

FEBRUARY EDITION



Jessie House

Jessie House is an activity and wellbeing centre for people with memory loss and people who are socially isolated

Staff at Jessie House are committed to maintaining independence and enhancing quality of life for those attending, whilst providing respite and support to carers. Caring for someone fulltime in the home can be both physically and emotionally demanding. To enable family and friends to take time out the

SSG Wattle - Williams

provide carers a chance for a break for the day.

We will work closely with you to understand your situation and provide the quality support you need.

Providing a wide range of meaningful activities based on a person's strengths, identity and interests, the Centre provides meaningful engagement, stimulation and friendship in a specially designed dementia enabling environment. A secure sensory garden is enjoyed by those attending

Jessie House offers:

- a professional, home-like, social support and respite service;
- transport to and from the Centre;
- an environment that encourages, supports and maintains daily living skills;
- a safe, secure and home-like venue with opportunities for socialisation and activities to exercise the mind and body;
- delicious morning tea and lunch;
- activities that are person centred and based around the client's individual needs;
- enhanced self-esteem and new friendships; and
- experienced staff trained in dementia care, diversional therapy, personal care and first aid.

Eligibility

Access to the service is subject to an assessment which will indicate eligibility.

Costs

Clients are asked to make a financial contribution (based on income) if they are able to.

Transport

Transport is available. Wheelchair transport can be provided.

Activities

Social Activities: piano playing, sing-a-longs, visits from child day care, theme days e.g. Melbourne Cup. Intellectual activities: reminiscing, quizzes, art & craft, memory games, pet therapy, bingo, board games, cards. Physical activities: bocce, armchair hockey, beach ball activity, cooking, bean bag toss. Personal Care: painting nails, pamper days.

Meals

Lunch is provided along with morning tea. Individual dietary requirements are taken into consideration when meals are prepared. Assistance with feeding will be provided, if required.

The Cottage of Jessie House operates on Wednesdays and Fridays. If you would like to come along for the day please call the office on 9890 0700.

FROM THE MANAGER'S DESK

Office closure on Monday, 11 February, 2019 due to staff training

On Monday, 11 February, due to staff training the office will be closed until after one pm and we will not be able to provide transport in the morning. Please ensure that there are no appointments booked on this morning. We apologise for any inconvenience and sincerely thank you for your co-operation.

Change of venue & day for Rivergum group and change of day for Tuart group

Please note that we are changing the venue and the day for Rivergum group.

Numbers have dropped for the luncheon and we have made the decision that, as we have the lovely venue of the Cottage at Jessie House, we will use our own facility for the luncheons in the future.

We do have activities at the Cottage on Wednesdays, so we have consequently changed the day of Rivergum to Tuesdays fortnightly. We have also changed the day for the Tuart group to every second Tuesday.

Having the luncheon at the Cottage will allow the opportunity to play bocce or other games after lunch if anyone wishes or watch a movie on our large screen. The first day of Rivergum at the Cottage will be Tuesday, 12 February and the first day of Tuart, for the year, will be Tuesday, 5 February.

If you haven't attended either of the luncheon groups in the past, and would like to, please call the office.

Cancellation of Rivergum on Tuesday, 26 February, 2019

Please note that as there is a Wattle excursion on Tuesday, 26 February, Rivergum will be cancelled on this day. Mereana is unable to work on this occasion and we are hoping that all the

Rivergum participants will join Jhodi on the trip to Byford.

Meals on Wheels

A reminder that the Meals on Wheels volunteers have requested that when Clients have a solid door and a fly screen door can you please leave the solid door open to ensure that you hear the Meals on Wheels volunteers when they arrive to deliver the lunches. A quick phone call to the Homecare office would be greatly appreciated if you know you will be away from your home when the meals are usually delivered. We can then pass this information onto our volunteers. Thank you.

Flexible Respite

Narrogin Regional Homecare is able to offer Flexible Respite to carers who need a break from caring for their loved ones. This break can be a regular day each week where we provide a Support Worker to care for your loved one for the day while the Carer gets to have a well deserved break. If you are caring for someone and need a regular break or a break every now and then, please contact the Office and we will arrange for an assessment.

Carers Support Group

The next Meeting will be held on Monday, 25 February. All meetings other than the last meeting of the year will be held at the Cottage of Jessie House commencing at 10am and concluding at 12 noon.

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. Please call the Office and speak to Lynne Yorke with any queries.

Smoke Detectors

We have had a request from a Client to clarify the situation with regard to smoke detectors. Please note that we will replace the battery in the smoke detectors in the homes of Clients who are assessed for Home and Garden Maintenance, however, we now ask you to provide the battery. We did, in the past, receive a supply of batteries from FESA but this no longer occurs. We do, however, have some batteries left from last year and Brodie will use these until the supply has finished. We do want to ensure that everyone remembers to change their battery around or before Monday, 1 April.

Clients need to call the Office and request for Brodie to come and change the battery.

Please note that we do not come without your request, so please ensure that you call and request Brodie to come and change the battery or ask Brodie when he is next providing your Home Maintenance service.

If you missed out last year, it is essential that you call as soon as possible if you would like your smoke detector battery changed. Make sure that you purchase a 9V battery and have it ready for when Brodie is scheduled.

Home Maintenance Roster

We are changing to an automated roster system for all our Support Workers in February. This means that with Home and Garden Maintenance Clients we need to ensure that your services are the same day and time each month.

This will mean that even if you are not home, or if your lawn does not need mowing, Brodie will provide you with some kind of Home or Garden Maintenance service on your scheduled day.

Consequently, if you are going out when you are expecting Brodie, please leave a message stating what you would like him to do or, when you see him, give him alternative tasks if you will not be home for his scheduled visit.

If you are home and you don't need the gardening services on your scheduled service date, you can ask Brodie to clean on top of your cupboards, clean windows, or do some other Home Maintenance task.

Kindest regards



**Lynne Yorke
and the Narrogin Regional Homecare Team**

Dates for your Diary

Byford Country Club

Tuesday, 26 February, 2019

Please note that due to this event Rivergum will be cancelled on this day. It would be wonderful if all Rivergum participants could attend this outing. Mereana is unable to work on this day and therefore Jhodi will be the staff member for the day. Please join her for a lovely day out.

Byford Country Club is situated in a beautiful location on the Darling Scarp with views over the plain towards the sea. There is a misconception that this club is an ordinary bowling club with a bar and restaurant, however, it is owned by members and is a not-for-profit club. People interested in bowling have access to this international size, competition standard bowling green most days of the year due to it being undercover. There is a friendly atmosphere with a huge, well set up, outdoor area. Meals are very tasty with a good variety of meat, seafood and vegetarian. You may choose from the normal menu or from the very extensive Seniors' Menu. Tuesday is also Ladies' pennants so, if you desire, you may relax and watch a game of bowls after lunch.

Pick ups: commence 7.30am, Leisure Centre 7.45am. Cost: \$25.00. Lunch will be at your own cost.

Dwellingup Forest Train - Open Carriages

Saturday, 16 March, 2019

Dwellingup Forest Train. (Open Carriages) Travel on a historic train through the scenic forest to Etmilyn Siding, along 8 km of the States, last surviving pioneering, railway. Morning tea will be provided during the 30 minute stopover with time to enjoy a bush stroll if desired. The train departs at 10.30am returning to Dwellingup in time for lunch. Lunch is at your own cost and can be enjoyed at either the Blue Wren or the Dwellingup Hotel.

Please bring a warm jacket as it may be a wee bit chilly on the train.

Pick-ups: commence at 7am Leisure Centre 7.45am

Cost: \$46.00 which includes cost of Train journey and morning tea. LUNCH AT OWN COST.

“Senior Moments”: Heath Ledger Theatre, Perth

Friday, 12 April, 2019

A comedy revue about “old people” and the young people they have to deal with!! A deliciously funny and fresh collection of comic senior moments, sketches and songs performed by somewhat silly show for otherwise sensible seniors. Fun and laughter for all ages. a Gold Logie winner John Wood (Blue Heelers, Rafferty's Rules) Benita Collings (Play School) and many others who all combine to deliver a seriously funny cast who are old enough to know better.

Pick ups: commence 6.45am, Leisure Centre 7.45am.

Cost \$85.00 includes tickets and morning tea. Lunch is at own cost and can be bought at Kelmscott Bakery. To secure our seats all money must be paid into the office no later than Thursday, 28 February, 2019.

Trip to Kalgoorlie

Tuesday, 28 May to Saturday, 1 June, 2019

A trip to Kalgoorlie is being planned for the last week in May. Departing Tuesday, 28 May 2019, returning Saturday, 1 June, 2019. Current estimate of costs will be between \$500 to \$650. More details to follow in the next newsletter.

Wellness & Enablement

5 tips to start fresh in 2019

Each January we see a round of diets and exercise programs aimed at those of us who have indulged over the festive season. The New Year is a great time to think about changes we can make, but rather than opting for crazy diets, try to introduce simple changes that will help you to lead a healthy lifestyle.

To help you get started, we've put together our top five tips for a fresh start to 2019!

1. Clean out your pantry

Take everything off the shelves and count how many tins of tomatoes or jars of olives you have 'just in case' and decide if you'll actually use them. If not, consider donating any extras to a food aid organisation, like the Salvation Army, so they can be put to good use.

This is also the perfect time to check use-by dates and any open packets for weevils or pantry moths. Give everything a wipe down and a re-shuffle.

A clean, organised pantry helps you instantly see what you have and makes meal planning and shopping much easier.

2. Clear your mind by moving

Consider setting up a weekly walking date with a friend, joining a social sporting club or trying out local yoga or Pilates classes. Exercise is one of the first things we drop when life gets busy. If you find an enjoyable way to move your body, it becomes easier to squeeze it in. Moving more is also great for your mental health, particularly if 'me' time is in short supply.

3. Declutter your social media accounts

Facebook, Instagram, Snapchat...they're all fun and it's hard to imagine life without them. But they can also be a time vacuum.

You don't need to cancel your accounts but look at who you're following. Do you feel good or bad after reading their posts? Unfollow or remove yourself from groups that don't bring you joy.

Follow accounts on social media that leave you feeling inspired and informed.

4. Refresh your food supply

Look out for local food suppliers - nothing beats the big supermarkets for convenience but if you have some extra time, visit your local butcher or fruit and veg retailer. Markets are also a great place to source locally produced food as well as connect with growers and retailers. Check on the Shire's website for what's on in the area. www.narrogin.wa.gov.au.

Eating local and seasonal produce (where possible) can be cheaper and helps build relationships within your community.

5. Re-focus on your food

Instead of changing WHAT you eat, try changing HOW you eat. Mindfulness is a hot topic right now and it's easy to make it part of how you eat.

Turn eating a meal into an event instead of something you fit in between tasks. Switch the TV off or move from your desk. Put your phone away or eat with a friend.

When you focus on just the eating, you enjoy and appreciate your food and are less likely to ignore your body's signs of fullness.

The start of a new year doesn't have to be about guilt and best intentions. Try making just one of these changes and give yourself the best possible start to 2019!

Cancer Council Newsletter

For more health tips: livelighter.com.au

Your success and happiness lie in you...Resolve to keep happy, and your joy and you, shall form an invincible host against difficulties.

HELEN KELLER

When I started counting my blessings, my whole life turned around.

WILLIE NELSON

Our Mission

To empower the frail aged and people with disability by providing quality services which meet individual needs and encourage positive ageing and wellbeing.

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
Love the life