



Kingsgrove Community Aid Centre Inc.



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Newsletter — WINTER 2014

Dear Readers,

This week we celebrate Mrs Ho's 103rd Birthday celebration. A great milestone for a remarkable woman.

Mrs Ho first attended our services back in 1998 joining our Chinese Seniors Activity group which met one day a week to engage in the activities and social outings. This group is still Co-ordinated by our very committed volunteer Mrs Josephine Oen.

Mrs Ho loved coming to the Community Centre because it gave her a sense of belonging, a place to interact with other like minded people, in a safe and welcoming non threatening environment. She was always seen walking from her home in Bexley North to attend the activities regularly.

She would often be quoted as saying, "I am so happy that Kingsgrove Community Aid Centre provided me with a reason to keep going, meeting news friends, socialising and learning new things."

Mrs Ho also attended the conversation English classes which allowed her to understand how to converse in the English language slowly, allowing her to be able to do her shopping and converse with her English speaking neighbours. Mrs Ho continued to live in her own home for a long time, feeling independent and happy knowing that the community centre was able to satisfy her needs for belonging socially. She attended many information sessions where she was introduced to

various guest speakers and learned new things all the time.

She would often say, "My children always ask me, Mum, what have you learnt today at the Community Centre?" She would also relay to her family of the places of interest that she was taken while on the bus excursions.

Always her family was interested at the places she visited and of her experience. She credits the Community Centre and her Chinese activity group of friends for her long and happy life as a new immigrant to Australia.

Mrs Ho is now living in a nursing home however has not forgotten her Community Centre; and will visit when she is able to. We continue to make Mrs Ho welcomed.

So many years have passed since she first attended KCAC, she feels secure in the fact that her group is still going strong with some familiar faces still there to welcome her.












For the many more that have similar experiences as Mrs Ho, it is important to realise that it was all possible because of the hard work carried out by those that believe & keep locally based community centres relevant and accessible and that Community Centres such as KCAC are the foundation of any community.

HAPPY 103rd BIRTHDAY MRS HO.

Anne Farah-Hill
CEO KCAC



Kingsgrove Community Aid Centre EVENTS & DATES FOR YOUR DIARY

<u>Sep</u>	   
22nd Sep - 1st Oct	Vacation Care
5th Sep	2015 OOSH Enrolment Forms Due to be returned
5th Sep	Mid Autumn Moon Festival Opera
6th Sep	Fathers Day
<u>Oct</u>	   
Oct	Guide Dogs Information Session
18th—22nd Oct	Childrens Week
Oct	Diwali Festival
<u>Nov</u>	   
Nov	Melbourne Cup Day
Nov	Lebanese Independence Day

For more information on any of our wonderful events please call the Community Centre on 91507823
Monday to Friday 9am-4pm.

Kingsgrove Community Aid Centre is a not for profit organisation.
We rely on Government funding and the generosity of donations for our existence,
to continue to be able to provide services to the community at a local level.

We accept donations and bequests from the community. Please remember us in your will if you support
our work. You can make donations through our website safely at www.kcac.org.au

All donations over \$2 are tax deductible.

Keep us local, keep us relevant, keep us accessible.

In the Community. With the Community. For the Community.

Kingsgrove Community Aid Centre acknowledges the support provided by the Federal
Department of Social Services and the State Department of Family and Community Services.

SAFETY FOR SENIORS INFO DAY WITH NSW POLICE



Senior Constable Ray Kerridge and Dellilah Shinko (Multicultural Liaison Officer) came from St George Local Area Command to give a talk to the seniors on safety at home and when out and about. Around 60 people attended from the community. The seniors were very interested and asked many questions which the officers were more than happy to answer. It was a very informative and successful day.



Some topics discussed and presented on the day were:

At Home:

- If you are harassed, attacked or robbed, tell the police.
- When at home, lock all doors.
- Leave spare keys with a trusted friend, never in hiding places.
- Keep a picture record of your jewelry and engrave all portable items (e.g. TV) with your name address and licence number.
- When going away, ask a neighbor to keep an eye on things, collect your mail and put out your rubbish. Leave the radio on.
- Don't keep large amounts of money in the home.
- If you live alone, don't publicise it, or whether you are a Ms, Miss, Mrs or Mr.



Visitors:

- If you're not sure who it is, don't open the door.
- Be suspicious of people wanting to enter your home. Ask for identification, check it carefully and contact their office for verification.
- If someone wants to use your phone for an emergency, offer to make the call for them—but keep them out.



HAPPY 93rd BIRTHDAY



Congratulations to one of our Chinese Activity Group members Mrs Yuk Ho Sin, who turned 93 in June 2014. The group celebrated this occasion with a selection of different foods and a delicious cake.

Mrs Sin has been attending the Chinese Activity Group since 1996.

The staff at Kingsgrove Community Aid Centre wish her all the very best and were delighted to be a part of this occasion.

DEBBIE'S DONATION



Deborah Hodgson, the cousin of one of our long time senior client's, Ruth Poulton, donated this gorgeous hand crocheted blanket to the Kingsgrove Community Aid Centre. Debbie crocheted this herself over the past few months and donated it so that it could be raffled to raise money for the centre. We would like to thank Debbie for the lovely donation. We really appreciate all of the work you put into this beautiful blanket.

The raffle will be drawn on Monday 8th September.

KCAC Management.



Centrelink Information Session

Special guest speakers from Centrelink gave a presentation to the seniors at the Kingsgrove Community Aid Centre on Wednesday the 13th of August. The information session was attended by 69 senior members of the local community. The seniors found it very informative, interesting and relevant, especially the information about the changes in the Aged Care Sector. They asked many questions on the day and gave great feedback about the event. All enjoyed the yummy morning tea of cinnamon doughnuts, savoury and sweet biscuits with their tea and coffee provided on the day. Many thanks goes to Margaret and Joanne from Centrelink for coming along to speak on the day and all of the staff and volunteers who helped out to make the day a success.



Clubs Grants Program

Kingsgrove Community Aid Centre would like to give a big thank you to the Kingsgrove RSL Club and Earlwood Bardwell Park RSL Club for their generous contributions and support through the Clubs Grants program.

These funds will help us to continue serving our local community and providing the important services that we do to meet the needs of the people of Kingsgrove and surrounding suburbs.

We appreciate the continued support from our local clubs and all that they do for their communities.

KCAC Management

Pictured right: Mr Ian Todd (General Manager Kingsgrove RSL), Ruth Poulton, Gurmeed Nelson (Kingsgrove Community Aid Centre) & Allan Barnes. (President Kingsgrove RSL).



KINGSGROVE OUT OF SCHOOL HOURS CARE

REMINDERS

VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN BY FRIDAY 5th September 2014.

FEES NEED TO BE KEPT UP TO DATE. STATEMENTS WILL BE GIVEN OUT MONTHLY.

PLEASE CHECK WEBSITE FOR ENROLMENT FORMS AND PROGRAMS. www.kcac.org.au

THE KINGSGROVE OOSH AND HURSTVILLE OOSH SERVICES ARE PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.



This vacation care flew by! We had many fun events and excursions. Highlights of the program included our cubby house competition. The children worked together in teams to create a cubby house room. They used their creativity and skills in space utilisation.

We also had a baking day the children took part in preparing cupcakes, then later on role-played having a restaurant serving the other children as their customers.

During NAIDOC WEEK the children made damper bread and learnt about dot painting. Craft day we made coloured salt layer cups, we also made flower paintings and collages. Monkey Mania was our most popular excursion and the children enjoyed running and climbing up the stair case. They also enjoyed 10 pin bowling a classic favorite amongst excursions!



On the last day the children had a visit from FilZZICS, who showed us how to make ice-cream with liquid nitrogen. The children were excited to see more experiments. They learnt about the power of air pressure and temperature. Join us next vacation care for many more fun filled activities.



Please see our website to download programs and enrolment forms, go to www.kcac.org.au.

Maria Mihas
Kingsgrove OOSH
Coordinator



VACATION CARE

The next Vacation Care period will commence on Monday the 22nd September and will run until Friday 3rd October 2014.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes Tuesday 7th October 2014.

HURSTVILLE OUT OF SCHOOL HOURS CARE

FOR MORE INFORMATION PLEASE CONTACT
KATINA OR MARIA ON 91507823.

Term two began with lots of fun mother's day craft activities including making cards, wrapping paper and beautiful gifts for mum. Our creative craft program continued through to the end of June with our winter craft activities including wool craft such as French knitting. The program also included construction days where we make our own master pieces from recycled materials. The term ended with Red Nose day where we entered the SIDS and Kids colouring in competition and had our noses painted red.

The July Vacation care program was great. On the days we stayed in the centre included activities such as dress ups, craft, making cubby houses and playing games. On NAIDOC day, the children had the opportunity to make their own aboriginal art such as painting a boomerang or making and painting a didgeridoo. We had two jumping castles for our Incurtion day and a Karaoke Machine for Karaoke day where our little stars were practicing for next year's The Voice Kids .

Our Excursions were to The Movies at Westfield Hurstville where the children had a choice of watching Tinkerbell and the Pirate Fairies, Rio 2 or How To Train Your Dragon 2. We also went to Monkey Mania in Bankstown which included nuggets and chips for lunch. We saw a live performance of "The Magic hat" by Mem Fox at The Monkey Baa Theatre in Darling Harbour and the children had a wonderful time playing in Darling Quarter Park.

The program ended with a successful celebration at Kingsgrove Community Aid Centre where we had a Liquid Nitrogen Science show that included making ice-cream which was followed by hotdogs for lunch and a face painting and craft corner. We then joined Kingsgrove Vacation Care for a fun play in Smith Park.

For the Term 3 Before and After School Care program, the educators are planning on organising a Father's Day fundraising to purchase four new indoor /outdoor activity mats.

The fundraiser activity will be designing your own Percaline Plate for dad the plate will cost \$5.00 and a list of who would like to Participate in the fundraiser will be at the Centre. Enjoy the Term.

Katina Papadakis

Hurstville OOSH Coordinator





IN THE MEDIA

Left in dark over program restructure 'Industry feels ill-informed'

by KIRSTY STEIN

HOME and Community Care providers and their clients are being left in the dark about how their programs will be funded as the Federal Government delays providing final details on the restructure of funding for community aged care projects.

Providers of programs including community-based day care centres say they and their clients are unable to plan ahead amid growing uncertainty within the sector. Appeals to the Department of Social Services for information have met with silence.

From July 1 next year, programs including Home and Community Care, the National Respite for Carers program, the Day Therapy Centres program and the Assistance with Care and Housing for the Aged program will be drawn together into the national Home Support Program.

However, the department has not released details of the program, and providers are increasingly concerned about how the change and the move to consumer-

directed care packages from July 2015 will be implemented.

Kingsgrove Community Centre manager Anne Farah-Hill said their day care centre supported as many as 130 seniors each week.

The service has funding until June 2015, but Ms Farah-Hill is uncertain what will happen after that date.

Staff are uncertain how the new system will work for those who are mostly independent but gain valuable social support from attending a day care program once a week.

Ms Farah-Hill said there was concern that smaller community-based services, which were often the first port of call for seniors needing help, would suffer in favour of a few major providers.

"I feel for these seniors who are currently coming to our programs who have been reliant on these services and who do not currently have a package of care," she said.

"What will happen to the many who only require a single service and who do not qualify for an aged care package?"

"All community centres that provide HACC aged care pro-

VOLATILE - Anne Farah-Hill at Kingsgrove Community Centre.



grams are affected in some way by the changes and are preparing for the transitions, however there are no direct or affirmative answers as to how it will pan out for both the client and the service provider beyond 2015.

"The industry is feeling volatile - we feel ill-informed.

"This is going to affect people's lives in a year from now and we are trying to prepare our clients."

Ms Farah-Hill said clients and service providers were uncertain about what steps they should be taking to prepare for the new system, for example whether to seek an aged care assessment.

"They are elderly, they are vulnerable and they can't do it on their own," she said.

"We're concerned that people who don't know how to navigate

the system are going to miss out and you are going to hear about elderly people who don't know where to turn."

A spokesman for assistant Social Services Minister Mitch Fifield said all existing Commonwealth funded home support services would continue with business as usual until July 2015, and current funding for the delivery of centre-based day care had been continued to that time.

"Given the new program is still in development, details around future funding models are still being refined," he said.

"As we approach July 2015 we will continue to communicate with clients and service providers to ensure they are fully informed about the new program and any transitional arrangements."



PO Box 171 Paddington NSW 2021
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Donations 1800 519 533

South East Sydney CRCC
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www.Benevolent.org.au

30 June 2014

Dear Service provider,

Cessation of the Commonwealth Carelink Program

As you may be aware, with the transition of Carelink functions to the Aged care Gateway, the Commonwealth Carelink Program will cease completely on 30/06/2014.

Accordingly, from 01/07/2014, Commonwealth Respite and Carelink Centres (CRCCs) will no longer be required to undertake any activities set out in the funding agreement, including the Carelink activities referred to in the Program Schedule. The Carelink network - which enables the transfer of calls between Commonwealth Respite and Carelink Centres (CRCCs) - remains and will be maintained as CRCCs will continue answering 1800 059 059 and 1800 052 222 numbers.

Commonwealth Respite and Carelink Centres (CRCC) will no longer be required to enter or maintain individual client data records in the Commonwealth Carelink Information System (CCIS). CRCCs will inform callers that the Australian Government Carelink Programme is no longer available.

Where South East Sydney CRCC receives calls from members of the public or service providers seeking information about Aged and/or Community Care Services, the caller will be referred My Aged Care via:

- the My Aged Care website - www.myagedcare.gov.au
My Aged Care website includes information in other languages and consumers can also use the Translating and Interpreting Services (TIS) on 131 450 when calling My Aged Care. TIS covers more than 100 languages and is available 24 hours a day, 7 days a week, for the cost of a local call. Consumers who are deaf or hearing impaired can use the Telephone Typewriter (TTY) service on 133 677 or 1800 555 677
- a national telephone contact centre - 1800 200 422 open from 10am to 6pm locally Monday to Friday and 10am to 2pm locally on Saturday. (Closed on Sundays and National Public Holidays)



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Please be advised that under the NRCF funding our organisation continues to provide respite information and services. Further to this, South East Sydney CRCC will also continue to, and/or alternatively undertake the following functions:

- For carers seeking information regarding mental health services, South East Sydney CRCC will continue to provide this function as they are funded to do so under separate DSS programmes
- If the request for information is outside the CRCCs scope, the caller will be referred to appropriate Commonwealth and/or state and territory Government mental health services
- Callers seeking information relating to disability services will be referred to local state and territory government disability services
- Callers requesting carer specific information may also be directed to Carers Australia on 1800 242 636.

Whilst Carelink is ceasing on 30 June 2014, the branding for CRCCs will not be changed. The current branding is recognised by consumers and service providers and is very widely used on a range of websites printed material, including on the revised CRCC brochure

Yours Sincerely

Lyubov Rimer

Manager - South East Sydney
Commonwealth Respite & Carelink Centre

Knitting Group Project

Our KCAC knitting group have been working on this special project for the centre for many months. It was initiated by KCAC Publicity & Promotions Officer Rose over a year ago as a surprise for our Centre Manager Anne Farah-Hill and was completed in May this year. It has been placed at the front of reception and can be seen when you first walk through the centre doors.

Many thanks to our wonderful knitters Mrs Josephine Oen, Nancy Ho, Susan Lo, Vicky Sin and Pearl Ng for the hours spent knitting the blanket and to Rose for creating and sewing on the KCAC logo.

This group meet every Friday and knit blankets for the 'Wrap With Love Inc' organisation, who give these blankets to financially disadvantaged families in 3rd world countries. If you would like to join this group, call the centre on 91507823.



Happy
Birthday
Katina



Katina Papadakis
KCAC Hurstville OOSH Coordinator

ADVERTISING IN KCAC NEWSLETTER

IF YOU ARE A LOCAL BUSINESS, A COMMUNITY ORGANISATION OR A COMMUNITY GROUP AND WOULD LIKE TO ADVERTISE IN OUR KCAC NEWSLETTER, WE ARE HAPPY TO ADVERTISE YOUR ADS OR EVENTS AT A GREAT PRICE. THE NEWSLETTER IS GIVEN OUT TO ALL OF OUR CLIENTS AND REACHES MANY PEOPLE FROM THE KINGSGROVE AND SURROUNDING SUBBURBS.

IF YOU ARE INTERESTED PLEASE GIVE THE CENTRE A CALL ON 91507823 OR EMAIL THE EDITOR ROSE ON:
rose@kcac.org.au

AND LEAVE YOUR DETAILS, AND WE WILL GET BACK TO YOU.

PRICING FOR ADVERTISING IN NEWSLETTER

FULL PAGE: \$200, ½ PAGE: \$100, ¼ PAGE: \$50

We're on the Web! www.kcac.org.au 

Farewell



Kingsgrove
Community
Aid Centre

Expresses sincere
condolences to
the families of
George Butler,
Thelma
Robertson,
Christine Vanreyk
and Sue Haoui
who have sadly
passed in the last
few months.

George

All members of
out Seniors Day
Care Groups



Thelma



At this sad time
we offer our
prayers and best
wishes.

We will always
remember them.

From the staff
and friends at
Kingsgrove, we
farewell them.

Anne Farah Hill,
CEO

Christine



Sue

- > Beatles
- > Rollingstones
- > Elvis
- > Madonna
- > Jimmy Barnes
- > Elton John
- > ABBA
- > Dusty Springfield
- > Billy Joel



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And
Local**



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Tas Aronis JP
Funeral Director

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