



St Anna's Home Care

Newsletter

June 2026

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Birthdays

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Our clients

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Colouring



St Anna's Home Care Information

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Email: homecare@cubs.org.au

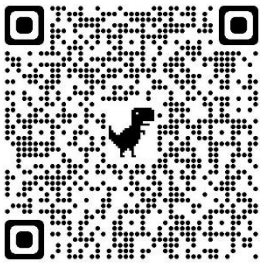
Address: 471 Regency Road, Prospect SA 5082

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 June,
we hope you enjoy your special day.*

Norma - 2 June
Antonietta - 7 June
Maria - 7 June
Robert M - 8 June
John - 11 June
Slavica - 12 June
Brian - 13 June
Jan - 14 June
Jaqueline - 15 June
Leonard - 19 June
Sadie - 20 June
Ljubica - 23 June
Pasquale - 25 June
Sylvia - 25 June
Maria - 25 June
Horst - 30 June

Ling - 14 June
Olha - 15 June
GraceMarie - 30 June



Recipe of the Month

4 Ingredient Creamy Tomato Pasta



Ingredients:

- 8 ounces dried fettuccine pasta
- 2 tablespoons rich extra virgi olive oil
- 1 can crusehd tomotoes
- ½ cup heavy whipping cream

Method:

- 1... Bring a large pot of salted wated to a rolling boil over high heat.
- 2... Add the dried fettuccine pasta to the boiling water and cook for 9-11 minutes until al dente, stirring occasionally to prevent sticking.
- 3...While pasta cooks, heat therich extra virgin olive oil in a large skillet over medium heat until shimmering.
- 4...Pour the can of crushed tomatoes into the hot oil – they should sizzle.
- 5...Cook the tomato mixture for 55-7 minutes, stirring frequently, until it thickens slightly and darkens in color.
- 6... Reduce heat to low and slowly pour in a hevly whipping cream while stirring constantly to create a smooth sauce.
- 7...Simmer the sauce for 2-3 minutes.
- 8...Drain the cooked pasta, reserving ¼ cup of pasta water.
- 9...Add the drained pasta directly to the skillet with the creamy tomato sauce.
- 10..Toss the pasta with the sauce for 1-2 minutes, adding splashes of reserved pasta water if needed to loosen the sauce.

Gardening / Maintenance



Our gardening and maintenance team **Glen and Wade**

Nursing Staff



International Nurses Day was celebrated in the Home Care office with our nurses **Priya EN, Joyce EN, Rebecca RN and Elena RN.**

Our Clients

Clients attended the Croatian Club in April.



Our Clients



ručak

Our Clients



prijatelji



Our clients attended the Croatian Club in May



Our Clients

Mothers Day Flower Arranging



♥ HAPPY ♥
Mother's
♥ DAY ♥



Our clients





Our lovely clients Lyn, Barbara and Eleanor made Ferrero Roche flowers into bouquets. They also made bouquets of fresh flowers using Chrysanthemums, roses, protea and greenery. They had a lovely morning chatting to other clients and enjoyed morning tea at the Home Care office.



Our clients



Katarina enjoying a day out with Gracemarie at Grange and West Lakes.



Katarina and **Holli** visited Mount Lofty. Unfortunately the weather was not great but they had a fantastic day.

Our clients



Madalenna enjoying the sunshine with Irene. **Maria** had her nails painted by Dani



Judy and **Des** having breakfast to celebrate Des's birthday. Happy Birthday **Des**.

Our clients



Eleanor and Dani went to the Exotic plant nursery. Maria enjoying Bingo at residential.



Des enjoying a visit to the beach with carer Judy

Home Care – Social Support Group

Friday 19th June

10.00am to 12.00

‘Understanding your Support at Home Package’.

Come along and enjoy morning tea and cuppa with other clients.

**IMPORTANT
INFORMATION**



Paint and Sip

Friday 17 July
10.00am to 12.00
Home Care Office

Come along and paint a picture and enjoy a morning tea with other clients.

Please confirm your attendance with the Home Care Office.



Toothbrush Care

We all know we should be brushing our teeth twice per day but how often do you really need to change your toothbrush???

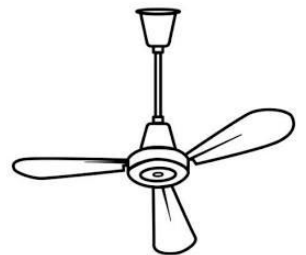
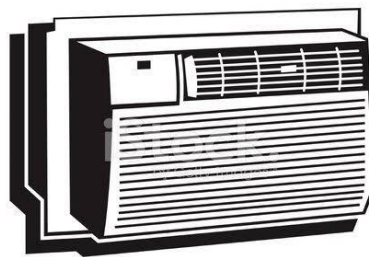
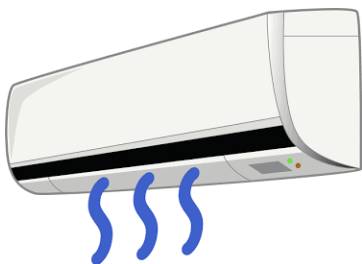
Most oral healthcare providers recommend changing your toothbrush **every three to four months**. This time frame can vary based on your type of toothbrush and your toothbrushing technique.



Changing airconditioners and fans from summer to winter

To switch an air conditioner from summer (cooling) to winter (heating) mode, first, locate the mode switch on your thermostat or remote control. Then, select the "heat" or "heating" mode. Finally, set the desired temperature, usually around 20-23°C (68-74°F) for comfort. Before using the heating function, ensure your air conditioner's filters are clean and the area around the outdoor unit is clear.

The vast majority of ceiling fans will have a switch on the side of the motor. This is usually labelled as forward and reverse or summer and winter. Simply flick the switch to engage the relevant rotation. Some newer models will have this reverse function built into the remote control (if one is supplied).



Cultural Events

14 – 20
Jun

Refugee Week

Refugee Week is celebrated around the country. It is an opportunity to acknowledge the success of refugees and humanitarian entrants in Australian society.

17 Jun

Al Hijri (Islamic New Year)

According to the lunar or Islamic Calendar, Al Hijri (Al Hijrah in Arabic) is the Islamic New Year observed on the first day of Muharram. Muharram is the Islamic Calendar's first month of the year and is the second holiest month after Ramadan.

19 June

Dragon Boat Festival

Dragon Boat Festival (Duanwu Jie or Double Fifth Festival) commemorates the death of the Chinese poet Qu Yuan. It is celebrated in China, Taiwan, Malaysia, Singapore and parts of Indonesia. Cultural events involve eating rice dumplings and traditional dragon boat racing.

19 June

Dano Festival

Dano is an official holiday in both North and South Korea to celebrate the ending of spring as the summer season is welcomed. The day marks the beginning of growing season when the farmers have finished seeding and planting and the *Yang* energy is at its highest.



National Gallery of Australia: Art and Dementia Workshops

If you've never thought of yourself as an 'artsy' person, you may actually be quite surprised at what you can achieve with the right type of step-by-step guidance. Especially if you've only ever been able to create stick figures or emoji faces in the past!

The National Gallery of Australia's Art and Dementia Making It series offers a range of online classes for people with dementia and their carers, with no previous art skills required.

Developed after a groundbreaking study with the University of Canberra demonstrated that attendance of the gallery's Art and Dementia program provided improvements in participants' quality of life and wellbeing, the online version of the workshops now makes them accessible to everyone, no matter where you live.

Designed to be both socially engaging and intellectually stimulating, the classes offer an opportunity to build confidence and learn something new, while encouraging creativity.

Each of the classes requires minimal materials and includes activities such as:

- . Drawing a well-known work of art
- . Creating a paper bowl
- . Mimicking a brightly coloured sculpture

And while the activities were originally developed for people living with dementia and their carers, anyone can join their free classes.

So if you've ever wanted to try your hand at drawing a face that looks like an actual piece of art rather than an emoji, the 'About Faces' workshop is the one to choose. This class quickly transforms just two simple circles, into something to be proud of!

<https://nga.gov.au/art-and-dementia-making-it/>



Funding Changes for pharmacy-filled medication packs

Managing multiple medications can be complex and overwhelming, with potential negative impacts on your health if not managed correctly. Some of our participants prefer to take their tablets from the original medication packaging, but many others need some help to take their medications correctly and in accordance with the doctor's prescription.

We sometimes recommend that participants consider having their medications packed by their pharmacist into a Dose Administration Aid (DAA), to add a layer of security by eliminating medication mishaps and mistakes.

Dose Administration Aids are suitable for people who:

- . Take multiple, frequent medications
- . Forget to take their medicine
- . Are at risk of double-dosing
- . Have difficulties with opening medication packaging

We aim to ensure you use the safest and most convenient method to meet your medication needs so that you take your medication correctly, every time, every day. Whilst the cost is relatively low (typically between \$6 and \$10 per pack), this amount was often funded for consumers under the previous Home Care Packages program.

Unfortunately, the new Support at Home program no longer funds the preparation of DAAs by pharmacists. This means participants are now responsible for covering the subsidised cost themselves, unless they are eligible for support through their pharmacy's other programs.

This change means that for the first time, many participants will be asked to pay out-of-pocket to have their medication packed and delivered by their pharmacist. Please ask your pharmacist about options, or talk to your Care Partner about how this funding change affects you.



Managing hearing loss is good for your brain

Emerging research shows that untreated hearing loss is one of the most significant modifiable risk factors for cognitive decline and dementia.

According to StepUp for Dementia Research*, even mild hearing loss in midlife can speed up brain ageing, affect memory and thinking skills, and increase the risk of developing dementia later in life.

For 15 years, researchers followed more than 2,000 people and discovered that those with hearing loss were more likely to experience a faster decline in cognitive functions like planning, decision-making, and paying attention.

While hearing loss doesn't directly cause dementia, it can lead to social isolation and depression, which are commonly associated with dementia progression. However, the good news is that people who wear hearing aids to correct their hearing loss significantly reduce their risk of dementia.

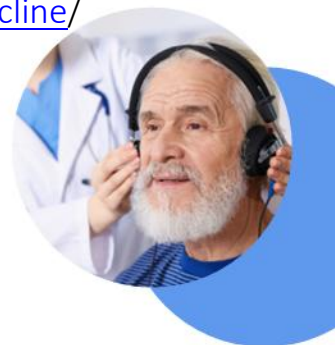
That's why it's important to have your hearing checked regularly, and by looking after your hearing, you're also supporting your brain health and quality of life as you age. Most hearing checks are free, and a range of hearing aids and devices are available to help reduce the impact of hearing loss on you.

Whilst Support at Home funds cannot be used to pay for hearing aids, you may be able to use your funding for specialised assistive products to support hearing loss. You can also find out about government-subsidised hearing aids via the Hearing Services Program

: <https://www.health.gov.au/our-work/hearing-services-program>

Your quarterly budget can also be used to get involved in social activities to boost your well-being and connectedness, so please let us know how we can assist you.

* www.stepupfordementiaresearch.org.au/hearing-loss-hasten-cognitive-decline/



Rinse-free shampoo and conditioning caps

When you're managing health or mobility challenges, stepping in and out of the shower or leaning over a sink to wash your hair without assistance may not always be practical. This is particularly true if you are unable to get out of bed or are recently recovering from surgery or a hospital stay.

Thankfully, rinse-free shampoo caps offer a handy alternative to traditional hair washing, without the need for water or navigating slippery floors.

These clever caps come embedded with a gentle, all-in-one conditioning shampoo, that's designed to release as you massage your scalp.

They absorb oil, dirt and other debris, leaving your hair feeling refreshed and clean. You then simply towel dry if needed, and throw the cap away!

If you could benefit from rinse-free shampoo caps, speak to your care partner about how they can be directly linked to your identified care needs.

We will ensure you have the necessary approvals in place to purchase these nursing care consumables from your ongoing quarterly budget. Visit the link below to find out more: <https://ilsau.com.au/product/shampoo-caps/>



Can my funding pay for: Nursing Care Consumables

The first thing participants usually want to know is what 'nursing care consumables' actually are! In a nutshell, they are items used directly in clinical treatment, disease management, or continence management. There are two aspects to receiving clinical or nursing care under Support at Home.

1.Nursing Care: This is the clinical work performed by a nurse. Nurses carry common items, such as basic dressings, bandages, alcohol wipes, gloves/masks, gauze swabs, etc., which are included in the price for the nurse's visit to you.

2.Nursing Care Consumables: These are the products required for specialised clinical care but are not part of a nurse's everyday toolkit of products.

Nursing care consumables might include:

- . Specialised products for skin integrity and wound care (such as skin emollients, barrier cream and dressings). All medications are excluded.
- . Oxygen units and consumables (such as concentrators, cylinders, cannulas, tubing, masks, connectors, nasal tissues and padding).
- . Continence consumables (such as pads, pull-ups, catheters and sheaths). Please note that washable or reusable continence products are funded separately as an Assistive Technology product.

Your Care Partner or nurse can order approved products on your behalf, which will be billed to your quarterly budget. Alternatively, with a prior agreement in place, you might prefer to purchase approved nursing care consumables as needed and claim reimbursement from us.

Either way, there must be a documented clinical requirement for the product, along with a corresponding care plan goal or Notice of Decision approval for that specific product.

If you need nursing care consumables at any time, we will work with you to ensure that you have the necessary approvals in place.



Nursing Care
Consumables

Connecting with family and supportrs who live far away

As families become more geographically dispersed, being supported by family members who live far away can present unique challenges for you and for them. However, when it comes to supporting someone who is already receiving ongoing care and services under the Support at Home (SAH) program, navigating this care relationship has never been easier.

One of the key features of the Support at Home program is the ongoing Care Management provided by your Care Partner. This role includes engaging in ongoing care discussions with you and your registered supportrs or family members, so please share these ideas with them:

1. Ask your supportrs to contact us and introduce themselves, noting we must verify your consent before discussing any information with them. We will always consult and involve you in determining the best way to address any ongoing or changing needs.

2. Share relevant information with your supportrs regarding your key health issues, care plan goals, service rostering, future care preferences, and how you have chosen to use your Support at Home funding.

3. Schedule regular check-ins or conversations with each other to ensure your supportrs can recognise and respond to any changes in your care needs, such as incidents, health concerns, mobility or cognition changes, or other issues related to your well-being.

4. Regular communication via video calls or private group chats helps you and your supportrs stay informed and emotionally connected.

5. Use your ongoing Support at Home budget to help fill gaps that family members or supportrs might typically provide, such as social support visits (including from volunteers), transport to appointments, delivered meals, medication reminders, additional domestic assistance & garden care, personal alarm monitoring, and so on.

Please let us know if you want us to connect with family or supportrs who live a distance away from you. And let us know if you need help to get necessary approvals in place for additional service types.



Carer Allowance for people providing regular care

Being a family carer can be both rewarding and challenging, and it can also have a financial impact on you. If you provide regular care for a Support at Home participant, whether you live together or not, you may be eligible for financial support through the Australian Government's Carer Allowance.

This payment recognises the vital role carers play in our communities, and aims to ease some of the financial pressure that comes with providing daily support. To be eligible for the fortnightly Payment plus an annual Carer Supplement of \$600, both you and the person you care for must meet specific criteria:

- . You must provide daily care and attention, either in your home or the home of the person you care for
- . The care must be provided for at least 12 months, or for the rest of the person's life
- . There is no asset test, but there is an income test for the carer
- . Both you and the person you care for must be Australian residents and be physically present in Australia
- . A health professional must complete a medical assessment confirming the person's care needs

Here are several tips for completing the Services Australia application form:

Get up-to-date medical evidence: Ask the doctor to be very specific about the care needed daily, how long it takes, and whether the condition is permanent or long-term.

Focus on frequency of care: Ensure the application clearly outlines that you provide daily care, which can include supervision to prevent injury (e.g., risk of falling).

Be specific about what you do: Describe all the tasks and activities you do across the week. Fill out the forms based on the person's worst days, not their best.

Even if you have applied unsuccessfully in the past, it may be worth reapplying and strengthening your application with new evidence and supporting documentation.

Spotlight on Prostate Health

Prostate cancer is the most common cancer among men in Australia, excluding skin cancer. As men age, it's crucial to be aware of this disease, recognise its signs and symptoms, and understand the steps to take if any concerns arise. Early detection can significantly improve treatment success and lead to better long-term health outcomes.

Common signs and symptoms to watch out for include:

- . Difficulty starting or stopping, or a weak urine stream
- . Needing to wee frequently or urgently, especially at night
- . Pain or burning sensation, or blood in the urine
- . Pain in the lower back, hips, or pelvis, or weak legs or feet

Some of these symptoms can be caused by less serious, non-cancerous conditions, but it's always a good idea to talk to your GP if you notice any changes. Regular check-ups and prostate-specific antigen (PSA) blood tests can help detect prostate cancer early, even before symptoms appear.

If prostate cancer is diagnosed early, the success rates are high, and around 95% of men diagnosed with localised prostate cancer survive at least five years after diagnosis, and many live much longer with a good quality of life.

It can be confronting to think about serious health issues, and most of us would like to think 'it can't happen to me'. So, staying informed, noticing changes in your body, and having regular discussions with your doctor are key to early detection and successful treatment.

Our ongoing clinical assessments are done to help you identify if your health has changed, and to direct your budget toward services and supports that maintain or improve your overall health and wellbeing.

You can also use your budget for transport to medical appointments, so please get in touch with us to discuss your options.



Free online events for carers!



June 25th - Older Women's Network - sound healing meditation

If you've been feeling stressed or overwhelmed, these online sessions combine guided meditation with calming sounds designed to support relaxation and emotional wellbeing.

June 30th - Aged care reforms + recent clinical care changes explained

With the recent aged care reforms now in place, COTA and OPAN are hosting a webinar series looking at how these significant changes are affecting older people and their families. You'll also be able to submit a question on any aged care reform issue as part of your registration.

July 8th - Supporting people with dementia to stay at home longer

"It takes a village" is an online series designed to help carers 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.

July 10th - Tips for communicating with someone living with dementia

This event provides information on dementia and how it affects communication. It also covers tips for communicating with the person you're supporting.

August 20th - How to use government websites

Managing multiple government services online can be overwhelming at times. This presentation provides a step-by-step guide to setting up a MyGov account, so it's easier to manage many important services all in one place.

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

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

Sudoku

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

Sudoku Answers:

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



Winter In Australia

This Month in History

June 4 - 1924 - The first human voice was successfully transmitted from London to Australia from Marconi's experimental station

June 5 - 1988 Kay Cotte completes the first single-handed, non stop circumnavigation of the world by a women.

June 8 - 1951 The School of the Air officially opens.

June 10 1933 - The Australian Womens Weekly magazine is launched by Robert Clyde Packer and his son Frank.

June 11 - 1964 The Beatles began their three week tour of Australia, in Adelaide. 3300 000 fans turned out to see the band drive in a motorcade from the airport to the city..

June 20 - 1866 Adelaide's Town Hall opens.

June 23 - 1903 The first Australian postage stamps are issued, replacing pre-federation colonial stamps



RAINY DAY MATCH

MATCH UP THE TOP AND SIDE VIEWS OF FOUR UMBRELLAS.

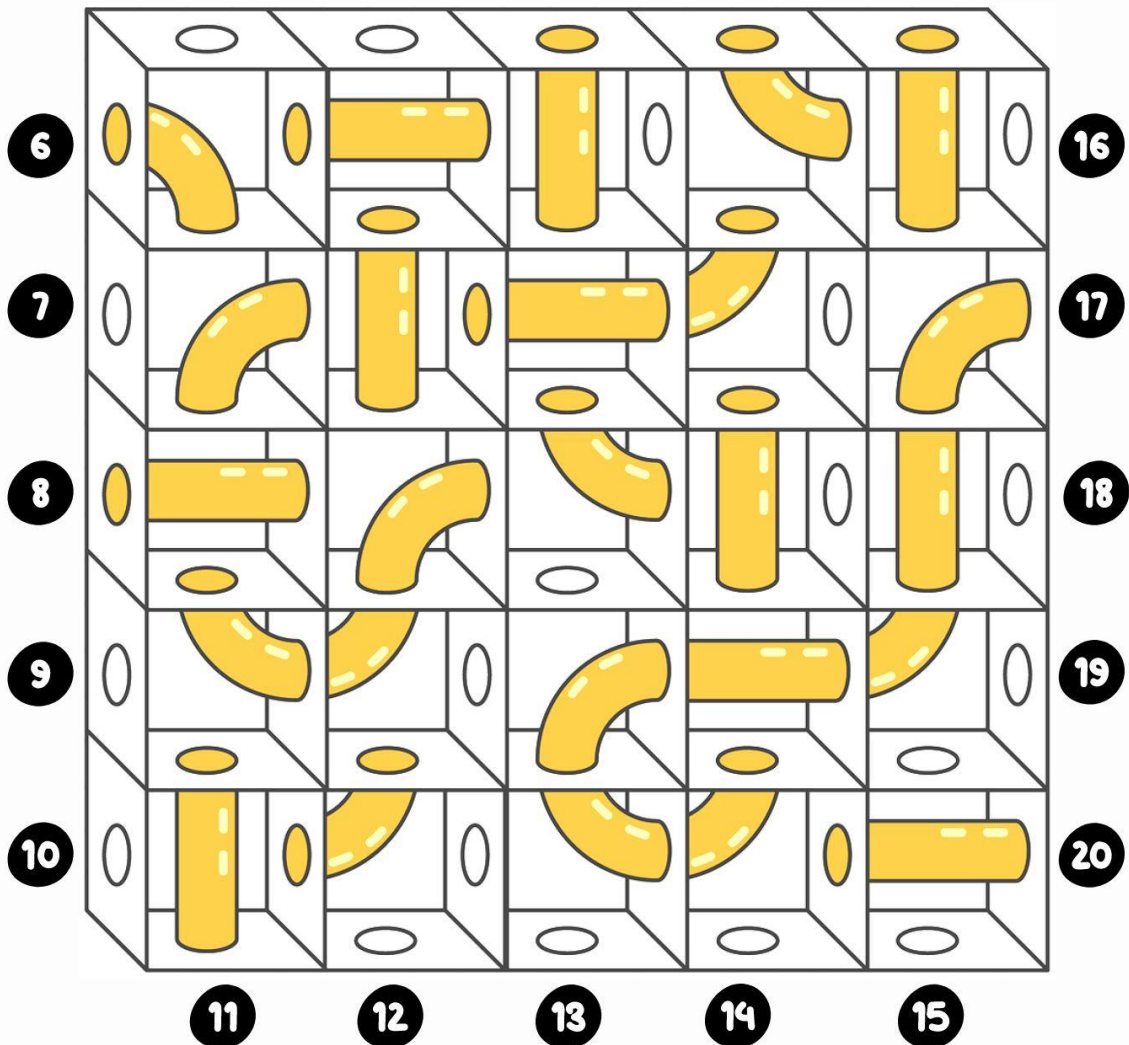


WATER WAZE

Where will the liquid come out if poured in HOLE 1, HOLE 2, HOLE 3, HOLE 4, OR HOLE 5?

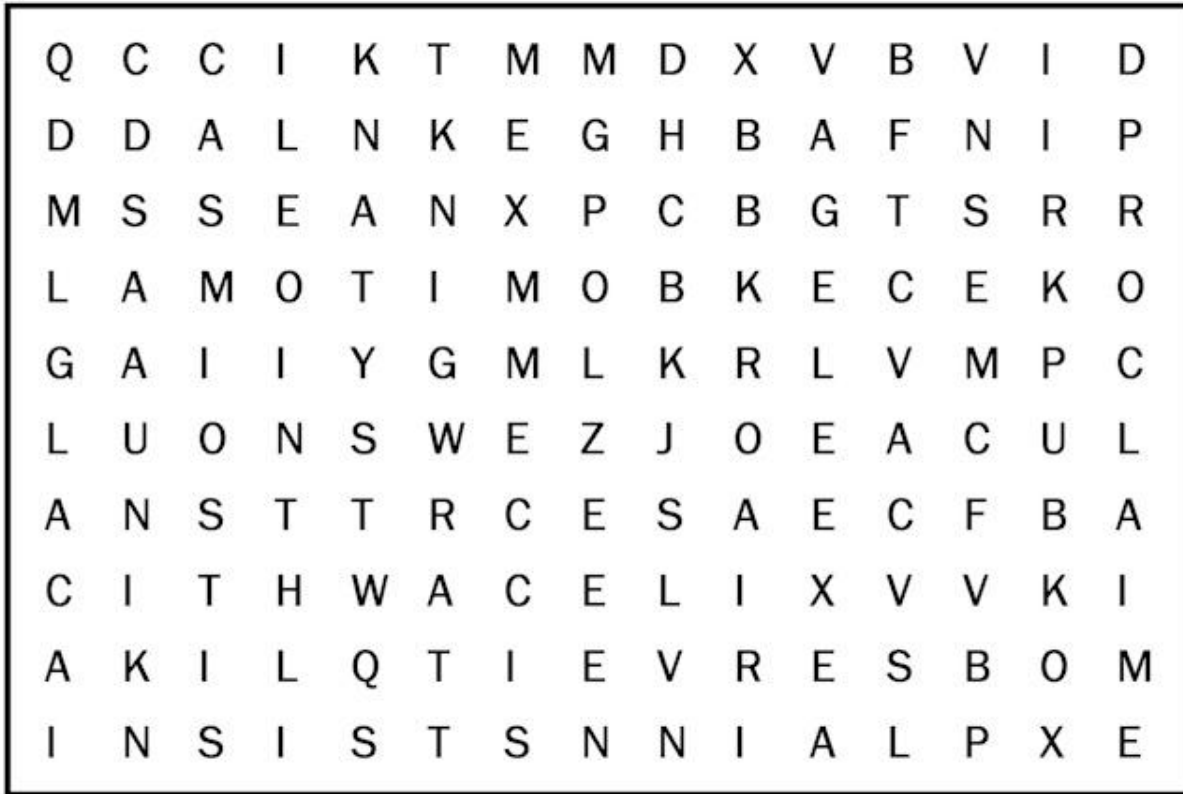


- 1 
2 
3 
4 
5 



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SAY WHAT?



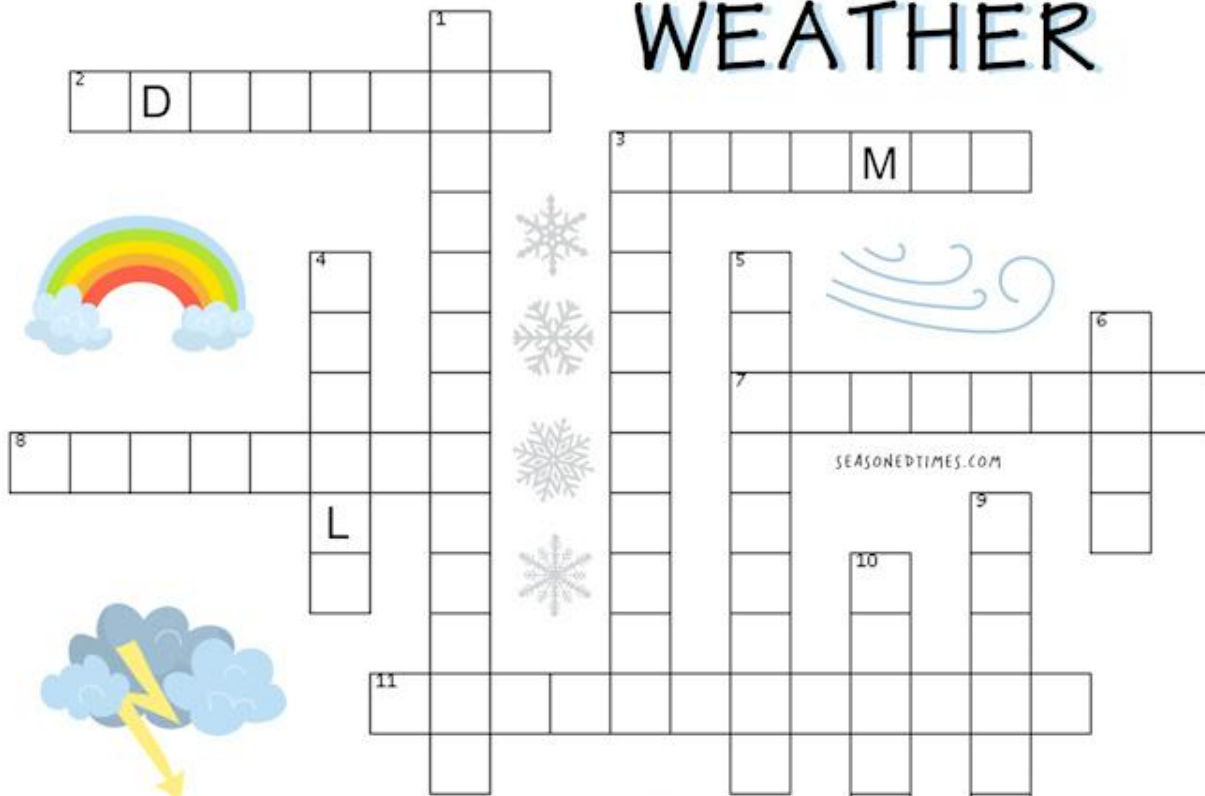
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Look for the following words that describe different ways "to say" something. They may be spelled forward, backward, downward, upward, or diagonally.

- | | | |
|------------|-------------|------------|
| ■ ADD | ■ GUSH | ■ MENTION |
| ■ BABBLE | ■ INSIST | ■ OBSERVE |
| ■ CLAIM | ■ INTERJECT | ■ PROCLAIM |
| ■ DISCLOSE | ■ LAMENT | ■ REVEAL |
| ■ EXPLAIN | ■ MAINTAIN | |



WEATHER



ACROSS

2. Official announcement about bad weather conditions
3. Upward current of warm air,
7. Arctic atmospheric condition when visibility is very poor.
8. To calculate or predict
11. Change of a gas or vapor to a liquid by cooling

DOWN

1. Condensation of atmospheric water vapor that falls to the ground
3. Instability in the air
4. Sudden, strong wind of brief duration
5. Extremely powerful downward air current in a limited area for a short time
6. Sudden rush water, fire, smoke, sound, etc.
9. Instrument for measuring atmospheric pressure
10. Rotating column of water and spray

AGING IS JUST ANOTHER
WORD FOR LIVING.

- CINDY JOSEPH



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I can still cut the mustard...
I just need help opening the jar!

- Author Unknown



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*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.*



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