

Read all about it!

SUMMER | 2023

What's News?



Message from the CEO

I want to extend our warmest greetings to our amazing community of clients.

Thank you for selecting Maitland Community Care Services to provide you with services again this year - and to those new to MCCS, welcome!

What a big year we've had. It's hard to believe that Christmas is just around the corner. I hope you all enjoy spending cherished time with loved ones.

While this year saw our services get back on track after a tough few years of COVID-19 restrictions, it's still our priority to keep you and our staff safe. On behalf of the hard-working customer service team (and the wider ADSSI group), I sincerely thank you for your ongoing patience and understanding as we continue working to get back to our full roster of services.

We have a jam-packed newsletter for you this summer, with valuable details about vaccinations, what you do if you or a loved one suffers heatstroke, some exciting news about our social support services, and the opportunity to have your say on our Consumer Advisory Committee.

I hope you enjoy reading this newsletter. May you and those close to you have a joyful Christmas and a prosperous 2023. Our team is already excited to support you in the coming year.

Live your best life,

Jenni Allan

Chief Executive Officer



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Registered NDIS Provider



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@maitlandcommunitycareservices

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subscribe to our
email newsletter



Empathy in Every Step: Our approach to Voluntary Assisted Dying (VAD) in New South Wales

The Voluntary Assisted Dying Act 2022 (VAD Act) was recently passed in New South Wales, Australia, legalising VAD in the state. This act affects end-of-life care and client choice, and home care providers like ADSSI play a crucial role in supporting individuals who choose to access VAD services at home. ADSSI remains committed to providing compassionate and professional client care to its clients without judgment and will support clients' clinical and home care needs throughout their journey to the end of life, regardless of the pathway chosen by the client.



ADSSI staff will receive training, information, and resources on the VAD pathway, and staff with personal beliefs or circumstances challenged by VAD can opt out of providing care to clients who have chosen this pathway.

To read our full statement, visit www.mccs.org.au/empathyineverystep/ or scan the QR code.

STROKE RECOVERY PROGRAM

Coming soon

Have you or a loved one had a stroke?

We're looking for people who have experienced a stroke to participate in a community-driven initiative to enhance stroke recovery. The program will include integrating physical exercise, social interaction, and creative thinking activities (e.g., movement to music, art or singing) to enhance stroke survivors' overall well-being and quality of life.

If you want to be involved or learn more, visit www.mccs.org.au/strokerecoverykaitland



MCCS is closed on the Christmas & New Year Public Holidays

Only essential services* will take place on **Monday 25 December**, **Tuesday 26 December** and **Monday 1 January**. 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

Reminder re Domestic Assistance



This is just a friendly reminder that our **Domestic Assistance** service provides assistance with cleaning essential areas in the home that you regularly use. It includes tasks such as:

- General house cleaning (vacuuming, sweeping and mopping of floors)
- Cleaning your shower, toilet, bath and hand basin;
- Emptying kitchen/bathroom bins, dishwashing, wiping down kitchen benches, stove and sink;
- Doing your laundry, including hanging out and bringing in and ironing if needed;

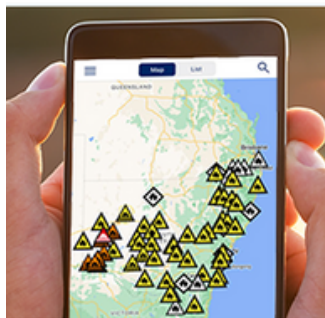
- Change sheets, making the bed, wiping tops of bedside/dressing tables;
- Ensuring your wheeling bin is in or out, checking the mail box;
- We can provide a linen service twice weekly which can include sheets, towels and bed protectors.

Please note: This service **does not** include cleaning areas or tasks associated with other family members, residents or visitors in your home.

The services **does not** include heavy tasks such as cleaning blinds and windows, scrubbing floors, cleaning swimming pools or moving furniture.

Be Prepared for Summer

Get local emergency info on your phone



The **Hazards Near Me NSW** app is your official source of emergency information for bushfires, floods and tsunamis in NSW. Download the app from the Apple App Store or Google Play.

Use it to set a local Watch Zone so you receive notifications of any planned hazard reduction burns and new incidents close to where you live.

For more information, go to:

www.nsw.gov.au/emergency/hazards-near-me-app.

Know the bushfire warning signs

The **Fire Danger Ratings** explain the current risk of a fire starting and how best to respond. There are 4 levels of risk:

- Moderate – plan and prepare
- High – be ready to act
- Extreme – take action now to protect your life and property
- Catastrophic – for your survival, leave bushfire risk areas.

Make sure you know the Fire Danger Ratings and what you need to do to stay safe.



Go to the NSW Rural Fire Service website for more information on preparing and staying safe during a bush fire: www.rfs.nsw.gov.au

For more summer safety hints, go to pages 5-6.

Social Support Activities



Maitland Community Care Services proudly hosts 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**.

✦ **Please note** that group outings will not run over Christmas. Our last outing this year is on 15/12/23 and we will be returning on 8/1/24.



Happy 97th Birthday Tatiana

It is with pleasure that we helped Tatiana celebrate her 97th Birthday at Fun Day in October.

Tatiana has witnessed the world around her change and is still keen to get out and about and have some fun.

Happy Birthday Tatiana, from all your friends at Maitland Community Care Services.

Pre-Melbourne Cup Picnic at Blackbutt Reserve



Last week, our Activity Coordinators from Maitland Community Care Services, Beresfield Community Care, Adssi In-Home Support and Dungog & District Neighbourcare hosted our first combined social group outing. All clients, staff and volunteers had a fantastic day at the Pre-Melbourne Cup Picnic at Blackbutt Reserve.

Our volunteers certainly got in the spirit with the inaugural running of the Pool Noodle Blackbutt Cup. We also had Fashions on the Field. We did have trouble choosing the best-dressed gent as our Peacock friend put on such a fabulous display.

Vaccinations – keeping us safe and well.

COVID-19 Booster

COVID-19 is spreading in the community, with more outbreaks in NSW. People 75 years or older should get an extra COVID-19 vaccine dose in 2023, six months after their last dose. If you are 65-74 years old or have a weak immune system and are 18-64, talk to your healthcare provider about getting an extra COVID-19 vaccine dose six months after your last dose. This is important if you have a medical condition that increases your risk of getting very sick from COVID-19 and have not had COVID-19 before.


Speak to your GP regarding access to anti-virals if you do get COVID-19.

Are you eligible for COVID-19 antiviral medicine?

You might be eligible if you test positive to COVID-19 and you are:

- aged 70+
- aged 50 to 69 years of age with one additional risk factor for severe illness
- an Aboriginal person, aged 30+ and with one additional risk factor for severe illness
- aged 18+ and immunocompromised or have been previously hospitalised with COVID-19.

Make a plan with your doctor now, before you get sick.



Shingles

Shingles is a painful rash caused by the varicella-zoster virus, which also causes chickenpox. The Shingrix vaccine is available for eligible Australians. It's recommended as a two-dose schedule, two to four months apart, and provides the best protection when both doses are received.

Preventing and Treating Heat Stroke and Exhaustion



Heat can affect health in many ways. Some people are at higher risk, like older people, those with existing medical conditions, or those who live or work in hot areas. Heat illnesses can happen to anyone. The body sweats to cool but can have problems regulating temperature or replacing fluids. This puts pressure on the heart.

Heat exhaustion can develop into a severe illness. Seek medical care if symptoms persist. Call 1800 022 222 for advice. If symptoms worsen and you're concerned about heat stroke, call triple zero (000) immediately. Heat stroke is life-threatening.

To treat heat stroke:

- Cool down by moving to a cooler place with elevated feet.
- Use cool water spray, a damp cloth, wet clothes, a cool shower, or ice packs on the neck, groin, and armpits.
- Drink small sips of water if thirsty.
- Avoid taking medication without consulting a doctor.



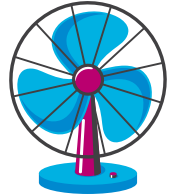
Keep Cool and Stay Hydrated in Summer



Staying cool and hydrated in Summer is crucial!

Here are some hints to help you beat the heat:

- close blinds and curtains
- use a fan over dampened skin
- limit the use of stoves, ovens and clothes dryers
- when it does cool down outside, open windows and doors to cool your home
- spend time in the coolest area of your house (often on the ground floor on the south side).



Here are some helpful hints to stay hydrated:

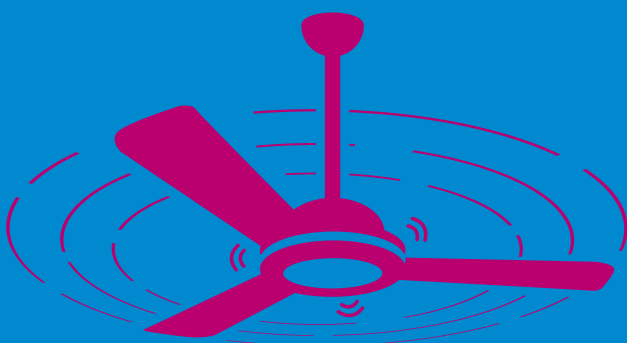
- Drink 8 cups of water a day. Try 1 or 2 with every meal, and when you brush your teeth
- Drink herbal teas
- Eat more foods with a high water content, such as watermelon, rockmelon, strawberries, peaches, oranges, zucchini, lettuce, celery, and cucumber.
- If you prefer something savoury, drink some soup.
- Flavour your water with cucumber, strawberries or slices of lemon



For more tips, visit:

www.health.nsw.gov.au/environment/beattheheat

Don't forget to keep your pets hydrated too.



**During the warmer months,
please turn your fan or
airconditioner on while our
staff are in your home.**



**Ideas? Compliments?
Feedback?**

**Scan the QR code and let us know.
We'd love to hear from you.**



ADVISORY COUNCIL

ADSSI's Advisory Council is looking for additional members and is calling for Expressions of Interest from interested community members.

The Council aims to engage with clients, carers, and stakeholders in a group setting to identify areas of improvement for MCCS's service delivery, policies, and procedures. We currently meet three times a year.

For more information or to submit an Expression of Interest, contact Alexandra Andrews on 1300 578 478 Ext 021 or via email at alexandra.andrews@adssilimited.com.au

Save time. Book online.

Now accepting online transport booking requests.



You must be registered with MCCS.

✓ **Meet** new people

✓ **Learn** new skills

VOLUNTEER

with Maitland Community Care Services

Meals on Wheels

Transport Driver

Social Support Assistance



☎ 4932 5755

✓ **Help** a community

Aussie Christmas Word Search

SUMMER
BEACH
SEAFOOD
TURKEY
HAM
ANGEL
HOT
TOYS
PRESENT
SANTA
FAMILY
FRIENDS
CHURCH
AUSSIE
CAROLS
POOL
SHORTS
BARBEQUE
CRICKET

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



Source: www.pinterest.com.au

Important contact details

• My Aged Care	1800 200 422	myagedcare.gov.au
• Carer Gateway	1800 422 737	carergateway.gov.au
• The Older Persons Advocacy Network	1800 700 600	opan.org.au
• Seniors Rights Service	1800 424 079	seniorsrightsservice.org.au
• Beyond Blue	1300 224 636	beyondblue.org.au
• Lifeline	13 11 14	lifeline.org.au
• Mental Health Line	1800 011 511	health.nsw.gov.au/mentalhealth
• 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 W 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.