



KINGSGROVE COMMUNITY
AID CENTRE INC.

50th
Anniversary

IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY

AUTUMN NEWSLETTER 2016

ISSUE 19

KCAC Vision
"A sustainable society that is welcoming, harmonious & inclusive and where people are healthy & feel happy & safe"

KINGSGROVE COMMUNITY AID CENTRE ACKNOWLEDGES THE SUPPORT OF HURSTVILLE CITY COUNCIL FOR THE VENUE AT 30 MORGAN ST KINGSGROVE.



Dear Readers,

As you may recall from information that we have been providing you recently, the Federal Government is currently in the midst of reforms affecting the Aged Care sector and those that rely on it which are many of you.

The Government is spending a lot of money which could be spent on frontline services to reform and re-educate the sector on the Aged Care reform processes.

Treasurer Scott Morrison 's 2016-2017 federal budget stated that "the Government is refining Aged Care funding to address unsustainable spending". (by whom, most service providers of aged care services in the community provided much needed care to many ageing seniors in an environment which was accessible and relevant to their needs and on a shoe string budget)

It reported that expenditure on the Aged Care funding instrument would be expected to blow out by \$3.8 billion over the next four years. (If Government saw Aged Care as a priority then this is chicken feed to their spending on other issue. Aged Care deserves to be considered as a priority on every Governments agenda and budgeted for as it affects those most vulnerable in our community. It should not be used as a means to save money when the Governments wastes it elsewhere)

"Savings arising from better targeting of the funding that Aged care providers receive will provide the ability to introduce new aged care initiatives and help meet the continued growth in Aged care funding over all" the Budget stated. (This is misconstrued information. These saving will be made at the expense of the thousands of elderly who if they are not aware of the reforms and how to navigate the system will simply miss out. When people are not in the so called system then they don't exist and if they don't exist they are not on the government radar as an expense., so that is how the government will save money).

The Government will spend a further \$136 million on the My Aged Care contact centre to meet increasing demand from consumers trying to navigate the system. This is assuming that the current ageing population is so computer tech savvy, that there is going to be this extreme influx of people wanting to use the system. As it stands currently the system is not working to what it was promised to do. Older people are still none the wiser as to their rights or what they are entitled to.



2016 FEDERAL ELECTION

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Are you over 65?
Would you like to belong to one of our seniors social support groups?

Give us a call and speak to one of our friendly staff on 9150 7823, or simply just drop in for a chat!

We are open Mon to Fri 9am to 4pm at 30 Morgan St Kingsgrove.

Hope to see you here!

Up and Coming Events

June

TBA: Heart Week
8th: 10 Wk Computer Course Starts.
TBA: book an appointment for Tax Help.

July

TBA: Will Information Session.
4th: Vacation Care commences.
6th: Macular Degeneration Info Session.
15th: Vacation Care ends.

August

TBA: World Continnence Week.
29th: Macular Degeneration Chinese Session.
TBA: 50th Anniversary celebration of KCAC.

MAKE A TAX DUDUCTABLE DONATION TO KCAC VIA OUR WEBSITE: WWW.KCAC.ORG.AU DONATE USING PAYPAL, CASH OR CHEQUE.

The My Aged Care is flawed with intake operators who assess clients inappropriately and in some cases refusing to accept clients for a service. Providers are currently putting up with the brunt of having to help the many clients with navigating the Gateway process with no extra financial support.

It is expected that when the funding to the many smaller on the ground services cease mid 2018 that elderly people will know how to navigate on their own merit with the support of immediate relatives and or carers.

The reality is that this process of reform is happening too soon for this current ageing population for whom many the notion of understanding where to begin in the first instance is daunting.

Let us not forget for those elderly who are from a non-English speaking background and those who have the onset of dementia.

No one is against the consumer being in charge of making the decisions for their own care needs.

However, the system needs to be working well and effective to ensure that no one misses out.

In fact, it is the consumer that has for a long time been left out of the information on the reforms. It was left up to the many service providers like ours and other to take this responsibility to pass this on to the consumers added with the difficulty that we were also reliant on the information from the Government Departments which was bombarding us with information overload and in some cases inconsistent.

My advice to our clients is to please seek our assistance at all times. I ask you to keep us informed of your experiences and feel free to come to our service when you feel that you have not been heard.

We will help you navigate this process and advocate on your behalf when you feel you are ready.

This is also an oportune time to see your Federal Member of parliament as it is election time if you feel that you have been wrongly advised. After all, your voice matters in the end. Federal MP for Barton, Mr Nick Varvaris: 02 9587 1555 and Member for Banks, Mr David Coleman: 02 9771 3400 .

Anne Farah Hill.

CEO.

SENIORS WEEK 2016 - Grow Young!



Monday



Tuesday

Seniors Week 2016 activities started at the Kingsgrove Community Aid Centre with the Monday group getting together for Tai Chi classes and morning tea.



Tuesday the 5th of April was walking safely day at KCAC. Special guest speaker from RMS joined us to give a talk to the seniors about walking safely. This was followed by a yummy lunch.



Wednesday



The Seniors week function on Wednesday 6th of April morning tea. Some delicious home made sweets were amazing. The seniors were then entertained by the belly Mr Harry Oglos, our local Kingsgrove Pharmacist was the seniors on medication and Webster Packs and how important it is to make sure they take the correct dose. These Webster packs are designed to reduce the chances of forgetting to take your medication or taking too much. We would like to thank Harry for coming to talk about this important topic and for his generous voucher for the seniors. It was then time to cut the cake. CEO Anne Farah-Hill did the honors and launched Seniors Week with the cutting of the cake assisted by our seniors groups.

was a huge success. The day started off with a lovely brought in by some of the clients and they were dancers before lunching on an array of healthy foods. guest speaker for the day. Mr Oglos educated the seniors on medication and Webster Packs and how important it is to make sure they take the correct dose. These Webster packs are designed to reduce the chances of forgetting to take your medication or taking too much. We would like to thank Harry for coming to talk about this important topic and for his generous voucher for the seniors. It was then time to cut the cake. CEO Anne Farah-Hill did the honors and launched Seniors Week with the cutting of the cake assisted by our seniors groups.

Thursday the seniors enjoyed some gentle exercise classes, line dancing and information session by the RMS. This was followed by a delicious and healthy lunch.

Friday Activities for Seniors week were Tai Chi and Mahjong followed by a delicious lunch. Many happy faces for the last day of Seniors Week at KCAC.



Thursday



Friday

ABORIGINAL RECONCILIATION WEEK



On Thursday 26th May our CEO Anne Farah Hill was invited to attend the Hurstville Council Reconciliation Week festival held at the Gardens On Forest. Anne had the opportunity of meeting Aboriginal Elder, Teacher and artist Wolangari Karntawarra, who is of the Arrerente, Luritja, Walpiri, Yan Kurrjtjarra, Pintubi Anmatjerre and Ayowarre peoples of the Central and Western Desert.

Wolangari was invited to give a talk about his art and give a traditional Aboriginal performance.

At KCAC we pay our respects to the traditional owners of the Bidjigal and Codigal Clans and pay our respects to those Elders past and present.

EASTER CELEBRATIONS AT KCAC

Easter Celebrations were held at Kingsgrove Community Aid Centre in April with morning teas for the seniors social groups.

A big Easter raffle was held with baskets of yummy chocolate eggs to be won. Congratulations to Mechilin who won the giant basket of eggs. Mechilin then donated her basket of goodies to the children in her street.



ST PATRICKS DAY

The staff and clients celebrated St Patricks Day during the week of 14th-18th of March 2016.

It was a fun week for all who participated in the dressing up and eating lots of yummy green food. St Patricks Day is always a happy occasion at Kingsgrove Community Aid Centre.

Happy St Patricks Day to all!!



GLAUCOMA AWARENESS WEEK



World Glaucoma Week was (6 – 12 March, 2016). Kingsgrove Community Aid Centre held an information sessions during this week for the seniors groups to educate them about Glaucoma and make them aware of the symptoms to look out for. Over 100 people attended the information sessions this week to learn about the "Sneak Thief of the Sight!" A lovely morning tea and lunch was provided for people attending. The feedback was very positive and everyone found it very informative.



CEO OF KCAC MEETS MICHAELIA CASH

St George Leader Article on Domestic Violence. CEO Anne Farah-Hill pictured with Federal Minister for Women Michaelia Cash and Mr David Coleman Member for Banks attending the meeting about combating domestic violence.


SENIORS TRIP TO CAMELIA GARDENS

The Social Support groups enjoyed a trip to Camelia Gardens on the week of 9-12th May 2016. The weather was perfect for the outing and the seniors enjoyed a lovely walk, morning tea and a picnic lunch.


If you would like to join one of our groups, contact Gurmeed Nelson on 91507823.



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



Live And Local



PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE

NEIGHBOURHOOD CENTRE WEEK 2016



Neighbourhood Centre Week this year was 8th – 14th May 2016. On Friday the 13th of May the Kingsgrove Community Aid Centre celebrated with the theme for the year, being "Grow Together, Eat Together". KCAC held a Multicultural Food Open Day to celebrate the Neighbourhood Centre and the important services and activities it provides. The Chinese Activity Group as well as the Playgroup and staff united, brought in a dish from their country of origin to share. It was a delicious spread with food from many nations. Local Neighbourhood centres are a place to get together, a place where people feel encouraged, included and a sense of belonging. Encouragement to get outdoors and be independent and healthy is given to all our clients and they love getting together here. A big thank you to those that participated and to all the staff and clients who helped with the setup and pack up. If you would like more information on our services and activities give us a call on 91507823, look up our website www.kcac.org.au, find us on facebook or just drop in for a chat and a



TRIP TO ILLAWARRA FLY TREE TOPS



The Seniors Social Support Groups went on a long trip to Illawarra Fly Tree Top Walks. The weather was perfect for the outing and everyone enjoyed the scenery from high above the forest amongst the tall trees.

The seniors enjoyed the day out. They love being active and in nature together.

If you would like to join these groups please give us a call on 91507823 or just drop in for a chat to our Morgan St office.

Volunteer Week 2016 is from the 9th - 15th May. National Volunteer Week is an annual celebration to acknowledge the generous contribution of our nation's volunteers. The theme Give Happy, Live Happy, introduced in 2015, continues in 2016 to celebrate and explore the research that shows volunteers live happier and healthier lives. This year the Kingsgrove Community Aid Centre celebrates a wonderful Volunteer Ms Tuku Williams. Ms Williams has been volunteering at the organisation since 2014. Ms Williams started as a support for seniors in the Art Class Activities. Three years on she continues to provide valuable assistance wherever she is required to assist in other activities of the Community Aid Centre. Ms Williams donates many valuable hours during the week to support wherever and whatever she is required to do. Sometimes doing as many as 20 hours per week. Her service to the community is appreciated by all the clients of Kingsgrove Community Aid Centre not to mention the staff and management who value her caring nature as well.



Before becoming a volunteer, Ms Williams was spending her time raising her children, her grandchildren and then great grandchildren. Even though she loved doing this, she realised that her passion was for the ageing population when her mother was diagnosed with dementia. Ms Williams says she loves volunteering at KCAC and that the most joyful part of volunteering for her is being with the elderly clients. Tuku has a big heart for the seniors and it truly brings her much joy, satisfaction and a great sense of purpose.

Earlier this year Ms Tuku Williams received an Award at the Banks Volunteer of the Year Awards. This award was presented to her by Mr David Coleman, Federal Member for Banks and The Hon. Ms Julie Bishop, Minister for Foreign Affairs.



SENIORS COMPUTER & TECHNOLOGY 10 WEEK COURSE

Computer and Technology Classes are available to seniors at Kingsgrove Community Aid Centre.

Learn How To:

- ***Navigate the My Aged Care website - for your aged care needs.***
- ***Interact with Facebook.***
- ***Use basic word processing programs.***
- ***Learn how to use skype to keep in touch with family.***
- ***Website safety and more.***

When: Wednesday's 11.30am till 1.30pm

Session 1: 8 June till 10 August.

Session 2: 17 August till 19 October 2016.

Venue: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove

Cost: \$5.00 per session. Booking is essential. Call us to register for a session.

For more information please contact Ms Nelson for Information on 91507823 or Email us on: cbdc@kcac.org.au

KINGSGROVE OUT OF SCHOOL HOURS CARE & VACATION CARE

KINGSGROVE & HURSTVILLE OOSH ARE A FULLY ACCREDITED SERVICE.

FOR MORE INFORMATION PLEASE CONTACT SANTINA ON 91507823 OR 0407 659 766

REMINDERS

VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN BY ASAP.

FEES NEED TO BE KEPT UP TO DATE.

STATEMENTS WILL BE GIVEN OUT MONTHLY.

PLEASE CHECK OUR FACEBOOK PAGE or WEBSITE FOR ENROLMENT FORMS AND PROGRAMS.

www.kcac.org.au

Programs are located in NEWS, EVENTS & PHOTOS TAB.



Welcome to our children and families who have joined Kingsgrove Outside School Hours' Care for, 2016. We have a big year of exciting and new curriculum ideas planned for your children to enjoy. Our mission for 2016 is to meet the needs of our children and families and have children involved in many community events such as grandparent's day, celebrating festive seasons, our new sports program which will focus on children's safety with self-defense Classes by a Martial arts instructor, which is a free service provided by us for your children. We look forward to a great year ahead.

Autumn vacation care was very popular and all the children enjoyed so many fantastic incursion and excursions with the educators. We received lots of feedback from the children on what they would like us to include, so we organized a range of exciting activities.

Children and educators had a great time over the two weeks and we look forward to our next vacation care in. The dates for the winter vacation care are Monday 4th of July to Friday the 15th of July 2016, We have exciting things planned for this program like Monkey Mania, Glow Crazy, Happy Kids Sand Art, Fox studio and much more keep a look out in the upcoming weeks for the booking form.

The program aims to engage traditionally inactive children in sport and other structured physical activities and, through a positive and fun experience.

The sports selected for this term is self-defense classes by a Martial Arts instructor. This child safety program is a special service for the OOSH Children as an extra service provided to your children while they are attending the OOSH service.

Kingsgrove Community Aid Centre will be covering the cost of the program to run each Term.

For more information call Santina on 0407 659 766.

Santina Pacicca

Kingsgrove OOSH Coordinator

AUTUMN

HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

HURSTVILLE OOSH NEWSLETTER AUTUMN 2016

What a wonderful two weeks holidays the children had during the April school break. We started Vacation Care with an excursion to Glow Crazy which is an indoor party centre in Carlton. The children enjoyed playing X box, play station, air hockey plus a Karaoke and dancing competition. This was followed by an excursion to Woodville Park where all the children gathered into teams for a really fun scavenger hunt. The other excursion days included a Movie and snacks at Hurstville Cinema where the children had a choice to watch "Zootopia" or "Kong FU Panda 3". We also went back to our all-time favourite excursion which is AMF Bowling in Southgate. The children enjoyed playing a game of bowling with their friends and 5 arcade tokens to play the arcade games. We went to Vaucluse House in the second week of the holidays where children learnt about how people lived in the 20th Century the staff there were lovely and we all had a nice time and it was very informative and a great learning experience for the children and educators.

There was also a combined excursion with Kingsgrove Vacation Care to Kingsgrove Community Aid Centre. The children had a lovely time playing in the park, eating pizza for lunch and watching a short 9D movie which is a new experience for most of us.

The in-centre days included lots of creative craft, planting and gardening, making cubby houses and playing games with friends.

Term 2 began with educators preparing a fun and creative program for the children. This includes craft, games and a self defence program which is held every Tuesday afternoon between 4pm and 5 pm and is sponsored by Kingsgrove Community Aid Centre as part of our anti-bullying campaign. .

I hope all families, children and educators are enjoying term 2 2016.

Katina Papadakis

Hurstville OOSH Coordinator



**THE
KINGSGROVE &
HURSTVILLE
OOSH AND
VACATION CARE
SERVICES ARE
PROVIDED
BY THE
KINGSGROVE
COMMUNITY AID
CENTRE INC.**

FOR MORE
INFORMATION
PLEASE CONTACT
KATINA ON
91507823 OR
0418 481 358

VACATION CARE

The next Vacation Care period will commence on Monday the 4th July 2016 and will run until Friday 15th July 2016.

FUN ACTIVITIES
AND EXCURSIONS
ORGANISED.

School resumes
Tuesday 19th
July 2016.

KCAC COMMUNITY ANNOUNCEMENTS

BIRTHDAY WISHES

Kingsgrove Community Aid Centre would like to wish all those, born in March, April & May a very HAPPY BIRTHDAY!! We wish you all the very best.

All of the staff and Board at KCAC.



A Big Happy Birthday to our Aged Care Coordinator Ms Gurmeed Nelson, to Aged Care worker Ms Annie Dou and to our Accounts Manager Ms Julie Richards who Celebrated their birthdays in April 2016!! Lots of happy wishes for you from all of us at KCAC xoxo.



Give a blanket. Get a warm feeling.



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Guardian understands every goodbye is different.



Tas Aronis JP
Funeral Director

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PRD

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Bexley North 2207

Ramsgate Beach

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207 Ramsgate Road

Ramsgate Beach 2217

Kingsgrove

Ph: 9502 2111

6/215-231 Kingsgrove Rd

Kingsgrove 2208

3 Offices One Team - Servicing the St George District

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