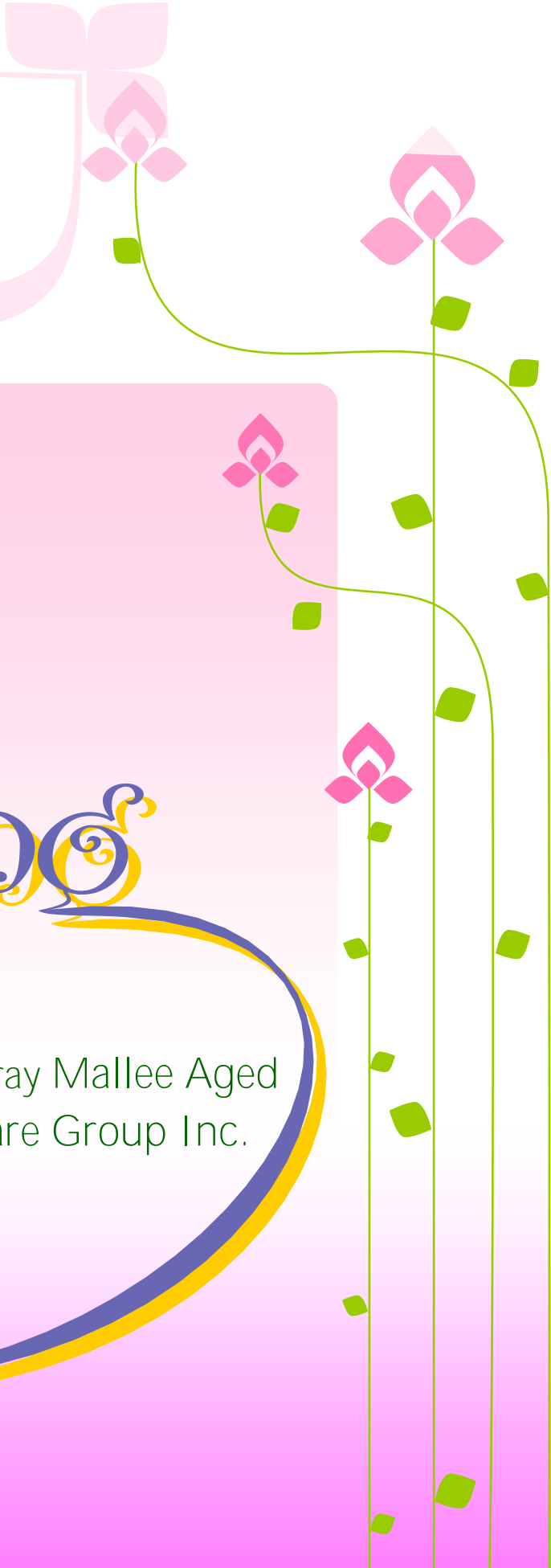


SPRING/SUMMER  
NEWSLETTER 2009



# Spring



Murray Mallee Aged  
Care Group Inc.

## ...From The...C.E.O's DESK

**Spring is here!** It' so nice to feel the warmer weather gradually coming our way. Have you noticed the first flush of roses this year –just beautiful?

Last newsletter I spoke about MMACG being successful in obtaining 10 extra CACP's and 2 EACH Aboriginal packages for the Murray Mallee region. These 10 packages have now been filled and we expect the 2 EACH packages to be operational by Christmas. This is a completely new service for MMACG resulting in a large amount of work to be done before these packages can become operational by the end of 2009.

Our new HACC Kaleidescape social program in Mannum commenced in September with relatively small numbers but we are confident that this program will grow and become as popular as the other 4 Kaleidescape programs in Murray Bridge, Tailem Bend and Myponga. Recently, we applied for funding for a small bus to assist in over-coming some of our HACC Clients' transport issues. Fingers crossed that we are successful. I am informed that Coordinator -Sharron Cocker and staff have planned lovely Christmas parties and entertainment for all HACC Kaleidescape Clients'...Enjoy!

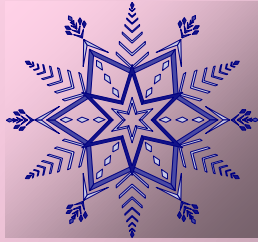
Our building project continues to be a slow process waiting on building approvals to be finalised. We are assured however, that when the building does start, we will see it go ahead fairly quickly. –we certainly hope so, as it has been a long, long process just to bring the building to this stage. We are extremely grateful to our Building Committee and builder for their patience and diligence.

In September, MMACG held its Annual General Meeting and I wish to congratulate Theo Weinmann on his appointment as Chairperson. Theo is a long standing member of Board representing Murray Bridge Council and is well experienced to meet the many challenges of the role. I also wish to express my sincere thanks to out-going Chairperson, Robert Sexton for his commitment over the past 3 years. Robert is now the Public Officer of MMACG. Congratulations also to Deputy Chairpersons Murray Schache and Ted Freak on their appointments. I would also like to welcome new Board member, Kathy Fox. I trust Kathy will enjoy being part of MMACG's progressive Board.

Bernadette White has written an article in this newsletter to inform you of our exciting new project "Linking Older People to Community through Technology". We are thrilled and privileged to have been awarded this 3 year project by the Department of Health & Ageing and feel confident that ageing rural people will derive many positive outcomes.

Christmas is looming and I encourage each and every Client plus Contractors' to attend our CACP's Christmas party at the Bridgeport Hotel on December 2nd. We would love to see as many of you as possible to enjoy what promises to be a lovely day.

I wish you all a healthy and happy Christmas season. *Keep Smiling! Kay*



NEW CLIENTS  
AND  
CONTRACTORS

*To our NEW CLIENTS' we extend a warm welcome.*

*We would like to welcome a New Contractor to MMACG Wendy -Jo Coward who has joined the team in Murray Bridge Area.*

**Cr. Theo Weinmann  
Our Chairman  
of  
MMACG Board Of Management**



**The Board and Staff of MMACG would like to say Welcome and Congratulations to Theo in his new position. We wish him success and enjoyment in his new exciting role!**

**REMINDER**



**Spring/ Summer**

**Tips to Stay Cool and Healthy.....**

- Wear cool clothing, use hats and umbrellas outside.
- Use air conditioning or use fans.
- Avoid overcrowded places and rush hours.
- Avoid direct sun, cover windows during the day pull the curtains on all the window direct to sunlight.
- Drink plenty of fluids: water, fruit juice, vegetable juice and eat light meal
- Take cool showers.
- As summer will approach be aware of the heatwave and power shortage so have new batteries as a backup, have torches ready, minimise the usage of ovens.

.....**Keep cool and stay healthy!**

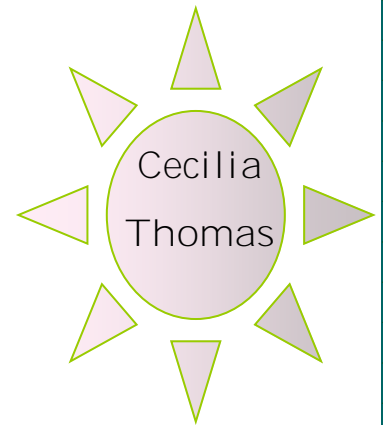
*“Wisdom doesn’t automatically come with old age. Nothing does except wrinkles. It’s true, some wines improve with age. But only if the grapes were good in the first place”.*

*~~~Anonymous~~~*

**HAPPY BIRTHDAY TO ALL  
OUR CLIENTS’ WHOSE  
BIRTHDAYS ARE IN  
OCTOBER AND NOVEMBER**



*Cecilia Thomas*



**Migrated to Australia with her mother and has lived in Australia for 30 years.**

- Born:* United Kingdom
- Educated:* United Kingdom
- Marital Status:* Single
- Worked:* Royal Air Force - World War II, Command Post  
Salvation Army - 20 Years, Resthaven - 15 Years (Volunteer)
- Hobbies:* Painting, collecting stuffed animals
- Favourite Food:* Fish and Chips
- Favourite Sport:* Tennis
- Favourite Place:* Australia
- Travel:* Visited most of Australia
- Reminisce:* Mother making special Fruitcakes

**Cecilia has given 15 years of volunteer work and community service here in Murray Bridge. She has been a very dedicated and faithful worker in her life. We thank Cecilia for sharing aspects of her life, and her treasured memories!**

*(Cecilia was interviewed by Deb Gower.....CACP's Coordinator)*

# Contractors

MMACG would like to acknowledge the ongoing commitment of all Contracted Care Workers to the Organisation and our Clients' in their encouragement and assistance in helping Clients' to stay independent in their own homes.

Contracted Care Workers are encouraged and required to attend courses such as Manual Handling, Senior First Aid, Accreditation in Medications, Certificate III in Aged Care. All Care Workers are also required to obtain a Police Clearance.

Manual Handling won't be available until January, for further information please contact Di Graetz on 8532 2255.

## Hiring Contract Care Workers for Tintinara Area

We are looking for people who are:

- ◆ Caring and would love to work with elderly people.
- ◆ Previous caring role or Certificate III in Aged Care is advantage but not necessary.
- ◆ Senior First Aid is essential. If you are interested contact **Vicki Cummings** at **MMACG** on **85322255** for further details.



## The 'Linking Rural Older People to Community Through Technology' Project

# New Exciting Project

MMACG's successful grant application for the Assisted Technology Project titled "Linking Rural Older People to Community through Technology" has required the implementation of a new position - Assisted Technology Project Coordinator to which I (Bernadette White) every enthusiastically accepted. My position and the project have now been underway for 4 months.

This research project will be undertaken over a period of 3 years and across a vast area of the Murraylands and some Riverland regions. The project will encompass many other service providers and community

members. It will also focus on the use of technology and its ability to help provide better services to Clients' in the form of connecting people to their community and improving that connection through better use of transport and communication.

To undertake the research work and the setting up of a pilot project MMACG has subcontracted the University of Adelaide who will use a team of researchers and specialists led by Helen Feist from the University (UOA Project Manager).

In the coming weeks you will receive more detailed information regarding this project and a request

from the University to take part in a survey. We hope that you will accept this invitation and therefore ensure a successful start of the project.

I look forward to meeting many of you in the upcoming months and also over the course of the project.

Please feel free to contact me if there are any questions you may have regarding the project.

**Thank you**  
**Bernadette White**  
**Ph: 04 1623 2353**

*"This project is funded by the Australian Government Department of Health & Ageing"*

# KALEIDESCAPE



Spring has sprung and the flowers are blooming, and it is so nice to see so many smiling faces at all of the Kaleidescape Activities Days. I hope you enjoy them as much as my staff and I enjoy presenting them to you.

We have had a wide and vast range of presenters and entertainers over the past few months and by all accounts, enjoyment has been had by all.

In the last couple of months MMACG introduced a new Kaleidescape Program to the community of Mannum. All is going well and an extension of the program is expected sometime later next year.

It is great to see the support of all our Clients' towards the Kaleidescape Program and envisage it to be bigger and better in the future. Clients' within the Mannum District make up a vast majority of the group, but we do have Clients' coming in from outlying areas

such as Pompoota, Swan Reach and Palmer.

All Kaleidescape Programs have increased in numbers over the past three months, and I do request that if Clients' are not attending a particular program, to phone the office and let us know, as we need to know numbers for catering purposes.

The Bilby Sponsorship Program introduced earlier this year has grown from a simple request to a major draw card for all our Kaleidescape groups.

Thank you to the Rural City of Murray Bridge, Helen, Kylie and Michelle for their continued support with transport and also to all HACC staff who support me on the Kaleidescape days. Please continue to bring new ideas so we can present the best possible day for you to enjoy.

### Palmer Cards

Palmer Card Group is still going strong and are a happy group of ladies from the Palmer and Mannum area. Lots of laughter and stories can be heard on the

third Tuesday of every month at the Lutheran Church Hall, from 1.00 pm until about 4.00 pm. All are welcome to come and join in to enjoy afternoon tea with us. Keep Safe and have a lovely Christmas and New Year.



Sharron Cocker  
HACC Coordinator  
Ph: 8532 2255

I acknowledge this land is the Traditional Land of the Ramindjeri Ngarrindjeri people and I respect their spiritual relationship with their country. I acknowledge the Ramindjeri Ngarrindjeri people as the custodians of the Fleurieu Peninsula region and that their cultural and heritage beliefs remain important to the living Ramindjeri Ngarrindjeri people today.

## Aboriginal Health Fair Day 2009

To be held on

26th November 2009

At

Murray Bridge Race Course  
(Maurice Rd, Murray Bridge)

From

11am to 2.30pm



### *Mid Murray and Southern Mallee*

Spring is already upon us and it's nearly Christmas. So we can now look forward to some sunny weather after the welcomed rains we have had.

The Mid Murray Area has been busy for MMACG as we have started a new social group in Mannum and continue to expand in the areas that we are servicing Clients'.

Just a reminder to all Clients' that we are able to access some services from the Council with window and gutter cleaning, if these services are required then please call the office and staff would be happy to arrange these services on your behalf.

MMACG are currently working with the Mannum District

Hospital and Country Health regarding transport issues in the region both now and into the future.

MMACG recently attended the Regional Health Forum in Murray Bridge where the Prime Minister **Mr Kevin Rudd** outlined the Government's Plans for the future of Aged Care and Health Systems and also listened to Health Care Providers concerns and input. After the Forum I was lucky enough to shake hands and chat with Mr Rudd. This is the **first time a Prime Minister** has visited Murray Bridge.

If there are any concerns about issues regarding Housing, Centrelink, Councils and Transport that are causing concern for Clients' please do not hesitate

to contact MMACG as we may be able to assist or mediate on your behalf to bring about a positive result.

Lastly I would like to take this opportunity to thank all of our Contractors' on behalf of MMACG and the Clients' for their outstanding efforts throughout the year. Much of their work is done behind the scenes and without them we would be not be able to provide the flexible services that endeavour to achieve.

**Shaun Tidswell**  
**CACP's Coordinator**





# Christmas News

With warmest thoughts and best wishes for a wonderful  
Christmas and A Happy New Year!!!!

## CHRISTMAS BREAK Murray Mallee Aged Care Group

Closed From

Wednesday, 23rd December 2009

Opens From

Monday, 4th January 2010

For All Emergencies please phone 8532 2255

Remember, if Christmas isn't found in your heart, you won't find it under a tree!



## Swine Flu Vaccine

A new **FREE** vaccine to protect Australians from  
pandemic (H1N1) 2009 influenza virus is ready.

Vaccination will be available from a range of locations, including GP offices,  
vaccination clinics, hospitals and health centres.

People who should get immediate vaccination:

- ◆ Pregnant women
- ◆ Parents and guardians of infants up to six months old
- ◆ **People with underlying chronic conditions, including:**
  - *heart disease*
  - *asthma and other lung diseases*
  - *cancer*
  - *diabetes*
  - *kidney disease*
  - *neurological disease*
  - *other chronic conditions (talk to your GP)*
- ◆ People who are severely obese
- ◆ Indigenous Australians
- ◆ Frontline health workers
- ◆ Community care workers

**Protect Yourself, Protect Your Community!**

