

Read all about it!

AUTUMN | 2024

What's News?



Message from MCCS

Welcome to the Autumn 2024 edition of *What's News?*, your go-to source for insights, updates, and stories from Maitland Community Care Services. As the leaves turn and the air grows crisp, we're here to ensure you're well-informed, supported, and connected.

In this issue, we delve into the empowering concept of the Dignity of Risk, emphasising your right to live life on your terms, even if it means embracing certain risks. Our commitment to your autonomy and well-being shines through as we outline how we'll support you in understanding and managing these risks, always respecting your decisions.

Don't miss our note about the updated cleaning agent and equipment list, designed with your safety and comfort in mind.

Our Clinical Corner offers updates on COVID-19, including booster recommendations and the latest on antiviral medicines. We also spotlight the importance of staying active for a healthy mind and body, alongside practical tips for mosquito protection during the warmer months.

Join us in celebrating community and connection with our social support activities, promising fun, friendship, and unforgettable memories.

Here's to living your best life this autumn!

Sarah Twaddell

Regional Manager - Hunter



Registered NDIS Provider

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subscribe to our
email newsletter



Dignity of Risk

What is dignity of risk?

Dignity of risk is another way of saying you have the right to live the life you choose, even if your choices involve some risk. As a provider, Maitland Community Care Services (MCCS) will support you in understanding and managing the risks and respecting your wishes and preferences.

MCCS will:

- Make sure you understand the risks to you and others
- Work with you to manage those risks
- Respect your decisions

Dignity of risk is a big part of person-centred care.

This means you have the right to decide about your care and services.

Dignity of risk is included in the Aged Care Quality Standards. These Standards require us as a provider to recognise and respect your unique identity, culture, social connections, well-being and needs. This will help you maintain independence and support you in taking risks to live your best life.

**For more information, visit
agedcareequality.gov.au or call
1800 951 855**



Updated Domestic Assistance Services and Agreed Cleaning Agent & Equipment List



- Our Domestic Assistance (DA) service helps in keeping your homes liveable. The service is designed by My Aged Care to help you in your daily activities. However, it is important to note that DA is not a full house clean.
- Our DA Services and Agreed Cleaning Agent & Equipment list has recently been updated.
- In line with our Work Health and Safety obligations to our workforce, ADSSI Support Workers must only use cleaning products that are clearly labelled and still in the package the product was originally purchased in.

To view the updated list, go to:

www.mccs.org.au/domesticassistanceclist



How to get the most out of your CHSP funding

Being more active around the house has many benefits. If you can work to manage light housework or other activities around the home (like gardening), you will see the benefits physically and mentally and could put your funding towards other services, such as transport or social support.

Coming Soon!

MCCS to Launch SMS Texting Service For Service Reminders

Here at MCCS, we are working on introducing an SMS texting service for service reminders to enhance our client experience. We believe in always working to serve our clients better; this new initiative is a testament to that belief.

We aim to foster stronger client engagement and satisfaction through this project, which is just one part of our broader efforts to improve the overall client experience. This initiative will provide our clients with a more seamless and efficient service experience.

As we continue to roll out more initiatives to elevate the client experience, we thank our clients for their trust and support in our journey. Stay tuned for more updates!

MCCS is closed on the Easter and Anzac Day Public Holidays

Only essential services* will take place on **Friday, 29 March, Monday, 1 April and Thursday 25 April**. 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

STROKE RECOVERY PROGRAM

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/strokerecoverymaitland

Coming
soon



COVID-19 Update

NSW Health is reminding the community to keep practising COVID-safe behaviours, as COVID-19 remains at high levels across NSW.



COVID-19 Booster

The protection provided by COVID-19 vaccination begins to wane over time. An additional (booster) dose of the COVID-19 vaccine helps to strengthen your immune system and improve your long-term protection against severe illness from COVID-19 as the virus continues to spread through the community. If you are 65 years or older and your last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was six months ago or more, you may be recommended to receive an additional COVID-19 vaccine booster dose. It does not matter how many doses you have received before. Discuss with your doctor or pharmacist.

Antiviral Medicine

Should you become unwell, contact your doctor to discuss anti-viral medication. Or make a plan with your doctor at your next regular visit.

Respiratory Syncytial Virus (RSV)



RSV is a virus that causes respiratory infections. Although RSV is often referred to as a childhood illness, it can cause serious illness in older people who often have a decline in their immunity. Last year, 27,440 people aged 60 and over were reported as having had RSV.

A vaccine to combat the highly infectious respiratory disease has been approved in Australia.

The Therapeutic Goods Administration (TGA) has approved a drug called Arexvy to be used as a Respiratory Syncytial Virus Vaccine for Australians aged 60 and over. Your Doctor or Pharmacist will be able to give you advice.



Maitland City Council's Seniors Festival Expo

Maitland Community Care Services looks forward to participating in Maitland City Council's Seniors Festival Expo on Saturday, 23 March, from 12:00-3:00 pm at Maitland Town Hall. Drop by our stall and say hi!

Stay Safe from Mosquitoes



NSW Health is reminding people to protect themselves from mosquitoes when they are out and about during the warmer months.

People are encouraged to take actions to prevent mosquito bites and reduce the risk of acquiring a mosquito-borne virus by:

- Applying repellent to exposed skin. Use repellents that contain DEET, picaridin, or oil of lemon eucalyptus. Check the label for reapplication times.
- Re-applying repellent regularly, particularly after swimming. Be sure to apply sunscreen first and then apply repellent.
- Wearing light, loose-fitting, long-sleeve shirts, long pants, covered footwear and socks.
- Avoiding going outdoors during peak mosquito times, especially at dawn and dusk.
- Using insecticide sprays, vapour dispensing units and mosquito coils to repel mosquitoes (mosquito coils should only be used outdoors in well-ventilated areas)
- Covering windows and doors with insect screens and checking that there are no gaps.
- Removing items that may collect water such as old tyres and empty pots from around your home to reduce the places where mosquitoes can breed.
- While camping, use a tent with fly screens to prevent mosquitoes from entering or sleeping under a mosquito net.

Remember, Spray Up – Cover Up – Screen Up to protect yourself from mosquito bites.

Healthy Mind

Brain changes with ageing

It is normal for changes to happen to the brain as a person gets older. The brain that gets smaller and lighter with age can still function just as well as a younger brain. For example, exercising an older brain can create new connections between neurons. Mental abilities may be 'shared' by various parts of the brain, so as some neurons die, their roles are taken up by others.

Physical activity is important for a healthy mind

Some conditions that can affect the brain's ability to function, such as stroke, are associated with diet, obesity and sedentary lifestyle choices. Keeping an active body is crucial if you want an active mind. **Regular exercise** may improve your brain's memory, reasoning abilities and reaction times.



Some things that may help include:

- Getting at least 30 minutes of moderate exercise daily gives your brain an oxygen boost. This means increasing your heart rate to a level where you can talk but not sing; You don't have to do your 30 minutes of exercise all at once, as exercising in three 10-minute blocks gives significant health benefits.
- Avoiding smoking and drinking too much alcohol.

Social Support Activities

Maitland Community Care Services proudly hosts social activities for our Commonwealth Home Support Programme, 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 for groups or as an individual, contact our Activities Coordinator on **4932 5755**.

Variety Fun Days

Our social support group clients enjoy their trips to the Variety Fun Days. Recently, they had fun making these cupcakes.



Coming Events in March

We have some exciting activities coming up, including:

- Blackbutt Reserve
- Botanical Gardens at Heatherbrae
- Northern Star Irish Pub for early St Patrick's Day Celebrations
- Medowie Macadamia Farm for Morning Tea
- Movies
- Shopping spree at the Hunter Valley Gardens Shopping Village



Photo: Combined MCCS and BCC Client Christmas Party

Expressions of Interest: Theatre Group



We are seeking expressions of interest for a theatre group to see productions at the Newcastle Civic Theatre.

If you are interested, please contact our Activities Coordinator on 4932 5755.

Indigenous Art Group



Artwork by
Alec Squires
Worimi mob,
Wonnarua
Country

Our Indigenous Art Group is held Fridays at Rutherford Community Centre from 9:30 am to 1:30 pm.



**Ideas? Compliments?
Feedback?**

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



ADSSI'S CONSUMER ADVISORY BODY SEEKS NEW MEMBERS



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

The Advisory Body aims to engage with clients, carers, and stakeholders in a group setting to identify areas of improvement for ADSSI'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

Easter Word Search

BASKET
BUNNY
CANDY
CARROT
CHICKS
CHOCOLATE
DAFFODIL
DECORATE
EASTER
EGGS
FLOWER
HUNT
JELLYBEANS
PARADE
SPRING
SUNDAY



Source: www.puzzles-to-print.com

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

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.

