



The 2018 Remembrance Day posters feature four portraits of Australians who served at Gallipoli in 1915, which were created by combining hundreds of portraits of men and women who have served in our defence forces over the past century. Representing the Royal Australian Navy (RAN) is a portrait of Commander Leighton Bracegirdle DSO. He commanded the 1st Royal Australian Naval Bridging Train at Suvla Bay, Gallipoli, in 1915. The Australian Army's portrait is of Private Frederick James Adams, 8th Battalion, who was killed in action during the landings at Gallipoli on 25 April 1915.

The Royal Australian Air Force's (RAAF) portrait is Lieutenant Alexander Finnie, 4th Squadron Australian Flying Corps (AFC), who was evacuated from Gallipoli with gas poisoning in August 1915 before joining the AFC. Sister Rachael Pratt represents the service of women in the defence force over the past century. She served with the Australian Army Nursing Service at Gallipoli and was awarded a Military Medal for bravery whilst serving under fire in France

Remembrance Day has a special significance in 2018: Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War (1914–18). One hundred years ago, on 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. In the four years of the war more than 330,000 Australians had served overseas, and more than 60,000 of them had died. The social effects of these losses cast a long shadow over the post-war decades.

Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts

Excursions for Wattle Group

Celebrate Seniors Week 2018 Friday 16 November 2018

Please see the flyer attached and be quick to book your seat or table as there are limited numbers and seniors from the community who are not Narrogin Regional Homecare Clients are also invited. We can book the entire restaurant under the condition that we provide numbers and menu selections two weeks in advance. You can invite friends who are not our Clients but they will have to call and book and also pay in advance.

If you wish to be picked up and dropped off a \$2.50 fee each way will apply.

Walk and Talk: will be cancelled on the 16 November 2018 due to the Seniors Week Luncheon

Rivergum will be cancelled on the 21 November 2018 due to the Seniors Week Luncheon.

Mandurah Excursion Sunday November 25

For those who love being on, in or near the water, Mandurah is a dream destination. There, you'll find some of Australia's most spectacular waterways, including the Peel-Harvey estuary, which is twice the size of Sydney Harbour and blessed with abundant wildlife, pristine beaches, beautiful blue-green waters and a buzzing foreshore area. As the inland waterways provide safety to the dolphin pods, Mandurah is one of only a small number of places in the world where you can frequently see wild dolphins living so close to people. Bottlenose Dolphins are often seen swimming in the boat harbour and through the estuary and canals. You have to be quick though to take a picture of them as they swim fast and can remain underwater for up to 15 mins at a time.

Enjoy a day out by the water in Mandurah, paddle in the ocean, catch a movie or arrange to meet relatives or friends for a picnic.

Pick-ups begin: 7 am

Drop off approximately: 5 pm

Cost: \$25.00. Lunch: At own cost or BYO

Jarra Infusion - A place that brings community together Tuesday 11 December 2018

Jarra Infusion is a unique whimsical café nestled in the main street of Pinjarra. Food is locally sourced and predominantly handmade on premises whilst also supporting local small business that produce jams, pickles and diabetic deserts. Food on offer incorporates both interesting modern food whilst also having many traditional recipes.

Join us for a Christmas lunch with a quirky twist. HO HO HO!!

Pick-ups: Commence at 8.am Cost: \$50.00 Includes morning tea and lunch

Names and money to be paid to the office by Wednesday 5 December.

Rusty Camp Oven Café and Gallery Boddington Tuesday 15 January 2019

The Café and Gallery invites diners to enjoy an eclectic mix of local arts and crafts while enjoying the relaxing view of the Hotham River. Located alongside the Boddington Public Library and Boddington Visitor and Interpretation Centre the Café really offers a bit of something for everyone. We shall pop in, say hello to Eugene partake of a light lunch and enjoy the beautiful welcoming environment that has been created for our enjoyment.

Morning tea will be had at Williams Lions Park which has had a \$900,000 redevelopment over the last few years and officially opened 28 September. A prominent feature of the park is a larger than life Numbat.

Pick-ups: commence 9.am Cost: \$35.00 Includes morning tea and lunch.

FUTURE FOUR DAY EXCURSION: May 2019

It has been requested by a number of clients that we do a four day excursion to Kalgoorlie. Those that would be interested in attending this excursion could you please register your interest at the office. We need at least 10 clients to make this excursion viable. If you have any other suggestion for an excursion please feel free to pass on to reception your suggestions. Thank you.

7 Tips for spring cleaning your lifestyle



Spring has sprung and the change of season is the perfect opportunity to start making healthier lifestyle choices! To help you get started we've put together our top 7 tips for spring cleaning your lifestyle.

1. Check the date stamp

Go through your pantry and fridge to check packaged foods, this includes long forgotten sauces and condiments. Put items that are close to their use by or best before date in a separate area and start planning meals to use them first.

- **What does 'Use by' mean?** This item must be eaten by the use by date for health or safety reasons. If it is past this date, it should not be eaten and can't legally be sold. Throw out anything that is past its use by date.
- **What does 'Best before' mean?** Food past its best before date may have lost some quality but it is still safe to eat as long as it's not damaged, deteriorated or perished. The item should still retain its colour, taste, texture and flavour if it has been correctly stored.

2. Spot the junk in your food trunk?

Avoid stocking foods high in sugar and fat, especially if you find them hard to resist. Clear them from your fridge, pantry and freezer to make way for healthier items.

Common junk foods to avoid include packet chips, lollies and chocolates, biscuits and crackers, frozen pastries (pies, sausage rolls, pizza), sugar sweetened drinks (soft drinks, sports drinks, cordials) and high sugar cereals.

3. Avoid food going to waste with proper storage

- Open items are best stored in clear airtight containers with the date opened and expiry date marked.
- Rotate items in your fridge and pantry so that you're using the older products first.
- When organising your fridge try to store your foods in the right spots so they last longer (vegies in the vegie drawer, meat in the meat drawer and condiments in the fridge door shelves).
- Make it a habit to check the fridge and pantry when making your shopping list so you don't replace anything until it runs out.

4. Stock up on healthy kitchen staples

- **Wholegrain pasta, breads and cereals:** stock a variety of pasta shapes, brown rice, and easy to prepare grains like couscous and quinoa. Choose cereals that are lower in salt and added sugar and make wholemeal and wholegrain breads, wraps and rolls a staple purchase.
- **Choose healthier oils:** olive oil and canola oil are great choices, a non-stick oil spray is also a good option for cooking.

- **Condiments:** choose lower or reduced salt soy sauce, reduced-fat salad dressings, and include dried herbs and spices instead of salt for flavour.
- **Have basics to build your meals:** things like canned tuna in spring water, lentils, canned tomato, eggs and frozen vegetables are all great options.

5. Watch your portion size

Eating bigger portions means you consume more energy (kilojoules). This becomes an even bigger problem if you're eating highly processed snack foods, take away foods and sugary drinks. Here's some tips for eating healthy portion sizes:

- Use a smaller plate
- Avoid going back for seconds
- Freeze leftovers straight away
- Still hungry? Have a glass of water. If you're still hungry after that, opt for a healthy snack, like a piece of fruit
- Eat at the table, not in front of the TV
- Aim to fill half your plate with veg, one quarter with meat and alternatives (e.g. chicken, fish, legumes or tofu) and the last quarter with cereals and grains (e.g. rice, pasta, bread).

6. Avoid sugary drinks

It's easy to forget that we take in energy (kilojoules) through drinks as well as food. You can drink a lot of kilojoules without realising it and this can lead to weight gain and tooth decay. Plain tap water is the best drink choice - it's cheap, quenches your thirst and has no kilojoules.

Soft drinks are very high in sugar and kilojoules, and provide no nutritional value other than fluid. A 600ml bottle of regular soft drink has around 16 teaspoons of sugar and contains over 1000 kilojoules!

7. Be active every day

Being active and sitting less is important for maintaining a healthy weight. We encourage West Aussies to do at least 2.5 hours of moderate-intensity physical activity a week - and spring is a great time to start!

"Weaving physical activity in to your day takes a little forward planning but requires little cost and minimal time. This could mean going for a quick walk as soon as you get home from work instead of switching on the TV, or taking public transport instead of driving," says our Nutrition and Physical Activity Manager, Steve.

"Remember, a brisk 30-45 minute walk on most days of the week definitely counts as exercise, or you can break it into a few 10 or 15 minute sessions to make it easier to achieve."

More information?

For more information, resources and tips visit the [LiveLighter website](#).

Cancer Council WA

Maintaining Your Independence

We work in partnership with you to meet your changing needs and to maintain your independence. This is part of our approach to the provision of support. Sometimes this may mean providing more support at times that you need it and at other times reducing support to ensure that you do not lose your independence. Any changes are fully discussed with you before they occur.

DELIVERING SUPPORT

Keeping Appointments

Our Support Workers work to a very tight schedule which makes it difficult to accommodate short notice changes to appointments. Except in the case of emergencies, a week's notice is required of a change. If we are unable to schedule a new appointment you may have to wait for your next scheduled visit (except where lack of support may impact directly on your wellbeing, such as nursing interventions).

If you are not home when the Support Worker arrives we will require payment for that visit as we still need to pay the Support Worker for the time. We will talk with you about what you want us to do if you do not respond to a scheduled visit e.g. contact your next of kin and document this in your support plan.

If you are unable to keep a time for a scheduled support visit please call the office. The more notice you give us, the better the chance of re-scheduling your scheduled support visit.

Rescheduling of Support Visits

On rare occasions Narrogin Regional Homecare may need to reschedule or cancel a support visit due to unforeseen staff shortages. If this happens we will telephone you as soon as possible to let you know and will endeavour to arrange a new time for the visit.

What about Smoking?

All of our staff and volunteers are asked not to smoke in people's homes.

We also request that you do not smoke when a staff member or volunteer is in your home and that you do not smoke in the day centre or in staff and volunteer's vehicles.

What about Dogs?

As the behaviour of dogs can be unpredictable we ask you to make sure that any dog other than an assistive dog is restrained whilst the Support Worker is in your home. Our staff are instructed to leave a home if the dog is not restrained.

Chemicals in the Home

Our staff may be exposed to chemicals every day due to their work so we insist that they do not work with hazardous chemicals in your home. Support Workers are not permitted to use bleach-containing products or any corrosive chemicals such as oven cleaners. Simple detergents and non-hazardous chemicals can be used by Support Workers. You will be provided with a list of Chemicals that are able to be used by the Support Workers. Support Workers carry MSDS's (Material Safety Data Sheets) for all the chemicals that they are able to use to ensure safety in case of an incident.

All cleaning products have instructions for use on them and advise if the product is hazardous and what protective equipment should be used. Purchase non-hazardous chemicals for the Support Workers to use from the list provided. You are also required to purchase equipment such as a Vacuum Cleaner, a mop, a dry mop, and a bucket if you are having your floors vacuumed and cleaned. You are required to provide clean cloths, ideally colour coded for the cleaning and a scrubbing brush for cleaning showers and bathrooms. Support Workers will use the appropriate personal protective equipment, such as gloves when using chemicals.

Narrogin Regional Homecare operates a Banding system for Domestic Assistance Support. Banding indicates that you will be given a time in the morning or in the afternoon for a scheduled visit, but if we receive cancellations on a given day we reserve the right to move the time within the morning or the afternoon without notification.



From the Manager's Desk

Office closure Mondays

A gentle reminder that the office is closed on Mondays for calls and visiting. Only urgent calls and calls to arrange transport on the day should be made. Mondays are allocated for Administration catch up. Thank you for your understanding.

Carer's Support Group

For carers who care for a loved one with Dementia. The group commences at 10 am and concludes at 12.00 noon and is held at The Cottage of Jessie House. Carers Support Group dates for 2018 are Mondays: 29 October, 26 November and 17 December.

CHRISTMAS CLOSURE

The Office will be closed from Monday December 24 at 4.30 pm until 8.30 am Wednesday 2 January 2019. During this time the Personal Care Staff will be working every day and on the days that are not Public Holidays Domestic Assistance will continue. There will be no Home Maintenance services provided during this time.

We will be having a Shopping Service on Thursday 27 December.

If you are due for a service during the week between Christmas and New Year and you are going to be away during this time can you, please call the office as soon as possible to cancel your service as this allows us to manage staff rosters efficiently.

If you normally would go shopping on Thursday 27 December either on the Shopping Bus or one on one and don't wish to go can you please call the office to cancel the services as soon as possible.

It would be appreciated if you could notify us of any cancellations of any service as soon as possible during the holiday season of December and January.

Courage has nothing to do with our determination to be great. It has to do with what we decide in that moment when we are called upon to be more.

RITA DOVE

Let me fall if I must. The one I will become will catch me.

BAAL SHEM TOV

Kindest regards for November

*Lynne and the Narrogin Regional
Homecare team*

NARROGIN REGIONAL HOMECARE

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