

Take a look at what's on this month and join in the fun! MILPARA SOCIAL CALENDAR

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

Day Trips from just \$10 plus expenses, **Special Events** and **Milpara Activities**.

For more information or bookings, please call us or email milpara@novacare.org.au

BOOK NOW
4963 6356
or **1300 363 654**

JANUARY 2021

| Mon 28 Dec | Tues 29 Dec | Wed 30 Dec | Thurs 31 Dec | Fri 1 Jan |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| Mon 4 Jan | Tues 5 Jan | Wed 6 Jan | Thurs 7 Jan | Fri 8 Jan |
| Scenic Drive Lunch: Cricketers Arms | Morning Tea at Raymond Terrace Lunch: Tomago Sports Club | Scenic Drive Lunch: Hinton Hotel Or Men's group | Scenic Drive Lunch: Wangi Workers Club Or Be Connected Technology Support | Morning Tea at Morpeth Lunch: Bushrangers Brasserie Largs |
| Mon 11 Jan | Tues 12 Jan | Wed 13 Jan | Thurs 14 Jan | Fri 15 Jan |
| Mystery Tour | Morning Tea at Catherine Hill Bay Scenic Drive Lunch: Shelley Beach Golf Club | Scenic Drive Lunch: Mangrove Mountain Golf Club | Scenic Drive Wollombi Or Lunch: 8 at Trinity Point \$\$ | Milpara Info Day Be Connected Technology Support BBQ Lunch |
| Mon 18 Jan | Tues 19 Jan | Wed 20 Jan | Thurs 21 Jan | Fri 22 Jan |
| Scenic Drive Lunch: Fisherman's Co-Op Woy Woy | Scenic Drive Lake Macquarie Art Gallery Lunch: Valentine Bowling Club Or Be Connected Technology Support | Strength.Balance.Relax Or Men's group | Newcastle Harbour Lunch Cruise \$69 incl. transport | Morning Tea at Caves Beach Lunch: Seaview Chinese Redhead |
| Mon 25 Jan | Tues 26 Jan | Wed 27 Jan | Thurs 28 Jan | Fri 29 Jan |
| Scenic Drive Lunch: The Windsor Castle Hotel | CLOSED AUSTRALIA DAY PUBLIC HOLIDAY | Strength.Balance.Relax | Total Homestead Tour & Lunch \$45 incl. transport Or Be Connected Technology Support | Bob's Farm Berries Lunch: Nelson Bay Golf Club |

Follow us on Facebook.

See the outings and please share the stories with your friends. We think more people should have fun like we do!

www.facebook.com/NovaCareCommunityServices



Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR

For information or bookings, please call us on **4972 1318** or **1300 363 654** or email support@novacare.org.au

JANUARY 2021

| Mon 28 Dec | Tues 29 Dec | Wed 30 Dec | Thurs 31 Dec | Fri 1 Jan |
|----------------------------------------------|----------------------------------------------------|-----------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------|
| CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| Mon 4 Jan | Tues 5 Jan | Wed 6 Jan | Thurs 7 Jan | Fri 8 Jan |
| CLOSED | CLOSED | Men's Group with Ken and Ian | Shopping Shuttle to Mt Hutton | Mystery Tour \$20 |
| Mon 11 Jan | Tues 12 Jan | Wed 13 Jan | Thurs 14 Jan | Fri 15 Jan |
| Wellness Exercise Class Or Coffee Club | Lambton Tea Rooms for lunch | Fit & Fab Exercise Class | Shopping Shuttle to Mt Hutton | Sarah Lee Factory Lunch: Erina Leagues Club |
| Mon 18 Jan | Tues 19 Jan | Wed 20 Jan | Thurs 21 Jan | Fri 22 Jan |
| Wellness Exercise Class | Craft in the Hall | Fit & Fab Exercise Class Or Men's Group | Shopping Shuttle to Mt Hutton | Strength.Balance.Relax Or Morning Tea: Hunter Valley Chocolates Lunch: Pedens Hotel Cessnock |
| Mon 25 Jan | Tues 26 Jan | Wed 27 Jan | Thurs 28 Jan | Fri 29 Jan |
| Wellness Exercise Class Or Coffee Club | CLOSED AUSTRALIA DAY PUBLIC HOLIDAY | Fit & Fab Exercise Class | Shopping Shuttle to Mt Hutton | Strength.Balance.Relax Or Morning Tea: Newcastle Museum Lunch: Queens Wharf Hotel |

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Checking in on your neighbours during a COVID-19 safe Christmas

COVID isolation and social distancing mean that family and friends may not be checking in as often with older relatives who live in their own home over Christmas. If other social supports have also diminished, people can feel lonely and isolated, which in turn can adversely affect their health and wellbeing. It might also mean that emerging problems can be missed.

NovaCare staff have a critical role in watching out for and responding to signs that people receiving home-based care are declining or not coping. NovaCare staff are constantly watching and looking for signs that a person may need more support.

What are we looking out for?

- Losing interest in activities or conversation
- Change in physical appearance, self-care or cleanliness of their home
- Lack of interest in food, uneaten meals and weight loss
- Lack of essential supplies: food in the home, continence aids, toilet paper
- Missed appointments or missed medicine
- Change in sleeping patterns
- Change in cognition, confusion, behavior
- Evidence of falls, bruising, wounds.

Heat is a health risk - beat the heat in a COVID safe way

Heatwaves or extreme heat events can have serious impacts on people's health. Some symptoms of heat-related illness may be similar to COVID-19 symptoms such as fever and shortness of breath. Get tested if you have any COVID-19 symptoms.

Heatwaves or extreme heat events are times of abnormally hot weather lasting several days. It is based on the three-day forecast minimum and maximum temperatures, compared to historical temperatures over the last 30 days, for a particular location.

Climate projections show extreme heat events are occurring more often and with greater intensity. It is important you prepare early, plan for the first heatwave and protect yourself.

Keep yourself cool

- Wear loose fitting clothing
- Stay out of the sun
- Try to be indoors during the hottest part of the day



- Close windows and doors to keep the heat out
- Use air conditioning.
- Seek out local cool places if it's too hot at home. If you visit air-conditioned indoor venues like cinemas, libraries, shopping centres and other public buildings, stay COVID safe: keep 1.5 metres apart from people you don't live with, wash your hands often and wear a face mask if you can't physically distance.



Stay hydrated by drinking water

- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse)
- If you go outside, carry a bottle of water with you.

Look out for each other

- Keep in contact with elderly friends, neighbours and relatives during a heat wave in case you or they need help. Be COVID safe: give them a call or check in virtually by email, social media or video.

More information

For the latest advice, information and resources, go to www.health.gov.au or call the National Coronavirus Health Information Line on **1800 020 080**. If you have concerns about your health, speak to a doctor.

Milpara is reopening

Milpara has been undergoing some exciting renovations recently and to celebrate we are holding a reopening day on Friday 15 January. Please join us for morning tea and lunch.

There will be information on the services NovaCare offer including Home Care packages and Jo will be there with any technology support you may need. We hope to see you there.