

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 2025

		Wed 1 January	Thurs 2 January	Fri 3 January
		CLOSED NEW YEARS DAY PUBLIC HOLIDAY	CLOSED	CLOSED
Mon 6 January	Tues 7 January	Wed 8 January	Thurs 9 January	Fri 10 January
Lunch Outing Only	ASB Hatha Yoga 11:00am - 11:45 Or Scenic Drive Lunch Halekulani Bowling Club	BBQ at Milpara	Olive Tree Brasserie Or Gwandalan Bowling Club	Scenic Drive and Lunch
Mon 13 January	Tues 14 January	Wed 15 January	Thurs 16 January	Fri 17 January
Morning tea at Boston Brew Lunch Ozzie the Mozzie Hexham	ASB Hatha Yoga 11:00am - 11:45 Or Maitland Art Gallery Or Scenic Drive Lunch Bushrangers Bar and Brasserie Largs	Brunch Courtyard Eclectic Tatler Wines Lovedale Binnorie Dairy	Murook Cultural Centre Williamtown	Morning Tea at Speers Point Park Roxbox Lunch Warners Bay Sports Club
Mon 20 January	Tues 21 January	Wed 22 January	Thurs 23 January	Fri 24 January
Scenic Drive Morning Tea and Lunch Café 360 Belmont North	ASB Hatha Yoga 11:00am - 11:45 Or Scenic Drive and Lunch	Active.Stonger.Better	Scenic Drive Lunch Catalina Bowling Club Rathmines	Scenic Drive and Lunch
Mon 27 January	Tues 28 January	Wed 29 January	Thurs 30 January	Fri 31 January
CLOSED AUSTRALIA DAY PUBLIC HOLIDAY	ASB Hatha Yoga 11:00am - 11:45 \$10 Or Scenic Drive and Lunch	Active.Stonger.Better	Scenic Drive and Lunch	Scenic Drive and Lunch



Like us on Facebook and Instagram and share the news!

www.facebook.com/NovaCareCommunityServices

www.instagram.com/novacarenewy/

WELCOME TO 2025!



Happy New Year and welcome to 2025! As we step into this exciting new chapter, we look forward to continuing to support and connect with you. This year promises to bring new opportunities, activities, and moments to share together.

Thank you for being part of our community. Let's make 2025 a year filled with positivity, growth, and joy!

What a Wonderful Christmas Celebration!



We had an absolutely amazing time at our Christmas Party!

Thank you to everyone who joined us and made the day so special. From the delicious festive treats to the laughter and singing, it was a true celebration of community and holiday spirit.

A big shout out to our wonderful staff, the beautiful dancers from Merewether Heights Public School, John the entertainer, and of course, Santa for spreading so much cheer!



A message from the Australian Government Department of Health and Aged Care

We are making positive, lasting changes to aged care to put your rights and needs first.

From 1 July 2025, the new Aged Care Act will create a lot of positive changes, including a new in-program called Support at Home, a new regulatory model and more ability to speak up if you're not satisfied with your care.

The Government has established the Aged Care Transition Taskforce to help the sector get ready for the new Aged Care Act from 1 July 2025.

⁹More information about the Taskforce can be found on the Department of Health and Aged Care website. We will share more information as it is released to us.

Footwear now that the summer weather has arrived

To ensure your safety and comfort during social outings, we would like to remind everyone of the importance of wearing appropriate footwear.

For your safety, we kindly ask that you wear shoes that are secure, comfortable, and suitable for walking and other activities planned during the outing. Footwear should provide adequate support and protection to help prevent slips, trips, or discomfort during the day. Please note that thongs, skuffs, or other open or loose footwear are not recommended as they may not provide the necessary support and could increase the risk of accidents.

Your safety and enjoyment are our top priorities, and wearing the right footwear helps ensure that everyone has a comfortable and enjoyable experience. Thank you for your understanding, and we look forward to seeing you on our next outing!

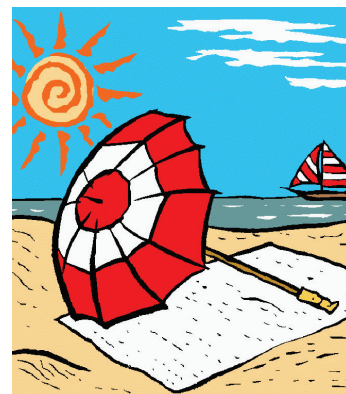
AFTER HOURS CALLS AND CONTACT OVER THE WEEKEND.

NovaCare have a voice mail after-hours service in place. Any calls made to the after-hours voice mail inbox will be actioned the next business day. For example, if you call on Saturday to talk to your Case Manager about a service change it will be actioned on Monday morning.

NovaCare also have a support service called Safety-Link that supports the staff delivering service over the weekend to our

Staying Safe in Hot Weather

As we approach the warmer months, it's important to take steps to stay safe and comfortable during hot weather. High temperatures can pose risks, especially for older adults, so we've put together a few tips to help you beat the heat and enjoy the season safely.



Tips for Staying Cool:

Stay Hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid excessive amounts of caffeinated or sugary drinks, as these can contribute to dehydration.

Dress Appropriately: Wear lightweight, loose-fitting clothing in light colors to help your body stay cool.

Keep Indoors Cool: If possible, stay indoors during the hottest part of the day (usually between 11 am and 4 pm) and use fans or air conditioning to maintain a comfortable temperature.

Protect Yourself Outdoors: If you need to go outside, wear a wide-brimmed hat, sunglasses, and sunscreen to protect yourself from the sun's harmful rays. Take breaks in the shade whenever possible.

Plan Activities Wisely: Schedule any physical activities or outings during the cooler parts of the day, such as early morning or late afternoon.

It's important to recognise the signs of heat-related illness, such as dizziness, nausea, headaches, or excessive sweating. If you or someone else begins to feel unwell in the heat, seek shade, hydrate, and notify a staff member or call for medical help if necessary.

home care package consumers. This is NOT an emergency service. In the case of an emergency please call 000, the operator will direct you to the appropriate service.

We encourage all consumers to discuss any additional services requirements prior to the weekend where possible. We understand that care arrangements can change very quickly, our aim is to respond quickly to ensure we keep everyone living safely in their own home. Our after-hours service helps us achieve this.

Opening hours: 8:30am-4:00pm, Monday to Friday.

If you need to call outside of these hours please call Head Office on 1300 363 654.