



**Murray Mallee**  
AGED CARE GROUP INC.

Autumn/Easter 2018 Edition

# Newsletter

Rural Care For Rural People

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## What's On?

Find Murray Mallee Aged Care Group at the Karroonda Farm Fair!

April 6th - 7th

## From the CEO's Desk

Greetings everyone,

I hope this newsletter finds you all well, happy, healthy and fit.

We've had a great start to the year, welcoming many new consumers and staff into the Murray Mallee Aged Care Group family. Our Adelaide team is growing rapidly at the helm of Patrizia Kadis, our Business Development Manager who has done an amazing job in the short time she has been with us.



The Adelaide office is situated at 10 Newton Road Campbelltown co-located with the Carer Support Campbelltown Centre. If you know anyone in metropolitan Adelaide that may be looking for a Home Care Package, Patrizia can be contacted on 1800 290 576.

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If you'd like more information about any of the topics covered in this newsletter, please contact us on 8532 2255



# MURRAY MALLEE AGED CARE GROUP INC. IS AN IN-HOME CARE PROVIDER OFFERING THE FOLLOWING SERVICES



**HOME CARE PACKAGES**



**SOCIAL DAY ACTIVITY PROGRAMS**



**SENIORS EDUCATIONAL PROGRAMS**



**HOME MAINTENANCE & MODIFICATIONS**

## From the CEO's Desk (cont.)

In late December 2017, after much hard work, we were awarded independent accreditation under the Quality Improvement Standards (QIC) by Quality Innovation Performance (QIP). The process consisted of a two day on-site review of our documentation evidencing that we are meeting the standards to ensure that our organisation has embedded continuous quality improvement practices in our everyday work.

Examples of the standards that we were assessed on were, governance, management systems, human resource management, financial, risk management, legal and regulatory compliance, confirming consumer rights, collaboration and strategic positioning. Whilst this sounds very much like 'management speak' to most people, the upshot is that our consumers can be assured that we are operating a very high quality service in the modern business environment. I would particularly like to thank Rowena Fox our HR, Risk and Compliance Officer for the terrific work she did in the final months leading up to the excellent results.

On the 8th of March almost all of the women in our office team attended the International Women's Day (IWD) morning tea celebration at the Murray Bridge Town Hall. International Women's Day is celebrated annually, with thousands of events held around the world. The Soroptimists Group of Murray Bridge led by Annette Korzeba organised the event that attracted hundreds of local women. I have attended many IWD events over the past 20 or so, years, and was overwhelmed by the numbers in attendance relative to the population of Murray Bridge. The sense of community was strong

and it was wonderful to see our Mayor, Brenton Lewis, and Adrian Pederick, MP for Hammond, there in support of women.

Sadly, the flu season is nearing and we are actively encouraging, and financially supporting, our Support Workers to have the flu immunisation. The flu virus changes from year to year and I would also encourage all our consumers to maintain annual protection. More about this later in this issue.

Foster Davis, our Marketing and Communications Manager, recently updated our website. We're really pleased with the 'look and feel' of the website. We'd love to hear what you think of it.

We rely heavily on the feedback of our consumers to continuously improve the quality of our services. I encourage you to pick up the phone and share your experience with us, whether it be positive or negative.

I'm looking forward to a short break over the upcoming Easter celebration. I'd like to wish you a Happy Easter! I hope some time out for rest and relaxation with your loved ones, puts a spring in your step and gives you a chance to celebrate life and all its blessings.

Warmest wishes,

Anna



## Happy Birthday To You!

Murray Mallee Aged Care Group Inc. would like to wish everyone celebrating a birthday during the Autumn season a very special Happy Birthday!

Do you need help securing your Home Care Package with Murray Mallee Aged Care Group?

Our Service Consultants will assist you in the My Aged Care Referral Process.

Book a free appointment now on (08) 8532 2255



Does your garden need a touch up?

Perhaps you'd like rails or ramps installed in your home?

Murray Mallee Aged Care Group can provide home maintenance and modifications under the Commonwealth Home Support Program.

To enquire about these services call Linda on 8532 2255



## Metro Services Update

2018 has started off with a real bang, commencing in August 2017 to predominately provide Home Care Programs that were culturally and linguistically for the Italian community we now expand our service to a much wider community including several culturally diverse groups. Today our services extend across the metropolitan region of Adelaide.

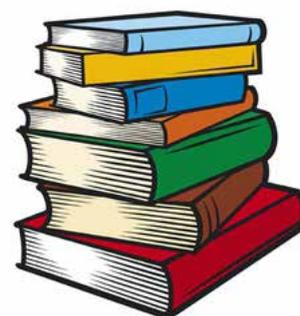
Due to this growth the need to establish an office was evident, we were fortunate in finding a lovely office in Campbelltown, located at 10 Newton Road Campbelltown- please do drop in for a latte or a quick hello if you are in the area.

In late 2017 we were approached to support and establish the "Al Mio Club con Murray Mallee" a social support group for older Italians living alone and at risk of social isolation. The group meets weekly at the Findon Community Centre, we take this opportunity in thanking The City of Charles Sturt for their support and assistance to ensure the success of this program. Due to the overwhelming response from interested participants we now have secured weekly transport via Multicultural Aged Care SA Community Bus to transport our participants to and from the centre.

Moving forward we recognise the work and contribution carers do in caring for their loved ones and have entered into a partnership with Carers Support SA to facilitate a monthly Italian Carers Group in Glandore. Stay tuned to hear all about it.

Ciao for now and please do drop by to say a quick hello.

Patrizia



## Book Library

Do you like to read? Why not come in to our newly set up book library situated in the lounge room at our Ida St, Murray Bridge office and have a look at our books and audio books to borrow.

We may not always have what you like but new donations of books are coming in regularly.

No need to sign up, just pop in and chat with Linda or Foster and they can assist you.

All clients and carers welcome.

## Free Shingles Vaccine

In 2015 more than 600 South Australians aged over 70 contracted shingles. However, thanks to a relatively new National Immunisation Program that number is set to decrease.

With the addition of the shingles vaccine to the National Immunisation Program, people aged 70 to 79 can receive the vaccination for free from their GP.

This is in addition to the Influenza vaccine and Pneumococcal polysaccharide (Pneumonia) vaccine which are free for people aged 65 and over.

MMAcG supports the recommendation of expert medical practitioners in advising consumers not to have the flu vaccination too early through chemists and instead to wait until the vaccine is available through clinics in late April. This year it is recommended to receive the Quadraivalent vaccine.

## Scam Alert

We have recently become aware of a telephone scam occurring all over South Australia. Victims receive a call from an individual claiming that they can stop the victim from receiving scam phone calls if they are able to confirm their phone number.

Murray Mallee Aged Care Group Inc. advises consumers to never give out their personal details to anyone unless you made the phone call and know that the phone number is the right one.

If you are unsure whether a phone call is legitimate or not please don't hesitate in asking your Support Worker or contacting us here at the office.

## iPad Drop-In

Tuesday 10.00am -12.00pm

The Drop-in Group remains popular with many who wish to continue learning about their devices and what they can do.

Our Volunteer Tutor, Lilian, is very skilled and attends each session for backup if required. For anyone wanting more information on this group, please give us a call 8532 2255.



CAPTION:  
Our new iPad Class  
tutor, Brian Davis.

## iPad Classes

Murray Mallee Aged Care Group provides iPad classes to older community members in Murray Bridge on an ongoing basis. Times are negotiated according to the participants and tutors preferences.

These groups are conducted in an informal friendly small group of 6 people.

We use everyday language that all can understand and provide supportive hands-on assistance.

In 2018 we gained a brand new class tutor, Brian Davis. Brian has been a Murray Bridge local for the majority of his life and has great experience in the IT field having previously worked as an IT Technician for the Murray Bridge Highschool and operating a Computer Repair business.

We welcome Brian to the Murray Mallee Aged Care family and are excited by his contributions.

Murray Mallee Aged Care Group Inc. is proud to be an organisation which celebrates diversity. As such, we are committed to creating services which best support your cultural needs.

As an organisation we acknowledge and respect the traditional custodians whose ancestral lands we service today. We acknowledge the deep feelings of attachment and relationship of Aboriginal peoples to Country. We are proud to provide a Tumpinyeri program which provides Indigenous specific Consumer Directed Home Care Packages.

If you find that you have any cultural requirements for your Home Care Package please contact one of our Service Consultants on 8532 2255.



## An Amazing Muso

Sometime ago Giuseppe lost his best friend of many years, Pasquale. Giuseppe and Pasquale used to 'jam' together on many occasions, in the back shed of each other's homes, at family functions, and they were regular players at the Polish Club.

On my social visits Giuseppe often speaks of Pasquale and expresses how much he misses him, reminiscing on how the two of them had so much fun playing music together. Giuseppe, being very talented, plays the guitar, piano accordion, mandolin, and the harmonica.

One day I asked Giuseppe if he could play some of the music that he once shared with Pasquale. This is when he showed me his music room with all his instruments and equipment – wow.

Giuseppe and I would search for Italian music in iTunes on my phone. In a short period of time Giuseppe, with my support, would write the song word by word, then he would transpose it and play the whole song. One of our favourite songs is 'La Prima Cosa Bella' which he plays to perfection using his piano accordion.

On one of my visits Giuseppe got his microphone out and started singing the song, he asked me to video tape him as he enjoyed watching himself, "not bad for an old man" he said and started laughing.

This is now one of our favourite interactions together which has brought him lots of confidence and, most of all, reminded him of the memories he holds dear to his heart of his best friend Pasquale.

I hope my story inspires you all, as a little extra work can go a long way.

Rosina Iacopetta,  
Care Support Worker



CAPTION:  
Giuseppe and his piano accordion.

## Support Worker Shave

On the 20th anniversary of the Leukaemia Foundation's 'Worlds Greatest Shave' one of our very own Care Support Workers, Sarah Shirley, decided to take the plunge and shave her head for the cause.

Money raised from the shave goes to support patients with blood cancers such as leukaemia, lymphoma and myeloma. Blood cancer is the third most common cause of cancer deaths in Australia, claiming more lives than breast cancer or melanoma. Every day another 35 people will be diagnosed.

Murray Mallee Aged Care Group Inc. proudly sponsored Sarah in her fourth time participating in the shave. The cause is one very close to Sarah's heart, having cared for an ex-colleague who lost her battle with leukaemia at age 47 and supporting another friend who was diagnosed with leukaemia earlier this year.



CAPTION:  
Sarah Shirley  
participates in The  
Worlds Greatest  
Shave

## What's Happening at Kaleidescape?

Hello everyone. Welcome back to a new year of Kaleidescape social days. We kicked February off with our Valentines themed day. I hope all the groups enjoyed making their goodies and the movie that was shown.

Our calendars are out and full of things to do with a couple of special outings booked throughout the year. Please remember that if you are unable to attend to let us know asap so we can let our caterers know. Our caterers are Volunteers and they all do a fabulous job with our meals.

We have welcomed a few new consumers to the Kaleidescape groups and welcome any new comers. If you know of someone who would like to attend our groups, please give them our office number 8532 2255 and get them to get in touch with us.

Recently we have been working on our Book Library which is situated in our lounge room at Ida St, Murray Bridge. This gives anyone the opportunity to come and borrow a book without the process of signing up to Libraries SA. Our library is limited, and we may not have what you are after, however, we are always taking donations of books and new ones are coming in regularly. For anyone interested pop in and see us and we can assist you.

Looking forward to seeing all your friendly faces again this year and providing you with more fun and supportive social support. Remember that our door is always open if you need a chat or some assistance with ongoing support at home.

Linda and Tanya.



CAPTION:  
Kaleidescape  
participants create  
Easter Bunnies.





## Meet the Councils who represent Murray Mallee Aged Care Group Inc:



**Mayor:**  
Brenton Lewis

**Councillors:**  
Tyson Matthews  
Andrew Baltensperger  
Tod Cusack  
Karen Eckermann  
Airlie Keen  
Clem Schubert  
Fred Toogood  
Theo Weinmann  
Jerry Wilson



**Mayor:**  
Dave Burgess

**Councillors:**  
Kelly Kuhn  
Mardi Jennings  
Kevin Myers  
Brenton Schmitt  
Jeff Hall  
Adriaan Sakko  
Peter Raison  
Brian Taylor  
Steve Wilkinson



**Mayor:**  
Kevin Burdett

**Councillors:**  
Caroline Phillips  
Yvonne Smith  
Daryl Sparks  
Morris Terrell  
W John Woodridge  
Darren Zadow



**Mayor:**  
Neville Jaensch

**Councillors:**  
Sharon Bland  
Peter Wright  
Jeff Arthur  
Robert Simcock  
Julie Barrie  
Vern Leng  
Donna Middleton  
Mick O'Hara



**Mayor:**  
Andrew Grieger

**Councillors:**  
Allan Dunsford  
Dennis Hyde  
Stacey Milde  
Kevin O'Driscoll  
Neville Pfeiffer  
Bruce Summerton  
Brian Toogood  
Mark White