X	A	O	K
L	W	E	S	T	J	E	E	S	U	N	S	H	I	N	E	S	R	L	B
T	B	R	M	T	E	R	D	Y	Q	T	U	L	I	P	G	Y	O	B	U
E	G	G	S	J	Z	S	S	H	X	N	N	P	G	W	O	O	I	M	T
U	Q	Z	E	E	G	A	R	D	E	N	X	C	I	N	S	J	R	F	T
S	M	P	E	B	J	K	M	Z	X	X	V	P	L	K	L	V	U	Q	E
P	I	C	N	I	C	Z	Q	M	M	C	S	E	A	S	O	N	R	D	R
F	N	E	S	T	U	M	A	H	U	M	A	F	L	O	W	E	R	S	F
D	W	A	R	M	R	A	I	N	B	O	W	Q	U	W	Z	I	D	T	L
O	A	C	Z	S	L	Y	O	S	K	A	I	K	W	B	U	N	N	Y	Y
G	W	F	E	J	G	R	E	E	N	Q	V	V	F	D	M	R	J	Q	E
G	Q	Y	H	F	M	O	A	P	R	I	L	D	W	E	X	G	I	R	Z

Source: [www.pinterest.com.au](http://www.pinterest.com.au)

## Important contact details

• My Aged Care	1800 200 422	<a href="http://myagedcare.gov.au">myagedcare.gov.au</a>
• Carer Gateway	1800 422 737	<a href="http://carergateway.gov.au">carergateway.gov.au</a>
• The Older Persons Advocacy Network	1800 700 600	<a href="http://opan.org.au">opan.org.au</a>
• Seniors Rights Service	1800 424 079	<a href="http://seniorsrightsservice.org.au">seniorsrightsservice.org.au</a>
• Beyond Blue	1300 224 636	<a href="http://beyondblue.org.au">beyondblue.org.au</a>
• Lifeline	13 11 14	<a href="http://lifeline.org.au">lifeline.org.au</a>
• Mental Health Line	1800 011 511	<a href="http://health.nsw.gov.au/mentalhealth">health.nsw.gov.au/mentalhealth</a>
• Older Persons Covid-19 Support Line	1800 171 866	

## ADSSI Limited T/A Maitland Community Care Services

27 John Street, Maitland NSW 2320

E [csoffice@mccs.org.au](mailto:csoffice@mccs.org.au) W [mccs.org.au](http://mccs.org.au) P 02 4932 5755



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.