

at home with
WILLOUGHBY



CLIENT NEWSLETTER

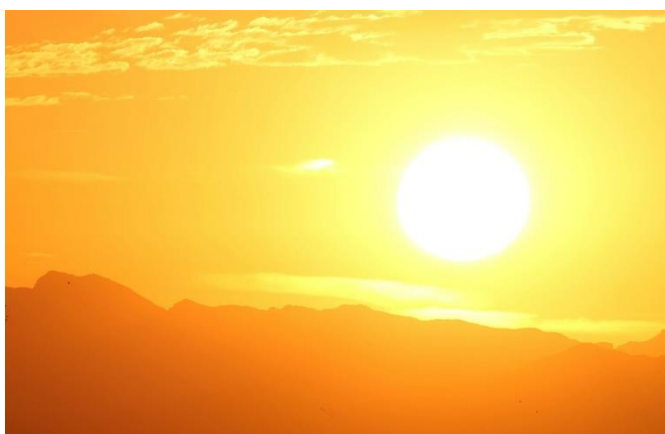
WELCOME TO THE 2024 SUMMER EDITION

Plan Ahead to 'Beat the Heat'

As the weather begins to heat up, there are steps you can take to stay safe in the heat this summer. Now is time to:

- Check that air conditioners, fans, refrigerators and freezers are working properly.
- Make sure you have contact details for people who can help you if you need it.
- Make a plan with family, friends or neighbours to stay in contact during hot weather.
- Speak to your GP about what you should do to stay safe in hot weather, especially with regards to any health conditions you have or medications that you take.
- Know where to go to get relief from the heat – local shopping centres, libraries and community centres are air conditioned. You are welcome to come to the Dougherty Community Centre to cool down and escape the heat.
- Consider shading your home with blinds, shutters or awnings.
- Food can spoil more quickly in warmer weather. Make sure you refrigerate any food that needs to be kept cool, defrost frozen food in the fridge, avoid over-crowding your fridge, and clean food preparation surfaces carefully.

For more information, you can visit NSW Health's 'Beat the Heat' website at www.health.nsw.gov.au/environment/beattheheat or speak to your GP for further advice.



at home with
WILLOUGHBY



Festive Shut Down Period

As previous years, At Home with Willoughby will be closed over the Christmas and New Year period. We will be **closed** from **12pm on 24 December 2024** and will reopen on **6 January 2025**. Please ensure that any requests for changes to service delivery are received by us by close of business on 23 December.

Christmas & New Year Closure Dates

Please see below for our final services of the year:

Meals on Wheels - Last service: 24 December. Resumes Monday 6 January. Additional meals will be provided to clients to assist them through this shutdown period.

Linen Service – Last service: 10 December (Week A) and 17 December (Week B). Resumes 7 January (Week A) and 14 January (Week B). Additional linen will be provided to clients to assist them through this shutdown period.

Wednesday Social Activity Group – Last group: 11 December. Resumes 15 January.

Outing Bus – Last outing: 4 December. Resumes 15 January.

Internet Shopping – Last service: 23 December. Resumes 6 January.

Companion Shopping – Last service: 20 December. Resumes 7 January.

Shopping Bus – Last service: 17 December. Resumes 7 January.

Senior Citz – Last group: 10 December. Resumes 14 January.

Social Lunches – Last lunch: 11 December (Christmas Lunch). Resumes 12 February.

Out & About – Last service: 20 December. Resumes 7 January.

Social Circle – Last group: 12 December. Resumes 16 January.

SOCIAL BUS OUTINGS



Join us for an outing around Sydney

At Home with Willoughby's Social Outing Bus Program aims to provide the community with a range of varied and interesting experiences as well as opportunities for social engagement. Come along and meet new friends, travel to interesting locations around Greater Sydney, and enjoy lunch within an inclusive and supportive environment.

What you need to know

The basic cost for each bus trip is \$18.50, which is invoiced at the end of the month. At cafés and restaurants, clients order and pay from the menu at the venue.

Trips operate on the first, third and fourth Wednesdays of the month. The trip on the fourth Wednesday of the month is shorter and is suitable for clients with mobility difficulties or who may be unable to spend longer periods of time on the bus.

December 4 th 2024 	Outing Bus Christmas Party Two course lunch at the beautiful Pasadena's on Pittwater \$70pp. Lucky door prizes.
January 15 th 2025	King Tide Café on the Hawkesbury River
January 22 nd 2025	Groundskeeper Café, Blacktown – SHORT TRIP
February 5 th 2025	Chocolate Factory Tour & lunch at Gosford
February 19 th 2025	Barnwell Park Golf Club Canada Bay
February 26 th 2025	Boathouse Rose Bay with scenic drive - SHORT TRIP
March 5 th 2025	Western Sydney Airport Tour & lunch at Gemma-Lee's Cafe
March 19 th 2025	Flower Power & lunch at Frankie's Food Factory Glenhaven
March 26 th 2025	Maroubra Seals Club with scenic drive - SHORT TRIP

Please call Jackie on 9777 7826 for further information about Social Outings.

SOCIAL ACTIVITIES GROUP



Wednesday Social Activities Group (WSAG)

We have been doing a lot of **fun-filled activities** this quarter, including **arts and crafts, acrylic painting, board games, bingo** and lots more. We have also been making artwork as a group where clients create individual pieces and collectively put it together to display during special events. The **Paper flower wall-hanging** in the photo below were all made individually by clients and used as part of decoration during our Spring Themed Social Lunch. Clients loved spending their time creatively making craft including paper Halloween ghosts, paper birds, poppies and more.



Sample Timetable for February 2025. Subject to change; morning tea and lunch provided every week

5th February	Seated Yoga	Shuffle Board/ Basketball	Bingo
12th February	Gentle Exercise	Valentine's Day Craft	Dice Games
19th February	Seated Yoga	Nature Collage	Board Games
26th February	Gentle Exercise	Origami Butterfly Craft	Bingo

Our Wednesday Social Activities Group meets every week on Wednesday 10am - 3pm for social activities and friendship. WSAG is open to people who are over 65 from all backgrounds (over 50 for Aboriginal and Torres Strait Islanders) and who are registered or willing to register with My Aged Care. For more information about how to join this program, please call 9777 7526, or email gauri.borkar@willoughby.nsw.gov.au. \$28.50 per day for Commonwealth Home Support Program clients.

SOCIAL CIRCLE



Social Circle is a weekly get-together on Thursday afternoons from 1.00 pm to 3.00 pm at the Dougherty Community Centre.

HIGH TEA events: Enjoy delicious Devonshire tea, cakes, finger sandwiches, fresh fruit, juice, tea/coffee, prepared by our chef Jason. A short movie will be screened.

Bookings are **essential** for High Tea – please call 9777 7824 to book. Bookings are not required for movie events.

December 5 **HIGH TEA/short movie \$17 paid on the day, card only- [to book call 9777 7824](tel:97777824)**

December 12 **Seriously Red** (2022) An Australian comedy about an uninspired estate agent who pursues a new career as a Dolly Parton impersonator - starring Rose Byrne.

January 16 **Hidden Figures** (2016) A true story about three female African American mathematicians, who worked for NASA in the 1960s. Brilliant movie nominated for three Academy Awards 2017 - starring Octavia Spencer and Kevin Costner.

January 23 **Ladies in Black** (2019) An Australian delightful movie set in a Sydney Department Store in 1959 – starring Noni Hazlehurst.

January 30 **Where the Crawdads Sing** (2022) Movie adaptation of a best selling novel.

February 6 **HIGH TEA/short movie \$17 paid on the day, card only- [to book call 9777 7824](tel:97777824)**

February 13 **Rising** (2024) (Parts 1 and 2) – An amazing documentary in which Simon Biles tells her incredible story of adversity and triumph.

February 20 **On the Basis of Sex** (2018) - The true story of how Ruth Bader Ginsburg fought to become the first Jewish female US Supreme Court Judge in the 1950s.

February 27 **Return of the King** (2024) – A new brilliant Elvis documentary set around his triumphant 1968 comeback TV special.

March 6 **HIGH TEA/short movie \$17 paid on the day, card only- [to book call 9777 7824](tel:97777824)**

March 13 **My Brilliant Career** (1979) Australian classic - starring Judy Davis & Sam Neill.

March 20 **Fisherman's Friends** (2019) A true heartfelt story about a group of singing fishermen in a small English village who unwittingly become incredibly famous.

For further information about this group, please call Ita Flynn or Debi Rose on 9777 7824.

SOCIAL LUNCH CLUB



Social Lunch Club

Staying socially active and regularly connected with friends is important for keeping healthy and happy, so why not come along to our Social Lunch Club?

Social Lunches are held on the second and fourth Wednesdays of the month at the Dougherty Community Centre. The lunch on the second Wednesday has a more traditional menu, and is often themed to celebrate cultural events. The Social Lunch on the fourth Wednesday of the month has a multicultural focus, with an international menu.

Lunches are \$18.50 payable by card on the day, and include two courses, tea / coffee & small glass of wine. Cash is not accepted for payment.

There is limited transport available for residents in the Willoughby Local Government Area to the traditional Social Lunch on the second Wednesday of the month if required.

Bookings are essential. Please call 9777 7830 to book.

At Home with Willoughby
CHRISTMAS LUNCH
11 December, 12:30PM
Dougherty Community Centre, 7 Victor Street,
Chatswood

Enjoy a two course lunch, wine, tea & coffee along with Christmas Carols from the Beating Time Choir

Glazed Ham and Turkey Breast with Rosemary & Red Wine Jus, Pumpkin, Sweet Potatoes and Seasonal Vegetables

Christmas Pudding with Brandy Custard

Booking is essential - please call 9777 7830 to book. Limited transport is available - enquire when booking. \$22 per person payment by card **only** on arrival.

Please notify us of any allergies. Meals are made in a kitchen which is also used for nuts, soy, gluten and other allergens

Social Lunch Dates Summer 2025

12 February 2025

Greek Lamb Shoulder, Greek Salad, Tzatziki & Pita Pockets

26 February 2025

Peppered Beef Mince with Asian Greens, Singapore Noodles, followed by Mango Cheeks with Lemon Citrus Curd and Pastry Top

12 March 2025

Beef Lasagne with Lemon & Almond Broccoli, followed by Cannoli with Mascarpone Cream

26 March 2025

Honey Lemon Chicken with Steamed Rice, Bok Choy and Choy Sum, followed by Five Spice Flourless Cake with Chocolate & Hazelnut Cream

MEALS ON WHEELS



Meals on Wheels

We offer a range of hot, frozen or chilled main meals, desserts and sandwiches all delivered to your door by our team of friendly volunteers.

All main meals are made locally using fresh ingredients without preservatives, and provide excellent value for money. Main meals are \$8.65 for CHSP clients.

All meals meet the Meals on Wheels National Meal Guidelines, so you know you will be receiving healthy meals that meet your nutritional needs. Meals are balanced to ensure adequate protein, fibre and energy to empower you to continue to live independently and maintain (or improve!) your quality of life.

Our Meals on Wheels menu changes regularly – please call 9777 7830 if you would like to try one of our meals or if you would like further information.

Frozen Meals over Christmas & New Year

The last meal delivery of 2024 will be on Tuesday 24 December, and the first meal delivery of 2025 will be on Monday 6 January.

We will provide extra frozen meals to aid you through the period that we are closed. Please contact us on 9777 7830 to arrange extra frozen meals to be delivered to you before Christmas.

Chilled meals are not available on 24 December or 6 January. We will provide frozen meals as an alternative which you can defrost and reheat at your convenience.

Summer Salads & Sandwiches

Did you know that we also provide salads and sandwiches? They are perfect as a light summer or for hot days if you don't feel like eating a hot meal.

Sandwich packs are priced at \$8, and salads are \$10.75. Both are freshly made on site by the Blend Café team at the Dougherty Centre.

DEMENTIA AWARENESS & SUPPORT



Brain Health – Reducing Your Risk of Dementia

The below information is taken from Dementia Australia.

Physical Exercise: People who are physically active, especially from the age of 65, are less likely to develop dementia. Exercise boosts blood flow and oxygen to the brain, stimulates the growth of new brain cells and helps to protect brain functioning. It also reduces your risk of other illnesses or diseases. Speak to your GP about exercise that is right for you.

Mental Exercise: Mental exercise helps to build new brain cells and strengthen the connections between them. This increases your 'cognitive reserve' so your brain can cope better if some brain cells are damaged or die.

Avoid Excess Alcohol: Excess alcohol is a risk factor in dementia and cognitive decline. Speak to your GP if you are drinking more than the recommended guidelines of no more than 10 standard drinks a week or 4 standard drinks a day.

Protect Your Head: Head injuries can lead to Chronic Traumatic Encephalopathy (CTE), which can increase the risk of dementia. To reduce your risk of CTE, wear a seatbelt when travelling, take extra care on slippery surfaces, minimise your risk of falls / trips within your home (eg secure rugs, put away electrical cords etc), and use a walker or walking stick if you feel unsteady on your feet.

Heart Health: Heart and brain health are connected. Conditions such as high blood pressure, type 2 diabetes, obesity, and heart disease increase the risk of developing dementia. It's never too late to improve your heart health. Speak to your GP for further advice.

Hearing & Vision: Taking care of your hearing and vision can reduce your risk of developing dementia. Wear hearing protection and avoid loud noises, get regular eye examinations and wear glasses or contact lenses if you need them.

Stay Social: Social connection is important – loneliness and depression are linked to an increased risk of dementia. Catch up with friends or family, join a local activity group, or come along to one of our Social Groups!

Eat Well: Eating healthily doesn't just reduce the risk of developing dementia, but it helps keep you healthy in all aspects of your life. Eat a well balanced diet, stay hydrated, and limit your intake of sugar, salt and unhealthy fats. Speak to your GP for further advice.

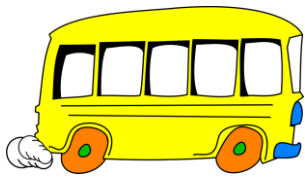
The National Dementia Helpline is a good place to start if you have questions or are seeking further information about dementia, either before or after a dementia diagnosis.

National Dementia Helpline 1800 100 500

SHOPPING SERVICES



All Aboard! The Tuesday Shopping Bus



The SHOPPING BUS will pick you up from your home and drop you off at the Spring Street entrance of Westfield Shopping Centre at 12 noon. You will have approximately 2 hours for shopping before the bus returns at 2pm to take you home. Cost \$8.70 for the return trip or \$5.95 one-way.

If you require additional assistance with shopping, please contact the At Home With Willoughby Team on 9777 7824.

Companion Shopping

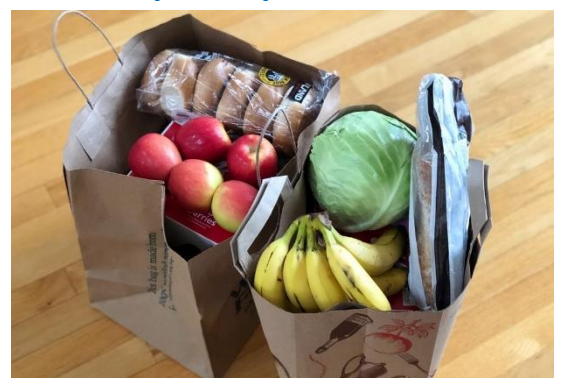
Individually assisted Companion Shopping services can be arranged for residents living in the Willoughby area who have low vision or a mobility issue that prevents them from using public transport or the shopping bus. This service can be utilised fortnightly, monthly or on an ad-hoc basis. Cost is \$22 for a 2 hour service.

Home Delivered Groceries

At Home with Willoughby can organise a home delivery of groceries through Coles or Woolworths Online Shopping. This is an excellent service, especially in the lead up to Christmas or on the weeks where you need to purchase a lot of bulky items.

Our friendly volunteers will contact you by phone on Mondays and take your order. It will be processed through the internet and Coles or Woolworths will deliver your groceries to your door later in the week, generally on a Thursday. There is no cost from At Home with Willoughby for this service but Coles and Woolworths do charge a delivery fee dependant on the timeframe you choose for delivery. You will need to have a debit or credit card.

For further information on any of the above shopping services, please phone the office on 9777 7824.



COMPANION SERVICES



Out and About

The **At Home with Willoughby Out and About** is a service to help you get out and about!

Do you need a lift to a medical appointment, to visit the shops or to catch up with friends?

We run a car service, and are happy to pick you up and take you to wherever you need to go within the Willoughby area.

Bookings available Tuesday to Friday 10.00am - 2.30pm within the Willoughby area

Cost: \$7.60 each way

My Aged Care eligibility required.

For help with My Aged Care call **Debi on 9777 7824**

For bookings call **Karyn on 9777 7802** Monday - Friday.

Companion in the Community

At Home with Willoughby arranges a home visiting service for residents living in the Willoughby local government area. The service introduces you to a friendly volunteer who will visit you once a fortnight. Our volunteers are outgoing, friendly people who enjoy a chat over a cup of tea, play a game of cards or perhaps read articles from magazines. Visits take place between Monday and Friday for approximately one hour. There is no cost for this service. For further enquiries please call **9777 7824**.

Volunteering with At Home with Willoughby

Volunteers are the life blood of the At Home with Willoughby services. Without volunteers, we would not be able to reach as many residents. Volunteering is beneficial for you and for the community. By giving back to your community, you can develop and experience

- Feelings of fulfilment
- New friendships
- New memories
- New skills
- Mental stimulation
- Feelings of happiness

If you, or someone you know, are interested in volunteering, please call 9777 7826 for further information.



LINEN SERVICE



At Home with Willoughby Linen Service

The Linen Service provides freshly laundered sheets, pillowcases and towels to eligible clients living in the Willoughby local government area.

A team of caring volunteers visits your home each fortnight on a Tuesday morning to deliver the fresh linen and towels and to remake your bed. Used linen is collected and sent out to a commercial laundry for cleaning.

The cost of the service is \$15 per bed. Clients receive an invoice at the end of each month and direct debit can be set up for ease of payment.

For further information please contact Linda on 9777 7828.



At Home with Willoughby services and programs require a My Aged Care Referral Code. If you have not been assessed by My Aged Care you should call and ask for an assessment for service. Phone **1800 200 422**. If you are unsure or need assistance when calling My Aged Care, you can call our office on 9777 7824 and we are happy to support you with this process.

My Aged Care is the central hub for accessing all aged services. It is important that you call and get your Aged Care number early and before you are in need of help at home.

You may be able to access services that will support you to be able to remain living at home independently and with confidence for as long as you wish.

LOCAL NEWS AND EVENTS



Save the Date: Seniors Festival 2025!

Seniors Festival will run 1 – 31 March 2025! We are planning another fantastic celebration with lots of fun events, opportunities to meet new friends and catch up with old ones, information talks, new hobbies and days out!

Save the Date: The annual Seniors Concert will be on Tuesday 4 March at the Zenith Theatre in Chatswood. Information about ticket sales will be released next year, but mark the date in your diary!

Kindness Cupboard

Willoughby City Council has partnered with Project Kindness to setup a Kindness Cupboard at the Dougherty Community Centre. The cupboard is located at the entrance of the Dougherty Centre, 7 Victor street.

The cupboard contains toiletries, pantry items, personal care items etc, and we encourage the community to take what they need.

Donations for the cupboard can be taken at the Dougherty Centre reception. Please donate non-perishable pantry items, toiletries including nappies & baby wipes, personal hygiene products, tissues, toilet paper, new blankets etc. We are unable to accept expired food or toiletries, fresh fruit, vegetables or foods that require refrigeration, sharp items (including razors), toys, clothes and kitchen appliances.

Connect, Collaborate, Celebrate

25 November – 13 December, Blend Café Art Space at the Dougherty Community Centre

For the sixth consecutive year, Willoughby City Council is showcasing the artistic works of people living with disability, experiencing social isolation or at risk or marginalisation.

Celebrating International Day of People with Disability 2024, this competition and exhibition provides a platform for artists of all abilities to promote themselves and expand their creative talent.



CLIENT FEEDBACK



YOUR SUGGESTIONS AND FEEDBACK ARE IMPORTANT TO US.

You are important to us; we would like to tailor our services to meet your needs. Please take this opportunity to provide us with suggestions and feedback and return it to the At Home with Willoughby Coordinator. Feedback forms may also be posted to: Dougherty Community Centre, 7 Victor Street Chatswood, 2067

Name (optional):

Date:

Feedback:

How would you rate your overall satisfaction with the services you receive?

Lowest

1 2 3 4 5 6 7 8 9 10

Highest

(Please circle)

The information in this newsletter is for the clients of "At Home with Willoughby" as part of The Commonwealth Home Support Program in conjunction with Willoughby City Council. If you are not currently a client and would like to join any of our activities or programs, please phone: At Home with Willoughby on 9777 7824 or 9777 7830.