

Your Care, Your Way

AUTUMN NEWSLETTER 2024



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Reablement Stories

Some months ago, Rebecca began providing social work services to an elderly participant who had become separated from his dear wife of many decades, who had entered an aged care facility. Both husband and wife had experienced physical and mental health ailments that had led to their physical separation. Due to several factors, this couple was prevented from making contact, even though they both wanted to see each other. Rectifying this situation took some persistence and involved:

- Providing emotional support and encouragement to the participant whilst he worked through the process that was required.
- Advocating for the couple by speaking with various government departments and, eventually, making contact with the relevant Commissioner, and
- Putting the participant in contact with an advocacy service that could help with the final step

As a result of this man's determination and our service's help, he and his wife are now back in contact and can see one another regularly – just in time for Christmas!



April, presenting Rebecca her certificate

6 tips to keep you motivated in Winter

Have the Winter blues got you feeling unmotivated?

Winter is almost here and when it's cold it can be hard to stay motivated about your fitness. We tend to take on a "snuggle up" mentality meaning we eat more and do less – human hibernation!

Regularly exercising during the colder months helps to create the body we feel more confident in during the warmer months. It also regulates our intake of fresh air when we don't look forward to leaving the house and keeps our heavy food cravings at bay.

Here are 6 tips to stay motivated when the temperature drops.



1. The sunshine vitamin keeps you healthy, strong and happy

There's a reason it's called the sunshine vitamin. While there are a limited number of foods that can provide your body with vitamin D, the easiest source is from exposure of bare skin to sunlight.

Sunshine makes strong bones and muscles, looks after your skin and keeps your immune system strong. It can also boost positivity and help you feel happier!

2. Get your blood flowing and keep warm

Save electricity by heating your body up naturally with a workout. The rise in your body temperature, during a workout, has a soothing, calming effect on your body, not unlike a long soak in a warm bath or lying in front of the heater.

3. Maintain your health during flu season

Regular exercise strengthens your immune system so it can fight off the flu. When you exercise and get your blood pumping, immune cells circulate through your body more quickly helping them seek and destroy infections. But this boost only lasts for a few hours, so exercise needs to be regular for long-term effects.

4. Beat the Winter blues

A daily workout releases feel-good, de-stress brain chemicals giving you a break from the daily grind and helps ease depression. We know that after exercise, the brain releases the "feel-good" chemicals serotonin and dopamine, which can help to reduce anxiety and depression while boosting wellbeing. 45 minutes a day could change your whole outlook on winter!

5. Take a deep breath

Being cooped up with nothing but heaters to keep the air moving means fresh air is much harder to come by in winter. Try going for a walk or run outside to give your lungs a chance to detox and breathe deeply without concern for breathing in other people's bugs.

6. Avoid Winter weight gain

In the colder months it is so easy to turn to comfort food, because it's so satisfying and it makes us feel good, well for a little anyway. This is why winter is typically known as the 'weight gain' period as the average person puts on up to 4 kg across these months. To stabilise your weight, go back to healthy habits with regular exercise and healthy meal substitutes, to combat the excess sugar and calories we may consume.



Electrical safety at home



Don't do your own electrical work

You might think you can save a few dollars by having a go at electrical work yourself...but stop and think – is it worth risking your life or the life of someone you love?

Safety switches

Regardless of whether you own or rent, you should consider having safety switches installed on all circuits. Safety switches protect you, your family and anyone visiting the property from electric shock.

Electrical safety during storms

Storms, floods, cyclones, and unpredictable weather are a part of life. Be prepared for storm season and follow these tips to make sure you and your home are electrically safe.

Ceiling spaces

Whether you are a homeowner or a tradie, there is one simple thing you can do to make it safer before you go up into the ceiling space - turn off all the main power switches at the switchboard.

Electricity around water

Take care when using electrical appliances or equipment near a swimming pool, pond, water feature, dam or creek.

Solar PV systems

Contact your electrician or installer to maintain or repair any damage to your solar PV system such as loose fittings or exposed cables.

Battery energy storage systems

Make sure a licensed electrician installs your battery energy storage systems. Incorrect installation can lead to electric shock, fire, burns, explosion and exposure to hazardous chemicals.

Re-wiring fuses

If you live in an older home your switchboard may still have semi-enclosed rewirable fuses. Follow these steps to safely replace the wire if the fuses blow.

Electrical safety in rental properties

Property owners and managers have a duty under electrical safety laws to ensure their rental property is electrically safe for tenants and people who visit or work on the property.

Shocks and tingles

If you touch something that gives you an electric shock or a tingle, the next thing you touch should be your phone. Experiencing a shock or tingle isn't normal. It could mean there's an electrical wiring issue in or near your home that might lead to a more dangerous situation.



Zero tolerance for aggressive or abusive behaviour

We understand that people can become frustrated when they feel that matters are not being dealt with in an acceptable. However, if that frustration escalates into aggression towards our staff, we consider that unacceptable.

Everyone has the right to a workplace that is safe and if our team receive any form of abuse, they have the right to terminate phone calls or conversations as needed.

We appreciate your understanding and if you have concerns that your matter is not being dealt with accordingly, please call the office request to speak with a member of Management

FBC Membership

Are you a Member of the Family Based Care Association North West Inc? If not, you could be missing out! This is what a membership entitles you to:

- Attend and vote in the Annual General Meeting for the year of membership (including receiving a goodies bag);
- Receive an Annual Report for the year of membership;
- Nominate for a position on the Board of Management where such positions are up for renewal, providing that you have been a financial member of the Association for a period of at least three months before the Annual General Meeting and are not an employee;
- Receive a Christmas Hamper; and
- The right to have a say in the decision-making and policies of Family Based Care.

For only \$5 per annum, why not give it a try? Membership forms are available from and can be submitted to Reception.

Welcome new staff members

Jane Ingles, Hayley Riley, Amy Reid, Brianna Braid, Alysia Cawthorn, Josef Vuister, Avalon Premilovac, Gemma Riddell and Rachel Hopkins.

Days of significance and awareness

In addition to engaging in community events, Family Based Care will be recognising the following Days of Significance and Awareness in 2024.

5th – 11th August	National Homelessness Week (including Vinnie's Community Sleepout)
1st October	International Day of Older Persons
10th October	World Mental Health Day
3rd December	International Day of People with Disability

Staff Profile: Linda Wood

I'm employed as a Financial Administration Assistant and have been with Family Based Care for 19 years this September.

I was born, and raised and live in Burnie (I sound like I'm in a Ricky Gervais skit lol...)

Married to Andrew. Mum to Jordan, girlfriend Jessi and Nanny to "Errol" the Cavoodle.

I love my family, friends, adventures and my Labradoodle "Guinness"

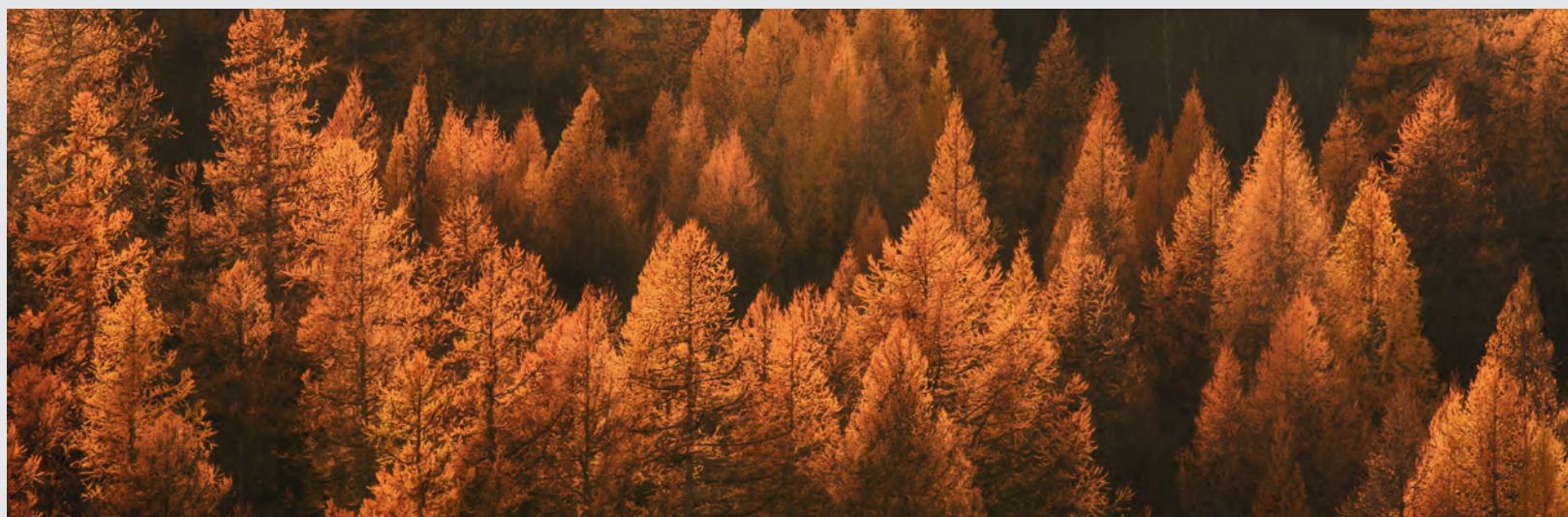


I have attached some photos from my trip away in September 2023.

Camino de Santiago, 779 kms in 34 days. St Jean Pied de Port in the French Pyrenees to Santiago de Compostela in Galicia

I'm very proud of my achievement, it certainly was an adventure. Spain provided well and created a lifetime of memories.





Pet Pics & Profiles

Denise Hayes

This is my fur grandbaby 'Ivy', looking beautiful after being groomed. Ivy is a real little princess. She is 12 years old and loves cuddles and will do just about anything for her favourite treat - a milky stick.



Autumn Recipes



Hearty Chicken and Vegetable Soup

Ingredients:

- 2 tbsp olive oil
- 1 leek, halved, washed, thinly sliced.
- 2 garlic cloves, crushed.
- 1 large carrot, peeled, diced.
- 2 sticks celery, diced.
- 2 small zucchini, diced.
- 1 swede or turnip, peeled, diced.
- 1 1/4 cups dry soup mix, rinsed (see note)
- 8 cups chicken-style liquid stock
- 1kg chicken drumsticks

Method:

Heat 2 tbsp olive oil in a large saucepan over medium heat. Add 1 leek, halved, washed and thinly sliced and 2 garlic cloves, crushed. Cook, stirring for 2 minutes or until soft but not coloured. Add 1 large carrot, peeled and diced, 2 celery sticks, diced, 2 small zucchini, diced and 1 swede or turnip, peeled and diced.

Cook for 2 minutes. Stir in 1 1/4 cups dry soup mix, rinsed, 8 cups chicken style liquid stock, 1kg chicken drumsticks and 1 cup cold water. Increase heat to high. Bring to the boil.

Reduce heat to low. Simmer, partially covered, stirring occasionally, for 1 hour or until soup mix and vegetables are tender.

Remove chicken legs from soup. Allow to cool slightly. Remove meat from bones. Roughly chop chicken meat and add to soup. Season with salt and pepper. Ladle soup into warmed bowls. Serve.

