

February 2023

Chin Wag



Happy Chinese New Year! 2023 is the year of the Rabbit, and if you want to delve into it deeper, it is the year of the 'Water Rabbit'. What does this mean.... Well that depends on how open minded you are to astrology and reading between the lines! According to one article I read (for fun, not fact!), other 'Water Rabbit' years have brought us the Wright Brother's first successful powered flight (1903), 250,000 people marched for civil rights in the United States, Martin Luther King gave his famous speech and JFK was assassinated (1963). Let's hope this year brings some positive events to our lives.

Thank you to the people that joined us for our catch-up lunches. It is really nice to just get together over a meal, regardless of what it is, and have a chat. I appreciate need to get together after such a long break and we are keen to get back into our regular activities.

Annette has been busy cleaning out the cupboards, taking stock of all our resources and has started planning ahead. To help her with this, I would encourage you to come along to our **Planning Day on Tuesday 31st Jan at 10.30am**. This day is not just for the Tuesday & Thursday Groups. We will also be getting ideas and suggestions for Senior Gents, Day Trips and our annual Away Trip. It is time to re-visit some old ideas, try some new ones and have some fun again – we will do our best to give everything a try!

Included with this newsletter is a factsheet from the Department of Health & Ageing (updated December 2022). This is an overview of the proposed changes to the way aged care services are organised and delivered. There is still a lot of work and much of the information is speculative at the moment. As the Department circulate more factsheets I will include them in our newsletters so you have the information directly from the source.

With the warmer weather finally arriving, please look after yourselves. It is hard to comprehend how the ground has dried out so much after all the rain we have experienced in the last 6 months. The once lush green lawns and paddocks have dried out to the recognizable shade of summer brown! Stay hydrated and where possible, keep out of the sun,

😊 Tash

MY AGED CARE REGISTRATION

As you may have read in the attached factsheet, we are required to have all our clients registered with My Aged Care. There is only a handful of people who come along to our groups that are not registered (that I know of). I will be in touch with these people throughout February/March to update this information.

Care for Seniors is a funded aged care service provider and it is a requirement of our funding that all our clients are registered with My Aged Care. While it may seem excessive to go through this process to come along to a social activity or event, it is the government's way of understanding the need for services which then assists with understanding how much they need to allocate in the Aged Care budgets for service providers.

COVID INFORMATION UPDATE

2023 – another year on and we are still feeling the effects of Covid. Unfortunately over the Christmas / New Year break quite a few of our clients ended up with Covid.

Just a reminder:

- You must wear a mask when you are in our office/activity room or in one of our vehicles. Please, **have your mask on BEFORE you come into the building or get in the car!**
- If you have had Covid you must stay away from Care for Seniors for 14 days of testing positive **AND** not come back until you are symptom free (cough, runny/congested nose etc.).
- We will continue to do temperature checks as you come into the building and ask you the general health questions.
- Sanitise, sanitise, sanitise! Please use the hand sanitiser provided.

I understand that these measures are above the general public health recommendations by NSW Health. Because of our funding, we are expected to adhere to the Covid Safe measures for aged care service providers.

SENIOR GENTS GROUP



Tuesday 7th February 2023

10.00am in the Activity Room.

Annette has organised a guest speaker, Barry Dawson, to chat with the men about a Nashos book that been recently released.

Photo courtesy of The Northern Daily Leader (Feb 9 2022).

National Servicemen in War and Peace' editor Eileen Dawson and Armidale's National Servicemen's Association sub-branch president Barry Dawson

SUNDAY LUNCH

5th February 2023 - Whitebull Hotel

19th February 2023 – Wicklow Hotel

Meet at the venue for a 12.30pm lunch.

Please contact the office to book in for these no later than the Thursday prior.

To make things a bit easier for the kitchen, we pre-order meals. When you rsvp, please let us know what you would like to order – menus are available at the office.

Ph 6772 7087

STRENGTH & BALANCE EXERCISE GROUP

Our first round is booked out.

Round two is scheduled to commence mid-April. I will put out another Expression of Interest closer to the date. If you are really keen, I can take your details now and contact you before the next round begins.

PLANNING DAY

Tuesday 31st January 2023

10.00am in the Activity Room

Morning tea will be provided. Bring your ideas about what has worked (and what hasn't).

Is there something that we have done in the past that we have forgotten about that you would like us to organise again?

Maybe there is something that you want us to shelve for good!!

Whatever your thoughts, unless you let us know what you would like us to organise, we won't know unless you tell us, so come along and let's make 2023 a year to remember 😊.

SENIORS FESTIVAL

I mentioned last newsletter that the NSW Seniors Festival has been brought forward to early February for 2023. With most organisations closing up over the Christmas and New Year period, the timing of the Seniors Festival has made it difficult to organise anything and give it the time and effort it deserves. I put the idea to Adam Marshall to hold the Seniors Local Achievement awards as part of Armidale's Seniors' September events. We acknowledge there is a State election in March – should Adam not be re-elected, we will work with whoever is elected to include these awards as part of the month's activities.

NERAM have put together a program as part of the NSW Seniors Festival – I have included their flyer for you to peruse. If anything on their program piques your interest, please contact them directly (details on the flyer).

HAVE A LAUGH



Karma...

An old man was eating in a truck stop when three rough-looking bikers walked in. As they passed the old man, the first biker pushed his cigarette into the old man's pie, then laughed and took a seat at the counter.

The second biker picked up the old man's drink and spit into it.

The third biker turned over the old man's plate before joining the others at the counter.

Without saying a word to the laughing bikers, the old man put him money down, got up, and left the diner. One of the bikers said to the waitress, "Not much of a man, was he?"

The waitress replied, "Not much of a truck driver either. He just backed his rig over three motorcycles!"



TRIVIA

Winner of November's Trivia: John Smith

February Trivia

To make it a bit harder, you have to find the zoo animal and write it in the box below.
There are 24 to find (two are shortened names – i.e., HIPPO)! See how many you can find 😊



Zoo Animals Word Search



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

HIPPO		

PLEASE READ HOW TO ENTER

To be in the draw to win a \$20 gift card of your choice, contact the office with your answers (phone or email) or drop them in the box located in the hall. Also, please let us know if you would like a Coles, Woolworths, or Bunnings voucher if you win.

Answers need to be submitted by 16/02/2023.