

at home with  
WILLOUGHBY



# CLIENT NEWSLETTER

## WELCOME TO THE 2023 AUTUMN EDITION

### Staying Active

Physical activity keeps us healthy and reduces the risk of falls by improving balance, muscle strength, mobility and flexibility. As we age we lose muscle strength and are more vulnerable to falling, and so it is even more important to stay physical active. Physical activity helps improve mental health, sleep, regulate blood sugar levels, and increase your energy levels whilst improving or maintaining your balance and strength means you're less likely to fall and injure yourself.

Little bits of exercise throughout the day all add up and help keep you active. This might include walking, carrying shopping, lawn bowls or Tai Chi. The Dougherty Community Centre and At Home with Willoughby have a number of programs for older adults. For more information about these programs, please contact AHWV on 9777 7824 or the Dougherty Centre on 9777 7800. Please speak with your doctor before starting an exercise program.

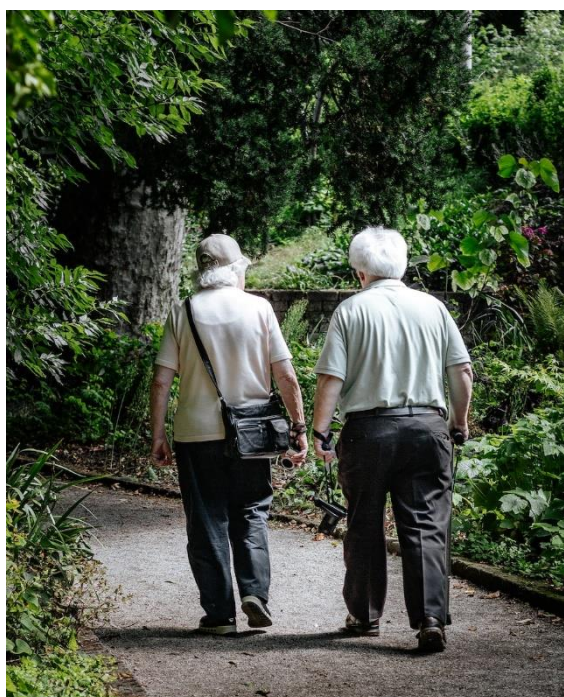
### Exercise Snacking

Is the thought of 30 minutes of continuous exercise overwhelming? Not sure where to start?

Exercise 'snacks' are small, bite sized exercises that can be done in a few minutes within the comfort of your own home. The Centenary Institute's Exercise Snacking Program will help you build exercise into your day and gradually build your fitness.

The program can be accessed at [www.centenary.org.au/exercise-book](http://www.centenary.org.au/exercise-book), or you can request one by contacting the AHWV team on 9777 7831 or 9777 7824.

As always, please speak with your GP prior to commencing a new exercise routine.



# 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 experiences as well as opportunities for social engagement and education. 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 \$17.50, 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.

March 1 <sup>st</sup> 2023	<b>Stanwell Tops scenic drive with lunch at Tradies Helensburgh</b>
March 15 <sup>th</sup> 2023	<b>Fish and Chips at King Tide Café in Brooklyn</b>
March 22 <sup>nd</sup> 2023	<b>Short trip – Lunch at the Forest Hotel and a scenic coastal drive.</b>
April 5 <sup>th</sup> 2023	<b>Lunch in the Café at The Grounds of Alexandria – Nursery and gardens</b>
April 19 <sup>th</sup> 2023	<b>Waterfront Café Church Point and ferry ride around Scotland Island</b>
April 26 <sup>th</sup> 2023	<b>Short trip – Lunch at Terrey Hills Tavern with drive through national park</b>
May 3 <sup>rd</sup> 2023	<b>Featherdale Wildlife Park - \$20 entry fee</b>
May 17 <sup>th</sup> 2023	<b>Scenic Drive and lunch at Bondi Icebergs</b>
May 24 <sup>th</sup> 2023	<b>Short Trip – Thelma and Louise – Neutral Bay</b>

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 **interesting activities** this quarter, including **Arts and craft, Nature Painting, Drawing, Collage, playing board games, Bingo** & lots more.

We have also been making artworks as a group where clients create individual pieces and collectively put it together. The poppy flowers in the photo below were all made individually by clients and then collated together as part of our Remembrance Day themed celebration. Also Clients loved spending their time creatively making Fridge Magnets using Popsicle sticks can be seen in below picture.



*Sample Timetable for February 2023 .Subject to change; morning tea and lunch provided every week*

<b>1<sup>st</sup> Feb</b>	<b>Seated Yoga</b>	<b>Blind contour drawing</b>	<b>Bingo</b>
<b>8<sup>th</sup> Feb</b>	<b>Gentle Exercise</b>	<b>Valentine's Day Craft</b>	<b>Dice Games</b>
<b>15<sup>th</sup> Feb</b>	<b>Gentle Stretches</b>	<b>Painting Activity</b>	<b>Board Games</b>
<b>22<sup>nd</sup> Feb</b>	<b>Chair Yoga</b>	<b>Collage Activity</b>	<b>Bingo</b>

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: 1800 200 422 or [www.myagedcare.gov.au](http://www.myagedcare.gov.au). For more information about how to join this program, please call 9777 7526, or email [gauri.borkar@willoughby.nsw.gov.au](mailto:gauri.borkar@willoughby.nsw.gov.au)



# SOCIAL CIRCLE



## 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 enjoys newly released movies, old favourites, documentaries and travel adventures. This is a great social event where you can make new friends and have a chat over a cuppa.

### Program March 2023 – May 2023

If there is something in particular you would like to see then let Ita know and we will see if we can screen it for you.

- |               |                                                                                |
|---------------|--------------------------------------------------------------------------------|
| <b>2 Mar</b>  | Blended – released 2017 starring Drew Barrymore & Adam Sandler                 |
| <b>9 Mar</b>  | Dumplin' – released 2018 starring Jennifer Aniston                             |
| <b>16 Mar</b> | Barbra the music, the memories – released 2017 – Barbra Streisand documentary  |
| <b>23 Mar</b> | The Dish – classic Australian movie released 2000 starring Sam Neil            |
| <b>30 Mar</b> | Maid in Manhattan – released 2002 starring Jennifer Lopez                      |
| <b>6 Apr</b>  | Mamma Mia (musical) – released 2008 starring Meryl Streep & Pierce Brosnan     |
| <b>13 Apr</b> | Red Dog – Australian movie released 2012 starring Josh Lucas & Rachael Taylor  |
| <b>20 Apr</b> | Meet the Parents – released 2000 starring Robert De Niro                       |
| <b>27 Apr</b> | Not Just a Girl – released 2022 Shania Twain documentary                       |
| <b>4 May</b>  | Good Will Hunting classic movie 1997 – starring Robin Williams & Matt Damon    |
| <b>11 May</b> | Book Club - released 2018 starring Diane Keaton & Jane Fonda                   |
| <b>18 May</b> | The Sapphires – Australian movie 2012 -starring Debra Mailman & Jessica Mauboy |
| <b>25 May</b> | Odd Ball – Australian movie released 2015 starring Shane Jacobson              |

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 Asian inspired menu.

Lunches are \$16.50 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 LGA to the traditional social lunch on the second Wednesday of the month if required.

**Bookings are essential.** Please call 9777 7830 to book the traditional themed social lunch, and call Rufina Lee 9777 7847 to book your place at the CALD Social Lunch.

### Upcoming Social Lunch Dates

**8 March 2023 – St Patrick's Day**

**22 March 2023 – Malaysian cuisine**

**12 April 2023 - Easter**

**26 April 2023 – Singaporean cuisine**

**10 May 2023 – Mothers' Day**

**24 May 2023 – Korean cuisine**

**14 June 2023 – King's Birthday**

**28 June 2023 – Thai cuisine**

### 22 February 2023

Enjoy satay chicken, pineapple salsa and steamed coconut rice, followed by sweet citrus crepes with vanilla cream.

Call 9777 7847 to book your place!



# 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 \$7.75 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.

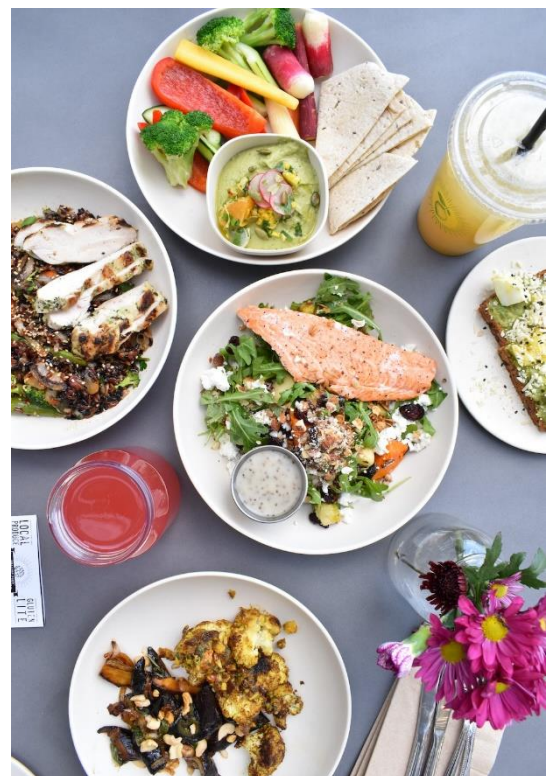
Our Meals on Wheels menu changes regularly – please call 9777 7830 if you would like to try one of our meals or if you would like further information.

## The importance of protein!

Protein is a macro nutrient that is essential for older adults to build and maintain muscle mass. Skin, bones and organs are largely made up of protein, and it is crucial to the overall healthy functioning of your body.

Research indicates that we need increasing amounts of protein as we age. Current recommendations suggest 1 – 1.2g of protein per kilogram of body weight per day.

Meals on Wheels meals are nutritionally profiled to support your increasing protein needs, and we can provide information about the amount of protein in each meal upon request.





# DEMENTIA AWARENESS & SUPPORT



## Susan Kurrle Webinar

On 14 February 2023, Professor Susan Kurrle delivered a fascinating webinar about healthy ageing and steps to reduce the risk of developing dementia.

Key factors that she highlighted were:

- The importance of remaining mentally and socially active; engaging with others, taking up hobbies, visiting places of interest, continual learning – it's never too late to learn a new skill!
- Eating and drinking well. Prof. Susan Kurrle recommended a Mediterranean diet (lots of vegetables, nuts, legumes, fish, low / moderate alcohol consumption and few saturated fats, processed or packaged food).
- Physical activity – it's never too late to start! Even small amounts of exercise over the course of a day or week add up. Exercise flushes the brain with oxygenated blood, which helps to reduce the risk of dementia.
- Maintain your independence – use it or lose it!

A recording of the webinar will be available on Willoughby City Council's Older Adults webpage shortly.

## Dementia Australia Library

Dementia Australia has a national library service providing access to a collection of print and digital resources about dementia.

This library can be accessed online or in person. Register online at [www.dementia.org.au/library](http://www.dementia.org.au/library), email [library@dementia.org.au](mailto:library@dementia.org.au) or call 1800 100 500 for more information.

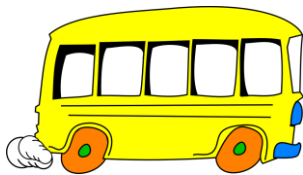


**National Dementia Helpline 1800  
100 500**

# 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 \$7.75 for the return trip or \$5.25 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 \$20 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. 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 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 can choose whether you prefer to receive groceries from Coles or Woolworths.

**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 to visit the shops? Do you have family or friends in the Willoughby area you want to visit?

Bookings available Tuesday to Friday 10.00am - 2.30pm within the Willoughby Local Government Area

**Cost:** \$6.90 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 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 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 \$13.25 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



## STEPPING ON FALLS PREVENTION PROGRAMME

Stepping On is a free, exciting and friendly community-based falls prevention program for seniors. It is designed to build knowledge, strength and confidence to prevent falls and stay active and independent. The programme is a free and has a 7 week duration.

The Stepping On program includes:

- Weekly, 2-hour group sessions
- Educational talks from experts
- Gentle group exercise to improve balance
- Weekly handouts and an exercise manual

For more information and where classes are held call **1800 255 774**

## Dougherty Centre Art Exhibitions

Come along to the Dougherty Centre to enjoy our art exhibitions. Coming up, we have **Katie Lucy Smith** exhibiting her eclectic works demonstrating a range of mediums and techniques. Katie Lucy Smith will be exhibiting in the Dougherty Centre from March to mid April.

From mid April to May, we will be showing **Rebecca Bartos'** work. Rebecca is a mixed-media artist who is fascinated by nature with all its beauty, uniqueness and limitlessness. Nature is not bounded by limits. It is free to be and do as it desires. This is what she aims to capture. As a child she has enjoyed many a camping trip and bushwalking which inspired her work.



## Lower North Shore Volunteer Expo

Are you interested in volunteering? Do you have friends or family who would like to volunteer? Come along to the Lower North Shore Volunteer Expo on Thursday 23 February at the Dougherty Centre to find out about local volunteering opportunities.

The event runs from 11am - 1pm.