

October 2021



# October

We are officially in Spring and it is lovely to see a change in the weather with warmer days and some much needed sunshine to warm the bones after such a cold wet winter.

The wildflower season has been spectacular this year with such amazing colours and designs. I was in Kalbarri recently and experienced firsthand the brilliance of the colours of the flowers and plants against the red of the rocks and the blue of the ocean.

It was so nice to see so many of the small towns experiencing a revival with lots more people travelling within the state. For those small country towns, Narrogin included it has boosted their local economies.

Western Australia has had an interesting history over the last 100 plus years, did you know that the Mundaring Weir pipeline was completed in 1903 and that in 1911, the University of Western Australia become the states first University, with Murdoch University not opening until 1975 as tertiary education become more widely available.

In 1917, the Transcontinental railway was completed, fulfilling a promise by the Federal Government. Construction of this last leg of the railways was started in 1912 from Port Augusta to Kalgoorlie, opening up Western Australia and allowing for more accessible travel between the states. Lastly in 1930, Perth was connected to the Eastern States by a telephone line.

# COVID

As a state we have been very fortunate compared to the Eastern States, but I am mindful the Delta variant doesn't know about borders and how vulnerable we all still are.

In the event that Western Australia has an outbreak, then Narrogin Regional Homecare will put into place our Covid protocol. Jessie House will close immediately as directed by the Department of Health.

The office will close and some staff will work from home, whilst others still work in the building but we will be closed to the public. Our staff are all aware of what to do in the event of an outbreak and over 90% of us have been vaccinated and the remaining staff have booked in for their vaccinations.

All non essential services such include Domestic Assistance and Social Support Individual will be suspended.

All essential services such as Personal Care, Welfare Checks, Medication Support will continue as per normal.

In the event that you develop flu like symptoms or are being tested for Covid, we will still come to your home for essential services but staff will wear full PPE ( Personal Protective Equipment), this includes gloves, mask, eye protectors and an apron.

We will reintroduce Shop by List for those vulnerable clients who cannot or choose not to leave their homes and, we can conduct daily phone checks as well.

I sincerely hope that Western Australia continues to remain the exception, but I would rather we were prepared.

## Jessie House Update

No real news this month, we are still fine tuning plans and getting ready to go to tender.

Once the plans are finalised, you will be able to come and see a copy up on the wall in Reception at Jessie House.

It's been a long process but we are still planning on it being finished by the middle of next year.

# Gadabout Club

Our Gadabout trips continue to grow in popularity and fill up fast. We can only take a maximum of 16 people, so if you are thinking of joining, I would recommend that you put your name down as soon as possible.

## FUTURE TRIPS:

**Where:** Dwellingup

**When:** Tuesday 12 October 2021

**Pick up:** from 7.30am

**Cost:** \$18.00 plus pay for your own lunch

**Where:** Armadale

**When:** Tuesday 9 November

**Pick up:** from 7.30am

**Cost:** \$18.00 plus pay for your own lunch

By popular demand we are returning to Armadale, some window or Christmas shopping perhaps and then lunch at the Last Drop Elizabethan Pub, followed by a scenic drive through the hills before heading back to Narrogin.

**Where:** Kojonup

**When:** Tuesday 11 January 2022

**Pick up:** from 7.30am

**Cost:** \$18.00 plus pay for your own lunch

We head to the country town of Kojonup, spending time in the visitor centre and visiting the Myrtle Benn Flora and Fauna Sanctuary as well as seeing the Farrar Reserve and Railway Dam.



# Gadabout Moments

Last month, clients headed out to Wave Rock near Hyden. Along the way they stopped in Kulin for morning tea and drove along the Tin Horse Highway seeing all the different sculptures and art.

Unfortunately, there were lots of mosquitos, also visiting Wave Rock that day. This made it less enjoyable but lunch at the café was nice as was the drive home via Lake Toolibin.



# Jessie House

What a fabulously busy month it has been at Jessie House with some new clients joining us and quite a few people staying for respite.

In the last few weeks we have spent more time discovering things about our regular attendees. Where they were born, what they did for a living and their history. It has been fascinating for all of us to discover just how much people have in common and the points they have connected but not really met before in their lives. We have only just begun on our journey of discovery.



Ivy and Isobel with their personalised placemats. Each client spent time picking out pictures and themes of things they love and enjoy.



With the help of our lovely volunteer Julie, clients spent some time getting creative with pots and pot plants.



# AgedCare News

## Home Care Packages

The current wait time for a home care package is up to 12 months with more people requesting packages than are being released. Clients can still access Commonwealth Homecare Services whilst they wait for a package and here at Homecare we work hard to make sure you are well supported.

## Being Home For Your Services

Where possible we ask all our clients to be home for their Domestic Assistance services, our staff are there to help you with your housework. If you are unable to be home for any reason please call the office and let us know so we can arrange another time.

## Compliments and Complaints

If you have any concerns about your services then we encourage you to talk to us. We ask you to fill out a form so we can track your concerns and deal with issues as they arise.

We also love to get positive feedback, so if you feel someone is doing a good job please let us know so we can tell them about it.

If you have any ideas for how we can improve our services, we would also like to hear about that.

## Transport Services

We provide transport for approved clients to go to medical appointments and social events or shopping.

We need you to give us at least 24 hours notice of your intention to use our transport services, otherwise we may not be able to help you if we don't have a staff member available.

Clients are asked to be ready and waiting 15 minutes before the pick up time and if you cancel less than 24 hours before the service you may be charged depending on your circumstances.

# Christmas Event

This year we would thought it would be nice for us to hold our Annual Christmas Lunch at Jessie House.

We have worked hard to create a space that is warm, welcoming and inviting But we are going to be doing things a little different.

We will be offering 2 different lunch dates in December, but a maximum of 20 people per lunch sitting places will fill out fast. Partners are of course invited.

This is an opportunity for us to show off Jessie House and some of the things that clients have made over the year, there will be spaces in the garden to sit in the shade and relax.

Lunch this year will be a buffet, with both hot and cold food choices and will include traditional Christmas favourites as well as salads and dessert. Lunch at a cost of \$20.00 per person or \$25.00 including transport.

Bookings open from 1st November and close on the 30th November.

## Event Dates:

**Tuesday 7 December - from 12pm to 3pm**

\*\*\*

**Thursday 16 December - from 12pm to 3pm.**



## From Wendy

Isn't it lovely to finally see some sunshine and spring weather. The gardens at Homecare are coming to life with new growth and lots of flowers and we can finally get outside, after being inside for what feels like months and probably was.

Clients are loving the monthly trips that we have been occurring and we have many more planned for next year. Imogen has taken over the planning, now that Gina has reduced her admin hours.

We have had some new clients join us at the Jessie House Social Groups and along with our volunteers have spent some time working on craft projects. Our Cook Karen S is introducing a new menu every month using fresh seasonal produce, with a focus on health eating. But of course we still have old favourites likes Bangers and Mash and Roasts.

I was away on holidays for part of the month, travelling up north to see the wildflowers and see some of the state. It's very heartening to see so many travellers stop and supporting the smaller country towns including our own town of Narrogin.

Everyone benefits and it certainly helps small places that have struggled in the past. It is easy to forgot how diverse and beautiful our own country is and so nice to meet so many other travellers who are enjoying themselves.

We are still finalising the plans for the new building and expecting this to be finalised this month. We have definitely outgrown our current space and looking forward to be able to spread out and take advantage of having lots more space.

The new building will have multiple activity rooms, a big country style kitchen and breakfast room, as well a separate dining room. There will be a lovely 3 metre wide verandah for activities and to be able to sit outside the gardens.

The gardens will be designed with wide walking paths with seating areas along the way and lots of interesting features to look at. We will grow some herbs for our kitchen, but as we have the community gardens right next doors will be supporting them by buying their produce as much as possible.

Watch this space, more information coming soon.

## Goodbye Julie

I am very sad to announce Julie is leaving us to move to Albany. Julie will be greatly missed at Homecare and is an integral part of our team.

But I wish her all the very best and know that she is looking forward to being able to spend more time with her family who live down there and renovate her house.

Julie's last day is the 30 of October and we are in the process of recruiting for her replacement.

I want to take this opportunity to thank Julie for all the support and work she has done over the last 18 months. Homecare has undergone significant growth and change and without Julie it would have been a whole lot harder. She will be missed by all of us.

## Welcome

This month we also welcome a new staff member, some of you may of meet Summallee when you have called or come into the office.

Summallee has joined us as an Administration Officer. She works in reception three days a week and does scheduling two days a week.

Summalle recently moved to Narrogin from Collie and lives with her partner and 10 week old puppy.

