

November Edition



It's Showtime.....

This year we set up a stall at the Narrogin Agricultural Show, where we spent a delightful day chatting to people who visited our stall.

It was great to spend time chatting with people from all walks of life and seeing them all out with their families or loved ones and nice to see the Narrogin Show so well supported.

Our stall was the result of the input from some of our staff and I want to take the time to mention Karen who was dubbed the title of "creative director" for adding some pizzazz and creativity to the stall.

Also thanks to our volunteers Bev, Melissa and May who gave up their Saturday along with

yours truly to run the stall for the day. Thanks also to Brodie for his help with the heavy lifting and help setting up.

It was great to be able to talk to people about the services we provide and connect with some people who didn't know what we do.

Lots of people were interested in our activity programs and trips away and we had a few of our existing clients drop by to say hello and say how much they appreciated the service.

So we are already planning for next year to be bigger and brighter. But in the meantime, keep a look out for the signs that are going on our buses and cars. Narrogin Regional Homecare is growing!!

Aged Care News

Overnight Respite (In your Home)

We are currently looking at expanding our services to include the option of providing respite in the home.

This service will be provided to clients who have been approved for flexible respite and would suit full time carers who are looking for a break for a night or two. Staff would come and stay in your home, which means minimal disruption to routines and you can go away knowing that your loved ones are in very capable hands.

If you are interested in this service please come and see or call Wendy to discuss how we can be of assistance.

Fire and Safety Afternoon at the Senior Citizens Centre

Date: 13th November 2019

Time: 1.00pm—4.00pm, afternoon tea provided

A joint project between Narrogin Regional Homecare and Karinya. Come and join us at the Senior Citizens to talk about fire safety and safety in the home as well as hydration and staying cool over summer.

Afternoon tea is provided and this is a free session. Transport can be arranged for a small cost of \$2.50 each way.



Every man needs a shed!

Well we can't give you a shed, but we can provide a place where you can come and meet like minded men and work on your own project or one of our joint projects.

This group starts soon and is limited to 10 people so get in quick

Compliments and Complaints

If you have any concerns about your services then we encourage you to talk to us. We ask you to fill out a form so we can track your concerns and deal with issues as they arise.

We also love to get positive feedback, so if you feel someone is doing a good job please let us know so we can tell them about it.

If you have any ideas for how we can improve our services, we would also like to hear about that.

Volunteers Wanted...

Are you a keen gardener and have some free time, then we would love to hear from you. Our gardens are in desperate need of some green thumbs.

Or perhaps your forte is helping with activities or outings. We are always on the look out for fun, cheerful, talented people who want to come and help out with our activity programs.

Aged Care Standards—Standard 2

This month we are focusing on Standard 2 of the new Aged Care Standards: Ongoing Planning and Assessment with Consumers.

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.

Assessment and planning has a focus on optimising health and well-being in accordance with the consumer's needs, goals and preferences.



From Wendy

Hi everyone, well its finally warmer and I can tell that as the flies are suddenly out and about. The roses in the work garden are blooming but so are the aphids. It is interesting to watch how nature naturally deals with these invaders and the roses are now covered in ladybugs and other small insects who are having a feast.

This month we have a new staff member joining us. Mangarita is a support worker who moved to Narrogin a while ago and is loving her new role. We are also currently interviewing for a new Administration Officer to cover our front desk and reception area. In the meantime its all hands on desk and I've been able meet a few of you when its been my turn at Reception, I'm even learning a few new skills.

In the last month we have had a few activities happening, those clients that went to Alcoa in Pinjarra for the day, said it was one of the best mine tours they had been on and they also enjoyed a stop in Pinjarra for lunch and a bit of shopping. Our Wednesday group went to Wagin for the day and frequented the local pie shop for lunch. We also competed for the first time at the Karinya Sports Day and whilst we didn't walk away with the trophy, a lovely day out was enjoyed by all who attended. Maybe next year well bring home the gold

November is also shaping up to be even busy month with the Senior's Lunch coming up, the iconic Melbourne Cup and a Spring Dance being held in Wagin. We also have the local Day Care join us every second Friday here at Jessie House, so if your up for some intergenerational fun, then talk to Karen about coming along and joining us for the day.

And of course Christmas is only 50 short days away and our annual Christmas Party is coming up on the 17th of December.

Wendy le Bechee
Homecare Manager



Introducing...

Hi, my name is Beverley Ayles. I am the Administration Co-ordinator at Homecare. I have been here for just shy of three years and really love my job, the people that I work with and our clients.

I have been back in Narrogin for four years after a hiatus of approximately 12 years. I have one son, two elderly moggies and a young Papillion dog in Narrogin. My Mum, my brother and my niece, nephews and grand niece and nephew all live in Perth and I enjoy visiting them.

I like spending time with family and friends both here and in Perth and enjoy various activities including croquet in the summer months and you can always find me reading a good book or pottering in my little garden. I also enjoy spending time with my son James who also lives in Narrogin

This year for Christmas I thought it would be good to start a wishing tree, asking people to donate food, goods and toys for those of our clients that struggle over the holiday period, so thank you in advance to all those people who help us make someone else's Christmas a bit more special.

Donations of food and goods can be made in our office, just pop it under the tree and fill out one of our wishing stars.



Group News

Welcome to our Group News section. Each month we will tell you what's happening and what's coming up at Narrogin Homecare located at 30 Clayton Road between the Rec Centre and the Hockey fields.

Tuesday Pension Week—Lunch at a local Café

We meet at one of the local café's for lunch, enjoy some good company with fun and laughter thrown in for free. Come and join us from 11am to approximately 1pm. Cost \$17.00 excluding transport.

Tuesday Non-Pension Week— Lunch at Jessie House.

Does you fancy a roast lunch, every second Tuesday at Jessie House we cook up a storm with a hot roast, followed by dessert. This is a very popular event so you need to book in advance. Cost \$18.00 excluding transport.

Wednesday—Sheoak Group

6th November — It's a surprise—You never know what Karen is going to think of next, so today she is going to surprise you with some fun activities including a little bus trip for morning tea.

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13th November —World Kindness Day — celebrated annually on 13th November. On this day, we do our part to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness.

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20th November — Origami Ooh Lah Lah— Show case your talents as we learn to make origami and watch the experts make intricate designs.

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27th November —Armchair Travel

Where are we off to today, maybe its somewhere in Western Australia or somewhere over east, you never can tell where we will end up on our armchair travels.

Friday—Redgum

1st November—Narrogin Day Care Visiting — This morning we have some little visitors joining us for morning tea and activities. Bring your youthful enthusiasm.

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8th November —ANZAC Day—Today is National Remembrance Day as we remember those that fell. Lets take a moment to remember and show our gratitude for those that sacrificed their lives. We also have songs and music by our lovely volunteer piano players

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15th November —National Recycling Day— Let's see what we can make out of recycled products with the help of some little helpers from the Narrogin Day Care.

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22nd November —Lets go on a outing—Today we load up the bus and head out of town to visit Williams, there is a museum, Op shopping, wool shop and lions park to explore.

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29th November —Bocce Play Off —After our sports day at Karinya, you'll be ready for an action replay as we break out the Bocce and see who's the best player. Prizes for the winners... and losers.

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Walk and Talk

Join us every Friday from 9am to 11am, down by the creek for a leisurely walk and morning tea

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Not sure if you want to join us, come down for a day as our guest so you can see if you want to join. Just call the office on 9890 0700 to arrange a day.



Did you know.....

Craft Group—Starts in December.

Date: Friday 8th December, 2019

Start time: 9.00am

Finish time: 12.00pm or 2.00pm

Cost: \$5.00 Craft group only

Cost: \$13.00 Craft group and lunch.

We will be starting our craft group. If you are interested in joining please ring us or drop in to put down your name on the waitlist.

We have sewing machines that you are welcome to use and a recent donation of craft materials means there is plenty to choose from. Our lovely volunteer Julie will be running the group every Friday from 9am to 12pm. You are more than welcome to stay for a hot two course lunch.

Names and expressions of interest now being taken. Places are filling fast, so get in quick. Call 9890 0700 or call into the office to put your name down.

Service Updates

To ensure that our staff are kept safe at all times, we are now unable to provide a service unless the client is home for the full service time.

There are some exceptions such as having to attend medical appointments during your scheduled service times. Narrogin Regional Homecare provides services that enable you to live safely in your own home and promote a culture of wellness and re-enablement. We also support keeping our staff safe at all times

Cancelling Services

If you need to cancel a service, you need to give us at least 24 hours notice otherwise you may be charged for that service, as we still have to pay our staff.

If you know that you aren't going to be home for a service can you please call the office on 9890 0700 to advise us, so that we can

reschedule our staff and other clients who have services that day.

Happy Birthday to Clients born in November.

Happy Birthday to all our clients born in November, your famous counterparts include:

Hugh Jackman—Australian actor turns 51 this month.

Marie Curie born 1867 was born in Poland and conducted pioneering research on radioactivity. She was the first women to receive a Nobel prize and the only women to win it twice in two different scientific fields.

Grace Kelly born 1929, was an American film actress who starred in several films from the early to mid 1950's. She gained even more fame when she married Prince Rainer III in April 1956 and became Princess of Monaco.

George Eliot was the name Mary Ann Evans used when she wrote Middlemarch, one of the most famous literary novels of the period born 1819.

Charles Schulz famously created the characters Peanuts, Charlie Brown and Snoopy was born 1922. He is widely seen as one of the leading cartoonists of all time.



Client Survey

We have gathered all the surveys and we are overwhelming grateful for the support shown to our staff and us here at Homecare.

We are always looking at ways we can improve our services and all your suggestions have been taken on board, which will help us improve our services. Thank you.

Wattle Group Outings

Seniors Week—Treetops Restaurant

Date: Friday 15th November, 2019

Depart time: 10.30am

Return time: Approx. 3.00pm

Cost: \$20.00 (lunch only) \$25.00 (includes transport).

This week we celebrate Seniors Week with a lunch at the Treetops Restaurant at Narrogin Senior High School. Enjoy a delicious lunch and see Narrogin as viewed from a Drone alongside images from Narrogin in times gone by.

Limited numbers so book soon, so you don't miss out. All money to be paid to the Homecare office by Thursday 7th November.

Manjimup Cherry Festival

Date: Friday 13th and Saturday 14th December, 2019

Cost: \$190.00 per person

We leave Narrogin on the Friday morning taking the scenic route to Manjimup and stop for morning tea at the famous Harvey Dickson's Country Music Centre.

Our accommodation for the night is at the Quinninup Tourist Park, Saturday morning we head to Manjimup for a fun day at the Cherry Festival. All names and monies to be paid to the office by the 28th of November, 2019.

Annual Client Xmas Party

Date: Tuesday 17th December, 2019

Start time: 11.00am

Return time: Approx. 3.00pm

Cost: \$25.00 (lunch only) \$30.00 (includes transport).

Its on again, this year bigger and brighter to celebrate the Christmas Season. Come along and join us for a Christmas feast at the Senior Citizens Centre.

Festivities start at 11am with entertainment and music.

Bookings now open and filling up fast so call 9890 0700 or drop into the office and put your name down.

Future Events and Public Holidays

23rd January 2020

Day tip to North Yunderup for a picnic lunch and walk down by the river. More details to follow.

February 2020—more details to follow

Darkan Sheepfest is fast becoming an annual event. From sheep judging, to fashion, food and markets. Join us for this fun day out

March 2020— more details to follow

Boddington sculpture competition—a day out in Boddington viewing locally made sculptures and street art

NARROGIN REGIONAL HOMECARE

Narrogin Homecare, Clayton Road, Narrogin
(between the Leisure Centre and the Hockey Field)

PH: 9890 0700

Email: mccs@narrogin.wa.gov.au



Shire of
Narrogin
Love the life