



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 36



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

**SUMMER NEWSLETTER
DECEMBER 2020 - FEBRUARY 2021**

A MESSAGE FROM THE CEO

Dear Valued consumers,

Well the holiday season has come and gone so quickly.

We are now resuming back with our activities as normal, however we are still mindful of the restrictions and our commitment to our hygiene practices and screening of our consumers and client groups.

We continue to be vigilant to ensure that we abide by the rules of social distancing, temperature checks, QR Code checking, hand sanitising etc.

Our Aged Care programs, Childcare Services, Playgroup's and OSHC Services have resumed back for 2021.

We are very excited about commencing our fencing project with the recently received funding from the Federal Government, under the Community Building Partnership Grants, which was supported by our State Member, Chris Minns.

The fencing will enable us to secure the back of our Community Centre premises. This will be a great help for Keeping our young children safe from wondering while attending playgroup with their parents.

Our application to the Federal Government under the (CHSP) Commonwealth Home Support Program to assist seniors connecting with each other through virtual means, has also been successful and we are grateful and excited to be able to assist at least 60 of our clients to access a device to ensure that they can connect with their loved ones and to connect with essential service providers. Once we receive this funding we will be able to start rolling this out for our CHSP registered clients.

Our program for the New Year is full and as busy and exciting as in previous years, our calendar of events is included in this newsletter for your information.

We look forward to seeing you all return to your normal activities and programs as we continue to strive to work to ensure a safe and welcoming Community Hub for you all to enjoy.

Anne Farah-Hill,

OAM, CEO of KCAC

**KINGSGROVE COMMUNITY AID
CENTRE INC.**

30 MORGAN ST KINGSGROVE

PH: 91507823

WWW.KCAC.ORG.AU



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UP & COMING EVENTS & DATES

March	April	May
17th: St Patrick's Day	2nd: Good Friday	14th: Information Session
TBA: Seniors Week Festival	4th: Easter Sunday	15th: Neighbourhood Centre Week - Multicultural Food Festival.
10th: International Women's Day High Tea	6th: First day of Vacation care	
TBA: Information Session	19th: Last day of Vacation care	



KINGSGROVE COMMUNITY AID CENTRE INC.

Bequest Information Form

A bequest made in your Will is a way to provide financial support to help secure the work of the Kingsgrove Community Aid Centre for years to come. For many people this is the most powerful and meaningful philanthropic contribution they will ever make.

This brochure will provide you with more information as you consider nominating the Kingsgrove Community Aid Centre in your estate planning.

While many donors wish to remain anonymous, we encourage everyone who has included KCAC in their Will to notify us and become active members of our community.

The importance of writing a Will

A Will provides you the opportunity to direct how your estate is to be distributed amongst those individuals and organisations that are most important to you. In the absence of a Will, the state decides who will receive your assets. A current and legal Will minimises delays and expenses at a challenging time; creating a Will ensures your plans are fulfilled.

Information on adding a bequest in your Will

We recommend all potential bequest donors discuss plans with family and friends, and seek independent legal advice.

Drafting a bequest

You can choose to leave a percentage of your estate, a specific dollar amount or a residuary bequest. We have suggested the following organisational information and wording:

"I give and bequeath to the Kingsgrove Community Aid Centre Incorporated, of 30 Morgan Street, Kingsgrove NSW 2208 Australia, ABN 77 897 124 722:

a) All of my residuary estate, or
 b)% of my residuary estate, or
 c) The sum of \$.....

To be used for the general purposes of the entity at the discretion of the CEO and the Board."

For more information please contact:

Anne Farah-Hill, OAM
 Chief Executive Officer
 (02) 9150 7823
 anne@kcac.org.au

COVID-19 symptoms

Practise good hygiene

Practise social distancing

Stay home if you can

KCAC STAFF CHRISTMAS PARTY

The Kingsgrove Community Aid Centre celebrated at the annual staff Christmas party on Friday 4th December 2020. This year it was held at the Sydney Rowers Club in Abbotsford. Everyone had a great time after what has been a difficult year for many. Thank you to the KCAC CEO & Board for organising this fantastic night with the team.



KCAC VOLUNTEERS CHRISTMAS PARTY

The KCAC volunteers Christmas lunch was held at the St George Motorboat Club on Friday 11th December. It was a great way of showing our appreciation to our volunteers who worked tirelessly for the causes of our organisation. We especially wanted to thank them for their work during Covid.



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



SENIORS GROUPS CHRISTMAS PARTY

The Monday Italian group, the Tuesday and Thursday seniors groups came together to celebrate the festive season on Monday 14 December at the Kingsgrove Community Aid Centre. They were entertained by the wonderful Mr Brian Gillet who played some Italian favourites as well as singing some of the classic Christmas carols. Everyone had a great time connecting together after what has been a challenging year, it was lovely to see everyone together engaging, laughing and sharing in a delicious Christmas lunch. Covid safe practices were followed such as temperature checks and hand sanitizer upon entering as well as individual food serves instead of our usual buffet. We also had some appreciative seniors telling their stories about how much being a part of this community means to them and how much it has helped them. These videos are available to view on our facebook page.



ARABIC SENIORS & DISABILITY GROUP XMAS PARTY

The Wednesday Arabic Seniors group and the Disability Recreational group celebrating their Christmas lunch on 16th December at the Bexley RSL Club. Santa also paid them a visit and put big smiles on all their faces. Another successful end to 2020 and so wonderful to see everyone connecting & laughing together.



SENIORS EXERCISE GROUP CHRISTMAS PARTY

The Christmas party for the KCAC Active Seniors Exercise group was held at the KCAC community hall. They had a great time together to end the year. The Active Seniors group will resume in late January 2021.



HEALTHY RECIPES TO COOK AT HOME

Quick Chicken Marsala

INGREDIENTS

- 2 tablespoons olive oil, divided
- 4 (4-oz.) skinless, boneless chicken breast cutlets
- 3/4 teaspoon black pepper, divided
- 1/2 teaspoon kosher salt, divided
- 1 (8-oz.) pkg. pre-sliced button mushrooms
- 4 thyme sprigs
- 1 tablespoon all-purpose flour
- 2/3 cup unsalted chicken stock
- 2/3 cup Marsala wine
- 2 1/2 tablespoons unsalted butter
- 1 tablespoon chopped fresh thyme (optional)

Serves: 4 Time to make: 20 mins



INSTRUCTIONS

Step 1

Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Sprinkle chicken with 1/2 teaspoon pepper and 1/4 teaspoon salt. Add chicken to pan; cook until done, about 4 minutes per side. Remove chicken from pan (do not wipe out pan).

Step 2

Add remaining 1 tablespoon oil to pan. Add mushrooms and thyme sprigs; cook, stirring occasionally, until mushrooms are browned, about 6 minutes. Sprinkle flour over mixture; cook, stirring constantly, 1 minute.

Step 3

Add stock and wine to pan; bring to a boil. Cook until slightly thickened, 2 to 3 minutes. Remove pan from heat. Stir in butter, remaining 1/4 teaspoon pepper, and remaining 1/4 teaspoon salt. Add chicken to pan, turning to coat. Discard thyme sprigs before serving. Sprinkle with chopped thyme, if desired.!

Sugar-free fig and apple tart

INGREDIENTS

- 250g dried figs, trimmed
- 200g plain flour, plus extra to roll
- 175g cold butter, cubed
- 2 tablespoons iced water
- 3 eggs
- 1/2 cup cream
- 1 teaspoon vanilla bean paste
- 2-3 Pink Lady apples, peeled, cored, thinly sliced

INSTRUCTIONS

Step 1

Place figs in a heatproof bowl. Cover with boiling water and set aside for 1 hour to soften.

Step 2

Meanwhile, make pastry. Place flour and butter in a processor and process until a breadcrumb texture. With motor running, gradually add about 2 tablespoons iced water until dough comes together as a ball. Turn onto a lightly floured surface and flatten dough into a 20cm circle. Wrap in plastic wrap and chill for 10 minutes to firm up. Roll dough into a 30cm circle. Place a 23cm loose base fluted tart tin on a baking tray. Line tin with pastry, letting excess pastry overhang. Chill for 15 minutes.

Step 3

Preheat oven to 200°C or 180°C fan-force. Prick base of pastry with a fork. Line pastry with baking paper and fill with pastry weights or beans. Bake for 15 minutes. Remove pastry weights or beans and paper and bake for another 15 minutes or until light golden. Cool on a wire rack for 10 minutes.

Step 4

Meanwhile, drain figs well and process in a food processor until a paste. Whisk eggs, cream and vanilla in a medium bowl until combined.

Step 5

Reduce oven to 180°C or 160°C fan-force. Dollop fig paste into pastry shell and gently spread to cover base. Arrange apple slices on top. Pour over egg mixture. Bake for 45 minutes or until golden and set. Serve warm or at room temperature.





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
 ACCREDITED 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.**

**FEEES 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,

Welcome to 2021. Our January Vacation Care was great with lots of new children enrolling into our fun and educational OOSH service. We had four weeks of fun activities including, craft days, water game days, sports days, cooking days, science days, electronics day, crazy dress up day, scavenger hunts, nature walks and nature art plus excursions to the COVID Safe Glow Crazy Party Centre.

Term 1 2021 was also very busy this year with more than twenty new enrolments and lots of children enjoying the fun at our After School Care service. The activities planned for this term include Valentine's day and Chinese New Year cooking and craft.

Other programmed activities for this term include, Pancake Tuesday, St Patrick's Day, Harmony Week, Holi Festival of Lights and Easter. This will include planned activities such as cooking and craft ideas based on these special celebrations and events.

Our next vacation care will be held from Tuesday 6 April to Monday 19 April. Monday 19 April is a Pupil free day and we will run vacation care on this day. The last day of Term 1 is on Thursday 1 April and students will return to school in Term 2 on Tuesday 20 April 2021.

**Katina Papadakis
 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!



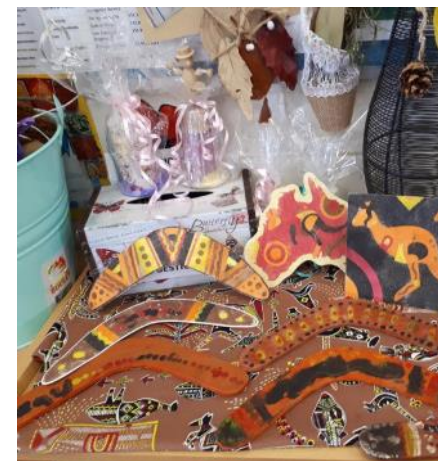
KIDS CONNECTING AT HURSTVILLE HOOSH
HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME: Hurstville Public school, Forest Rd Hurstville
OPENING HOURS: Monday to Friday 7am to 6pm

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM.
VACATION CARE FEE IS \$50 PER DAY
 Excursions & Incursions are an extra cost.

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

Please bring morning tea, lunch, water bottle and hat each day. Must wear closed shoes.

WEEK ONE	5 to 9 April 2021		WEEK TWO	12 to 16 April 2021	
MON 5 April	PUBLIC HOLIDAY Easter Monday Centre Closed	N/A	MON 12 April	IN CENTRE DAY Monday Fun Day -Cooking day Includes making your own wrap and fruit salad for lunch. Children will have fun and learn to be creative using healthy and nutritious ingredients to make their own delicious wrap for lunch. This is followed by making funny face biscuits for dessert.	\$55 Includes lunch
TUE 6 April	IN CENTRE DAY Arts & Craft and Upcycling Day Includes nature walk, followed by nature art using materials collected from the environment, and recycling material. Craft includes leaf monster puppets, pet rocks, scrapbooking and a nature kaleidoscope. Children will have the opportunity to learn about the 3 Rs (Reuse, Recycle, Reduce).	\$50 Bring lunch	TUE 13 April	IN CENTRE DAY Mini Market day Set up stalls & buy your stall items using special vacation care money. The children have the opportunity to develop their social skills & math skills. Morning tea is included.	\$55 Bring lunch Morning tea included
WED 7 April	IN CENTRE DAY Sports day and scavenger hunt Join us in some fun sport activities including hurdles, relays, sack race, timed obstacle challenge and a scavenger hunt! Prizes for the winners!	\$50 Bring lunch	WED 14 April	IN CENTRE DAY Wakey Wednesday—dress up day Come dressed in your crazy clothes/favorite costume and wakey hair. Enjoy the day with a talent show and karaoke challenge. Children can perform in groups or own their own.	\$50 Bring Lunch
THU 8 April	EXCURSION Excursion to Kempt Field Inclusive Adventure Playground then lunch at KFC Travelling by foot(5 minute walk) Depart Centre at 10am and return to Centre by 2pm	\$60 Lunch provided	THU 15 April	INCURSION DAY Make my bear activity Children will have the opportunity to make their own soft toy. This teddy making kit includes the toy, the stuffing, satin heart, birth certificate and a carry bag	\$65 Bring lunch
FRI 9 April	EXCURSION DAY Excursion to Glow Crazy Indoor Party Centre This includes, Xbox, PlayStation, arcade games, air hockey, table tennis, Karaoke, disco & party & lots of fun games Travelling by private bus. Depart 9am return 3pm	\$75 Bring lunch	FRI 16 April	EXCURSION DAY Excursion to Glow Crazy Indoor Party Centre This includes, Xbox, PlayStation, arcade games, air hockey, table tennis, Karaoke, disco & party Travelling by private bus. Depart 9am return 3pm	\$80 Includes Lunch
MON 19 April	PUPIL FREE DAY / IN CENTRE DAY Electronics and games day. Cubby house, electronics and movie day. Make your own popcorn, bring your own sleeping bag or comfy pillow and blankets and watch your favorite movie with your friend.			\$50 Bring lunch	



MUSTER PROGRAM - INFORMATION FOR CONSUMERS

THE IMPORTANCE OF SLEEP

Sleep is the time when your body re-charges and rejuvenates, allowing the mind to be refreshed and the body repaired. The sleep process is the single most effective process your body does to rest and restore itself every single day. The requirement for sleep is different for each person, but most people need somewhere between 7–9 hours. Just being in bed for 7-9 hours isn't enough... Just giving your body the opportunity to sleep is known as Sleep opportunity (the time you spend in bed). Sleep efficiency is the quality of our sleep. Most healthy individuals have a sleep efficiency of 85%-95% which is the amount of time you are asleep. This means that you may be in bed for almost eight hours to get seven hours of actual sleep. Another term you should know is Sleep debt, which is the amount of sleep you urgently require to barely function. If you think you hit the pillow and are asleep immediately and stay asleep solidly... that probably isn't so. People wake during the night and turn over and go back to sleep all the time. If you have trouble falling asleep (lying there for more than 25 minutes) or have trouble staying asleep, then you are suffering from insomnia and should seek help. Many people wake after being asleep for only a few hours. It may be normal for you, but you shouldn't settle for this. Your waking hours will be much improved if the time you actually sleep is increased.

Your circadian cycle is controlled by an area in the brain called the hypothalamus. This gland is the master centre for integrating rhythmic information and establishing sleep patterns. Suprachiasmatic nucleus (SCN) is the part of the hypothalamus which receives signals about light and dark from the retina of the eye. When exposed to light, special photoreceptor cells in the retina send signals to the SCN then further transmit to the pineal gland, a small cone-shaped structure which is attached to the third cerebral ventricle... behind the hypothalamus. This area is responsible for the production of the hormone melatonin. When light is detected by the retina at night, melatonin levels drop and an 'awake state' ensues. Melatonin also requires morning sunlight for its production, so getting out in the light in the early morning is essential for good health and will improve your sleep quality.

Darkness in the hours leading up to sleep is essential for quality sleep. Exposure to backlit devices is extremely problematic and only a relatively new development brought on by the introduction of the portable device world. The colour temperature of the light emitted from phones, personal computers and iPads is 5700 degree Kelvin, which just happens to be the same colour temperature of the sun at midday.

So, each time you look at your devices, your brain is being told it's the middle of the day. If that continues all evening and into the night, this situation will guarantee you're awake. Apart from exhaustion, if each time you use your device, your body believes it's midday, sleep won't come naturally and eventually your circadian rhythm will be affected.

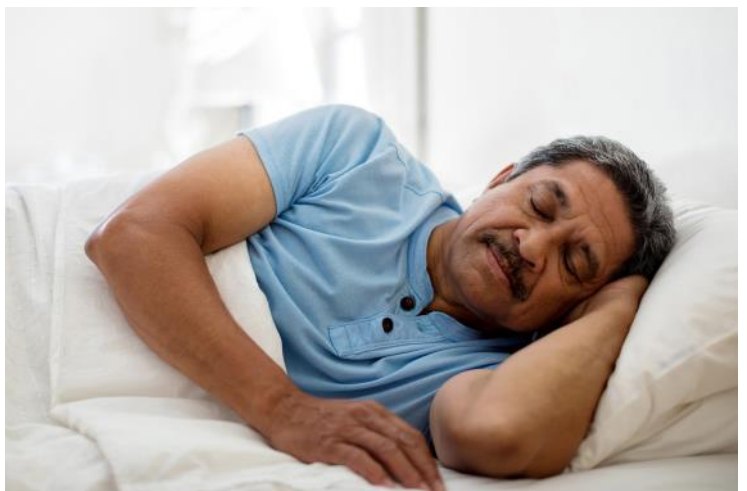
Sleep likes routine. Other barriers to sleeping are irregular hours, parenthood, shiftwork, travel across time zones and ingestion of certain drugs and chemicals. Staying up all night while surfing the net is a bad habit to adopt. Sleep is the time when the body runs its cleaning and maintenance routines, so no sleep, no maintenance. Another thing to know is if you miss maintenance tonight, your body doesn't work double time tomorrow.... You just miss out that cycle.

Interrupting your body's routine is never ideal, but every now and again... not a big deal... day after day is never okay. Getting little sleep as the 'norm', your body will begin to malfunction and can develop obesity and diabetes. That's not something to look forward to, is it? No fun, believe me. Avoid the hassle and get the sleep you need. If watching TV until bed is something you can't live without and must do, get yourself a pair of 'blue-blocking glasses' to minimize the effect of your bad TV and/or small device habit and also to protect your eyes from the artificial light so sleep

REM sleep is the time when we run our mental health programs. Diffusing stress and sorting out problems is the role of REM sleep. Deep sleep consolidates memories. Getting a good night's sleep is the cornerstone of glowing health and feeling well. If after a night's rest, you don't open your eyes, bound out of bed and can't wait for your day to start, you have a problem. Sleep quality is the issue.

Sleep is the circumstances where the body's maintenance programs are run. The trouble with this premise is it assumes nothing is going to get in the way of that. Your body requires particular conditions for it to function correctly. You won't sleep if you eat too late and go to bed on a full stomach. Digestion sends our core temperature higher but sleep requires our core temperature to drop. See how that isn't gonna work out. You will also find it hard to sleep if you are exposed to the wrong type of light in the hours before you attempt sleep. Stimulants aren't a good idea either. Your last cup of coffee should be no later than midday too by the way. For all the people who desperately need coffee to cope with the afternoon... ask yourself... do you fall asleep easily? Do you stay asleep all night and wake after 7-9 hours of restful sleep? Do you wake feeling wonderful and ready for the day? Probably not.

There are plenty of ways to ruin your ability to get a good night's sleep/ Caffeine is just one of the ways to louse up your sleep. Coffee, soft drink, eating too much and too late. But wait, more about caffeine. Caffeine hangs around in your body for hours. We'll use coffee as an example, but the same is true for cola drinks, green tea and other caffeine products. If you have a cup of coffee at midday, half that cup will still be in your system at 6 pm and a quarter of the caffeine in that cup will still be rattling around in your system at



MUSTER PROGRAM - INFORMATION FOR CONSUMERS

THE IMPORTANCE OF SLEEP CONTINUED....

midnight. If you drink coffee in the late afternoon... can you work out why you aren't sleeping? No, no, I drink coffee whenever I want and it doesn't stop me from sleeping... But it does affect your body's ability to get quality deep sleep, which is where for example the amyloid plaque build up in your brain is washed away each night.

Back to the light.

Not only do we absorb light through our retinas, we also absorb light through our skin. We really are just a bag of porous material.

So, sitting in bed watching TV in a teddy or if you're a guy, bare-chested, is a sure-fire way not only for your thyroid to be over exposed to blue light, but for your skin to absorb unwanted quantities of blue light. Look after yourself... cover up and protect your thyroid and skin. You must have heard that skin is the largest organ in the body. Well, it is. Now to Blue Blocking Glasses... they protect your eyes from blue light. If the surrounding light tells your body, it's Midday and this is happening to you because you just can't stop playing with your iPad or phone while you should be preparing your body for sleep... see what I mean.

Let's just say its all not true... then why do you feel terrible and can't sleep? In the last decade or so our lives have changed so much and what about the pandemic of Hypertension, Diabetes and Obesity? Thyroid conditions are on the rise. Hashimoto's Thyroiditis is one of the most common conditions of our time. It's right up here with Diabetes, Hypertension and Obesity.

Melatonin production occurs in the morning and is dependent on the retina and the body's surface area being exposed to am sunlight. Think if you bought a plant from the store then came home and threw a tarp over it. Do you think it would grow without light and air circulating around it. If you don't fulfil your light quota in the morning... you won't produce what you need in the way of melatonin ...people wonder why they can't sleep at night. You need to get with the program. Your body works a certain way... the way it must work not the way we think it should work or the easiest way it could work... the way science has discovered that it does work. After being produced in the morning after being exposed to morning sunlight, melatonin levels are high at night so we can sleep. Melatonin levels reduce as the night wears on...This is where Cortisol increases as the morning approaches. This is a hormone that wakes you up... levels start to rise around four am.

When we were given our bodies, they didn't give us a user's manual. We expected our parents would tell us the things we needed to know... but that didn't quite happen with a lot of us. Thinking back... my mother didn't have a clue. She might have told me to not snack between meals... but she had no idea why. Those important bits of information never got passed on. Leaving me to ask you the obvious... Do you know how your body works? Have you told your children the things they need to know? Do they understand how to care for their body taking into account how it works? Do they know what to do so their body lasts as long as possible? Do you know how to live a healthy life or will you be satisfied living a life dictated by dealing with whatever symptoms are presenting at the time. I'll give you an example. We have a cold... so we go to the doctor. He said its either bacterial or viral and gives us pills accordingly.... Pills designed to kill off the infection. But wait... Maybe your immune system is working correctly, maybe you only have a cold because a cold is the way the body gets rid of some type of toxin that the body doesn't want or have any use for. Our noses run, we cough and sneeze, our lungs fill with fluid, which is protective if inflammation is present or shock, horror, maybe our immune system works and we don't need drugs to get fixed.

We currently live in a world where we are slowly poisoning our bodies with dozens of toxins... daily exposure. Substances our liver needs to process to make sure we are safe. Wait... you don't think all those vitamin tablets just get swallowed and all those nutrients magically go to where they're needed... No... everything you put in your mouth must be processed by your liver and broken down into usable pieces. Your body is a machine and it runs like a machine. Your body determines how much it wants or needs and the rest become expensive urine and gets flushed.... Seems like false economy doesn't it? Remember your body is a machine and it runs like a machine. It operates under a series of rules. If you don't know the rules... not the best way to get the best out of a machine... not knowing how it works. Remember when Video recorders were first released? Remember there was a procedure or a system you had to follow to get it to do what you wanted. It rarely co-operated and just did what you wanted. There were rules and you must follow them if you don't want your body to break down or worst yet, fall apart. Diabetes, arthritis, cancer are just some of the ways. Did you know that a person who doesn't get enough quality deep sleep who is dieting, 70% of the weight you lose is lean muscle? Your body will not release fat if you are under-slept.

Your body follows a set of procedures in order for you to get it to not only work, but to get the best out of it. If you stick to the rules, you may be surprised just what you can expect from it. How well would your car run if you filled the tank with orange juice? I don't suggest you do it... just know a petrol engine won't run on anything other than petrol. Not only does it want petrol, but there would be consequences if you put the wrong thing in the fuel tank. Not only would you need to drain the tank, but the whole system would need to be cleaned and ruined parts replaced. We're used to putting all sorts of disgusting things into our fuel tank and our machine still works... But for how long and with what consequences? It's easy to take for granted something that most of the time just works. How many years will it work for? Mmmmm... I wonder... Is that why as we get older our bodies just seem to fall apart? It's always such a shock when our body let's us down after many years of abuse. Saying "But no-one told me" won't help you while your health deteriorates. Doing the things you've always done will get you the same result. Maybe your parents did teach you what to do? It's a very different world filled with blue light, chemicals, processed food and radiation. We can only do our best to make the changes we need to make, so our body works and lasts.

We didn't get an owners' manual and we have no idea.

Next edition, we'll discuss another pillar of health... Exercise.

UP AND COMING EVENTS

Kingsgrove Community Aid Centre Inc.
is celebrating
International Women's Day with a

High Tea

Wednesday 10th March 2021

Time: 11am - 2.00pm
Venue: 30 Morgan St, Kingsgrove
Cost: \$15 per person

Bring a friend along & join us to celebrate IWD in honor of all women & be inspired by our special guest speakers.

Registration is essential. Dress is floral.
To register or for more information please call
9150 7823 by the 25th February.



All money raised will go toward the continuing community work of the Kingsgrove Community Aid Centre Inc. All donations over \$2 are fully tax deductible.

This event is brought to you by the KCAC MUSTER Project.



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www.kcac.org.au

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



Kingsgrove Community Aid Centre Inc Information session - Centrelink Services

Payments
Income & Assets
Services
Carers
Pensions
Assistance

A guest speaker will be joining us via Zoom to give a talk on: Pension, Carers, Income & Assets, Understanding Centrelink, services available and more.

The information session will be provided with various multicultural interpreters on the following dates :

- Monday 12/4/21 - Italian
- Friday 23/4/21 - Cantonese
- Thursday 15/4/21 - English
- Tuesday 27/4/21 - English
- Wednesday 21/4/21 - Arabic

10.30 till 11.30 am at 30 Morgan St, Kingsgrove

Light refreshments will be provided on the day.
(Individual Servings. Covid Safe environment)

For more information please call Michelle Daniels on 9150 7823.

This program is provided with the support of the Department of Social Services MUSTER PROGRAM.
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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



KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

POPPY PLAYGROUP

PARENTS OPPORTUNITY TO PARTICIPATE IN PLAY WITH THEIR YOUNG
 A FREE SUPPORTED PLAYGROUP FOR MOTHERS AND THEIR CHILDREN



POPPY is a FREE supported playgroup run by the Kingsgrove Community Aid Centre in partnership with Stride and supported by South Eastern Sydney Local Health District. It is led by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health challenges. The playgroup is open to mothers from all areas, however priority is given to those residing in the St George area.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment.
 A healthy morning tea is provided.

Mondays, 10.30am till 12.30 pm

Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

For more information contact 9150 7823 or drop into the centre.

Mon – Fri 9am-4pm or Email us on: admin@kcac.org.au

This program is funded by the Department of Family & Community Services TEIP program.

If you feel you are not coping with the world you are
welcome here • 欢迎 • dobrodošli • أهلا بك

STRIDE For better
 mental health



KINGSGROVE COMMUNITY
 AID CENTRE INC.



Health
 South Eastern Sydney
 Local Health District

KCAC INC. ACTIVE SENIORS

GENTLE EXERCISE CLASSES

FOR SENIORS OVER 65 PROVIDED BY KCAC INC.



Provided over 2 sessions due to Covid restrictions on Thursday
starting 11th February - 15th April 2021

Session 1: 9.30am till 10.30 - payments needed in advance

Session 2: 10.30am till 11.30am - flexible payment option

Place: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

Booking is Essential. A small fee is applicable.

Please bring your own water bottle and face towel.

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

This program is provided under the Commonwealth Home Support Program (CHSP). KCAC Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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



COMMUNITY INFO: WHAT'S ON AT KINGSGROVE RSL



AUSTRALIA DAY

Tuesday 26th January 2021

Happy Hour ALL DAY!

Rations Dining AUSSIE SPECIALS from 12 noon

Sausage Sizzle from 2pm

LIVE Entertainment by Kafe Kool from 1:30 – 4:30pm

Mega Meat Raffle

Tickets on Sale from 2pm | 50 x LARGE Trays to WIN |
Raffle to start at 4:30pm

Call Club reception on 02 9336 1500 to book a table
at Rations Dining (Bookings subject to Social Distancing)

CHINESE NEW YEAR

SATURDAY 6TH FEBRUARY 2021

Choice of 2 banquet menus available for
LUNCH & DINNER

Starting at \$40pp | minimum 2 people

Live LION DANCING performance at 7:30pm.

Call Club reception on 02 9336 1500 to book a table at

Taja Dining

(Bookings subject to Social Distancing)

VIEW BANQUET MENU OPTIONS ON WEBSITE

Kingsgroversl.com.au



Valentine's Day

SUNDAY 14TH FEBRUARY 2021

Book at Rations Dining and TREAT that someone special!

2 Course \$39pp

or 3 Course Meals \$46pp

Valentine's Day pre-bookings receive a GLASS OF

SPARKLING per person

Call Club reception on 02 9336 1500 to book a
table at Rations Dining

(Bookings subject to Social Distancing)

VIEW MENU ON WEBSITE

Kingsgroversl.com.au

FILL THE FRIDGE RAFFLE

EVERY FRIDAY

Tickets on sale from 4:30PM at Club Reception*

Draw starts from 5:30PM

OVER 50 ASSORTED MEAT TRAYS TO BE WON!

Includes a selection of quality Meat, and on the 1st Friday of each month join us for our Surf & Turf raffle, as well as bonus seasonal Prizes to WIN.

*You have to be in the Club to be eligible to WIN. Winning numbers will be displayed on the Club screens as they are drawn, and will NOT be posted online after the draw.

Online tickets sales NOT currently available.



FILL THE FRIDGE

Raffle



KCAC INC. SERVICES

ALLIED HEALTH PODIATRY TOENAIL CUTTING SERVICES FOR SENIORS



Kingsgrove Community Aid Centre offers a subsidised Podiatry Service to people who are Frail Aged over the age of 65 or younger disabled living in the St George area and parts of the Canterbury area.

The Domiciliary Podiatry is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm

The Centre Based Clinic is offered on Wednesday's between 12.30pm and 2.45pm at the Kingsgrove Community Aid Centre, 30 Morgan Street, Kingsgrove.

Appointments are essential and can be made by phoning the Centre on (02) 9150 – 7823 Mon – Thurs 9am-4pm

Registration through My Aged Care is essential. We can help you with this.

FEES: Fees are applicable. Please call the Kingsgrove Community Aid Centre on 91507823 for fees and charges.

For More Information please don't hesitate to contact us on the above number or Email us on: admin@kcac.org.au

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc. uses person centred care as well as wellness and reablement approaches to deliver support to older people.



www.kcac.org.au

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



SOCIAL SUPPORT GROUPS

FOR SENIORS 65 & OVER
PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC



Join one of our Seniors Social Support Groups for people 65 & over. Enjoy morning tea with friends, bus outings & excursions to places of interest and much more.

When: Tuesday's, Wednesday's & Thursday's between 9am & 4pm.

Where: Pick up from & returned to your home

Registration through My Aged Care is essential.

Call them on 1800 200 422. We can help you with this.

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

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



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FIRST AID COURSE FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE INC



Kingsgrove Community Aid Centre runs a fully accredited First Aid Course for the Parents and Carers of babies and young children.

The course runs every month over two days from 10:00am – 2:00pm, refreshments are provided & babies are welcome to attend with their carer.

Course costs \$75 and has been heavily subsidised by Kingsgrove Community Aid Centre.

Venue: Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

For information and bookings please contact Rachel Ph: 9150 7823

This program is funded by the Department of Family & Community Services TEIP program.



www.kcac.org.au

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



HURSTVILLE OUT OF SCHOOL HOURS CARE PROVIDED BY KCAC INC. CALL US TODAY! 9150 7823 OR 0418 481 358



Out Of School Hours Care provided at:
Hurstville Public School Forest Road
Hurstville 2220 (on School site)

We cater for children Kindergarten to Year 6.

Before & After School Care Hours:

- BEFORE SCHOOL CARE – 7am to 9am
- AFTER SCHOOL CARE—3pm to 6pm

Vacation Care Hours:

- SCHOOL HOLIDAYS—7am to 6pm

A variety of craft, cooking, fun games and excursions are just a small part of the activities offered at Vacation Care.

Vacation Care enrolment forms and event programs will be available 3 to 4 weeks prior to commencement of school holidays at the Care Centre and on our website. (kcac.org.au)

Hurstville OOSH provides a Homework Help program each week as well as a program for children with special needs.

Vacation Care Transport:

Private Bus or Walk to nearby/ local venues.

Fees & Charges:

For Fees and Charges please contact the Kingsgrove Community Aid Centre on 91507823 or call Katina on 0418481358

Email: hoosh@kcac.org.au

The Before, After School & Vacation Care program at Hurstville Public School is provided & run by the Kingsgrove Community Aid Centre Inc.

As we are a registered and accredited service, Childcare Subsidy is available through Centrelink.

NATIONAL QUALITY FRAMEWORK (NQF) RATING - MEETING IN ALL 7 QUALITY AREAS



www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208



KCAC INC. MUSTER PROGRAM

KCAC MUSTER PROGRAM

Mutual Understanding Support Tolerance Education & Respect (MUSTER)

Counselling & Case Management

- 'One on one' Mental Health Counselling
- 'Face to face' Case Management & Assistance in negotiating available support through avenues such as Centerlink, Department of Housing, etc.
- Information Sessions
- Multicultural Festivals, Events & Theme Days
- CALD Group Activities that foster community engagement
- Support Groups for vulnerable families & children across all cultural backgrounds.
- E-Newsletters, sharing helpful information & support with vulnerable families and CALD communities online.



KINGSGROVE COMMUNITY
AID CENTRE INC.

Call us today on 9150 7823

KCAC INC. DISABILITY SUPPORT

KCAC INC. DISABILITY SERVICES

Giving you Life skills to help you stay engaged and independent.

Group Based Recreational Activities

- Art & Craft
- Cooking
- Music
- Dancing
- Exercise classes
- Bingo
- Gardening
- Excursions
- Podiatry
- Information Sessions



It's up to you how you would like to get involved or what you would like to learn.



KINGSGROVE COMMUNITY
AID CENTRE INC.

kcac.org.au

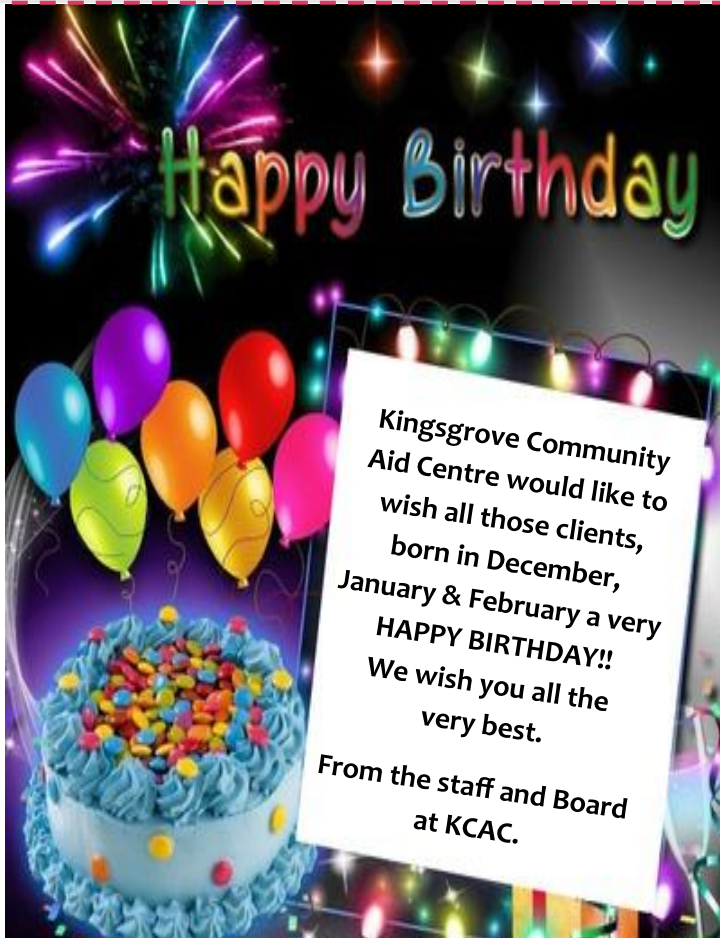


Learn daily living skills, meet new people, feel more connected to your community & have fun in a safe, accessible environment!

Call us today on 9150 7823



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 CEO Anne, who celebrated her birthday in December 2020 & to Staff members Kim & Ramona who celebrated their birthday's in February 2021.

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

Would you like to donate to us and the community work we do?

It's easy, just go to kcac.org.au and click on the donate button.

All donations over \$2 are tax deductible.

Thank you for supporting the Kingsgrove Community Aid Centre Inc.

NOW
OPEN

Estia Health Blakehurst

Estia Health is excited to announce the opening of our brand new residential aged care home in Blakehurst.

This home offers both short-term respite and permanent residential aged care for 105 residents.

With views over picturesque Kogarah Bay and surrounded by beautiful manicured gardens that feature a majestic fig tree, this state of the art purpose-built home will offer residents the choice of either spacious, private single or couple suites.

Residents and their visitors will enjoy a beautiful rooftop Sky Terrace with dining and communal areas, a private dining room for special events with family and friends, as well as a hair and beauty spa, BBQ area and sensory garden. Additionally at street level, the home will have a specialist Wellness Centre with expert allied health professionals on hand.

Ideally situated adjacent to Todd Park and Carrs Park, nearby local shops including Connells Point and Southgate shopping centres are just a short drive away. Public transport is conveniently close.

To book a tour, please call **1800 951 918**
or visit **estiahealth.com.au/blakehurst**

Estia Health Blakehurst
392-394 Princes Highway
Blakehurst NSW 2221



Enriching and celebrating life together

Estia 
Health

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE

9 1 5 0 7 8 2 3 - WWW.KCAC.ORG.AU - 30 MORGAN ST KINGSGROVE NSW 2208

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.

Whatever your needs, our funeral home will help you make a service that is heartfelt, memorable and tailored to the life of your loved one.

With more than 20 funeral homes across Sydney, Guardian Funeral providers are local to you.

Every funeral is different, because every goodbye is different.

388 Forest Rd, Hurstville 2220 - 9580 1554



GUARDIAN FUNERALS
INCORPORATING J&C HARDY FUNERALS

guardianfunerals.com.au

 facebook.com/GuardianFunerals

Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

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