

FREE CHRISTMAS LUNCH



**Gawler  
Community  
House**

*Putting the heart back into our community*



## Christmas Lunch

**12 noon to 2pm**

Why be alone when you can celebrate the festive season with new friends.

Gawler Community House extends an invitation to celebrate Christmas with us.

Bookings Essential

**Phone: 8522 4601**



Gawler  
Community  
House

Funded by the Australian Government Department of Health. Visit the Department of Health website ([www.health.gov.au](http://www.health.gov.au)) for more information.

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Department for Communities  
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# Home Assist

## Connecting Consumers *by Consumers for Consumers*

Edition 23 – December 2019

(Christmas and Culture Edition bonus - 2 Christmas Puzzles)



*Margaret Hague with dog -Squirrel*

**Gawler** | 

**Gawler Home Assist**

Gawler Administration Centre 43 High Street, Gawler East SA 5118  
Ph: 8522 1177 Email: [chsp@gawler.sa.gov.au](mailto:chsp@gawler.sa.gov.au) [chsp.gawler.sa.gov.au](http://chsp.gawler.sa.gov.au)

Welcome to the latest edition

**Holiday Closure**

Another year has gone by very quickly. As we head towards Christmas, I would like to inform all our Consumers that the Home Assist office will be closing over the Christmas and New Year period. Staff will be taking a much needed break, commencing 12pm on Friday 20 December 2019 and will be returning at 8:30am on Monday 6 January 2020.

Over December and January, a number of our Contractors will take some well-deserved time off. Due to the number of people taking a break over this period, we do not anticipate that it is likely that we will be able to accommodate any fill-ins in this time.

**Hot Weather**

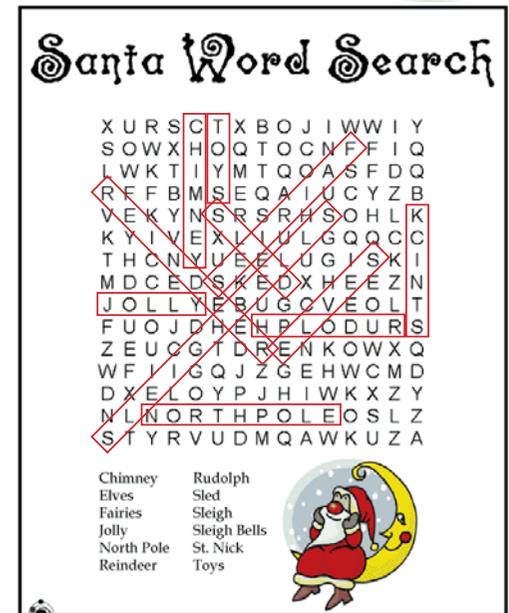
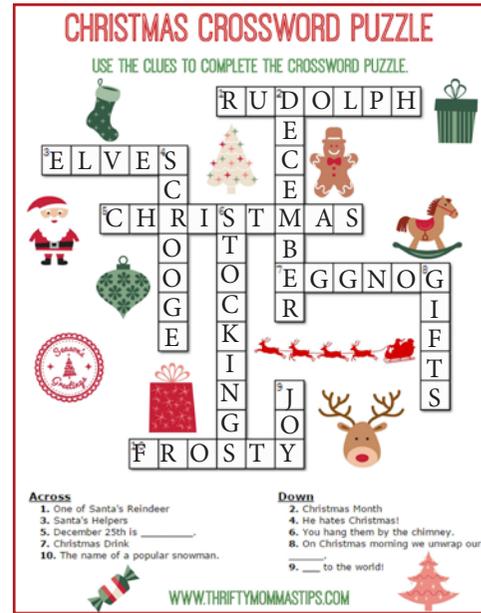
We would also like to remind our consumers, that as we head into some hotter weather,

the physical nature of the work being undertaken by our Contractors can be quite demanding. Where possible, it would be greatly appreciated if air conditioners can be turned on prior to Contractors arriving to clean.

We also trust that you will understand that there may be some delays with gardening and requests for outdoor work, due to the weather. Whilst our Contractors will endeavour to complete all tasks within the required 4 week period, the weather may require the cancellation and rebooking of jobs in times of extreme heat. We thank you for your patience and cooperation.

**Survey Results**

Thank you to all consumers who participated in the annual satisfaction survey. We are pleased to say that we





### Penne with Simple Sauce

#### Sauce

1 tin peeled, diced tomatoes  
1/4 cup virgin olive oil  
1 small onion  
1 sprigs fresh basil  
Salt to taste

#### Method

Put diced onion and oil in a small saucepan and fry for a few minutes. Add tomato and basil and cook on medium heat for 15 minutes. Add salt to taste

#### Penne

Cook penne for 2 people according to instructions on pack. Mix sauce through drained penne



### Pork Spare Ribs

2 medium pork spare ribs  
1 stick of celery sliced  
1 small onion chopped  
2 small potatoes peeled and cubed  
1 sprig basil  
1/2 cup diced peeled tomatoes  
Salt to taste

#### Method

Brown spare ribs in a tablespoon of oil  
Add vegetables and stir fry with pork ribs for a few minutes  
Add tomato and basil and continue to stir fry until cooked to taste  
Add salt and serve



received replies from 211 consumers – what a fantastic response. Overwhelmingly, people were happy with the level of care and support that we are able to provide through the program. We also had a great amount of general feedback, which included comments such as:

- I think it's great that someone from the office comes each year to see how we are progressing and whether we're happy with our service provider
- It makes life easier for me by helping with things that I find too difficult
- At the age I am, it is a good to know help is available when needed
- Pity other Councils don't have a "Gawler Home Assist" - can't speak highly enough of your services
- It is the best way to help older people stay in their homes

However, we also received feedback and suggestions as to how we could improve how we offer our services to you. We have taken some of this on board and implemented the following changes, effective immediately:

- Until 30 June 2020, people with an active My Aged Care referral for domestic support can access a once off spring clean without having any impact on their existing cleaning service (please note – window cleaning requires a maintenance referral).
- People with an ongoing home maintenance referral from My Aged Care are now entitled to 12 hours of home maintenance services (previously 10hrs) per financial year. A request for



additional hours will be looked at a case by case basis.

- An annual review of services will be conducted for those only accessing one or two services a year. This ensures that all consumers are kept up to date about the types of services that they may be able to access in the future.

### Giving Feedback

Please remember that the annual survey is not the only way that you are able to provide feedback. You can request a feedback form from your Contractor (together with a reply paid envelope) or the office staff. You can also phone and give your feedback at any time. We welcome both positive and constructive feedback, as it enables us to see where we can make changes to improve the experiences of all our consumers.

Also, just a reminder to all consumers – the Home Assist Program can only provide services in line with your My Aged Care Support Plan. If you are requiring any additional support or a new service type, you can contact My Aged Care on 1800 200 422 to request a new referral. Alternatively, you can contact a member of the Home Assist team on 8522 1177 - we can assist you to request a review of your services. They can also provide a referral for other services.

*Merry Christmas*

from the Home Assist Team  
Sanna, Sarah, Sandy and Kerrie



### – AGEING 2019 WRITERS PRIZE

and chisel, misspelling my name: Lousie through all eternity.

Today I'm about as relevant as a pair of nylon stockings  
slipped from their suspenders. Today I'm a chocolate teapot,  
teats on a bull, a condom machine in a convent.  
But tomorrow, I'll flirt with the baristas  
at my local coffee shop, as I always do,  
secure in the knowledge  
they won't be asking for my phone number!





### *On Nearing 70 by Mary Louise Nicholas*

Today, my gratitude journal is drawing a blank.  
My left foot is a rubble of hammertoes and torn tendons.  
My back aches and my knuckles are beginning to gnarl.  
Tomorrow, I'll be grateful for feet that touch the floor,  
eyes that see, ears that hear and both breasts.  
But today, I'm Pollyanna looking through horse poo for a pony.

Today, the years behind me have tripled up on those ahead,  
and given they flew by in a flash of short-lived resolutions,  
how long before it's my body posted between tight white sheets,  
Nurse Battle-axe pushing past my children to turn off the air  
mattress -

"She won't be needing this anymore" - just as she did my  
mother's.

Tomorrow, I'll be grateful for retirement, time to stay in bed and  
read.

Write perhaps. But today, there are gaps in my synapses where  
the words fall through.

Today, in a room with no need for a mirror, the undertaker's box of  
paints is being primed to pink-in my lips and rouge my cheeks as  
befitting an ingénue on the spot-lit stage of whatever-comes-next.

Tomorrow, I'll be grateful for the gorgeousness of grandchildren-  
and even more for their hand-back-ability.

But today I can hear the monumental mason, with mallet



### **I was born in...**

Wentworth, NSW on Father's  
Day!

### **My favourite childhood memory...**

I didn't want to go to school but  
preferred to go rabbit trapping  
with my father.

### **As a child I wanted to be...**

A vet, but could not bring myself  
to put an animal down.

### **My first job was...**

Citrus packing with my mother.

### **Other jobs were...**

Loading up trucks with a  
forklift, delivering groceries for  
Woolworths (at Para Vista)

### **My most interesting job...**

Cooking for shearers. I learnt a  
lot from the shearers!

### **The best family holidays were...**

Camping in a tent on the Murray  
River and going fishing.

### **My favourite pastimes...**

Are drawing and sketching.

### **In my spare time I...**

Work on my old car, a 1974  
Torana which I have had for 20  
years. I have painted it, pulled  
it apart and am now replacing it  
with spare parts.

### **Working with Home Assist...**

Has changed my life. It has  
helped me communicate  
with other people, and I feel  
appreciated by clients.





Animals can be just as susceptible to high temperatures as their owners. Where possible keep them inside during the hot days. If they are outside, make sure there are shady spots. In either case, check there is plenty of cool water, with ice blocks keeping it cold.

If you need to exercise dogs, walk them early in the morning or late at night. Dogs have sensitive pads that can be burnt on hot roads and footpaths.

Dogs and cats with short fine hair and pink skin can become sunburnt. Talk to your vet about the best sunscreen for your pet. Do not use sunscreens which are not designed for animals.

During hot weather, there are more bugs, insects and ticks, which could cause problems. Find out how to protect your pets and check them regularly.

Watch for signs your pet is being affected by the heat. The most common warning signs are excessive panting, salivating, vomiting and fatigue – which could be caused by heatstroke or dehydration.

The best treatment is to cool it down in a cool bath, dry off with a towel and take to the nearest vet.

Finally, **never** leave an animal in a hot car. On a 40 degree day, the inside of car can reach in excess of 65 degrees in 30 minutes. Either leave it at home or take it with you, out of the car.



### Chorus

I don't ever have to go to work again (No way, Get lost, Nick off)  
I don't ever have to go to work again (No way, Get lost, Nick off)

**Bridge** I've got my mem'ries, they're kept here in my brain,  
You want the answers, the questions still remain.

### Chorus

I don't ever have to go to work again (No way, Get lost, Nick off)





**I DON'T EVER HAVE TO GO TO WORK AGAIN**

by Stewart Underwood

(Sung by Silver Beat Choir at Grenville Centre, Elizabeth)

I am a pensioner, yes I'm an O.A.P.  
I've got a senior's card — I catch the bus for free

**Chorus**

I don't ever have to go to work again (No way, Get lost, Nick off)  
I don't ever have to go to work again (No way, Get lost, Nick off)

Tram cars and taxis I catch at a reduced rate,  
Sometimes the bus driver drops me at my front gate.

**Chorus**

I don't ever have to go to work again (No way, Get lost, Nick off)  
I don't ever have to go to work again (No way, Get lost, Nick off)

**Bridge** My mates are near me, we've got places to go,  
Don't take the car — they say I drive too slow!

**Chorus**

I don't ever have to go to work again (No way, Get lost, Nick off)  
I don't ever have to go to work again (No way, Get lost, Nick off)

You'll never stop these tears from falling from my eyes,  
You'll see they're tears of joy — now ain't that a surprise?



***“Grand-children - If I had known they would be so much fun, I would have had them sooner”***

- Do you have trouble gaining access to your grandchildren?
- Or do you know someone who has?
- Do you have responsibility for the care of your grandchildren?

***Help is available.***

“Grandparents for Grandchildren” is a support group aimed at “improving the welfare of children by supporting Grandparent Carers”

***We are committed to supporting:***

- Grandparents who have taken on a full-time care of their grandchildren
- Grandparents who have been alienated from their grandchildren
- Grandparents with concerns about the safety and well-being of their grandchildren

***Currently we support over 1400 families:***

- we provide support at court and family group conferences
- we provide financial assistance for education and sport
- we conduct support group meetings
- And much more!

**If you or someone you know could benefit from the support of “Grandparents for Grandchildren” Phone 8212 1937**

# CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



**Across**

- 1. One of Santa's Reindeer
- 3. Santa's Helpers
- 5. December 25th is \_\_\_\_\_.
- 7. Christmas Drink
- 10. The name of a popular snowman.

**Down**

- 2. Christmas Month
- 4. He hates Christmas!
- 6. You hang them by the chimney.
- 8. On Christmas morning we unwrap our \_\_\_\_\_.
- 9. \_\_\_ to the world!

WWW.THRIFTYMOMMASTIPS.COM

# Santa Word Search

X U R S C T X B O J I W W I Y  
 S O W X H O Q T O C N F F I Q  
 L W K T I Y M T Q O A S F D Q  
 R F F B M S E Q A I U C Y Z B  
 V E K Y N S R S R H S O H L K  
 K Y I V E X L I U L G Q Q C C  
 T H C N Y U E E L U G I S K I  
 M D C E D S K E D X H E E Z N  
 J O L L Y E B U G C V E O L T  
 F U O J D H E H P L O D U R S  
 Z E U C G T D R E N K O W X Q  
 W F I I G Q J Z G E H W C M D  
 D X E L O Y P J H I W K X Z Y  
 N L N O R T H P O L E O S L Z  
 S T Y R V U D M Q A W K U Z A

- |            |              |
|------------|--------------|
| Chimney    | Rudolph      |
| Elves      | Sled         |
| Fairies    | Sleigh       |
| Jolly      | Sleigh Bells |
| North Pole | St. Nick     |
| Reindeer   | Toys         |



*Christmas is not a Time, nor a Celebration, but a State of Mind.  
 To cherish Peace and Kindness, and to be generous in Mercy,  
 To have these is to have the Real Spirit of Christmas.*