Community Care
Focusing on your good life

IN THIS ISSUE

4 City of Parramatta wins Smart City Award for FloodSmart
6 Rebates and Financial
10 Time to be social!

Community Care is funded by the Commonwealth Government and supported by the City of Parramatta Council. Approved provider for National Disability Insurance Scheme and Home Care.
Welcome

In this issue of the Community Care newsletter I’m thrilled to share with you some exciting updates about our ever-evolving City, along with some fun events to mark in your calendars.

**Australia Day Awards**
We would like to take the opportunity to acknowledge residents who are helping to improve our community through our 2019 Australia Day Local Awards. If you know a local who deserves to be recognised for their contribution, now is your chance to let us know. Nominations close 30 November 2018.

**Smart City initiatives**
Technology continues to play a key role in our City with the launch of two new initiatives, FloodSmart and Safe School Parking Finder. FloodSmart uses live data and technology to help us to plan for flood events, while the Safe School Parking Finder aims to make school zones safer and better organised.

Spring in the City
With spring upon us, I encourage you to enjoy some of the events our City has on offer. Parramatta Lanes will return in October, running over four nights. Loy Krathong will also return with a stunning, family friendly event along the banks of the Parramatta River on Saturday 24 November.

**Invictus Games**
The Invictus Games will come to Sydney in October with a number of events taking place in our City, including at Sydney Olympic Park. Competitors from 18 nations will participate in this annual competition created by Prince Harry for wounded, injured and ill service personnel and veterans. These are just some of the highlights from what will no doubt be a productive and fun-filled season. Enjoy!

Lord Mayor
Councillor Andrew Wilson

Cr Andrew Wilson
Lord Mayor

A Message from the Service Manager of Community Care

Welcome to the third spring edition of the Community Care magazine for 2018. The flowers are blooming and it’s getting warmer so we let you know how to keep safe during a heatwave. But did you know that the Parramatta Local Government Area is flood prone? FloodSmart is a new service to help residents, business owners and the wider community prepare for, and reduce the impact of flooding during significant weather events. Read on to find out more.

Are you getting all the water, gas and electricity financial rebates and assistance you are eligible for? Find out more on page 8-9. This and more information is now offered online. If you aren’t digitally connected yet, contact us and we’ll let you know all the ways you can learn. You can also get free internet and use of computers, Ipad's and android tablets at Council libraries, ring 9806 5159 to book. For those over 65 years you can also book time at the Seniors Computer Kiosk with a volunteer to help with emails and internet searches. For this and other learning options ring 98065121.

Julie Williams
Service Manager, Community Care
National Meals on Wheels Day

National Meals on Wheels Day is an opportunity to celebrate the 78,700 volunteers that contribute to their community, and is celebrated on the last Wednesday in August each year.

It is an opportunity to highlight to the Australian people the significant contribution that is made to the community by over 700 Meals on Wheels services and some 80,000 volunteers across Australia.

Meals on Wheels enables frail older people and younger people with disabilities and their carers to remain in their own homes and enjoy a level of independence and style of living to suit their individual needs.

While more support might be needed later, Meals on Wheels provides a way for people to stay in the comfort of their home for as long as possible.

City of Parramatta Council, Food Services could not operate without our volunteers and we are so grateful for their continuing support and contribution. You do make a huge difference in the lives of the people we support across all our services.

Do Not Call Register
Want to stop those unwanted telemarketing calls? This register can be very useful however it does need to be updated every couple of years, so if you are experiencing these type of calls please register or re-register to ensure they stop. It will take a few weeks before they reduce. Call 1300 792 958 or visit www.donotcall.gov.au

Elder Abuse Helpline
This is a free confidential service for information, advice and referrals. Call this Helpline if you experience, witness or suspect elder abuse happening. NSW Elder Abuse can be Financial, Physical, Verbal, Sexual, Psychological and Neglect. Phone: 1800 628 221
City of Parramatta wins Smart City Award for FloodSmart

The City of Parramatta has received a Highly Commended Award at the Smart City Gala Awards for FloodSmart, a new service to help residents, business owners and the wider community prepare for, and reduce the impact of flooding during significant weather events.

Did you know that significant areas within Parramatta Local Government Area are flood prone? FloodSmart provides five easy steps for the community to: check their level of flood risk with an interactive map; sign up for free flood warnings; find out what to do before, during and after a flood; provide feedback to Council about flooding; and monitor live river and rainfall gauge levels.

Residents and businesses can sign up for the flood warning service and find out more about FloodSmart at cityofparramatta.nsw.gov.au/floodsmart.

Get Prepared app

Get Prepared is an app that helps you connect with your key support people, accomplish simple tasks to make you and your loved ones safer, and protect the things that matter most to you.

- Establish a quick and easy network of support with your 3 Key contacts
- Make a plan using simple checklists across a range of preparedness actions
- Save your emergency plan to print and share with others

Get Prepared is an easy to use app that helps you access information and tools to complete an emergency plan. It builds on the Red Cross RediPlan.

Get Prepared was created in partnership with IAG, Australia’s largest general insurer. They share a commitment to helping Australians prepare for and cope with disasters and unexpected events.

For more information; www.redcross.org.au/get-help/emergencies/preparing-for-emergencies/get-prepared-app
Stay Safe in the Heat with Cool Parramatta

Stay hydrated
Drink two to three litres of water each day, even if you don't feel thirsty. Avoid alcohol and caffeine.

Dress light
Lighter clothing helps your body stay cool. Light-coloured clothing reflects heat and sunlight.

Check on family, friends, neighbours
Keep a close eye on those most at risk, like the sick, the elderly and the young. Do this at an arranged time at least twice a day.

If you or those close to you are suffering heat stress, call for help immediately
Symptoms of heat stress include extremely heavy sweating, headache and vomiting, confusion, swollen tongue.

Stay out of the sun
Take shelter. If you need to be out in the sun, wear a shirt, hat, sunglasses and sunscreen. Sunburn will affect your body's ability to cope with the heat.

Get your home ready
Draw your curtains, blinds and awnings at the start of the day to keep as much sun out of your home as possible.

Seek air conditioning
If you don't have air conditioning at home, spend the day somewhere that does, like a library, cinema or shopping centre. If you do have an air conditioner at home, make sure it has been serviced. Fans will also help you stay cool.

Look after your pets
Make sure your pets have plenty of shade and enough cool water to last the entire day. Putting ice cubes in their bowl will help keep their water cool for longer. Check on them regularly.

Don't leave children or pets in parked vehicles.
Ever. For any period of time.
Rebates and Financial

NSW Government Rebates

The NSW Government funds a number of rebate programs for electricity and gas customers, including:

- NSW Family Energy Rebate (apply online or download a PDF application form)
- Low Income Household Rebate
- NSW Gas Rebate
- Life Support Rebate
- Medical Energy Rebate
- Energy Blackouts Rebate
- Residential Communities
- Changes to pension eligibility

You can also apply for all NSW rebates except the Family Energy Rebate through your electricity supplier. Learn more about rebates, eligibility and the application process following the email link below: www.ewon.com.au/page/faqs/am-i-eligible-for-rebates-or-other-assistance

Water rebates

Some water suppliers (Sydney Water, Hunter Water, Shoalhaven Water) provide a range of rebates including pensioner rebates on water and sewerage charges. Sydney Water and Hunter Water also provide rebates to customers who use water in life-sustaining equipment such as kidney dialysis machines. Conditions vary so contact your water supplier for more information.

Changes to pension eligibility

The asset test for the pension changed on 1 January 2017, which will mean that some people will no longer be eligible for energy or water rebates. More information on this is available at: www.ewon.com.au/page/media-center/news/updates/changes-to-pension-eligibility
Self Care and Volunteering

“In dealing with those who are undergoing great suffering, if you feel “burnout” setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective.”

Dalai Lama

Being a volunteer in the community comes with opportunities to meet and support individuals and their families. However, volunteers can sometimes be exposed to stressful or sad circumstances while being in the front line in providing individual care, friendship and in advocating for others.

‘Compassion fatigue’ is a term that relates to people in caring roles such as volunteers who feel burned out as they continue to give of themselves and are sensitive to the needs of the people they support. How can volunteers keep giving without experiencing compassion fatigue? By taking time to take care of themselves.

Self-care is to take time to care for yourself so you can better cope with the stressors of life. It is essential that as a volunteer, you take care of yourself as much as you take care of people in the community.

Tips to avoid burnout when volunteering:

• Recognize situations where you may feel vulnerable and feel you are not coping and reach out to your supervisor or to other volunteers for support. City of Parramatta Employee Advice Program also offers free short-term psychologist support – ring 1800 81 87 28 or (02) 8247 9191

• Be proactive. Develop a self-care plan. Engage in fun activities that help you to relax and be kind to yourself. Maintain your social connections.

• Take care of your health. Make plans to go for walks or take part in physical activities you enjoy such as yoga or exercise.

• Learn to say ‘No’. Respect your own boundaries and don’t be afraid to say ‘no’ when you feel you need to.
Meeting nutritional needs for people with dementia can be complicated for a range of reasons. Poor nutrition can result in malnutrition which can lead to greater functional impairment and early entry into facilitated care.

Our Social Lunch Program is designed for customers who have dementia and require extra support and social interaction at meal times. This involves individual matching of a volunteer with a customer and the sharing of meals.

Not only does this provide a mechanism for enhancing communication and monitoring well-being of the people involved (customers and carers), it provides the foundation to building trust, building relationships with the community and increasing a sense of belonging for all.

Our Social Lunch Program transcends the 'delivery of food' into the 'delivery of experiences', by sharing meals in a social setting. We have helped others stay at home longer – we can help you and your loved ones too.

For more information contact us by calling 9806 5005 or visit our website cityofparramatta.nsw.gov.au/community-care
Choices – Enjoying life with Dementia

Often the biggest fear with this diagnosis is losing the good things in life, like your skills, connection with others and ability to stay at home. Although we cannot change the diagnosis, we can help you to stay at home longer, eat better, connect with others and use your skills in hosting a meal with a volunteer. Community Care Food Services offers this through the Social Lunch Program.

We do this by matching a volunteer to you based on shared interests and then the volunteer will come to your home for a lunch date. As we know, one of the main reasons for early entry into facilitated care for a person with dementia is malnutrition.

This unique service, currently only offered by us, is a natural way for people to enjoy a meal while socialising. Once a comfort level has been reached, the option to dine out at a low cost at one of our participating local restaurants can also be arranged through the Let’s Dine Out program.

For more information, please call 9806 5005.

In addition, connecting with others who are living with Dementia can be a great support. The link below has videos of ‘Dementia friends’ ambassadors. The Doris Younane video is a great watch!


*Joanne (alias) – niece and carer: Mark (alias) enjoys and looks forward to the volunteer’s company and it is the only name he remembers. They get on well together. It has made a “tremendous” difference to Mark. Joanne thanked us for organising the lunch visits.
Time to be social!

With isolation and loneliness on the rise and the negative effects this is having on our health now proven, we must make a commitment to ourselves to at least try and meet new people.

Who doesn’t love a helicopter! This group of adventurers visited the Care Flight Operations Base, at Westmead Hospital, and the feedback was unanimous – everyone had a brilliant day! During the visit, the group learned all about how the service works from the emergency call to the execution of the mission. Teddy bears were taken home and of course no outing is complete without food, so off they went to Wenty Leagues!
This fantastic group of people had a fun day together visiting the Telstra Museum of Royal Australian Historical Society in Bankstown. They enjoyed the time spent at the museum and at the end of the tour, each participant had their name transmitted by authentic Morse Code which was used extensively across Australia from 1854 to 1962. Everyone also received a souvenir Telegraph Message and a Certificate of visit. After the tour, the chosen lunch spot was the Bankstown RSL.

Storytellers – Toastmasters

Storytellers Toastmasters has a new name - Parramatta TLC

On 1 July 2018 Storytellers Toastmasters changed its name to Parramatta Community TLC Club - stands for Talk, Listen and Connect.

Come along and join us!
**Fourth Tuesday of every month from 10am – 12pm**
Room B, Level 2 Community Rooms, 1-3 Fitzwilliam Street Parramatta

Let’s Dine Out tackles isolation and loneliness in our community. It is a service that provides a social experience with affordable restaurant quality food, offering breakfast, lunch and dinner options including fresh cultural meals.

Vouchers cost from $6.85, for a meal to the value of $15.

Please see the calendar for dates and venues for our group outings - Bookings essential. Alternatively, you can choose to dine with family and friends at a time of your choosing – call to buy a voucher. Conditions apply.

For more information please call 9806 5005
Over 55’s Leisure & Learning

Term 4 October-December 2018

Classes commence from 15 October 2018

Please book into classes at the earliest opportunity to avoid disappointment as some classes do fill quick and bookings are on a first come first serve basis.

This term we are promoting:

Gentle Exercise Classes
Keeping healthy and active is a positive way to improve your heart, build strength in your muscles, and reduce blood pressure and other diseases.
Classes with space available:
Monday 2pm—3pm Ermington Community Centre
10 River Road Ermington
Catch bus 520, 523, M52 from Stand A3 at Parramatta Station

Active Strength & Balance Classes
Building strength and balance through exercise is the best way to keep yourself independent and active.
Classes with space available:
Friday 10am—11am Roselea Community Centre
645 Pennant Hills Road Carlingford
Bus 625 from Stand A2 at Parramatta Station leaves half hourly and drops you right near the hall

“When my husband passed away, I wanted to get out of the house. The gentle exercise class is enjoyable and it helps me keep fit. The teacher is good and very friendly. The Ermington venue is handy and easy to get to.”

For information about classes or outings please refer to City of Parramatta website www.cityofparramatta.nsw.gov.au/community-care/over-55s-leisure-and-learning or call 9806-5121
Keep in touch with the world

Do your kids or grandkids live in another city or state? Would you like to talk to them face to face? Learn how at Parramatta Computer Pals. For more information & bookings please call during office hours on 8628 0947.

Classes are held at Over 55’s Rooms, Level 2 / 1-3 Fitzwilliam Street in Parramatta. Membership is a very affordable $5.

Exciting News!

We are trialling Over 55’s bookings for free activities on Eventbrite, an online ticketing and payment system. More information will be available in the new year.

Broadband Seniors Computer Kiosk

Once you’ve mastered the art of communicating with the world via the internet, why don’t you keep practicing your skills with our...

Broadband Seniors Computer Kiosk
FREE for Seniors to use at Over 55’s Leisure & Learning Community Rooms at 1-3 Fitzwilliam Street, Parramatta

A volunteer is available to help with emails and internet searches. This activity is becoming popular so please ensure you book a place.

Bookings on 9806 5121
Wednesday: 10am-12pm
Friday: (fortnightly) 12.30pm-2pm

If you have your own ipad or laptop, you are welcome to bring it along.
Anti-Poverty Week
14-20 October 2018

Appliance Replacement Offer- Could you benefit?
Daniel Summerhays from the Office of Environmental and Heritage presents a short discussion on how you can benefit from their Home Energy Action Program.

Date: Wed 17 October
Location: Room B, 1-3 Fitzwilliam Street Parramatta
Time: 11-12 pm
For further information on this free event call 9806 5121

Register here www.eventbrite.com/e/anti-poverty-week-appliance-replacement-offer-could-you-benefit-tickets-49458593986

Roasted Chicken Breast with Lemony Bombay Potatoes (Serves 1)

Ingredients:
• 200g potatoes
• ¼ teaspoon ground turmeric
• ½ teaspoon ground cumin
• 1 lemon
• Fresh coriander
• ½ red capsicum
• 2cm piece of ginger
• 1 chicken breast
• Olive oil

Method:
Preheat oven to 200°
Peel & chop the potato into 2.5cm cubes, cook in boiling water for 6 minutes, then drain well and let dry.
Add turmeric & cumin to a bowl, then grate in ½ the lemon zest. Roughly chop & add coriander, capsicum and ginger, and add to bowl.
Cut 2 slices of lemon & set aside.
Squeeze a little juice from remainder of lemon into bowl.
Add potatoes & chicken to bowl, drizzle with oil, salt & pepper, toss well to coat, and place in baking dish, topped with lemon slices, and cook for 25 minutes until golden and cooked through.

Informative Talks 2018

Over 55s joins with U3A, and welcomes you to attend sessions below:
When: Tuesdays
Time: 10am-12 noon

Where: Over 55’s Community Rooms, Level 2, 1 –3 Fitzwilliam Street, Parramatta
16 October: The Vaccination Debate
13 November: Life in Submarines
Looking after the grandkids these school holidays?

Come along to Hillcrest Avenue Reserve Winston Hills for City of Parramatta's Pop up Park event, and let the kids let off some steam!

2 October & 9 October
Hillcrest Avenue Reserve,
19 Hillcrest Avenue, Winston Hills
9.30am–11am

Hillsbus 606 leaves from Parramatta Station Stand 4 at 8.25am or 9.25am. Alight at stop on Lanhams Road at cnr Hillcrest Avenue. The park is a 5 minute walk up Hillcrest Avenue from this stop.

Lord Mayor’s Seniors Christmas Party 2018

Waterview in Bicentennial Park,
Bicentennial Drive, Sydney Olympic Park, Tuesday 4 December 2018, 10am–2pm

Free festive lunch for City of Parramatta residents and/or ratepayers who are over 60 years of age.

Note: Identification to validate residency and senior age must be shown at the door

Register: Call Riverside Box Office on (02) 8839 3399 or go online rshow.biz/seniorschristmas18 by 4pm on Monday 5 November to secure your place.

Free on-site parking. Free shuttle buses will run from Council Community Centres from 9am to and from the venue.

Shuttle buses will be available from:
• Don Moore Community Centre
• Dundas Community Centre
• Epping Community Centre
• Ermington Community Centre
• City of Parramatta Library Fitzwilliam Street, Parramatta (Interstate Bus Stop, opposite Library)
• Reg Byrne Community Centre
Bus Outings

To be eligible to attend you must be registered with one of our Community Care services. Please note the bus departure times and pick up locations for each trip, as they vary.

Fitzwilliam Street, Parramatta departures are opposite Taxi Rank/Library.

Rouse Hill House & Farm
Wednesday 17 October 2018

Bookings from Tuesday 2 Oct 2018
Bus Cost: from $12.35 based on concession status
Entry Fee: $11 guided tour
Time: 10am-2:30pm
Lunch: Griddle Restaurant Rouse Hill (lunch at your own expense)
Pick up: Fitzwilliam Street, Parramatta

Birkenhead Point Outlet Centre—shop for Christmas!
Friday 2 November 2018

Bookings from Tuesday 23 Oct 2018
Bus Cost: from $12.35 based on concession status
Entry Fee: Free, shopping at your own expense
Time: 10am-3pm
Lunch: Sailors Grill at Drummoyne Sailing Club from $14.50 (lunch at your own expense)
Pick up: Fitzwilliam Street, Parramatta

When Attending an Outing
Bus trips can be booked one month ahead to avoid disappointment. There will be no refunds for cancellations however we would appreciate it if you could advise of non attendance at least 24 hours in advance to allow wait listed members to be contacted. Bus payments are made to City of Parramatta Council.

ALL entry fees (unless advised) and your lunch expenses are to be paid on the day, so please ensure you have the correct money where possible.
Tanglin Lodge  
Alpaca Farm  
Friday 26 October 2018

Bookings & payment at Customer Service or Branch libraries from Wednesday 26 Sept 2018
Enjoy a visit to this Alpaca Farm, where you will learn all about them, have a chance to meet them up close and see the wonderful products they produce.
**Bus Cost:** (to be paid at time of booking) from $12.35 based on concession status
**Tour cost:** $10 (to be paid when booking)
**Pick up:** at 8.30am Fitzwilliam St, Parramatta
**Pick up:** at 9am Ermington Library
**Lunch:** Richmond Club - Star Buffet Seniors Card Lunch Special $12.80
Adult $16.00 (lunch is at your own expense)

ABC Studios Guided Tour  
Wednesday 21 November 2018

Bookings & payment at Customer Service or Branch libraries from Wednesday 24 Oct 2018
Enjoy a tour of the Sydney home of ABC. Likely to include a visit to one of our two digital television studios, an on-air radio studio, news studio & a control room.
Wear comfortable soft soled shoes. Thongs not permitted (tour will require you to walk for the 1.5hr duration)
**Bus Cost:** (to be paid when booking) from $12.35 based on concession status
**Tour cost:** $8 (to be paid at booking)
**Pick up:** at 9.30am Ermington Library
**Pick up:** at 10am Fitzwilliam St, Parramatta
**Lunch:** A-One Cafe. Menu will be given to those attending for pre-order purposes. (lunch is at your own expense)

NOTE : All outings are evaluated prior to booking the venue and destination. There may be times when our bus outings will require you to stand/walk for periods of time up to 1.5hrs. This is due to specific tour lengths round gardens or restrictions regarding seating due to historic house guidelines. Some outings will be outdoors & some indoors. If you are not sure if the trip is suitable for you please call to discuss it.

For more information call the main office on (02) 9806 5121.
National Carers Week, dedicated to acknowledging carers in Australia, will run from Sunday 14 – Saturday 20 October 2018.

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation.

There are over 2.7 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail. The replacement value of that unpaid care is $1.1 billion per week.

Anyone at any time can become a carer. National Carers Week is an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles.

Hello Dear Carers,

To all our carers – On behalf of our team, we acknowledge your incredible contribution to the people you care for and thank you for what you do. Our aim is to support you too, which is why we have planned a special event to give you a break but also, a lovely opportunity to have an enjoyable day out to connect with other carers who really understand what it is to be a carer.

(See information about Carers Week Event)

In caring thought,

Anne-Elizabeth
Connecting Carers Calendar of Events

If you provide support to a family member or friend, and you are 65 or over, you are welcome to join the Connecting Carer Support Groups. Caring and sharing is at the heart of these groups. Come along for a cuppa and chat. All new and existing carers welcome. We care about you!

Community Care invites carers to a special free event to celebrate National Carers Week
**Date:** Tuesday 16 October 2018  
**Venue:** Vine Cottage and Museum, Castlereagh (near Penrith) for a high tea lunch, group talk about the museum and tour of the property.  
**Time:** Bus departing Fitzwilliam Street, Parramatta 9.45am arrival for 10am departure. Returning to Parramatta by 3.30pm  
**RSVP:** Bookings are essential – please contact the Admin team on 9806 5121 (on behalf of Anne-Elizabeth) as soon as possible please. (We wish to acknowledge and thank Carers NSW for their Grant contribution toward this event. The carers and team appreciate the support).

Connecting Carers Support Group  
We usually meet on the 4th Tuesday of each month. Come along for a cuppa, chat and catch-up with other carers. Caring, sharing and support is at the heart of these groups.  
**RSVP:** 1 week prior to the groups would be appreciated

November Christmas Event  
(Note: This is the last group for the year)  
**Date:** Tuesday 27th  
**Location:** Watergrill Restaurant, Sydney Rowers Club  
**Time & Transport:** The bus will depart from Fitzwilliam Street, opposite the library, Parramatta. Time: 10.15am for 10.30am departure. Returning to Parramatta by 2.30pm

JANUARY 2019

Carers Meeting  
**Date:** Tuesday 22nd  
**Time:** 10.30am – 12.30pm  
**Venue:** Community Rooms, Room B, Level 2, 1-3 Fitzwilliam Street, Parramatta

REACHING OUT TO OTHERS  
Carers report that social connection with others in a similar role helps them continue in their own caring role.
Enduring Powers of Attorney
As a carer you may have to make legal, financial, medical or lifestyle decisions on behalf of the person you care for. Appointing a Power of Attorney, or having guardianship provisions in place, can help prepare you and your family for sudden changes in circumstance and can make difficult choices easier for everyone involved.

It helps if everybody in your family knows who has been nominated to make important decisions when somebody is no longer able to decide for themselves. It is also useful to know what the individual might have wanted in a range of common situations.

Enduring powers
Enduring powers are legal documents that let a person choose someone they trust (an 'agent') to act on their behalf if they become unable to make decisions for themselves.

Power of Attorney
Power of Attorney gives someone the ability to act on someone else’s behalf in financial matters, such as paying bills and managing money, if for any reason they are unable to manage financial matters themselves i.e. like getting to the post office to pay a bill.

A power of attorney does not allow the attorney to continue to act on your behalf after you have lost capacity.
Capacity is the ability to make decisions and understand the effects of those decisions. A person is said to have capacity when the person can understand the information and choices presented, weighing up the information to make a decision and then communicating that decision. A person who can't follow this process and communicate decisions is said to lack capacity.

Enduring Power of Attorney
An enduring Power of Attorney continues to operate when a person can no longer make decisions or act on their own. A person must appoint their enduring power of attorney before they lose capacity. An enduring Power of Attorney cannot make lifestyle, accommodation or medical decisions and is limited to financial or property; only an enduring guardian can make lifestyle decisions on someone else's behalf. Enduring Power of Attorney arrangements can be made so that they come into effect immediately or remain dormant until a specific event or circumstance arises.

Enduring powers need to be prepared in a particular way and you should consult a solicitor. Printed Power of Attorney forms are available from newsagents. You can cancel (‘revoke’) an enduring power at any time provided you are still competent.

Who can appoint enduring powers?
To appoint enduring powers, you must have capacity, be competent and able to understand what you are doing. You cannot appoint enduring powers for another person only for yourself.

Under some circumstances, a Guardian or Administrator can be appointed by the Guardianship Tribunal to protect the interests of somebody who is not competent to make decisions for themselves. This usually happens when there is concern about their rights.

Choosing your agent
Your agent can be any competent adult who is able and willing to act on your behalf.

Choose someone that you trust to act in your best interests and carry out your wishes. He or she should also understand your views about the decisions they might be asked to make for you and know you well enough to make the kind of choices you would make for yourself.

Making your wishes known
If you have clear views about particular medical and legal situations that might affect you, write them down. This is sometimes called an ‘advance directive’. Ask your doctor or lawyer to help you to work out what you would like to do in a range of common situations.

Discuss your views with close family members and friends and give them copies of your advance directives. Letting people know in advance what you want in a particular situation can help prevent distress or conflict if different people have different views about what should be done.

Find out more
The NSW Trustee and Guardian has more information on wills and powers of attorney. The website of the Public Guardian also has information and factsheets on enduring guardianship.
City of Parramatta, Cultural Heritage and Tourism is proud to present a range of Aboriginal cultural activities to engage all ages and interests over spring. From bush tucker to Aboriginal storytelling and games – there’s something for all comers.

Working with Darug elders we have recently developed Warami Mittigar, a Darug cultural walk along the Parramatta River and through beautiful Parramatta Park, showcasing the lesser known but ongoing Aboriginal heritage of this World Heritage listed landscape.

Sydneysider’s obsession with food will be catered to in our new bush tucker walk, along the banks of peaceful Hunts Creek. No tastings will be included, but plenty of knowledge will be shared.

Come and discover the rich Aboriginal Heritage in the heart of Greater Sydney.

Cost: $5
Aboriginal Games & Storytelling
A Get into Nature activity, Parramatta Bushcare

During this engaging morning of tales and games both children and adults will discover Aboriginal culture through listening to stories, learning a traditional song and playing traditional games.

Detail: This activity is a wonderful opportunity to spend some relaxing time in a bushland reserve with an Aboriginal elder of the Darug people. The Darug are Parramatta’s first people and the traditional custodians of this land. Parramatta’s name comes from their word “burramatta”, meaning “the place of eels”. Check out the different types of boomerang, and maybe even try your hand at throwing one.

This activity is suitable for families with children aged 7 and up. Parents and carers must supervise any younger children in their care.

When: 9am-11am, Saturday 1 December
Meet: Third Settlement Reserve
Suitable for: Adults, children 7 and up.
Cost: Free
Older people have higher requirements for protein, calcium and Vitamin D than younger adults. Eating a wide variety of foods, with regular meals and snacks will help to ensure you are getting all the nutrients that your body needs for good health.

Did you know that weight loss is not a normal part of getting older? In fact, carrying a few extra kilograms is actually beneficial as you get older, it means your body has some reserves to draw from if you get sick. If you’re losing weight it could mean you’re not eating enough. For most older people weight loss is not recommended (unless done with professional supervision).

How are Meals on Wheels different from supermarket frozen meals?
Meals on Wheels main meals that meet the National Meals Guidelines (NMG’s) are prepared with the over 65’s in mind. Most supermarket frozen meals are smaller overall, contain much less meat and vegetables, and are lower in protein and energy in comparison.
Results obtained from an assortment of supermarket frozen meals representing a range of brands.

Remember that you still need to eat well throughout the rest of the day too!

Eat well – don’t restrict yourself
Since older adults often have smaller appetites sometimes it can be difficult to eat enough food to meet your energy (calorie) needs. It’s OK (and encouraged if you’re on the thin side) to make dessert a regular habit. Try adding yoghurt, custard, cream or ice cream to your fruit for added flavour, or enjoy a piece of cake or a few biscuits with your cuppa at morning and afternoon tea. If you’re not overly hungry at a meal time then have a chunky, nourishing soup, but make sure that you have some bread and butter with it and a dessert as well if you can fit it in!

In general, older people do not need to be on a low-fat diet. Fats and oils are a very important part of our diet – they provide essential energy and vitamins. Splash tasty extra virgin olive oil onto your salads, melt butter or margarine onto your vegies or mash avocado onto your toast!

What about other health conditions?
In the past, you may have followed a special diet for health reasons, but as you get older you may be able to relax dietary restrictions, especially for conditions like diabetes and high cholesterol. The foods that are recommended for diabetics have changed a lot in recent times – you no longer need to avoid anything sweet or with sugar in it, and you don’t need special desserts with artificial sweetener anymore either. If you do follow a special diet of some sort check with your Doctor or Dietitian to see if it’s still necessary.

References
Australian Meals on Wheels Association Meal Programs for Older Australians Providing Home Delivered and Centre Based Providers, Caterers and Health Professionals National Meal Guidelines: A Guide for Service Australian Meals on Wheels Association (2016)
Talk, Listen and Connect

TIME: 10am - 12pm
Fourth Tuesday of every month

VENUE: Room B, Level 2,
1-3 Fitzwilliam Street
Parramatta
(Within 2 minutes walk from public transport and plenty of parking at Westfield)

Come and join us at Parramatta Community TLC - tell your story, listen to others and connect to one and another!

It will help you to
• Improve confidence in speaking in English
• Improve communication skills
• Thrive in a casual learning environment
• Make new friends
• Enjoy morning tea

Assistance and transport can be arranged to support you to attend the meetings.

For more information and booking, contact Mei at Community Care Team on 9806 5121.
Calendar of Events

October
2  October Coffee and Lunch - Blacktown Sport Club
3  October Let’s Dine Out Hog’s Breath Café, North Parramatta
10  October Community Garden Club Rosehill
15  October Knit Wits Over 55s Fitzwilliam Community Rooms,
16  October Carers Week- National Carers Day Out
16  October Morning Melodies– Merrylands RSL Club
18  October Let’s Dine Out Sicilian Restaurant, Parramatta
23  October Talk, Listen and Connect (TLC) Level 2 Room B Fitzwilliam Street Parramatta
24  October Community Garden Club Rosehill
25  October Book Club Darug Room, Parramatta Library
29  October Knit Wits Over 55s Fitzwilliam Community Rooms,
30  October Magic Melodies– Merrylands Bowling Club

November
6  November Social Inclusion –Melbourne Cup – Blacktown RSL Club
7  November Community Garden Club Rosehill
12  November Knit Wits Over 55s Fitzwilliam Community Rooms,
13  November Talk, Listen and Connect (TLC) (Chinese Speakers) Fitzwilliam Street Community Rooms Parramatta
20  November Morning Melodies– Merrylands RSL Club
21  November Community Garden Club Rosehill
22  November Let’s Dine Out Ginger, Harris Park
26  November Knit Wits Over 55s Fitzwilliam Community Rooms, Parramatta
27  November Carers Christmas Party
27  November Magic Melodies– Merrylands Bowling Club
27  November Talk, Listen and Connect (TLC) Level 2 Room B Fitzwilliam Street Parramatta
29  November Book Club–Right Brain, Floor 2 Parramatta Library

December
4  December Social Inclusion - End of Year Party Celebration – Rydges Hotel
5  December Community Garden Club Rosehill
5  December Let’s Dine Out Hogs Breath, North Parramatta
10  December Knit Wits Over 55s Fitzwilliam Community Rooms, Parramatta
19  December Community Garden Club Rosehill

January 2019
7  January Let’s Dine Out Sicilian, Parramatta
22  January Connecting Carers Support Group

Remedial Massage
Half hour sessions on Monday & Wednesday
Term 4, 15 October to 19 December
Call 9806-5121 to book an appointment

Every Month
Mondays Spanish Social Group 9-12:30
(weeks 1,2 &3) – L2 Fitzwilliam St, Parramatta
Tuesdays Day Lighters Group 9:30 – 11:30
(every week) – Reg Byrne Community Centre, Wentworthville
Fridays Multi National Social Group 9-12
(every week) – L2 Fitzwilliam St, Parramatta

Walking Groups
Wednesday every fortnight
Wisteria Explorers Walking Groups
Wednesdays & Saturdays
Heart Foundation Walking Groups
Wednesdays & Saturdays
Newington Walking Group

PLEASE NOTE: Over 55s timetable will resume Tuesday 29 January, 2019
Bookings commence Monday 14 January, 2019
I have made new friends at Peer Support. Prior to this, my social awareness and interaction again. I have made new connections to social activities and this has given me social support. This time, I now have someone pick me up and take me to these activities. In this way, I have been able to work on my independence inspired an idea – a wish – to arise. I get physically tired every day. Swimming has been a big help. Knowing that I have additional support to rely on for my health. Knowing that I have additional support to rely on for my health. Knowing that I have additional support to rely on for my health.

I get physically tired every day. Swimming has been a big help. Knowing that I have additional support to rely on for my health. Knowing that I have additional support to rely on for my health. Knowing that I have additional support to rely on for my health.

I get physically tired every day. Swimming has been a big help. Knowing that I have additional support to rely on for my health. Knowing that I have additional support to rely on for my health. Knowing that I have additional support to rely on for my health.

Anne-Elizabeth
I love nature and the outdoors and spending time with those I love.

Catherine
I enjoy time at bbqs, outings and special occasions with family and friends.

Georgette
I enjoy reading, walking and cooking for my grandchildren.

Malcolm
I enjoy spending time with my border collie and love all kinds of science fiction tv and movies.

Mei
I am a mum. I enjoy meeting new people, learning from others and gaining adventurous experience through scouting.

Rozanne
I enjoy food, the outdoors, martial arts and public speaking with Parrachievers Toastmasters.

Sanoji
I love chilli! I love company - my passion is entertaining my family and friends.

Julie Williams
Service Manager
I enjoy skydiving, reading and spending time with family. My new pursuit is gardening.

Antonio
I watch a movie almost every week and I play Pokémon Go every day (138 caught and counting).

Cathy
I enjoy reading books and going to the gym.

Gladys
I love walking, exploring new places and spoiling my beautiful grandchild.

Maria
I enjoy the sensory and creative experience of working with clay and shaping it into a sculpture.

Gabby
I love family time, home-cooked meals, laughter and creating both little and big new memories every day.

Asha
I enjoy time with my family, vegetarian cooking and movies.

Meet the team!

Catherine
I enjoy time at bbqs, outings and special occasions with family and friends.

Georgette
I enjoy reading, walking and cooking for my grandchildren.

Malcolm
I enjoy spending time with my border collie and love all kinds of science fiction tv and movies.

Mei
I am a mum. I enjoy meeting new people, learning from others and gaining adventurous experience through scouting.

Rozanne
I enjoy food, the outdoors, martial arts and public speaking with Parrachievers Toastmasters.

Sanoji
I love chilli! I love company - my passion is entertaining my family and friends.

Julie Williams
Service Manager
I enjoy skydiving, reading and spending time with family. My new pursuit is gardening.

Antonio
I watch a movie almost every week and I play Pokémon Go every day (138 caught and counting).

Cathy
I enjoy reading books and going to the gym.

Gladys
I love walking, exploring new places and spoiling my beautiful grandchild.

Jane
I enjoy travelling, like listening to music and seeing live bands perform.

Rosemay
Family times are a priority for me and I get a buzz seeing animals in their natural habitat.

Sandra
I love permaculture which encompasses caring for the earth and community. My favourite plants are roses and pelargonium.

Susan
My passion is to travel the world, meet new people and learn about their unique culture, language and way of life.