

MURRAY MALLEE AGED CARE GROUP INC.

Spring Issue



"Sharing the Care"

Welcome

We wish to extend a warm welcome to our new Clients who have recently joined us.

Please know, that we are here to assist you with your care and feel free anytime to contact your Coordinator if you have a problem or if you are not sure about something.

We also welcome our new Contracted Care Workers who have recently commenced with MMACG. We hope that you will enjoy being part of a great team of professional workers.

Inside this issue

CEO's Message.....2

Reminders.....3

Introducing Board Member
Linda Beauchamp.....4

Assistive Technology.....5

Kaleidescape & Senior
Coordinator's Message.....6

Useful Information.....7

Savvy Seniors.....8

From the C.E.O's desk.....



October is Seniors month. This important time gives everyone involved at MMACG the opportunity to reflect on the work we are doing and where

we may be able to improve our services to clients. An important part of our service is to obtain client feedback on how they are feeling about the service, the people that care for them and where possible, how we might improve the service.

Many clients may have already received a phone call from Colleen MMACG's Quality Improvement Worker who has been engaged to conduct an independent survey of our CACP's clients. In addition, Maxine, is also conducting a random survey of our Kaleidescape clients for best practice purposes. Many thanks to everyone who has given up their time to provide feedback for our surveys. The results will assist MMACG in gaining up to date information regarding our services and how we might improve those services to you. Please feel free to speak freely to your interviewer as the information and your name remains confidential between you and the interviewer.

Over and above our normal day to day services, MMACG has been extremely busy over past weeks organizing training for Carers in our training centre. Carers are upgrading their Certificate 3 to the new skill set standards. Funding for this training has been provided by the Dept. of

Health and Ageing as an incentive to Carers and service providers to update their skills and knowledge to assist in their work. Well done Carers!

MMACG is also currently in the process of conducting mobile phone lessons for Kaleidescape clients and the general community. We were fortunate to obtain a funding grant from Telstra to conduct these lessons and it is hoped that ageing people will find the information beneficial.

In October MMACG conducted its Annual General Meeting and as a result, I wish to extend to all Board Members my congratulations on their re-appointments for a further term. Our Board consists of : Theo Weinmann—President-Murray Bridge Council Representative; Murray Schache and Ken Sayers - Vice Presidents - Mid Murray Council Representatives; Robert Sexton - Public Officer - Southern Mallee Council Representative; Sharon Bland - Coorong Council Representative; Trevor Kerley- Karoonda East Murray Council Representative; Bob Tanner - Consumer Representative; Terry Franklin -Community Member; Linda Beauchamp - Community Member; Barb Wingard - Aboriginal Consumer Representative.

We are indeed fortunate to have such a skilled and caring group of people to guide Murray Mallee Aged Care into the future. I look forward to another successful term. Until then, Enjoy Spring and **'Keep Smiling'**.

Kay



Reminders

Christmas Break

Murray Mallee Aged Care Group

Administration offices
will be closed from

22nd - 27th December 2011

and will re-open

on

28th December 2011

For All Emergencies

Please Phone: 8532 2255

HOT WEATHER

We often have hot weather in Australia, and normally it doesn't affect us....

If possible, monitor the temperature of a room and compare this to the temperature outside. If it is cooler outside, open the windows and doors to allow cooler air in. Ensure a suitable drink is close at hand to allow regular fluid intake.

The general rules are:

- ◆ Stay out of the sun
- ◆ Avoid travelling in the hottest part of the day
- ◆ Spend at least three hours in an air-conditioned space
- ◆ Have plenty to drink

If you are a carer of an older person, it is important that you also look after yourself by drinking adequate fluid, wearing a hat, loose-fitting, light coloured clothing, staying indoors during the hottest part of the day, and spending several hours in a cool environment.

CACCP'S



CHRISTMAS SOCIAL DAY

*Reminder to our Clients
that*

*Christmas
Social Day & Luncheon*

*will be held on the
29th November 2011*

at

Murray Bridge Town Hall

from

11.00am

till

2.00pm

RSVP by 22nd November.

PH: 8532 2255

Introducing MMACG Board Member Linda Beauchamp



Hi, I'm **Linda Beauchamp** and would like to introduce myself as a Board Member of the MMACG. I have been serving for the past 3 years and have recently been re-elected for a further term.

Having previously enjoyed 20 years experience on the Board of Management of Camden Community Centre in the Adelaide region, I was very pleased to be invited to join the Murray Mallee organisation. My time at Camden was very rewarding being a part of a growing centre which provided varied community services whilst running excellent Aged Care Centre based and Child Care programs.

I currently live in Adelaide and have two grown sons. I work full time as an Accounts Administrator with a busy printing company which is highly regarded for it's book printing . My interests include sports, music, craft

and outdoor activities.

My partner and I have owned a house in the Marina development at Wellington East for the last 6 years and try to escape there most weekends, so we like to feel like "one of the locals" supporting community services and events as much as possible. Being involved with MMACG has given me a better understanding of services available in the rural areas and I am very proud to be associated with an organisation that is professional and dedicated to servicing its clients. I enjoy being part of a team of hardworking staff, carers and Board Members who give so much of their time. It was exciting to see the opening of the new offices and training centre late last year and being able to see the "organisation in action". I've also had the opportunity to have a small involvement in the new Assistive Technology Program which has really put MMACG "on the map".

I'm sure you'll agree that MMACG is an organisation we can all be proud of and I look forward to my continuing involvement with its future growth and success.

Cheers
Linda Beauchamp





Bernadette White

Special Projects Officer

Murray Mallee Aged Care Group Inc

Ph: 08 85322255

Ph: 04 1623 2353

techproject@murraymallee.org.au

Currently we are once again busy setting up iPads for the second pilot program of our research project "Linking Rural Older people to Community Through Technology". For the participants from the first pilot I hope you are all busy "connecting" with your iPads or Laptops. The group meeting here informally at Murray Bridge now has a volunteer tutor who will attend each session at our centre on the last Monday of the month, this will be of immense benefit to our participants.

There will be four organisations from across the Murray Lands and River Lands region taking part in the second pilot program they are MMACG and Tumake Yande here in Murray Bridge, C.H.I.P.S in Mannum and Warrawee Lodge in Waikerie. Welcome to all these organisations, I am sure your involvement will benefit our project and at the same time be of great benefit to the individual organisations themselves.

In October I was invited to attend the Murray Bridge Probus group to talk about our technology project to their

members. Approximately 98 members attended on the day and all were very attentive and interested in the project and the role that technology can play in our everyday lives. Thank you to the group for inviting me I had a wonderful time and a very enjoyable lunch and chat with members afterwards.

Further to this MMACG has been successful in a seniors grant with Telstra and we will be commencing training in basic use of your mobile phone from November. We will be presenting the mobile phone workshop to all the HACC Kaleidescape programs out in the community and also here in our training room on Tuesday November 15th at 10.00- 12.00.

If you would like to learn a little more about your own phone please ring us here to book into our training session. **These training sessions are free.**

Bernie



Kaleidescape



Hello from the Kaleidescape desk. With Spring, hay fever has stuck with vengeance and according to the "experts", horseradish and garlic or fresh pineapple is the way to go to keep it at bay.

Spring time has been a very busy time for all groups with bus trips being organised, with two groups attending Newman's Horseradish Farm and Langhorne's Creek Hotel. Another group visited Virginia Garden Nursery and the Wheatsheaf Hotel and Mannum group enjoyed their visit to Marne Olives and the Cambrai Hotel. I do hope everyone enjoyed their days out and I must say that I was very impressed with the food that was served on every occasion.



Fish 'n' Chips Anyone?



'Out and About'



Olive Oil Tasting

Christmas is just around the corner so preparations are in progress for our combined groups Christmas Party that will be held on the 8th December 2011 at the Murray Bridge Speedway Clubrooms. The day will commence at 10.00am and concluded at approximately 2.00pm. If possible, wear bright coloured regalia and some bling to celebrate the end of the year.

Also, bring your singing voices along with you as there will be fantastic entertainment for all. Until then, keep safe and remember *'it takes more muscles to frown than it does to smile'*.



Sharron Cocker
HACC
Coordinator
PH: 8532 2255



Birthdays

We wish a very Happy Birthday to all our Clients that have just celebrated or about to in the next coming months. May it be a special day for you.



From the Senior Coordinator's Desk.....

Christmas is nearly upon us once again, we hope to see all our Clients at the MMACG Christmas Lunch to be held on 29th November. If you are unable to attend on behalf of myself, Coordinators and Staff at MMACG we wish you and your families a very happy Christmas and a safe, healthy and happy year ahead.

To all MMACG Contracted Carer's and of course our wonderful handyman and gardener Pete, we hope you and your families have a wonderful Christmas and happy New Year. Thank you all so much for the wonderful care and dedication you provide each day to MMACG Clients, you are all very much appreciated. From all Coordinators we thank you for your support and wish you all well as you continue with your training.

From
Di, Deb, Vicki,
Joan and Maxine



Useful Information



Useful Telephone Numbers

Alheimers Association
1800 100 500

Bridge Clinic
8539 3232

Centrelink
13 23 00

Community Care
8539 1116
8539 1117

Disability SA
8532 4503

Emergency (Police, Fire, Ambulance)
000

Hearing Solutions (Murray Bridge)
8532 4080

Murray Bridge Taxi
8531 0555

Murray Bridge Hospital
8535 6777

Murray Mallee Health Service
8535 6800

Poisons Information
1800 182 111

Police
13 14 44

Respite & Carelink Centre
1800 059 059

Royal Adelaide Hospital
8222 4000

Senior Information Services
1800 636 368

Seniors Information Service
8163 8776

Veterans Affairs Department
8390 0476



Road Safety

Mobility Scooters

A Mobility Scooters (also known as a gopher or scooter) can be a great benefit for people. However you need to be aware of the safety issues and laws when using one of the road or footpath.

If you have one already or are considering purchasing one, you need to understand how its size capacity determines where and how you may use it.

What the Law says

Under the Australian Road Rules, a person using a mobility scooter is classified as a pedestrian and:

- ◆ Cannot travel at a speed greater than 10 km/h on level ground
- ◆ The operator have a weight of less than 110kg
- ◆ Can only travel on the road where a footpath is not available, is being repaired or is unsafe due to damage
- ◆ Must observe all the same road rules that apply to pedestrians
- ◆ Must only carry one person
- ◆ Must not travel in bike lanes.

A Mobility Scooter can only be used if the person has a reasonable need due to their physical condition.

A Mobility Scooter does not need to be registered and the rider does not need a license to drive it.

Tips for riding mobility scooters on footpaths:

- ◆ Watch out for cars turning into or reversing out of driveways
- ◆ When travelling in congested areas, use as slow speed as possible to ensure the safety of yourself and other pedestrians
- ◆ Do not assume that other pedestrians have heard your approach or are aware of your presence on the foot-path
- ◆ Never assume that motorists have seen you and will give way
- ◆ Use pedestrian crossings or cross at areas of high visibility.

For further information please do not hesitate to contact the Department for transport, energy and infrastructure on 13 10 84

Savvy Seniors

Is a guide that aims to equip older South Australians with enough information and know how to avoid being exploited.

Savvy Seniors is the new consumer rights publication specifically for older South Australians. It has information about the Australian Consumer Law, about refund rights, guarantees, door-to-door sales, scams, ID fraud and much more.

If you are tired of door-to-door sales and wish to stop unnecessary door-to-door sales then use this New Sticker available

“DO NOT KNOCK “

Or phone Consumer and Business Services on 131 882.



Murray Mallee Aged Care Group Inc.

2a Myall Avenue
(PO Box 1315)
Murray Bridge SA 5253

Phone: 08 8532 2255

Fax: 08 8532 2522

email: admin@murraymallee.org.au

www.murraymallee.org.au

“DO NOT CALL” REGISTER

The register has been set up by the Federal Government in order to control the number of unwanted telemarketer calls that you receive at home or on your mobile phone.

Once you have registered your phone number(s) the telemarketers are required by law to stop calling you. This legislation took effect in May 2010 and means that you will be registered for five years.

Please note some organisations such as charities and educational intuitions are exempt for these laws.

**If You Wish to Register Please Phone
1300 792 958**