



St Anna's Home Care

Newsletter

April 2025

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St Anna's Home Care Information

Office phone: (08) 7078 6382

Email: homecare@cubs.org.au

Feedback

St Anna's Home Care is committed to providing safe, quality care and services to our clients. We value your feedback.

Feedback can be provided by the following ways:

- . Feedback Form in you Welcome Pack
- . Contacting the Home Care office
- . On the St Anna's Website
- . Speaking to your carer who can provide a feedback form
- . QR Code



Consumer Advisory Body

A Consumer Advisory Body collects feedback from clients and shares it with those in charge of your care. It gives the opportunity for clients to voice their opinions. If you would like to become involved please contact the home care office.



The Aged Rights Advocacy Service (ARAS) can provide confidential advocacy, information, education and support. They are a statewide service which has been supporting older people since 1990. Phone 1800 232 007



*To our clients and staff who are celebrating birthdays in April,
we hope you enjoy your special day.*

Palma - 2nd April

John - 4th April

Angela - 14th April

Barb - 14th April

Barbara - 18th April

Martin - 29 April

Kelli - 17 April

Ankica - 21 April



Recipe of the Month

Easy Easter Biscuits



Ingredients:

250g unsalted butter
140g caster sugar
1 medium egg
1 lemon
Generous grating of nutmeg
300 g plain flour
½ tsp fine salt
60 g currants

Method:

1. Heat the oven to 180C/160 fan/gas. Place the butter and sugar in a bowl and beat together with a wooden spoon until well combined. Add the egg yolk, lemon zest and nutmeg and beat again.
2. Add the flour, salt and currants and mix everything together to make a firm dough, using your hands if necessary. Form into a puck-shape, wrap and chill in the fridge for 30 minutes.
3. Line two large baking sheets with baking paper and lightly dust your work surface with flour. Cut the dough in half and roll out to a 1/2cm thickness. Cut out biscuits using a 6cm fluted cutter, lift onto one of the baking sheets with a knife, leaving a little space in between. Repeat with the remaining pastry to make a second tray of biscuits, re-rolling the off-cuts. Chill for 30 minutes.
4. Bake for 7 minutes, then remove from oven, brush with egg white, sprinkle with extra sugar and return to the oven for 7-8 minutes or until lightly golden brown. Leave to cool on the trays for 5 minutes then transfer to cooling rack.



FLU VACCINE FACTS

What is flu?

Influenza or 'flu' is a highly contagious infection caused by the influenza virus. The virus is spread when an infected person talks, coughs or sneezes small droplets into the air, where they may be breathed in by people nearby. Infection may also be spread by contact with contaminated hands, tissues and other infected articles.

Flu infection can cause serious illness and complications, especially in young children, pregnant women and older people. Infection can be more severe when people have other existing medical conditions, such as diabetes, breathing or heart problems. Flu infection causes hospital stays and deaths every year.

After the vaccination, it is still possible to get flu but it will usually be much milder.

Why have the flu vaccine?

The flu vaccine helps your body to develop immunity without you getting the flu. The flu vaccine contains several inactivated strains to protect against the most commonly circulating flu viruses each year.

You cannot get the flu from the flu vaccine because it does not contain any live flu virus.

Who should receive the flu vaccine?

The seasonal flu vaccine is recommended for anyone aged six months and over to reduce the likelihood of getting flu.

It is especially important for people at increased risk of complications from flu.

People eligible for free vaccine include:

- all children from six months to less than five years of age
- Aboriginal and Torres Strait Islanders people aged six months and over
- pregnant people in any trimester
- those aged 65 years and over
- those with chronic medical conditions (check with your doctor or nurse)
- people experiencing homelessness.

How often should I receive the flu vaccine?

As the flu virus changes frequently, the vaccine must be given each year to offer the best protection.

Children under nine years of age, and those with a lowered immune system, should have two doses of the vaccine at least one month apart when getting the flu vaccine for the first time.

FLU VACCINE FACTS

When should I be vaccinated?

The best time to vaccinate is autumn, but flu vaccine can be given at any time during the year while vaccine is available. It usually takes up to two weeks for the flu vaccine to provide protection.

Talk to your doctor, pharmacist or immunisation provider about the best time for you to have the vaccine.

Are flu vaccines safe?

The Therapeutic Goods Administration (TGA) evaluates and registers all vaccines in Australia to ensure they are safe and effective.

Where can I get vaccinated?

If you are eligible for a free vaccine, contact your immunisation provider to make an appointment. The vaccine is free but some providers may charge a fee for their service. Ask about fees when making an appointment.

If you are not eligible for a free vaccine, check whether your doctor, local immunisation clinic or pharmacy has the flu vaccine available for purchase.

Can I have the flu vaccine if I am allergic to eggs?

It is safe for people with an egg allergy to have flu vaccine even if the allergy is severe. You do not have to be vaccinated in a hospital.

Talk to your doctor, pharmacist or immunisation provider about any allergies you have before having the flu vaccine.

Are there any side effects?

Most side effects are minor, last a short time and resolve without any treatment. Generally, common reactions such as fever, headache, muscle aches and soreness at the injection site begin within a few hours as the immune system starts to respond to the vaccine and last for 1 to 2 days.

Remember, you cannot get the flu from the vaccine because it does not contain any live flu virus.

More serious reactions are rare. All unexpected side effects should be reported to your doctor, immunisation provider or the Immunisation Section, SA Health.

For more information

Immunisation Section,
Communicable Disease Control Branch,
SA Health
T: 1300 232 272
sahealth.sa.gov.au/immunisation

References

Australian Technical Advisory Group on Immunisation (ATAGI): Australian Immunisation Handbook, Australian Government Department of Health, Canberra, 2024:
immunisationhandbook.health.gov.au

National Centre for Immunisation Research and Surveillance ncirs.edu.au

ASK ABOUT YOUR FREE FLU SHOT TODAY



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Government
of South Australia

SA Health

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Our clients



Duro pictured with his cake and cards for his birthday celebrations.



Duro and Dusan enjoying lunch at the Croatian Club



Iva was very proud showing carer Kylie her drawings she has done during the years.



Eleanor busy at craft with carer Olha, using seeds and butterflies



Dusan enjoying a morning out in the sunshine with carer Olha



Costas looks comfortable in his new recliner purchased from his Home Care Package

Personal Alarms

Please ensure you are wearing your personal alarms when at home and understand how to use them if needed.

If you are not sure how to use them please call the Home Care office or ask your carer during their visits.



Consumer Advisory Body Meeting

Consumer Advisory Body meeting is on
Wednesday 30th April at the
Home Care office **471 Regency Road, Prospect** at **11.00am**

Please let us know if you will be attending by phone on 7078 6382

Maintaining an Active Body

Maintaining our physical health and mobility is so important as we age and many older people living at home are keen to improve their strength, balance and independence.

There is a range of tailored support available for people living with age-related health conditions and reduced mobility, which focuses on low-impact and low intensity exercises. Your home care package can potentially cover the costs of recommended assessments, services and equipment to ensure that you receive the right type of assistance for your specific care needs.

Engaging in regular exercises under the guidance of a health professional can have both physical and mental benefits. It can improve physical well-being and also boost your mood and overall outlook on life by releasing happiness hormones!

A physiotherapist or exercise physiologist can create an individualised plan which can take place in the comfort of your own home or you might like to consider group exercises as they're a great way to socialise with others while staying active.

While these exercise plans are designed for older people to do, having someone, like a family member or support worker, is recommended to guide and assist during the exercises.

We can arrange an assessment that focuses on maintaining your well-being and independence while making the process enjoyable. Keeping ageing bodies moving helps improve flexibility, confidence, and resilience.

In most cases, your home care package funds can be used to support your physical health and well-being, as long as it meets your assessed needs and is included in your package budget.

If you believe you could benefit from exercises or physiotherapy, please get in touch with us for a chat 😊



Why everyone's spending approval is unique!

Occasionally, one of our clients might ask about using their home care package funds to buy particular items, having seen others receive approval for similar purchases in the past.

Home care package funds are intended to cater to each individual's unique care needs and no two care plans are identical. Throughout our assessment and care planning process, we partner with you to identify what is important to you and understand how your health issues impact your daily life. We also aim to identify any clinical, environmental, or other risks that may affect your care and services.

Therefore, before approving any spending, we must ensure that the expense aligns with your specific care needs and complies with the government's guidelines on how package funds can be used.

We acknowledge that you are the expert in your own life, and we value your input in finding ways to meet your needs. It is important to know that the Department of Health and Aged Care authorises HCP providers to use their discretion to decide what care and services can be provided to consumers, based on a person's assessed care needs and to meet our legislative requirements regarding expenditure.

We'll work with you to update your care plan and budget, and, depending on the request, we may need to arrange for a professional assessment or recommendation.

So, while there may be some similarities in care needs from one person to the next, we need to follow these steps before approving new spending.

Please don't hesitate to get in touch if you'd like to discuss your needs and we can work with you to direct your package funds in the most appropriate ways.



The comfort of a hug when it's needed most



From bear hugs to birthday hugs, most of us have experienced the soothing reassurance of a well-placed hug at some time in our lives.

Not only do they provide comfort during times of stress but they also send a signal to release oxytocin, (otherwise known as the cuddle hormone) that lets us know everything is OK.

And it's evoking these feelings of reassurance that led to the development of HUG.

HUG™ by LAUGH is a therapeutic assistive product that's been co-designed with health professionals and people living with dementia to reduce anxiety and provide comfort. It's made from super soft, washable material and has weighted limbs and a simulated beating heart to create the feeling of a real hug.

It also includes an embedded music player so that you can add soothing music playlists, personalised messages or even stories from loved ones.

And whilst sensory products such as HUG may not be suitable for every person living with dementia, one of the initial studies showed a whopping 87% of people who used the product over 6 months had an improvement in wellbeing.

One of the other successful research projects with HUG has been its ability to provide comfort and reassurance during hospital stays, where people with dementia are often frightened, agitated and disoriented.

<https://dementiashop.com.au/products/hug-by-laugh>

*As not everyone likes being cuddled, HUG needs to be introduced sensitively. You can find guidance on how to introduce the product by visiting this link:

<https://hug.world/how-to-use-hug/>



Supporting people living with anxiety

Most of us think about anxiety as a feeling of unease or worry. While occasional anxiety is normal, it becomes a concern when these feelings become persistent and affect your health, well-being and quality of life.

According to Beyond Blue, anxiety is the most common mental health condition in Australia and approximately 1 in 10 older adults experience an anxiety disorder. This number rises to nearly 30% among older adults dealing with multiple chronic or acute medical issues, significantly impacting their daily lives.

Whilst doctors or clinicians can formally diagnose anxiety using validated assessment tools, it's important to recognise how anxiety manifests in ourselves to understand the triggers and signs, and to learn how to self-soothe (if possible) when anxious feelings occur.

Beyond Blue provides information that explains how anxiety is characterised in older people, and give examples of thoughts, feelings, behaviours and physical symptoms that can develop gradually over time. Older people may begin to limit or avoid certain activities or people, change their behaviour and develop coping strategies without being fully aware of it.

There are various supports and treatment options available, so it's important to consult your GP to discuss your symptoms, rule out any other health issues, and seek the necessary support.

If you are persistently worried or anxious, we can help you seek the support you need, and connect you with activities that promote wellness and help to improve your quality of life.

For free confidential support visit:

<https://www.beyondblue.org.au/>

Ph: 1300 22 46 36



Understanding care management

Every consumer receiving a home care package is provided with assistance and support to coordinate their care and services, known as Care Management. However, this role is not always well understood.

The main responsibilities of a care manager include working closely with consumers, their families, or representatives to ensure that care needs assessments, goal setting and care planning align with home care package spending and lead to the best possible outcomes for each consumer. But there is much more to it!

The key to good care management is to be unobtrusive yet supportive. We aim to empower you to make informed decisions about your care and to maintain your independence and autonomy as much as possible. This may involve helping you navigate the complex aged care system, informing you about the types of care and services available, assisting you in planning for the future, and making adjustments if your circumstances and needs change.

Care Managers at our organisation have a wide range of additional responsibilities, which include but are not limited to:

- . Onboarding new consumers, establishing relationships, and completing necessary documentation, including annual reviews for each person
- . Addressing consumer and family requests regarding package spending
- . Ensuring dignity and choice for our consumers
- . Handling phone calls, making calls, and responding to emails
- . Addressing feedback, concerns, incidents, hazard reports, etc.
- . Making referrals and coordinating with other service providers
- . Sending purchase orders and service requests
- . Onboarding and coordinating with external contractors
- . Explaining fees, charges, monthly statements, price changes, etc.

We will partner with you to address your care needs and help improve your well-being and quality of life. Please get in touch for a chat about how your home care coordinator can best support you. 😊

Providing culturally safe care in your home

Culture, tradition and religion play a central role in many people's lives, and it's important to respect and celebrate the rich diversity that makes Australia what it is today!

To ensure we meet your needs safely and appropriately, it helps us to know what is significant to you from a cultural, religious, and spiritual perspective.

We invite you to share any special considerations with us, such as:

- . Accepted greetings, including handshakes, bows, eye contact, and footwear and clothing customs to enter your home
- . Dietary rules, religious customs, and fasting practices
- . Family hierarchy and decision-making customs
- . Attitudes and values toward cognitive impairment, sexuality, and gender
- . Spiritual practices, rituals, and social customs
- . Willingness to accept help to care for elders from outside the family
- . Sensitivity and awareness of Indigenous practices
- . Collective trauma and past injustices that impact the person receiving care
- . Gender-specific care requirements
- . Elders' status and accepted norms for giving, receiving and sharing items, money and food among family members
- . Personal care preferences, obligations and prohibited practices
- . Language needs and acceptable use of interpreters
- . Clothing customs, including cultural or religious attire

We respect and support your preferences and will include your requirements in your care and services plan, so please get in touch with us to share your story.



Cultural Events in April

8 April	Hana Matsuri (Flower Festival)	In Japan, Buddha's Birthday is celebrated on 8 April. The day features the display of flowers at temples and the viewing of cherry blossoms throughout the country.
13 Apr	Palm Sunday	The final Sunday before Easter Sunday marks the beginning of Christian Holy Week and commemorates the story of Jesus' arrival in Jerusalem before his crucifixion.
13 – 16 Apr	Pii Mai (Lao New Year)	Lao New Year or Pii Mai is celebrated every year. The coming of the New Year is seen as an opportunity to let go of the past and embrace a promising new future. Water, which holds great symbolic value in Lao culture, is used to wash Buddha statues. Sand is brought to the temple grounds and is made into stupas or mounds, then decorated before being given to the monks as a way of making merit. People also splash water on each other during the celebrations that last three days.



18 Apr	Good Friday	Good Friday is a solemn Christian remembrance of the suffering and crucifixion of Jesus Christ. Many countries observe Good Friday as a national holiday on the Friday before Easter. In 2025, Protestant, Catholic and Orthodox Christians commemorate this on the same date.
19 Apr	Holy Saturday	Holy Saturday is a Christian commemoration of the final day of Christ's death. It is associated with traditions regarding Christ's triumphant descent into hell and a 40-hour-long vigil that followers of Jesus Christ held after his burial on Good Friday. In 2025, Protestant, Catholic and Orthodox Christians commemorate this on the same date.
20 Apr	Easter Sunday	Easter Sunday is regarded by Christians as the day of the resurrection of Jesus Christ. In 2025, Protestant, Catholic and Orthodox Christians commemorate this on the same date.
21 Apr	Easter Monday	Easter Monday is the day after Easter Sunday in Eastern or Western Christian traditions. The day marks the resurrection of Jesus Christ three days after his crucifixion. In 2025, Protestant, Catholic and Orthodox Christians commemorate this on the same date.
25 Apr	ANZAC Day	ANZAC stands for Australian and New Zealand Army Corps. ANZAC Day is an anniversary of the day when Australian and New Zealand soldiers landed in Galipoli in 1915 as part of the Allies' invasion. It is a public holiday to recognise the contribution and sacrifices of all those who have served Australia in time of war and in war like conflicts. The day is observed with the dawn service, marches and ceremonies across Australia and New Zealand.

Free online events for carers!



April 23rd - Voting when living with dementia

With a dementia diagnosis impacting a person's ability to understand information and make decisions, this online session is designed to support people living with dementia and carers to know what to do when it comes to voting. Especially in the lead up to the Federal Election in May.

April 28th - How to navigate My Aged Care

My Aged Care includes a wide range of services that are available to support older people to stay at home longer, including respite. However, many carers find the aged care system to be confusing and difficult to navigate. Join us to find out what's available.

April 30th - What will the upcoming changes to aged care mean for carers?

While there are many webinars and resources available on the changes to aged care coming into effect from 1 July 2025, it can be helpful to understand how the changes may impact carers of older people.

May 6th - National Gallery Australia - Art for carers online

Held monthly, this is a social and creative online program for carers around Australia, to learn about and discuss artworks from the National Gallery collection.

May 7th - Supporting people with dementia to stay at home longer

"It takes a village" is an online series designed to empower and upskill carers to support a person living with dementia to remain at home for as long as possible. With a strong focus on wellbeing and self-care, carers will be equipped to navigate some of the complexities and challenges of supporting the person they are caring for.

****Need help getting online? The Good Things Foundation can help:**

<https://goodthingsaustralia.org/learn/>

This Month in History

April 4 1923 - The **Country Womens Associaton** holds its first annual conference..

April 6 1895 - **Waltzing Matilda** is first performed at the North Gregory Hotel, Winton, Queensland.

April 8 1802 - **Explorer Matthew Flinders** meets the French explorer **Nicolas Baudin** at Encounter Bay.

April 13 1829 - Melbourne's first **post office** opens.

April 17 1935 - Australia's national airline, **Qantas**, operates its first overseas passenger flight, from Brisbane to Singapore. .

April 19 1984 - **Advance Australia Fair** is proclaimed as Australi's national anthem, and green and gold are proclaimed as Australia's national colours.

April 25 1927 - **Anzac Day** is uniformly observed in all Australian states for the first time.



Sudoku

9			1			8		
			8				7	
6		7		9	2		4	
				4			8	
8						2		
2	3		6					5
								4
	1					3		
	4		3				6	

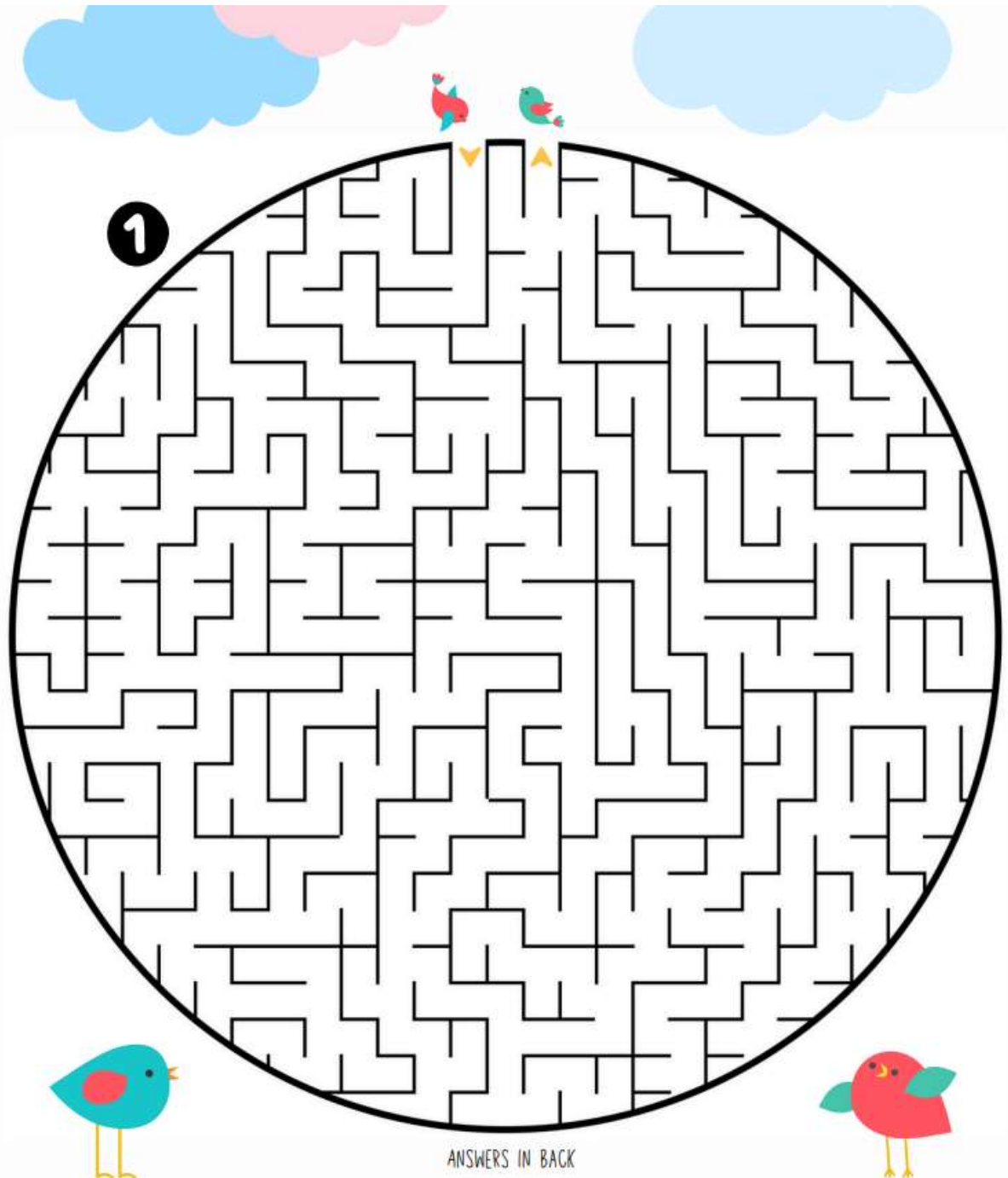


Sudoku Answers:

9	2	3	1	7	4	8	5	6
4	5	1	8	3	6	9	7	2
6	8	7	5	9	2	1	4	3
1	7	5	2	4	3	6	8	9
8	6	4	9	5	1	2	3	7
2	3	9	6	8	7	4	1	5
3	9	6	7	1	8	5	2	4
7	1	2	4	6	5	3	9	8
5	4	8	3	2	9	7	6	1



Maze



Find a Word



Colouring is a healthy way to relieve stress. **It calms the brain and helps your body relax.** This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. Please enjoy our colouring activity.

