



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years*

ISSUE 33



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 GEORGES
RIVER COUNCIL FOR THE
VENUE AT 30 MORGAN ST
KINGSGROVE.



**IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY**

AUTUMN NEWSLETTER 2020

A MESSAGE FROM THE CEO

Dear Valued Clients/Consumers, friends of Kingsgrove Community Aid Centre,

For the safety and wellbeing of our clients and to ensure we abide by advice from NSW Health in our offices, we will be making changes to the way that people access services by the Kingsgrove Community Aid Centre Inc due to COVID-19 pandemic.

We are increasing our capacity to provide assistance over the phone and through virtual means online, so that people can get access to the service they need without needing to come into the KCAC office.

The following measures are now in place:

- We are asking clients and community partners not to attend the KCAC office and instead phone the office number if they require assistance on 9150 7823.
- Clients can also access KCAC services via email at admin@kcac.org.au
- We have a Facebook page and website where we will be posting the latest updates regarding our services as well as information from the Department of Health & the Australian Government.
- There is a list of helpful links posted on our Facebook page and website that could be of assistance at this time.
- Our "ONE CALL AWAY" after hours emergency number can be called on 0402 443 763.
- Our senior clients will be contacted via phone and web for social support and can contact us on our "One Call Away" number 0402 443 763, if you need anything at all or just to talk. Please contact Mrs Gurmeed Nelson for any Aged Care needs on cbdc@kcac.org.au.
- We will be providing a shopping service for seniors and disability participants for essentials and food.
- We are also supporting our elderly with daily phone chats and shopping assistance and transportation to essential appointments making sure that it is for essential appointments and as a one on one service.

Continued page 2...

**KINGSGROVE COMMUNITY AID
CENTRE INC.
30 MORGAN ST KINGSGROVE
PH: 91507823
WWW.KCAC.ORG.AU**



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UP & COMING EVENTS & DATES

June

June will be a planning month for KCAC in which we will be planning the post Covid-19 re-opening of the Centre. We are very excited to be bringing you all back as soon as we can.

July

- 6th Vacation Care Commences.
- 17th Vacation Care Ends.
- TBA KCAC Welcome Back Community Celebration.

August

All events planned for August and beyond will be advised through flyers, the website or our Facebook page.
 Stay tuned for the future engaging community events, programs & activities that will bring you all together once more.

- We are using our bilingual staff who are conversant in Chinese, Arabic, Hindi, Greek and Italian to also contact those clients and provide information in those languages. Please contact Gurmeed for any aged care enquiries on 0402 443 763 or email cbdc@kcac.org.au.
- Supported playgroup & POPPY Playgroup will be supported via virtual contact means. Please contact Rachel for Friday supported playgroup at familyandchildrenservices@kcac.org.au or for POPPY please contact Hana at poppyplaygroup@kcac.org.au.
- Allied Health Podiatry Clinic and home visit service is still operational for clients who require this service. Please contact Kim for any podiatry enquiries on 9150 7823 or email admin@kcac.org.au.
- Disability group is on hold and will be contacted by phone and virtual supports. Please contact Hana for disability services on disabilityservices@kcac.org.au.
- Our Hurstville Out of School Hours Care and vacation care services will remain open to those parents who need it. Please call Katina for anything OOSH related on 0418 481 358 or email hoosh@kcac.org.au.
- If you need any assistance with Centrelink, please contact Michelle Daniels, Community Engagement Officer on 0410478238 or email michelle@kcac.org.au.

The safety and wellbeing of our clients and staff is our top priority.

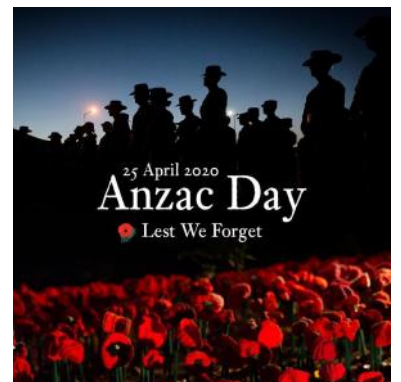
We thank you for your support this in this difficult and ever-changing environment.

Please don't hesitate to contact me if you have any queries on 9150 7823 or anne@kcac.org.au

Stay Safe everyone.

Anne Farah-Hill, OAM

CEO of KCAC



COVID-19 symptoms

Practise good hygiene

Practise social distancing

Stay home if you can

INTERNATIONAL WOMEN'S DAY HIGH TEA 2020



International Women's Day at the Kingsgrove Community Aid Centre was held on Wednesday 11th March 2020, prior to the Covid-19 restrictions. It was a day to commemorate and to celebrate women, their diversity, their resilience and their contribution to society. Approximately 95 women from all ages and varying demographics, cultures and religions got together to share in an array of scrumptious delicacies, sharing stories and having fun with each other in harmony. There were also some guest speakers sharing their inspirational journey's. Maryana Nasour, St. George Ageing Sector Support and Development Officer from the Sydney Community Forum shared her story about how she came to Australia as a young teenager and how she found her calling to work with the ageing sector, Marjorie Lotty shared her story about her endeavours as a business woman and caterer and Margaret Sariakis shared her story about how she came to Australia from Greece, her travels around the world and how she loves being an Australian Greek and how this is the best country in the world with the best people. Entertainment and dancing lessons were provided from Yopu's Dance and everyone had a wonderful time. Thank you to all the staff and volunteers on the day, it was a very successful event.

ARTICLES IN THE LOCAL PAPERS ABOUT KCAC & COVID-19

St George Leader article

Courtesy of the St George Leader

12 ST GEORGE & SUTHERLAND SHIRE LEADER Wednesday April 08, 2020

NEWS | CORONAVIRUS

theleader.com.au

Virtual crossroads for community contact

One Call Away for isolated

BY JIM GAINSFORD

KINGSGROVE Community Aid Centre is finding new ways to reach out to its seniors, the vulnerable and young mums who are isolated during the coronavirus pandemic.

The centre in Morgan Street, Kingsgrove is well-known as a home away from home for many people.

But the coronavirus pandemic means this is no longer an option and staff have had to move quickly to provide online services for those who are connected, and daily phone contact for seniors who aren't.

The centre has started a One Call Away service for isolated seniors and has moved to a virtual playgroup for isolated young mothers.

"We are a virtual crossroads for community contact," Kingsgrove Community Aid Centre chief executive officer Anne Farah-Hill said.

"We are an essential service for seniors and the vulnerable," Anne said. "The



VIRTUAL CROSSROADS: Anne Farah-Hill outside the Kingsgrove Community Aid Centre which is finding new ways of reaching the vulnerable and isolated during the coronavirus pandemic. **Picture:** John Veage.

core of our work is to get people out of their home and to meet other people, socialise and develop community connections.

"Now we have to do this by virtual means which are not available to everybody.

We have had to do this by going online.

"We had to suspend our senior's groups. This upset some of our customers.

"Our young mum's playgroups and parents groups are okay with the technology

such as Zoom, Skype and Google Meet.

"We invited our Monday mothers' group to join Zoom so they can still connect with other mums and chat. The Friday support group is being set up to do the same, so

they can have support.

"But it is the senior's groups who are isolated. We have about 100 seniors in our social support program. How do you set them up with a laptop and Zoom in their homes? They can't use it.

They don't have an iPhone, computers or laptops, so our staff are ringing them daily to see if they are okay.

"We offer them shopping assistance and take them out on a one-on-one basis.

"If they have an essential appointment but are scared of using a taxi, we will also assist them on a one-on-one basis.

"And they can use our One Call Away service."

Anne said the centre staff are working around the clock to provide support for its customers.

"Our child care operations are still going, including Hurstville Out of School care, especially for parents who are working in the front line, and we still plan Vacation Care at Hurstville Public School.

"We are still there for as long as we can."

People can contact the Kingsgrove Community Aid Centre's "One Call Away" number 0402 443 763 if they need assistance or to just talk.

Article in the Arabic paper

Courtesy of the Future Australia Arabic Newspaper

الخميس 16 نيسان 2020 - العدد 3914
Thursday 16th April 2020 - Issue No. 3914

**المديرة التنفيذية
لمركز كينغزغروف
للخدمات الاجتماعية:
بدأت بخدمة المجتمع
منذ طفولتي في ماركفيل**

آن فرح هيل وسام (OAM)

حازت الرئيسة التنفيذية لمركز Kingsgrove Community Assistance Centre السيدة آن فرح هيل وسام (OAM) لسجلها الطويل في خدمة المجتمع من خلال منظمات الرعاية الاجتماعية. وساعدت السيدة آن فرح هيل من خلال مؤسسات الرعاية الاجتماعية العديد من اللاجئين والمهاجرين والأمهات الشابات والمسنين. وبدأ اهتمامها بالخدمة الاجتماعية عندما كانت طفلة تساعد في محل البقالة والدعا في Marrickville. وقالت السيدة فرح هيل: "لقد وصلنا من لبنان في أوائل الستينيات". وكان مجتمع المهاجرين يطلب الخدمة آنذاك من المتجر. وقالت: "كانت تلك بداية اهتمامي بخدمة المجتمع". وبدأت السيدة آن فرح هيل حياتها المهنية في الرعاية الاجتماعية في مركز ماي موراي المجتمعي في ماركفيل، حيث عملت في خدمة اللاجئين من فيتنام، والمهاجرين من لبنان. وتقول: "كنت أعمل مع الكثير من الثقافات المتنوعة، وبدأت بإقامة مهرجان متعدد الثقافات في موقف سيارات شارع "كالفرت" في ماركفيل."

وقد تطور هذا المهرجان منذ ذلك الحين إلى مهرجان ماركفيل السنوي. كما عملت السيدة فرح هيل لبعض الوقت مع Anglican Retirement Villages كمديرة رعاية المجتمع. ثم انتقلت إلى المركز الاجتماعي في كينغزغروف. وكان المركز يعمل من الكوخ الصغير في حديقة سميث. وسعت السيدة هيل إلى الانتقال بالمركز إلى موقع أكثر ملاءمة، وبدأت ممارسة الضغط من أجل مركز مجتمعي أفضل. وتم افتتاح مركز كينغزغروف المجتمعي بقيمة 3 ملايين دولار في آب 2009. وبالإضافة إلى كونها الرئيسة التنفيذية للمركز، فإن السيدة فرح هيل تشارك في العديد من منظمات الرعاية الاجتماعية بما في ذلك لجنة الدفاع عن الأطفال في سانت جورج، وجمعية كاتربري إيرلوود لرعاية الأطفال. وكانت أيضاً عضواً ناشطاً في الرابطة المارونية، وهي عضو مجلس إدارة مركز مار شربل للعناية بالمسنين في بانسول. ويقوم مركز كينغزغروف بالعديد من الأنشطة الاجتماعية مثل دعم الأمهات الشابات، والمسنين والمهاجرين والمجموعات الثقافية.

CONSUMER FEEDBACK AND LETTERS OF THANKS

During the week leading to Easter, the staff at KCAC delivered hot cross buns and chocolate eggs and bunny's to the seniors as a kind gesture and to cheer them up during this time of isolation.

They were so very grateful and gave us some great feedback about how it really did cheer them up during this difficult time.

One of our clients wrote a wonderful message on her Facebook page (see below) below, and another client sent us a letter of thanks.

Beryl Allen says:

"I am writing this to let everyone know that I am receiving so much help and thoughtfulness from Gurmeed and her team of staff at the Kingsgrove Community Aid Centre. While I have been "isolated" I do not feel alone. With all the help and assistance I am receiving from them, with a parcel for Easter, with toilet rolls and help with my chemist needs, taken out shopping and phone calls to see if I need any assistance. They are like family. I do appreciate what they are doing for us (the clients), and on a personal note I do look forward to hearing from them and I give thanks to the bus driver Max and carer who have been so obliging and helpful. I feel so blessed."

Beryl Harris says:

To Kingsgrove Community Aid Centre,

"Dear Gurmeed and staff,

Thank you very much for the Easter Surprise. How wonderful. A chocolate bunny, hot cross buns and toilet roll in that KCAC carry bag. I wish to say that KCAC are wonderful in so many ways and I am lucky to belong. I appreciate all that you do."

Best wishes Beryl Harris

PROVIDING EASTER CHEER DURING A DIFFICULT YEAR

The staff and volunteers at the Kingsgrove Community Aid Centre have been busy this week delivering Easter treats and essentials to the elderly clients to bring some hope and cheer during these difficult and uncertain times.



PROVIDING ESSENTIALS FOR OUR SENIORS & DISABLED

We did some shopping for essentials yesterday such as plain and self raising flour, rice, pasta, salt, tuna and laundry liquid. If any of our seniors or disability participants need some of these essentials come down to the community centre and buy what you need.



DONATIONS TO KCAC ARE GREATLY APPRECIATED

The Kingsgrove Community Aid Centre is always grateful to those who donate to the vital work that we do in our community.

During Covid-19, we have had some very thoughtful and generous donations such as these hamper packs for our seniors, kindly donated by the Chand family.

The hampers contained essential items such as porridge, toilet paper, long life milk, a bar of soap as well as tea biscuits & lemonade.

These hampers were all wrapped and ready to be delivered to those most in need during this difficult time.

KCAC consumers greatly appreciate these types of surprise deliveries.

If you would like to donate to us, please contact us on 9150 7823 or email us at admin@kcac.org.au

As per our KCAC policy, all donations must be discussed with and approved by the CEO before they can be accepted.

You can also donate online through our website, all donations over \$2 are tax deductible as KCAC is a registered charity.



NEW HELPFUL SERVICES AT KCAC

GOLDEN AGES LIBRARY AT KCAC

A FREE LIBRARY SERVICE FOR SENIORS & PEOPLE WITH DISABILITY WHO MAY NOT HAVE ACCESS TO THE INTERNET OR SMART DEVICES DURING THE COVID-19 PANDEMIC.



The Kingsgrove Community Aid Centre will be providing a free library service for seniors and people with disability. Clients & participants of KCAC and people living in Kingsgrove & surrounding areas such as Bexley Nth, Bexley, Bardwell Park, Beverly Hills & Hurstville, can borrow a range of DVD movies, books & magazines to pass the time during the COVID-19 pandemic and enjoy some of the old classics while in isolation.

These can be delivered to your door by KCAC staff weekly and swapped over on a weekly basis.

If you would like to use this service, please contact Gurmeed Nelson on 0402 443 763.

A list of the movies and books available can be obtained from Ms Nelson. Please let her know if you would like one delivered to you.

This service is available from early May 2020.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823





KIDS CONNECTING AT HURSTVILLE HOOSH
 AN OUT OF SCHOOL HOURS CARE SERVICE
 OPERATED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

**KINGSGROVE
 COMMUNITY AID
 CENTRE PROVIDES OUT
 OF SCHOOL HOURS
 CARE AND VACATION
 CARE IN THE
 HURSTVILLE AREA AT:**

**Hurstville Public School,
 Forest Rd Hurstville**

**OUR CENTRE IS FULLY
 ACREDITED AND
 RECEIVED 'MEETING' IN
 ALL 7 QUALITY AREAS
 OF THE NATIONAL
 QUALITY FRAMEWORK
 ASSESSMENT & RATING.**

CALL US TODAY!

**FOR MORE
 INFORMATION PLEASE
 CONTACT US ON
 9150 7823
 OR 0418 481 358**

REMINDERS

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

**FEES NEED TO BE KEPT UP
 TO DATE.**

**PLEASE CHECK OUR
 WEBSITE FOR ENROLMENT
 FORMS AND PROGRAMS.
 www.kcac.org.au
 Programs are located in
 MEDIA tab.**

**HURSTVILLE OUT OF SCHOOL HOURS
 CARE & VACATION CARE**

Providing exceptional Out of School Hours Care in line with the National Quality Framework for School Aged Care as outlined in "My Time Our Place". Our programmes deliver key learning areas through the following:

- Caring and trained staff
- Children's Health, Safety and Wellbeing
- Diverse educational programmes and practices
- Relationships with the children
- over 50 years history of community services to the local community
- Commitment to local issues and quality affordable care
- Relevant and innovative activities.

Dear Parents and Friends

The April School holidays program has been a unique one to say the least. All excursions and incursions unfortunately had to be cancelled due to the pandemic. Our aim and priority has always been to maintain the health and safety of the children, as per the guidelines recommended by the Department of Education and the Department of Health.

In lieu of the current situation, we livened up the program for all the children in attendance. This included cooking days, arts and crafts, games day, karaoke challenge, construction, gardening and much more.

All children followed the 20 second handwashing procedure, as well as maintained 1.5m social distancing. As a way of raising awareness in the HOOSH community, the children and staff worked together to make an amazing display board, which continues to provide essential information to all members of the community.

Parents and Carers have now started to re-enrol their children into our Before and After school care. To all who withdrew their children formally from HOOSH, due to Covid-19, a re-enrolment form will need to be completed which is available at our centre, online or through email.

Hope you all stay safe!

**Hurstville OOSH
 Coordinator**



Follow us on Instagram and Facebook.

Instagram search for: hurstville_oosh

**Facebook search for: Kingsgrove
 Community Aid Centre Inc**



HURSTVILLE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE HURSTVILLE AREA!



KINGSGROVE COMMUNITY AID CENTRE INC.

HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME: Hurstville Public school, Forest Rd Hurstville
 DATES: 6TH JULY TILL 20TH JULY 2020 - Monday to Friday 7am to 6pm

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM. PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES.
 VACATION CARE FEE IS \$50 PER DAY

PLEASE CONTACT KATINA on 0418 481 358 OR HEAD OFFICE ON 9150 7823

JULY VC WEEK ONE			JULY VC WEEK TWO		
	NAIDOC WEEK THEME			CHRISTMAS IN JULY THEME	
MON	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.	MON	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.
6/7	Aboriginal Arts & Craft - Painting hand art, dot painting, clay modeling, nature collage, sand art.		13/7	Cooking Day - Make milo balls, fruit salad, create afternoon teas and warm hot chocolate.	
TUE	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.	TUE	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.
7/7	Aboriginal Musical Instruments Children can decorate the instruments.		14/7	Karaoke and Disco Challenge - Bring your dance shoes, dress up and have crazy hair day.	
WED	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.	WED	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.
8/7	Nature Walk / Nature Art Get creative using your imagination and natural resources to create a masterpiece.		15/7	Market Day - Buy your morning tea (organised by the staff) Decorate cupcakes, cheese and cracker fruit platter & buy and sell Christmas items using special HOOSH money	
THU	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.	THU	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.
9/7	Camping and Storytelling Make your own bush tucker.		16/7	Sports Day - Mini Olympics, choose your own sport, shot-put, hurdles, sack race, relay & many more	
FRI	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes.	FRI	<u>In Centre Day</u>	Please bring morning tea, lunch, water bottle and hat.
10/7	Construction Day, using recycled materials & Learning the 3 Rs (Reuse, Recycle, Reduce). Teddy Bears Picnic, bring a teddy to join us for tea.		17/7	Treasure Hunt Day, Charades and Bingo	
			MON	<u>Pupil Free - In Centre Day</u>	Must wear closed shoes.
			20/7	Rainbow Salt layers, slime & erupting volcano.	

DOMESTIC VIOLENCE REMEMBRANCE DAY

The 6th of May is Domestic Violence Remembrance Day. Domestic and family violence is already seeing an increase due to the COVID-19 pandemic. Don't be a bystander. Stand Up, Speak Out. If you or someone you know needs help, please call NSW Domestic Violence Line on 1800 656 463. In an emergency call 000. Stand up with us at KCAC and post a photo with a candle and share this message. Pictured right is our KCAC student volunteer Samantha. [#DVRemembranceDay](#) [#ENDDFV](#).



The Kingsgrove Community Aid Centre MUSTER program provides support to women experiencing Domestic Violence. For more information, please contact Michelle Daniels, KCAC Community Engagement Officer on 0410478238 or email her at michelle@kcac.org.au.

LET'S GET ACTIVE SENIORS PROGRAM - "LET'S WALK"

Term 2 of the "Lets Get Active" program is commencing for 2020 with "Let's Walk" where we hope to start a small walking group for seniors between April and June, using the social distancing measures due to the COVID-19 Pandemic.

We have restructured this program to ensure the safety of the participants, while still giving them the opportunity to exercise safely outdoors.

Participants will be walking in two's with 1.5 metres between them around the beautiful parklands of the community centre.

Registration is essential and there will be a daily limit each Monday to ensure social distancing can be maintained.

If you would like to get active and join this activity call us on 91507823.



"LET'S GET ACTIVE" SENIORS PROGRAM

An active program specially designed for people over 65, who want to get more active, build strength, improve their flexibility and overall health provided by the **Kingsgrove Community Aid Centre Inc.** Each activity runs for 10 weeks during school terms. Bring a friend along, make new connections and improve your health & wellbeing together.

This program is funded by the Active Neighborhoods for Older Australians (ANOVA) & Sports Australia Grant.



"LET'S DANCE"

A dance program especially designed for seniors, will run from Thursday 6 February 2020 till Thursday 9 April 2020. 11.00am - 12.30pm

"LET'S WALK"

A morning walking group for seniors will run from Monday 27 April 2020 till Monday 29 June 2020. 8.30am - 9.30am



"LET'S STRETCH"

A flexibility & mobility group for seniors will run from Tuesday 21 July 2020 till Tuesday 22 September 2020. 9.30am - 10.30am



"LET'S BREATHE"

An active seniors Yoga group in the park will run from Monday 12 October 2020 till Monday 14 December 2020. 8.30am - 9.30am

Cost is \$2 per participant which will include morning tea. For more information please contact Ms Nelson on 9150 7823.



KINGSGROVE COMMUNITY AID CENTRE INC.

www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



HEALTHY RECIPES TO COOK AT HOME

Salmon and potato frittata

Serves: 6 Time to make: 30 mins

INGREDIENTS

- 1 leek, white part only, thinly sliced
- 2 medium potatoes (250g total), cut into 1cm cubes
- 8 eggs
- 1/4 cup skim milk
- 2 tablespoons fresh dill
- 100g reduced-fat feta, cubed
- 1 red capsicum, diced
- 415g can salmon in spring water, drained
- 3 cups baby spinach
- 6 cups salad
- 6 slices gluten-free toast



INSTRUCTIONS

- Step 1** Preheat grill. Spray a large ovenproof frying pan with oil and gently cook leek and potato for 5–8 minutes, until soft.
- Step 2** Lightly whisk together eggs and milk in a large bowl. Add dill, feta, capsicum, salmon and spinach. Season with pepper to taste. Gently pour egg mixture over potatoes and leeks in pan.
- Step 3** Cook over medium heat for 5 minutes, or until nearly set.
- Step 4** Place frying pan under grill until golden and fully set.
- Step 5** Cool for 5 minutes, then cut into wedges. Serve with salad and gluten-free toast.

VARIATIONS

- Swap the salmon for shredded, cooked chicken or pork. Replace the potato with sweet potato to lower the total GI. Add chopped fresh basil or oregano in step 2.
- Add any vegies you have on hand, fresh or frozen.

Caramelised oranges with passionfruit yoghurt

Serves: 4 Time to make: 25 mins,
prep 15 mins, cook 10 mins



INGREDIENTS

- 1/2 cup packed brown sugar
- 50g reduced-fat table spread
- 4 oranges, peeled, sliced
- 1/2 cup low-fat natural yoghurt
- pulp from 1 passionfruit
- 2 tablespoons fresh mint leaves

INSTRUCTIONS

- Step 1** Combine sugar and spread in frying pan and cook for 2 minutes over medium-high heat. Add oranges and cook for 2–3 minutes. Remove oranges from pan and set aside. Cook syrup for 5 minutes, or until thickened.
- Step 2** Combine yoghurt and passionfruit. Divide orange slices among plates and drizzle with syrup. Serve with yoghurt and mint leaves.

KCAC SUPPORTING THE MOST VULNERABLE

POPPY PLAYGROUP PARTICIPANTS GRATEFUL FOR KCAC SUPPORT DURING COVID-19

"It has been a difficult year so far due to Covid-19, for all of us, but especially for the most vulnerable in the community.

KCAC has been there to provide continued support for those who have needed it the most. Be it through daily phone calls to our regulars, through virtual means or through special surprise deliveries, KCAC has reached out to everyone making sure they are ok.

The POPPY playgroup has been a big support to the mums and their children. The centre has been very quiet as it has been on hold since the lockdown commenced. Hana, the POPPY Playgroup facilitator has been contacting all the mums regularly and Zoom meetings have been in full swing."



POPPY PLAYGROUP is a playgroup that supports parents with mental health concerns.

Mel says:

"POPPY Playgroup is hands down the best playgroup I have attended with my 2 daughters and I have attended many in the past 3 years. I feel really comfortable with the staff and other mums as we discuss motherhood and mental health. My 3.5yo loves the group so much and I really appreciate that as she doesn't like to return to the same group elsewhere. During the Covid-19 pandemic, I myself have really felt the love and care from Hana and the team as they continue to make sure as a mother, that with my mental health issues, I am not alone. It is quite stressful having the two babies at home, in a unit. To know they are only a click away is supporting towards my anxiety. We cannot wait to get back to POPPY. Thank you, ladies, so much xx "

Bec says:

"We are very grateful to have been give so much support over the past year through Poppy's Playgroup. Having postnatal depression was a huge challenge and this group provided a space that made me feel that I wasn't alone. Everyone is so welcoming and caring which allowed me to get the courage to come back almost every week. Getting out of the house at least once a week when you're a new mum with postnatal depression is such a huge challenge but in having a safe space like this I was able to do it on a semi regular basis. It helped me to feel a bit more like my old self by socializing and having adult conversation. Without this support I would have been in a much darker headspace.

Even during COVID there has been contact the video chat, phone calls and text messages to help me feel connected. The beautiful Mother's Day present was so thoughtful and made me feel very special. Thank you for you continued support. Looking forward to coming back when restrictions allow us."

KCAC SUPPORTING THE MOST VULNERABLE CONT...

Eli says:

"I've joined Poppy playgroup in March 2020. This was a time when the lockdown started. It was totally isolated from outside and was anxiety provoking time. Thanks to poppy playgroup that make me safe, care and supported, although I haven't seen face to face, everyone is welcoming and warm. The team is doing an amazing work, and are very supportive, hats off to them. "

"This group is where I share my worries, my stories, my happiness without being judged, a positive space to connect with other mums. It make me less stressed out, laughed and relaxed. We share funny pictures, share ideas, self care, learning from each other etc.

During this Covid-19 situation where mums with and without mental health issue group like Poppy is essential in every body's lives and I'm very grateful to be a part of this group. Thank you for running such a group for mamas."

The week before Mother's Day, we thought it would be a great idea to send a surprise package to some of our most vulnerable Mother's.

Below is some of the feedback we have received from the POPPY mum's:

Mon Says:

"Even though I haven't been able to personally attend Poppy Playgroup yet, I have found the WhatsApp group a comforting presence in what has been a very difficult time of my life.

Hana's regular WhatsApp messages have helped me feel connected and knowing there are other mums who suffer from anxiety and depression makes me feel supported."

"The Mother's Day gift from Poppy Playgroup, which Hana personally delivered, was a thoughtful gesture. I was having a bad day and this immediately lifted my mood!"

"I look forward to being able to attend this group with my toddler, once the COVID-19 pandemic is over. Hana is a wonderful asset to the Poppy Playgroup and Kingsgrove Community Aid generally. Thanks"

That is some fantastic feedback, and there's much more that we cant even fit in this article. Thank you ladies for taking the time to send this to KCAC.



KCAC POPPY Playgroup facilitator Hana, preparing to deliver the Mother's Day hampers for POPPY Playgroup participants during Covid-19 lockdown.

STAYING SAFE IN YOUR HOME



Preventing fractures from osteoporosis

Did you know at least one in three women and one in five men will suffer from a fracture caused by osteoporosis?

Osteoporosis literally means 'porous bones'.

It's a condition that causes bones to become thin and fragile, decreasing bone strength and making them prone to fractures.

Often you won't know if you have osteoporosis as bone loss occurs without any obvious external symptoms.

The result is that bones break easily, even following a minor bump or fall.

Fractures due to osteoporosis are a major cause of pain and often result in long-term disability and loss of independence.

Osteoporotic fractures are common, and after having one, the chance of having a second fracture doubles.

It's essential that osteoporosis is diagnosed and treated to prevent further fractures.

Hip fractures are perhaps the most serious fracture caused by osteoporosis.

Importantly, half of people who break their hip have broken another bone before that occurs.

While we're living longer, older people are more likely to spend a period of their later lives managing long term, and often complex, health conditions.

In particular, injuries from falls present a significant and increasing health and social cost.

There's good evidence around interventions that work to support people's wellness and help prevent falls and injury in older adults.

Developing an awareness and understanding of osteoporosis, how to recognise the signs and knowing what treatment is available to strengthen bones affected by this condition will assist in keeping older people stronger for longer.

How can I prevent fractures?

Awareness of risk and early diagnosis are key to the treatment of osteoporosis.

Building strong bones throughout your lifetime means you can continue to do the things you enjoy for longer.

There are a number of key things you can do to reach optimal bone mass and continue building and maintaining bone tissue as you get older.

- exercise regularly
- eat well
- create healthy lifestyle habits
- take osteoporosis medication if prescribed
- talk to your doctor about your risk factors.

You can make simple changes at home to reduce the risk of falls by fall-proofing your home.

- Reduce clutter at floor level
- wear well-fitting shoes or slippers
- make sure surfaces are slip proof
- Have grab rails in your bathroom
- make sure that the lighting is bright enough.

STRENGTH EXERCISES FOR SENIORS TO DO AT HOME

Partial Squat & Half-Squat Against a Wall

1. Begin standing up, using a chair for support.
2. Bend your knees as far as you comfortably can without having your knees pass your toes, then return to the starting position.
3. Repeat 10 times.
4. For a more advanced version try the half-squat against the wall: perform this against the wall and bend your knees to almost 90 degrees as if you were sitting on an invisible chair.



Partial Squat, and Half-Squat Against a Wall

Wrist Curls

1. Place your forearm on a chair's armrest with your hand hanging over the edge.
2. Hold a weight with your palm facing upward.
3. Slowly bend your wrist up and down, then repeat 10 times.
4. Switch sides, and perform 10 reps with your other hand. Repeat one more set of 10 on each side.



Wrist Curls

Bicep Curls

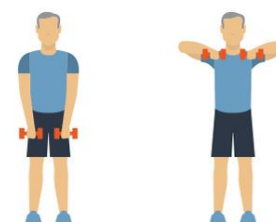
1. Choose a dumbbell heavy enough that you can only complete 10-12 reps.
2. Begin sitting in a chair with one dumbbell in each hand, with your palms facing forward, keeping your elbows close to your sides.
3. Bend your arm at the elbows to lift the dumbbell $\frac{3}{4}$ of the way to your shoulders, without moving your elbows away from your side. Do 10 to 12 repetitions per arm.



Bicep Curls

Upright Front Row

1. Begin standing with your feet shoulder-width apart, knees slightly bent, and partially leaning forward.
2. Hold one dumbbell in each hand in front of you, with palms facing toward your body.
3. Lift both dumbbells toward your chin while keeping your back straight and shoulders stationary.
4. Return to starting position and repeat 10 times.



Upright Front Row

Knee Extensions

1. Begin seated in a chair with your back straight and knees bent.
2. Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position.
3. Repeat with your left leg.
4. Do 10 reps per leg.



Knee Extensions

KCAC VOLUNTEERS CARING FOR THEIR PEERS

We thank our wonderful volunteers, that have been calling our vulnerable, elderly clients who are isolating, to make sure they are ok and to check if they need anything.

Their support over the last few difficult months has been vital. They were each presented with chocolates by our KCAC CEO Anne Farah-Hill as a thank you, while practicing social distancing. We wish them and all of our community very happy Mother's Day.

If you would like to volunteer at KCAC or if you would like to become a member of our groups, give us a call on 9150 7823 and one of our friendly staff will be happy to talk to you.



KCAC FAMILY & CHILDRENS SERVICES NEWS

NEW: STORYTIME WITH RACHEL YOUTUBE LINKS.

As part of our COVID-19 virtual programs, KCAC Supported Playgroups will have access to a series of Youtube links, in which our playgroup facilitator Rachel will be reading stories for the children, just like she does during playgroup time at the community centre. These links will be shared with our playgroup mums each week to view with their children in their own time at home. Here is one of our favourites for you all to enjoy.

https://youtu.be/_XLxP2owPeg



INTERNATIONAL TEA DAY

HAPPY INTERNATIONAL TEA DAY!!



KCAC staff celebrated this in the office on the 21st May 2020 with a cuppa, some date loaf and tea biscuits.

We wish our local community could have been at the centre sharing a cuppa with us and we can't wait to be opening our doors to you all again. Hopefully not too much longer to wait now.

We hope you all celebrated this day safe at home, together with family and a warm cup of tea.

TESTIMONIALS FROM OUR DISABILITY GROUP PARTICIPANTS

I just want to say thank you vey much Hana, for making the effort to communicate and stay in touch with us through this Covid-19 as it really has been a challenging time for us. Also, thanks for making sure we never run out of supplies at home. Have a great day."

Kind Regards, Katie

"Hi, I am writing this on behalf of my sister Batoul. I would like to say the support from staff at Kingsgrove community centre over the past few months has been incredible. As is the case with most people, these have been trying ones, and even worse for those like Batoul that have a hard time understanding the situation. We have been blessed to have the staff from Kingsgrove community centre, especially Hana, constantly calling up and checking in with Batoul and offering help with groceries and such, and anything else she is able to do. This has made things a little bit easier with Batoul as she feels special and that she has not been forgotten."

"Before this pandemic, Batoul had thoroughly enjoyed her time at the centre, with the new and exciting activities she would do and the things she would learn. Most of all, she would enjoy the feeling of being comfortable and at ease in her surroundings and with those around her. We are blessed to have such a supportive staff that always go above and beyond in their care and help."

Kind regards, Fatima

"It is with great pleasure that I send this email to you Hana. Your organisation and staff have gone Beyond the call of duty when it comes to caring for my brother Peter. You have made him feel at home while keeping him safe during this hard time. (coronavirus) He looks forward to every Wed and can't wait to chat with me on the phone about what he has done or made. While we have been in lockdown you guys have been their to help him with his shopping, stencils to colour in and now we are able to go and have coffee he is able to socialize with his friends from the Wed group and of course have banana bread. It is a blessing that I was able to find you guys and I appreciate and I know Peter does to of all the hard work you guys do."

Regards Jenny

ALWAYS HERE FOR YOU - ONE CALL AWAY

ONE CALL AWAY,

FROM SUNRISE TO SUNSET

A telephone support service for housebound seniors who feel isolated, provided by the Kingsgrove Community Aid Centre Inc.

This project is supported by Kingsgrove RSL, EBP RSL & Bexley RSL through the CDSE Clubs Grants program.

Are you lonely?

Do you need someone to talk to?

You are not alone, we are here to listen.

Call the Kingsgrove Community Aid Centre from 6am sunrise to 6pm sunset.

We are just one call away!

9150 7823 or 0402 443 763 after hours



www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



HELPFUL LINKS & SERVICES

These following Finder guides are updated daily:

Travel advice

[Travelling during coronavirus? What you need to know](#)

[Airline flight and route cancellations: the full list](#)

[How to apply for an exemption from the foreign traveller ban](#)

[What to know if your travels are affected by the domestic travel ban](#)

[Airlines, cruises and tours waive change and cancellation fees due to corona](#)

[Cruise lines that have suspended service](#)

[Coronavirus: What Australian visitors need to know](#)

[Tigerair suspends all domestic flights](#)

[Coronavirus car care tips](#)

[12 remote Airbnbs you can work from in 2020](#)

[How to get your money back for an event cancelled due to coronavirus](#)

[Impact of coronavirus on professional sport and a list of cancellations](#)

Shopping guides

[How to shop during the coronavirus pandemic](#)

[Coronavirus: What to stockpile \(and how to do it sensibly\)](#)

[Where to buy groceries online](#)

[Where to buy protective P2 face masks online](#)

[Where to buy toilet paper online in Australia](#)

[Where to buy hand sanitiser online in Australia](#)

[Where to buy hand soap online in Australia](#)

[Best cleaning sprays in Australia](#)

[Where to buy cheap home schooling tech](#)

[Top sites to buy thermometers online in Australia](#)

[Businesses offering contact-free delivery in Australia](#)

[Why are people panic buying?](#)

Health guides

[Coronavirus hotlines in Australia](#)

[Finder's COVID-19 response](#)

[What does the coronavirus pandemic mean for Australians?](#)

[Coronavirus: how can we stay protected?](#)

[Coronavirus: Where to get tested in Australia](#)

[Prepare for coronavirus with this checklist](#)

[Can you get COVID-19 from packages sent in the mail?](#)

[Elective surgeries cancelled: what it means for you](#)

Personal finance

[Coronavirus \(COVID-19\) getting financial help in Australia](#)

[Lost your job due to the coronavirus? Here's where to get help](#)

[Coronavirus assistance for your energy and Internet bills](#)

[Coronavirus and rent: Support for tenants who can't pay rent](#)

[Coronavirus: How to get help if you're a casual worker](#)

[Australia's coronavirus economic stimulus and how it affects you](#)

[How to manage your credit card during coronavirus:](#)

[Coronavirus and early access to super: Are you eligible?](#)

[Coronavirus: What should you do with your super?](#)

[Coronavirus: What to do if you can't afford your personal loan repayments](#)

[Coronavirus: Will income protection cover me?](#)

[Coronavirus: Common scams to watch out for](#)

[Coronavirus and mortgage repayment help](#)

[Coronavirus: What to do if you can't afford your car repayments](#)

[Sending money internationally during the coronavirus pandemic](#)

[Coronavirus: Will income protection cover me?](#)

[Coronavirus: How to prepare for the possibility of unemployment](#)

Business info

[Australia's coronavirus economic stimulus and how it affects you](#)

[Will the NBN cope with everyone working from home?](#)

[Opinion: The two different ways coronavirus could make Bitcoin rise](#)

[Business loans for SMEs affected by the coronavirus outbreak](#)

[How is coronavirus affecting the Australian property market?](#)

KCAC COMMUNITY ANNOUNCEMENTS



90.1 nbc fm
Live & Local

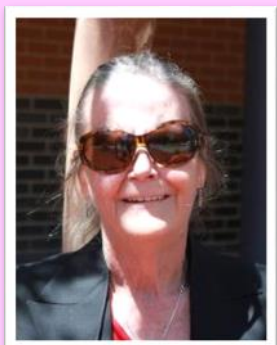
The Beatles, The Rolling Stones, Elvis Presley, Jimmy Barnes, Elton John, ABBA, Dusty Springfield, Billy Joel

All the hits from the 60's & 70's

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.

A Big Happy Birthday to our Aged Care Coordinator, Gurmeed Nelson, and also to Julie Richards who celebrated their birthday's in April 2020.

Lots of happy wishes to you from all of us at KCAC xoxo.



Wishing everyone a very

Happy Mother's Day

From all of us at KCAC



Guardian understands every goodbye is different.



Tas Aronis JP
Funeral Director

Saying goodbye to a loved one can be a daunting and emotional time and no-one understands this better than Guardian Funerals.

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