

at home with  
WILLOUGHBY



# CLIENT NEWSLETTER

## WELCOME TO THE 2021 AUTUMN EDITION

### 2021 Seniors Festival

This year's Seniors Festival will run **5 – 30 April**.

We have some exciting events planned including High Tea at Burnt Orange, a Seniors Gala, and informative talks. Further details can be found throughout this newsletter. All events have been planned in accordance with Covid-19 restrictions.

Keep your eyes peeled for the upcoming Seniors Festival booklet with all the details of events taking place.



### New At Home with Willoughby Staff

We would like to introduce two new members of the At Home with Willoughby team. Robert Taylor has replaced Yuri Ohashi in the Meals on Wheels Office, and Linda Lee has replaced Lynette Potts in the Linen Office. They are looking forward to meeting you!

### Covid-19 Safety

All At Home with Willoughby programs, events and services are planned in accordance with Covid-19 restrictions.

Please ensure that you check in if you visit the Dougherty Centre, and we encourage you to wear masks and follow social distancing guidelines.

# SOCIAL BUS OUTINGS



## Join us for an outing around Sydney

At Home with Willoughby's Social Outing Program aims to provide the community with a range of varied and interesting opportunities for social engagement, education and experience. 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 \$16.50. At cafés and restaurants, clients order and pay from the menu at the venue. If there is a set price for lunch then it is outlined below.

Whilst we plan trips in accordance with Covid-19 restrictions, please note that we will be visiting public venues on the below trips. From March we will return to doing full day trips on 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month, and a shorter trip on the 4<sup>th</sup> Wednesday.

March 3rd	A scenic drive to Palm Beach Club for lunch - \$18.50 each for lunch
March 17th	A scenic drive to Sandbar Café Dee Why Beach
March 24th	Devonshire Tea at My Little Cupcake in Neutral Bay \$13.00 each
April 7th	Flying Fox Café Mona Vale
April 21st	<b>Seniors Festival Special:</b> High Tea at Burnt Orange, Mosman. \$50 including transport. Please call 9777 7824 to book.
April 28th	Devonshire Tea at My Little Cupcake Neutral Bay \$13.00 each
May 5th	TBC – pending Covid restrictions
May 19th	TBC – pending Covid restrictions
May 26th	TBC – pending Covid restrictions

Please call Jackie on 9777 7826 to book an outing.

# SOCIAL ACTIVITIES GROUP



## Staying Connected –The Wednesday Multicultural Social Group

Our Wednesday Social Activities Group meets every week at the Dougherty Community Centre for social activities and friendship. We host a bus outing on the first Wednesday of every month. We enjoy social lunches at the Dougherty Community Centre and catered lunches at various outing locations. Activities at the Centre are held between 10am – 3pm, for people who are over 65 from all backgrounds and who are registered, or willing to register, with My Aged Care: 1800 200 422 or [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### Program Information

- March 10 Morning tea, gentle movement, Memory boards 2, St. Patrick's Day lunch at DCC
- March 17 Morning tea, gentle movement, Bingo, Catered Lunch at DCC, Games
- March 24 Morning tea, gentle movement, Chi Gong, Asian style lunch at DCC, Games
- March 31 Morning tea, gentle movement, Color by numbers, Catered lunch at DCC, Games
- April 7 Bus trip to Bicentennial Pymble Park
- April 14 Morning tea, gentle movement, Easter Craft, Easter lunch at DCC, Games
- April 21 Morning tea, gentle movement, Asian Craft 2, Catered lunch at DCC, Games
- April 28 Morning tea, gentle movement, Bingo, Asian style Lunch, Games
- May 5 Bus trip to Bobin Head
- May 12 Morning tea, gentle movement, Mother's Day Craft, Mother's Day lunch at DCC, Games
- May 19 Morning tea, gentle movement, Memory games, Bingo, Catered lunch at DCC, Games
- May 26 Morning tea, gentle movement, Asian style lunch at DCC, Games

For more information about how to join this Program please contact:  
Ana Shar on 02 9777 7526 or Kate Valente on 9777 7831

# SOCIAL CIRCLE



## Join in with us...

Social Circle is a weekly get-together on Thursday afternoons from 1.00pm to 3.00pm at the Dougherty Community Centre. Our friendly group enjoy movies and an afternoon tea. It is a great social event where you can make new friends and have a chat over a cuppa. Weekly contribution is \$3.00 with refreshments provided.

## Program (March - May)

We show various movies during the month. These are new releases, golden oldies, documentaries, travel adventures or a requested movie - just let Jackie know and we will see if we can screen it for you.

4 Mar	Golden Oldie – Rooster Cogburn starring John Wayne & Katherine Hepburn
11 Mar	New Release – Green Book
18 Mar	Documentary – Supersize Me
25 Mar	Jasper Jones starring Hugo Weaving
1 Apr	A Star is Born – Part 1 starring Judy Garland & James Mason
8 Apr	A Star is Born – Part 2 starring Judy Garland & James Mason
15 Apr	New Release - TBC
22 Apr	Documentary- The Social Dilemma
29 Apr	Marilyn Hotchkiss' Ballroom Dancing & Charm School starring Marissa Tomei
7 May	Golden Oldie – You'll Never Get Rich starring Fred Astaire & Rita Hayworth
14 May	New Release- TBC
21 May	Documentary – Learning to See, the world of insects
28 May	Kelly's Heroes starring Clint Eastwood & Telly Savalas

# SOCIAL LUNCH CLUB



## Social Lunch Club

Being part of the community is important for wellbeing so come and enjoy a delicious 2 course meal with our monthly Social Lunch Club to stay connected and meet new friends.

Lunches are prepared with fresh ingredients by our talented chef Colin Magree. Lunches are 12:30 – 2pm on the below dates at the Doucherty Community Centre.

### Traditional Social Lunch

#### Upcoming lunches:

- 10 March – St Patrick's Day Special
- 14 April – Easter theme
- 12 May – Mothers Day theme
- 9 June – Royal theme

**Bookings are essential. Please call 9777 7830 to book.**

### CALD Social Lunch

#### Upcoming lunches:

- 24 March
- 28 April
- 26 May
- 23 June

**Bookings are essential. Please call 9777 7847 to book.**

## March 10 St Patrick's Day Lunch

Enjoy a lovely meal of:

**Traditional Irish stew, colcannon (potato & cabbage cake) with herb sauce**

**Plum & apple crumble with custard**

Cost is \$15.50 and must be paid **by card**. Willoughby City Council is a cashless organisation.

Vegetarian option is available on request. Please notify us when booking.



# MEALS ON WHEELS



## Meals on Wheels

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

All main meals are specially designed to meet the nutritional needs of seniors and provide excellent value for money. Main meals are \$7.25.

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.

## Nutritional Needs

Nutritional needs change as we age. As we age we have greater need for protein, calcium and vitamin D. Weight loss is **not** a “normal” part of aging, and it is important to maintain a healthy weight to ensure that you have reserves to draw from if you get sick. Any weight loss should only be undertaken with professional supervision from your GP.

15 minutes a day outside can increase your vitamin D intake. Just avoid the hottest part of the day (11am – 3pm) and take care not to get burnt!

A lack of protein in your diet can make you more susceptible to muscle loss. Protein rich foods include meat, chicken, poultry, eggs, fish, seafood, milk, cheese, custard, yoghurt, peanut butter, legumes (chick peas, butter beans, baked beans etc). Try to include protein rich food in all meals.

Perhaps try adding milk & butter to mashed potato to increase the protein content, grate cheese onto vegetables or enjoy milk based desserts like creamed rice or fruit and custard.

If you have a small appetite then perhaps try eating the protein part of your meal first, or ensure you have small protein-rich snacks throughout the day.

# DEMENTIA AWARENESS & SUPPORT



## 'Chatter Cino'

Chatter Cino is designed for people who live with, or support someone living with the symptoms of Dementia. It is a support group that meet on the last Friday of every month to make friendships, share experiences and seek support. Come along and join this group at the Blend Café, Dougherty Community Centre, Chatswood.

**For information about this Program, please call Kate Valente 9777 7831**

Talk. Laugh. Share.

Hosted by At Home with Willoughby  
in partnership with CCNB  
Dementia Advisory Service.

**ccnb.**  
community care + well being

  
WILLOUGHBY  
CITY COUNCIL

The graphic features a teal background on the left with white text and logos. On the right, a photograph shows two elderly men in light-colored shirts smiling and talking outdoors.

**Parking:** 3 hours free parking at Westfield Shopping Centre

**Time:** Drop in between 10.00am – 11:30am

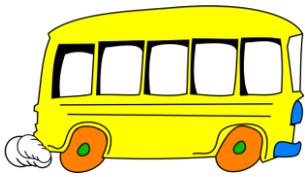
### Group meeting dates

February 28 <sup>th</sup>	10.00am – 11:30am
March 27 <sup>th</sup>	10.00am – 11:30am
April 24 <sup>th</sup>	10.00am – 11:30am
May 29 <sup>th</sup>	10.00am – 11:30am
June 25 <sup>th</sup>	10.00am – 11.30am

# 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 \$7.00 for the return trip or \$5 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 \$19.50 for a 2 hour service.

## Home Delivered Groceries

At Home with Willoughby can organise a home delivery of groceries service through Coles or Woolworths Online Shopping. You will need to have a debit or credit card.

Our friendly volunteers will contact you by phone on Mondays and take your order. It will be processed through the internet and they deliver your groceries to your door later in the week.

**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 the Hospital, Doctor, health professional or simply to get out of your house?

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

**Cost:** \$6.50 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](tel:97777802) Monday - Friday before 2.00pm.

## 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 our volunteers, we would not be able to reach as many residents as we do. 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

At Home with Willoughby has volunteering opportunities which might be right for you! Please call Kate on 9777 7831 for any enquiries.

# LINEN SERVICE



After several months of the “Delivery Only” service, we are now back to offering a full bed making service with COVID-19 safety procedures in place.

Welcome back to our clients and dedicated volunteers!

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 \$12 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**



myagedcare

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



## Seniors Festival Feature Events

### **Seniors Gala 13 April 12 – 2:30pm, Zenith Theatre:**

Enjoy a wonderful afternoon of entertainment provided by The Notable Theatre Company who will perform highlights from Les Miserables and Miss Saigon. A delicious complementary lunch box will be provided to be enjoyed to the melodious sounds of a String Trio from the Willoughby Symphony Orchestra.

This event will sell out, so book early! \$5 per person. Book at Zenith Theatre or by calling Zenith Theatre Box Office on 9777 7547. Payment by card only.

### **High Tea at Burnt Orange 21 April, 11am – 2:30pm**

Enjoy an outing to Burnt Orange in Mosman for a high tea. Transport provided to & from the Dougherty Centre. \$50. Bookings essential – call 9777 7824.

### **Healthy Ageing Webinar – Professor Susan Kurrle 14 April 12-1pm**

Prof. Susan Kurrle will be coming to us live to discuss aging well and the importance of staying active. Bookings can be made via <https://www.eventbrite.com.au/e/healthy-ageing-webinar-by-prof-susan-kurrle-tickets-140953428499>

### **Grandparents as Carers Webinar, 20 April 12:15 – 2:15pm**

Online event hosted by Counsellor Trish Sara tackling the topic of childcare expectations and arrangements when looking after grandchildren. She will briefly look at Children's First Aid and outlines further first aid courses you can take. Bookings via <https://www.trybooking.com/716250>

### **Staying in Your Own Home Webinar, 29 April 1 – 3pm**

Want to know more about help at home for older people? Join the webinar to hear from aged care professionals what services are available to support you or your loved ones and how to apply for them. Bookings via <https://www.trybooking.com/716232>

## **Digital Literacy for Seniors**

We are screening a series of one-hour free webinars – live presentations online - hosted by the eSafety Commissioner with Be Connected, helping older Australians stay safer online. Bookings are limited so don't miss out! Please call 9777 7800 for more information.

# LOCAL NEWS AND EVENTS



## One-to-One Digital Mentor

1-to-1 tutoring to use personal computers, mobile phone, or tablet. Please call 9777 7800.

## Digital Loan Device program

Are you interested in keeping in touch with your family and friends online? Do you need access to a telehealth service or would like to try ordering your groceries online?

The Dougherty Community Centre has established a digital loan scheme. Devices are now available for loan, along with the equipment you need to get connected to the internet.

We offer FREE one-on-one digital mentoring and support from our centre so you can develop your digital skills and build confidence at your own pace.

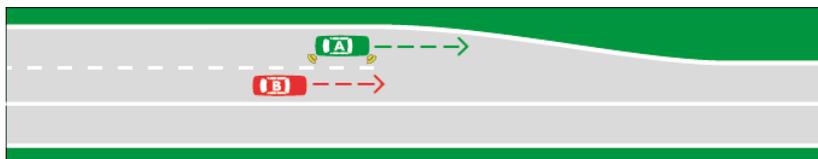
Learn the basics of your device or borrow one of ours and explore how to better connect to the world around you.

## Driving Tips!

Many collisions happen when merging, so it pays to be aware of the rules and the different kinds of merging.

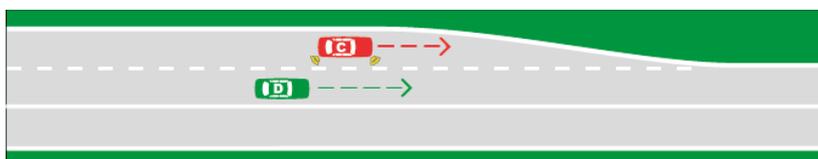
### 1. Merging when the number of lanes is reduced.

You must give way to any car which is ahead of you. This is known as a 'zipper' merge. In the below, car B gives way to car A.



### 2. Changing lanes when marked lane ends

If a driver is required to cross a broken painted line to enter the adjacent lane, the driver must give way to cars already in the lane they are entering. In the below, car C gives way to car D.



## Tips to merge safely

- If you're entering a freeway, wait for a safe gap. If you're already on the freeway, consider other drivers by giving them space to enter if it's safe.
- Be sure to match the legal speed of the road you're merging into.
- Always check your mirrors and blind spots before merging.
- Avoid stopping in the merging lane,

# 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.