

Excursions for Wattle Group

The magic of Fred Astair

Tuesday 22 May – Mandurah Performing Arts Centre

The Magic of Fred Astaire is an all singing, all dancing tribute to the man who went on to become the most famous dancer of all times. Bringing back the old world glamour and charm with plenty of toe-tapping tunes and legendary dance routines of the era. A Fine Romance takes the audience from Fred's humble beginnings on Broadway, all the way to his Hollywood days and on screen romances with his many leading ladies, including Ginger Rogers, Judy Garland, Audrey Hepburn and Rita Hayworth. Audiences will love the costumes, the songs, the glitz, the extraordinary dancing and of course, the music. This show has something for everyone. Songs include: The Way You Look Tonight, They Can't Take That Away From Me, Let's Call the Whole Thing Off, Cheek to Cheek, Puttin' on the Ritz, Top Hat, That's Entertainment, Wonderful, Night and Day and many more.

Payment required by 26 April

Total cost: \$55 includes morning tea

Morning tea: 10am; Show starts: 11am

BYO Lunch after show

PICKUPS TO COMMENCE AT 6.30AM

Woman's Expo Perth Convention Centre

Sunday 17 June

Recharge your energy levels, hear from industry experts on everything from fitness to fashion, wellness, cooking demos, homewares, healthy foods, and live fitness demonstrations for all ages. Thousands of products on sale at super savings and giveaways from the exhibitors. There is something for everyone. Indulge yourself or share the love and find the perfect gift for someone else.

Pick up begins 7am Leisure Centre approximately 7.45am

Drop off approximately 5.30pm

Cost \$30.00 Buy your own lunch at the Expo

Harvey Senior Citizens Centre

Friday 6 July

Christmas in July will be hosted by the Harvey Senior Citizens Centre. A two course meal will be provided. Entertainment will begin 10am, therefore it will be an early pick up. There will be raffles on sale and a door prize to be won. Time to sort through your wardrobe and put on the most festive outfit you can find. Names and payment will need to be in at the office by 28 June 2018.

Pick up begins 6.30am Leisure Centre approximately 7.15 am

Drop off 5 pm

Cost \$50.00 pp

Aladdin - Crown Theatre

Sunday 23 September

Breathtaking sets, mind blowing special effects, lavish costumes and a fabulous cast bring Disney's Aladdin to life on the Crown stage. Prepare to experience the unmistakable theatrical magic that is Aladdin.

Now is the time to start saving your pennies! Tick this off your bucket list. All tickets before September were sold out!! We will need at least 20 people to qualify for discounted tickets. All names in and money will need to be paid into the office by 12 July.

Discount price: \$150.00pp

Normal Price: \$165.00pp

Lunch will be at your own cost

Broomehill - Henry Jones winery and café

August

More details in June Newsletter

From the Manager's Desk

New influenza vaccines for people 65 years and over

For the first time in 2018, Australians aged 65 years and older will be eligible to receive “extra strength” influenza vaccines for free through the National Immunisation Program.

The new specially formulated trivalents ([Fluad®](#) and [Fluzone® High-Dose](#)) have been specifically designed to create a greater immune response amongst the elderly, who are known to have a weaker response to immunisation.

Fluad® contains an adjuvant which boosts the immune system's response to the vaccine and Fluzone® High-Dose contains four times the amount of antigen compared with the standard dose vaccine. These vaccines provide better protection for people aged 65 years and over.

These vaccines will be available through the normal channels.

University of Western Australia and Shire of Narrogin, Narrogin Regional Homecare making Narrogin more dementia friendly

As part of Narrogin Regional Homecare's ongoing work for the community of Narrogin, in collaboration with the University of Western Australia, a project is being conducted to determine and implement ways in which Narrogin can become more dementia friendly. This project will involve collection of information from Narrogin residences to help guide the project's direction. The aim is to improve awareness of dementia in the local community as well as creating safe dementia friendly spaces and opportunities for those living with dementia and their loved ones in the Narrogin community.

The attached survey will help to guide this project and allow us to better understand the needs of the community and our clients. We would greatly appreciate it if you could complete the **attached** survey and return to Narrogin Regional Homecare via the attached stamped addressed envelope or in person to Jesse House.

Office closure for training on Monday 21 May 2018

The administration staff are having a training session on Monday 21 May and consequently the office will be closed all day. If you have any transport that is absolutely essential on Monday 21 May please organise by Friday 18 May.

The importance of clients owning their own vacuum cleaners

We have for some years now requested that all Clients provide their own Vacuum Cleaners. Vacuum Cleaners can be purchased in town and they have come down in price in the last few years considerably. It is essential for infection control that all Clients provide their own Vacuum Cleaner which is in good working condition. If you do not have a Vacuum Cleaner that is in good working condition please get one as soon as possible.



Money paid for excursions and Community Assisted Transport Service (CATS)

It would be greatly appreciated that wherever possible the correct money be paid for excursions and the CATS car.

Carers Support Group

The next Meeting will be held on Monday 28 May 2018. All meetings other than the last meeting for the year will be held at the Cottage of Jessie House between 10 and 12.

If you are a carer of a loved one with a diagnosis of dementia you are most welcome to join us to be supported through the journey. The support of others walking the same path is invaluable. If you haven't attended previously you will need to call the Regional Assessment Team on 1300 785 415 and be assessed prior to attendance. Please call the office and speak to Lynne Yorke with any queries.

Advocare

The Staff of Narrogin Regional Homecare had a training session with Advocare in March which was very informative. Manager, Community Care Services, Lynne Yorke requested information from Advocare to provide to our clients. Please find a letter **attached** from Advocare to our clients.

Advanced health directives

It was Advanced Care Planning week between April 16 and 22. Below, please find some useful information for you with regard to Advanced Care Planning.

About Advanced Health Directives

What is an Advanced Health Directive?

An Advance Health Directive (AHD) is a document that contains your decisions about future treatment. Treatment includes medical, surgical and dental treatment and other health care. You can make an AHD in which you either provide consent, or refuse consent, to future treatment. For example, you may say you want or do not want a certain treatment. An AHD comes into effect only if you are unable to make reasonable judgments about treatment decision at the time that the treatment is required. In these circumstances, the AHD acts as your 'voice'.

Why prepare an Advance Health Directive?

Some people, perhaps because of a personal experience, religious beliefs or advice from loved ones, feel it is important to specify the treatments they want, or do not want, to receive in the future. However, you don't have to prepare an AHD. Each person would decide whether completing an AHD is right for them



Who can make an Advance Health Directive?

You may make an AHD if you are at least 18 years of age and have full legal capacity. You will have full legal capacity if you are capable of understanding the nature and effect of your AHD. You may lack full legal capacity if your decision making is impaired by illness, disease or injury or the effects of medication, drugs or alcohol.

If you have any doubts about your capacity to make an effective AHD, you should ask your doctor for an assessment.

You must make your own AHD. You cannot make an AHD for someone else, and another person cannot make one for you.

How do I make an Advance Health Directive?

You can make an AHD by completing a form that can be either downloaded from the internet: www.health.wa.gov.au/advancecareplanning or you can contact the Department of Health, Advance Care Planning telephone support line on (08) 9222 2300.

If you need assistance you could call into our office and we will provide you with an Advance Health Directive form.

FARMER WITH EQUANIMITY

Parable of the Chinese farmer

Once there was a Chinese farmer who worked his poor farm together with his son and their horse. When the horse ran off one day, neighbours came to say, "How unfortunate for you!" The farmer replied, "Good or bad who's to know."

When the horse returned, followed by a herd of wild horses, the neighbours gathered around and exclaimed, "What good luck for you!" The farmer stayed calm and replied, "Good or bad who's to know".

While trying to tame one of wild horses, the farmer's son fell, and broke his leg. He had to rest up and couldn't help with the farm chores. "How sad for you," the neighbours cried. "Good or bad, who's to know," said the farmer.

Shortly thereafter, a neighbouring army threatened the farmer's village. All the young men in the village were drafted to fight the invaders. Many died. But the farmer's son had been left out of the fighting because of his broken leg. People said to the farmer, "What a good thing your son couldn't fight!" "Good or bad who's to know" was all the farmer said.



Creative Commons - Pixabay



*Kindest Regards for May
and a very happy Mother's Day to all the Mothers*

*Lynne and the Narrogin Regional
Homecare team*

NARROGIN REGIONAL HOMECARE

Jessie House, Clayton Road, Narrogin
(between the Leisure Centre and the Hockey Field)
PH: 9890 0700
Email: mccs@narrogin.wa.gov.au
www.narrogin.wa.gov.au



Shire of
Narrogin
Homecare Services