



# centacare fraser coast

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## NEWSLETTER

May - June 2008

Hi folks! Here we are in May already. How the year is flying! We've had some exciting new changes to our program recently - one of those being two new team members, Coral Grimmond and Larry Arnold.

Some of you may have already met one or both of them, if not you soon will - be warned! They are both good fun and believe in enjoying life. Both Larry and Coral have experience and qualifications in working with older people and people with special needs. They are also caring and enthusiastic.

### STAFF PROFILES

	TONY	VERONICA	CORAL	LARRY
<b>Where Born:</b>	Sydney	Maryborough	Corowa	Melbourne
<b>Star Sign:</b>	Cancer	Capricorn	Cancer	Cancer
<b>Favourite ice cream:</b>	Passionfruit	Mango	Heart	Gelato
<b>Last holiday destination:</b>	Europe	Melbourne	Bribie Is	Byron Bay
<b>Who/What makes you laugh?</b>	Billy Connolly	Pam Ayres	Larry	Coral
<b>Would love to spend the day with:</b>	Billy Connolly	My 8 grandkids	Good book	My wife



Tony



Veronica



Coral



Larry

Another exciting change is the range of activities that we are now able to offer to you. Because it's impossible to please every person all the time, there will no doubt

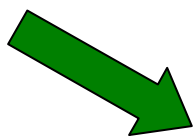
be some activities that do not appeal to you or that you feel you cannot manage. Please talk to us about any difficulties you might have in coping with any particular outing and we will do our best to help overcome them. Remember, we do have extra staff now and they are trained professionals so can cope with just about anything. We also have wheelchairs available (and people to push them) for anyone who considers there is too much walking involved in a particular activity. Don't miss out on a day's fun for the sake of accepting a little bit of extra help.

As often as possible we'll have one or two extra activities during the month so as to cover the biggest possible range. We'd love to see you at as many outings as you'd like to attend and we will always pick you up and return you home unless you tell us otherwise.

You may not be aware, but we actually have two different groups of people in our program, the first being our seniors group and the second being our Positive Pathways group. Positive Pathways clients vary in age and are on a recovery based program, primarily from depression / anxiety.

Until now seniors and Positive Pathways activities have been held separately, but with recent changes we have decided to incorporate the two. Our aim is to provide a wider range of activities for all our clients with more staff being available to provide support. Please phone us on either the M'boro or the Hervey Bay number if you'd like any more information about, or to book for, any of the activities. Ask for Tony, Veronica, Larry or Coral.

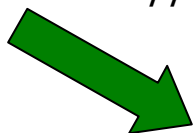
## Please remember



It is not appropriate that you ask your volunteer to take you to **multiple supermarkets** in one shopping trip, chasing the specials. Please keep your shopping trip to one supermarket each time (UNLESS you're unable to get all you need at the first one). By all means visit a different one each shopping trip if you wish but not several in one outing.



*Please remember that volunteers give of their time freely and we don't want to take advantage of their good nature. Also, we are governed in these matters by our 'social support' service guidelines.*



If you are a user of green bags for shopping, please ensure that you have an ample supply of them so that the weight of the shopping can be distributed evenly between them. This will ensure that volunteers are not lifting more weight than is safe for them to lift at one time.



## Social Activities 2008

On Mon 14th April Maryborough people were once again invited to Afternoon Tea at Shelley's. **THANK YOU, Shelley, for once again sharing your lovely home and that special ambience with us. It does us all a power of good to sit on your lovely veranda, enjoying a cuppa and more importantly catching up with each other. The afternoon was made even more special with the birthdays of Shelley and Daphne being celebrated.**

Then on Tuesday 29<sup>th</sup> April we enjoyed our first joint activity - Morning Tea at the Rose Gardens in Maryborough. After a breezy start, the sun came out and warmed us all. Scones with jam & cream plus tea and coffee were on offer. The perfect way to finish our morning was taking the time to stop and smell the beautiful roses and appreciate their natural beauty. A sincere thank you to Veronica for organising our morning tea.

Don't forget to refer regularly to the Activity Calendar for upcoming outings. Keep it on your fridge or somewhere else that's handy.



## **Emergency**

### Medical Information Booklet

If you are injured in an accident, suddenly take ill or have a fall and have to go to hospital in a hurry, it's important for medical personnel to have quick access to information about your state of health and what medications you are currently taking. For the cost of a gold coin, a special booklet is available where you can record this information. They are magnetic, so can be kept on your fridge for easy access by Ambulance officers and are a handy size to pop into your handbag when travelling. **\$1 or \$2 could save your life!** Available from **Centacare offices**. Your volunteer could pick one up for you.

**PHONE 4194 0172 (Hervey Bay) OR 4121 6410 (Maryborough).**

*A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes*

- *Hugh Downs*

### Podiatry, Dietician and Speech Therapy Services

Where: Blue Care  
Hervey Bay and  
Maryborough

Phone: 4197 7202

Cost: \$10 per visit.

An appointment must be booked for this centre based service.

## UPDATED INFORMATION ON OTHER HACC SERVICES

**HEMOCARE: NO VACANCIES IN HERVEY BAY OR MARYBOROUGH UNTIL JULY. NEW APPLICANTS WILL BE PLACED ON WAITING LIST UNTIL THEN.**

**BLUE CARE DOMESTIC ASSISTANCE: AVAILABLE @ \$10 PER VISIT.**

**HOME ASSIST SMOKE ALARMS AND HAND-HELD SHOWERS: STILL AVAILABLE, FREE OF CHARGE (SUPPLIED AND FITTED) FOR PEOPLE OVER 60 (PENSIONERS AND SELF-FUNDED RETIREES).**

### You have rights and responsibilities when you receive a HACC service

HACC service providers should recognise your right to:

- Be treated with respect and courtesy
- Be informed and to be consulted
- Be part of decisions made about your care
- Receive good quality services
- Privacy and confidentiality and to access all personal information kept about you
- Have another person of your choice support you and advocate on your behalf
- Have your comments valued and to make a complaint if you are not happy with the services you receive

HACC service providers ask their clients to:

- Treat staff with respect and courtesy – for example, by letting them know as soon as possible if you cannot keep an appointment
- Provide a safe work environment for staff and help them to provide you with services safely – for example by not leaving floors slippery
- Take responsibility for the results of any decisions which you make with staff about your care

If you would like to know more about your rights and responsibilities, contact the HACC service provider or Qld Aged and Disability Advocacy Service (QADA) on 1800 818 338.



Congratulations to Lorna Raverty on the birth of her 4<sup>th</sup> great-grandchild.

Ryan weighed in at a lovely, healthy 8lbs.



The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.

Robert G. Ingersoll

#### Disclaimer

Centacare Fraser Coast newsletter team reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of Centacare Fraser Coast.