

GET INVOLVED

We strive to connect with like-minded people and organisations which are keen to make a difference and give back to the community.

Donations

There are many different ways to donate to Inner West Neighbour Aid. All monetary donations or goods in kind \$2 and over are tax deductible. You can call us or donate:

- Online via www.iwna.com.au
- Via direct debit. Please quote your full name and address details and send your direct debit to Inner West Neighbour Aid, BSB: 062 178 Account: 100 66 594
- Via cheque or money order payable to Inner West Neighbour Aid Inc. Please include your name and address details and mail to: Inner West Neighbour Aid DONATIONS, PO Box 247, Croydon Park NSW 2133.

Inner West Neighbour Aid holds a charitable fundraising authority under the *Charitable Fundraising Act 1991* and is a Public Benevolent Institution under the *Income Tax Assessment Act 1997*.

Bequests

One of the most significant ways that you can show your support and passion for our community is to leave a bequest. A bequest is a gift left to Inner West Neighbour Aid in an individual's will. Bequests provide an important opportunity to extend your support to your community beyond your lifetime. If you would like to leave a gift in your will, please call our office.

Volunteering

Please call our office and speak with our Volunteer Coordinator or email admin@iwna.com.au

Together, we can offer improved services, reach more clients and offer a wider range of services where there is greatest need.

THE NEIGHBOUR AID TEAM

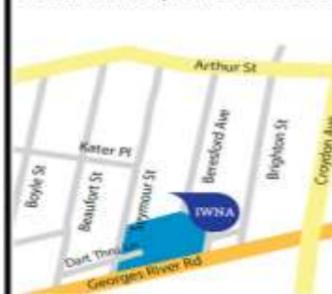
Allison Yee-Brogan	- General Manager	allison@iwna.com.au
Desre Nikolich	- Intake and Assessment Officer (temporary)	admin@iwna.com.au
Elizabeth Kpaka	- Social Support Worker (temporary)	elizabeth@iwna.com.au
Indah Kusumawati	- Finance and Administration Assistant	indah@iwna.com.au
Jackie Walters	- Social Support Coordinator	jackie@iwna.com.au
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Rachel Fisk	- Social Support Worker	rachel@iwna.com.au
Rochelle Self	- Volunteer Coordinator	rochelle@iwna.com.au
Roman Deguchi	- Home Maintenance Coordinator	roman@iwna.com.au
Stuart Blundell	- Garden Aid Team Leader	stuart@iwna.com.au
Phone: 9799 5099	Fax: 9799 5201	
Post: PO Box 247, Croydon Park NSW 2133		



Thank you to our key supporters



Visit us: We are located on the grounds of Croydon Park Public School, Beresford Ave



7	8	6	3	2	9	1	5	4
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INNER WEST neighbour aid

NEIGHBOUR NEWS: Autumn 2016 - Issue 88



Welcome to our first newsletter for 2016. We hope that you have had a wonderful holiday season! From an organisational perspective, we are well placed and ready to embrace a new year. At page 2, we welcome 3 new Board Members and 2 new staff members. We say goodbye to 2 staff members with their new routines this year and we wish them well. On page 3, we welcome 17 new volunteers. We are proud to be connected with so many people with so much to offer our community.

My Aged Care is well and truly embedded into our systems and a new year provides us with a chance to streamline our client intake and assessment processes. The Board of Inner West Neighbour Aid has endorsed Management's decision to register for the National Disability Insurance Scheme and this provides both challenges and an opportunity to review our quality systems as well as develop our unit costing framework. These changes will provide the foundation for Inner West Neighbour Aid to reassess our competitive advantage in the community care sector, target some strong partnerships, review our business models and plan for the future sustainability of our services. It will be a busy year ahead.

So too for us as individuals, a fresh start to the year is when many of us reassess and think about what we want to accomplish or do, to balance our lives during the next 12 months. With that in mind, we have some new year ideas and exercises for you. Happy reading!

Allison Yee-Brogan, GENERAL MANAGER

There are a lot of ways that we can help. Contact us on 9799 5099 for more information about:

- △ Social Outings
- △ Men's Group Outings
- △ Home Visiting
- △ Community Visiting
- △ Pet Walking and Grooming
- △ Pet Adoptions
- △ Lawn Mowing Subsidy
- △ Garden Aid
- △ Active Ageing (Alive and Kicking)
- △ Assisted Online Shopping
- △ Ashfield Boys High School Shopping Program
- △ Saturday Social Group

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The Neighbour Aid Team

*Living safely and
Independently
for longer*

ORGANISATIONAL NEWS

Welcome to baby Elizabeth
 What a beautiful way to start a new year. Baby Elizabeth was born on the 13th January, weighing a healthy 7.4lbs. Mum, Dad and baby are in wonderful health and are doing well. Doesn't Rachel look amazing! Rachel is set to return to work in May 2016.



Farewell to Jenny Jobling, Garden Aid Team Leader
 It is with sadness and shock that we have a resignation this early in the year. Jenny has resigned due to her study commitments with her Masters in Occupational Therapy. Jenny's last day with Inner West Neighbour Aid will be Thursday 18th February. We wish Jenny all the very best and know that although this has been a difficult decision, we fully support her career and study choices. Jenny has always demonstrated a willingness to help, support and share her skills and knowledge. She has been an absolute pleasure to work with, an amazing team player and Jenny's bright, warm and happy personality will be missed by staff members, our Garden Aid volunteers and clients.

New Board Members

Since September last year, we have welcomed 3 new Board Members: Joshua Grimm, Bob Matthews and Wendy Turner. Joshua has recently qualified as a Chartered Accountant and has a passion for community development. Bob, also a local resident, brings a wealth of experience as a former volunteer and Board Member of Ella Community Centre as well as a long career in human resources. Wendy has come to us with a desire to make a difference and over 40 years' experience as a Chartered Accountant. As an organisation we are incredibly fortunate to attract skilled individuals to our Board of such high calibre, generosity and compassion.

Welcome to Elizabeth Kpaka

Elizabeth will be filling Rachel's position whilst she is on maternity leave. Elizabeth began with us at the end of November and has a Certificate III in Aged Care, is an Assistant in Nursing and also has experience working with organisations that support people with disabilities. Elizabeth has settled into this role wonderfully and we welcome her to our team!



New Intake and Assessment Position

In order to deal with the large number of referrals and enquiries associated with My Aged Care, we have introduced a new part time position, an Intake and Assessment Officer. Up until this point, we have been able to absorb this position into our existing structure and review how the new gateway impacts on our service demand. This position will primarily support the Coordinators in being an initial point of contact for client enquiries and referrals. We welcome Desre Nikolich who will be filling this role temporarily. The position will then be advertised formally after a 3 month trial period. Desre Nikolich is well suited to this role, with Social Work qualifications and over 20 years of experience in the community and health sectors.

EXERCISES FOR BETTER HEALTH

Performing these gentle sitting exercises will help with your mobility and may prevent falls. For these chair-based exercises, choose a chair that is stable, solid and without wheels. You should be able to sit with your feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as this will restrict your movement. Wear loose, comfortable clothing and keep some water handy. Try to do these exercises at least twice a week to help improve strength, balance and coordination.

Chest Stretch



This stretch is good for posture
 A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
 B. Gently push your chest forwards and up until you feel a stretch across your chest.
 Hold for five to 10 seconds and repeat five times.

Upper Body Twist



This stretch will develop and maintain flexibility in the upper back
 A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
 B. Without moving your hips, turn your upper body to C. Repeat on the right side.
 Do five on each side.

Hip Marching



This exercise will strengthen hips and thighs and improve flexibility
 A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
 B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
 C. Repeat with the opposite leg.
 Do five lifts with each leg.

TIPS FOR MINI OUTINGS

Hopefully everyone has had a great start to 2016. We have 2 wonderful new buses with ample room. Please let our staff know if you require a helping hand with your seat belt as we have found that they are a bit difficult to reach.

We have some exciting new locations on our March—April outings calendar (pages 6—7), as we have tried to cater for all abilities. You will notice a change in April, with 2 outings to choose from on Thursdays. Alive & Kicking is still on Tuesdays with our lovely instructor Fleur.

It is important that when you book in for outings to be aware of the walking level (easy, moderate or advanced) that is indicated on the calendar. Inner West Neighbour Aid has a duty of care to ensure that clients are safe when attending our outings.

As Autumn arrives you may wish to bring along a scarf and/or light jacket. Hope you all enjoy your outings for the Autumn.

Lara Allen, SOCIAL SUPPORT WORKER



CLIENTS' CORNER

QUOTE OF THE QUARTER



ZUCCHINI AND MINT SOUP WITH GRILLED FLATBREAD

You'll need:
 2 tablespoon olive oil
 1 onion, finely chopped
 3 garlic cloves, thinly sliced
 1 small red chilli, finely chopped, plus extra thinly sliced to serve
 1 kg small zucchini (about 10), diced
 700 ml hot chicken stock
 ½ cup (loosely packed) mint
 To serve: Greek-style yoghurt, lemon wedges and grilled flatbread
 To serve: extra-virgin olive oil

How to:

- Heat olive oil in a large saucepan over medium heat. Add onion, garlic and chilli and stir occasionally until tender (5-6 minutes).
- Add zucchini and stir occasionally until bright green (4-5 minutes). Add hot stock, increase heat to high and bring to the boil.
- Reduce heat to medium, simmer until zucchini is just tender (4-5 minutes), process with a hand-held blender until smooth and season to taste.
- Divide soup among bowls, top with mint, yoghurt and chilli, drizzle with extra-virgin olive oil and serve hot with lemon wedges and grilled flatbread.

Brain Teasers (solutions on page 12)

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Clients' Corner is YOUR space
 Let us know if you have stories to tell, articles to share, recipes that we can try or jokes to tell. Pictures, artworks, and quotable quotes are all welcome!



VOLUNTEERS NEWS

Welcome to our first Volunteer update for 2016. We are all set for another big year at Inner West Neighbour Aid. Our services rely on the wonderful support of our volunteers and we are always looking for different ways to connect with people in the Inner West area. If you haven't already had the opportunity please like us on Facebook and help us spread the word on how people can play a role in supporting each other and our overall community. We are also working on new ways to connect with people who would like to volunteer so if you have any ideas please do share them with us!



We love having the opportunity to spend time connecting with our volunteers and the first catch up event will be a dinner on the 13th May 2016 starting at 6.30pm. This coincides with National Volunteer Week from 9-15 May. If you have had the opportunity to come to our volunteer events in the past you will agree that they are a wonderful relaxed way to get to know other volunteers and share experiences. Venue details will be sent out closer to the day.

The Volunteer Training Calendar for February – April has been released. The calendar has been emailed out to all volunteers however if you haven't received please contact Rochelle on 9799 5099 or email Rochelle@iwna.com.au. Two of the training sessions that we highly recommend for volunteers are:
 Volunteer Essentials on Tuesday 15 March - 10am-2pm
 Working Within Boundaries on Friday 29 April - 9.30am-1pm
 Please contact Rochelle to chat further regarding training and how we can help with training and support.



We would like to thank all of our volunteers for their support and helping to ensure Inner West Neighbour Aid continues to support our clients and our community. In particular a warm welcome to the volunteers who have recently joined us in 2016.

In Social Support Services we welcome Aryo Satrio, Deane Morley, Emily Soper, Laura Hibbert, Penha Ludgero, Robert Matthews and Vi Le Hoang Tuong.
 In our Gardening Team we welcome Adam White, Annette Ellison, Graham Knox, Jason Herry, Matthew Oastler, Roslyn Harry, and Stephen Tran.
 Joining our Community Visitor Program we welcome new volunteers Adam White, Shevaun Mercer and Elana Kaloudis.



Look out for our advertisement/banner this month along the Bay Run, in Canada Bay.
 Rochelle Self, VOLUNTEER COORDINATOR

IN A NEIGHBOUR'S GARDEN



As you read this, we will be coming to the end of summer which is a relief for us gardeners. I would like to offer a huge thank you to our amazing volunteers, who shrug off the hot summer days to help. Their dedication and strength is incredible and inspirational.

The summer months can be brutal and as you know our garden teams work all the year round. But before we speak too soon, there is bound to be a few more hot days before summer says goodbye.

Before it cools for autumn, remember to:

Help pots to stay cool. Potted plants, especially those in terracotta pots, are vulnerable to overheating. Lightly mulch and, where possible, position them out of hot western sunshine. Remember that standing potted plants in saucers of water encourages root rot and mosquito breeding. Instead, stand them in saucers filled with sand, and keep the sand moist. This ensures roots stay cool and plants remain healthy. If potted plants dry out to the point where re-wetting is hard, soak them in a bucket of water for half an hour, then drain.

Water early to avert mildew: The best time to water your garden is morning. If you water in the afternoon, allow enough time for foliage to dry out before sunset. This reduces the risk of mildew and other fungi attacking leaves, and there's less chance you'll get caught by the evening shift of mosquitoes or sandflies. Mildew frequently attacks roses.

Someone once gave an old tip to spray plants weekly with a solution made from one part cow's milk to 10 parts water. Repeat after heavy rain or irrigation. This remedy won't reverse mildew damage, but it's an effective preventative.

Add nutrients to the water: If you can only water occasionally, try to water plants deeply and use that opportunity to simultaneously feed and correct mineral deficiencies. Apply a soluble fertiliser with added seaweed. Water in potash around the base of fruit trees, especially citrus, to improve fruit flavour and juiciness.

Keep the lawn long and lush: Brown, bare, weed-infested lawns are symptoms of scalping, which means cutting lawns too low. It's a misconception that cutting lawns low reduces the cutting frequency. Instead, mow lawns as high as your mower permits. Longer turf wears better, but most important of all, a thick sward suppresses pernicious weeds such as oxalis and bindii. Fresh lawn clippings are great for activating compost heaps and mulching shrubberies, but only when applied in a thin layer, up to 5cm deep, as thicker layers can burn leaves and encourage collar rot on trees and shrubs.

Use your time wisely: Sometimes it's just not possible to do everything you want to do in the garden. If you're short of time but like your garden to look cared for, some fresh mulch, a few strategically placed flowering plants and a freshly edged lawn will give your garden a lift. Apart from keeping soil cool and conserving water, mulch will also slow down weed growth.

And always feel free to give our friendly Garden Aid team a call, we are always happy to help where we can.

Autumn Gardening: Autumn is one of the most pleasant times for gardening, which is great, as there is always a lot to do. The secateurs and shears get a real workout, tidying perennials, getting rid of dead wood and cutting back vines.

There are three main reasons why you prune. The first is to remove dead or diseased wood, the second is to try and promote more flowering and fruit, and the third is to have a shapely, attractive plant. As a general rule don't cut more than a third off a plant.

The other thing about pruning is that it actually stimulates new growth. The reason it does that is because a chemical is contained in each terminal bud, or leader, and once you've removed that it allows the buds below to break. This means a much bushier plant.

Roman Deguchi, Jenny Jobling and Stuart Blundell,

HOME MAINTENANCE TEAM



ALIVE AND KICKING

We say big welcome back into the new year to all our amazing clients and volunteers, this year is going to be packed with lots of interesting activities and events. We welcome this year with great positivity and active living. In the upcoming months we will be welcoming some wonderful and resourceful guest speakers on Diabetes Awareness and Osteoporosis. We hope you will join us.



Alive & Kicking kick started in February and, it is great to see so much enthusiasm towards such a worthwhile activity. Alive & Kicking runs weekly and includes exercises that focuses on muscle strengthening, balance and physical coordination and lots of fun, laughter yoga, art classes, as well as games and brain activities and a few surprises along the way. Come and give it a go! The Alive & Kicking sessions are highlighted in green in our outings calendar.



Elizabeth Kpaka, SOCIAL SUPPORT WORKER

MY EYES, MY SIGHT

Guidelines for maintaining healthy eyes well into your golden years.

As we get older our eyes become more sensitive and as we are more likely to get certain eye problems such as difficulty in reading, cataracts (gradual clouding of the eye lens), glaucoma (damage of the optic nerve which can lead to blindness) and macular degeneration. A great way to maintain healthy eyes is by eating foods rich in antioxidants, like vitamins A and C, such as leafy, green vegetables and fish. Many foods especially fish contain essential omega-3 fatty acids that are important to the health of the macula, the part of the eye responsible for central vision. An inadequate intake of antioxidants, as well as over consumption of alcohol and saturated fats may harm the macula.

Tips for healthy eyes :

- Eat lots of vegetables and fruits to protect your sight
- Quit smoking or never start
- Be cool and wear your shades
- Give your eyes a rest
- Clean your hands, eyewear and contact lenses properly
- Have an eye examination test every second year
- Exercise regularly



Elizabeth Kpaka, SOCIAL SUPPORT WORKER

“And now we welcome the New Year, full of things that have never been” Rainer Maria Rilke

The year is already speeding along and we are excited to get on with new and exciting projects. Our Social Support services continue to be unique and we strive to listen to our clients and hope that we can offer something that will support you to remain independent in your homes for longer.

We are pleased and overwhelmed to see the enthusiasm for our mini outings. In fact, you will notice the schedule for April has changed slightly. The interest that has been shown for Alive & Kicking has resulted in Inner West Neighbour Aid running a larger activity where we are able to cater for more clients. The other activity which is very popular is hydrotherapy. We will start to run this on a weekly basis alongside another outing on a Thursday. Our clients have indicated that their physical wellbeing and health is important to them. Inner West Neighbour Aid has responded by increasing the number of weekly places available at our Alive & Kicking program and our hydrotherapy program.

I had the pleasure of picking up a new client for our annual Christmas party in 2015. She is new to the area and was a little overwhelmed by the thought of being in a large group and not knowing anyone. Also English is not her first language. All of the clients on the bus made her feel welcome and she enjoyed the Christmas party so much she was excited to commence outings with Inner West Neighbour Aid on a regular basis. In fact she has put her name down for a number of activities in 2016. That is one way to celebrate—a New Year, a New You!

Getting out and about with old friends and new friends met along the way makes us feel happy and part of a community. It is about engaging with others in a safe and positive environment. It is also great to explore new parts of Sydney and reminisce about how it used to be. We have even driven past old homes where some of our clients lived in their youth. To be able to experience this with a group is beneficial to our wellbeing.

Clients have often commented: *“I haven’t been here for years, it brings back great memories and I am so happy I came out today, I was feeling a little low”*. So we look forward to seeing you in the months to come. Happy exploring.

Jackie Walters, SOCIAL SUPPORT COORDINATOR



MARCH				
Mon	Tue	Wed	Thu	Fri
	1 ALL AREAS A&K/ BYO Lunch	2 WEST Showtime @ Canterbury Hurlstone Park RSL Cost: \$7.50 (easy)	3 WEST Chang Lai Yuan Chinese Gardens @ Doonside & Cafe Cost: \$10+ (advanced)	4 EAST Fish & Chips @ Clifton Gardens Cost: \$10+ (moderate)
7 ALL AREAS Irish Fever Concert @ Sutherland Enter. Centre Cost: \$24	8 ALL AREAS A&K / Guest Speaker: Diabetes Awareness BYO Lunch	9 EAST Centennial Park Lunch & Walk BYO Lunch	10 ALL AREAS Hydrotherapy @ Annette Kellerman Pool Cost: \$4 + lunch	11 ALL AREAS Men's Group The Pie Tin @ Newtown Cost: \$10+ (easy)
14 EAST Movies @ Leichhardt Cost: \$10 + Lunch	15 ALL AREAS A&K/Laughter Yoga BYO Lunch	16 WEST Centennial Park Lunch & Walk BYO Lunch	17 EAST Chang Lai Yuan Chinese Gardens @ Doonside & Cafe Cost: \$10+ (advanced)	18 WEST Fish & Chips @ Clifton Gardens Cost: \$10+ (moderate)
21 WEST Movies @ Leichhardt Cost: \$10 + Lunch	22 ALL AREAS A&K/ BYO Lunch	23 NO OUTINGS	24 ALL AREAS Hydrotherapy @ Annette Kellerman Pool Cost: \$4 + lunch	25 PUBLIC HOLIDAY
28 PUBLIC HOLIDAY	29 ALL AREAS A&K/ BYO Lunch	30 EAST IKEA Shopping & Lunch Cost: \$10+ (advanced)	31 WEST IKEA Shopping & Lunch Cost: \$10+ (advanced)	

Outings are extremely popular! Call us on (02) 9799 5099 to book in.

APRIL				
Mon	Tue	Wed	Thu	Fri
				1 WEST Blacktown RSL Buffet Lunch Cost: \$15 (easy)
4 ALL AREAS IMAX theatre Cost: \$10+ (advanced)	5 ALL AREAS Independent Living Centre @ Blacktown Cost: \$10+ (moderate)	6 EAST Showtime @ Canterbury Hurlstone Park RSL Cost: \$7.50 (easy)	7 ALL AREAS SENIORS EVENT. Invitation only	8 EAST Malabar RSL Cost: \$10 (moderate)
11 WEST Flower Power Cost: \$10+ (moderate)	12 ALL AREAS A&K / Guest Speaker: Osteoporosis Awareness BYO Lunch (moderate)	13 EAST Canada Bay Club Cost \$15+ (easy)	14 ALL AREAS Hydrotherapy Cost: \$4 + lunch (moderate)	15 EAST Blacktown RSL Buffet Lunch Cost: \$15 (easy)
18 EAST Flower Power Cost: \$10+ (moderate)	19 ALL AREAS A&K/Laughter yoga BYO Lunch (moderate)	20 WEST Canada Bay Club Cost \$15+ (easy)	21 ALL AREAS Hydrotherapy Cost: \$4 + lunch (moderate)	22 WEST Malabar RSL Cost: \$10 (moderate)
25 PUBLIC HOLIDAY	26 ALL AREAS A&K/ Games BYO Lunch (moderate)	27 NO OUTINGS	28 ALL AREAS Hydrotherapy Cost: \$4 + lunch (moderate)	29 ALL AREAS Men's Group Lunch @ La Perouse Cost: \$10+ (easy)

To ensure everyone gets access, all outings are WAITING LIST ONLY.

Pick-up time is normally from 10:00AM onwards unless notified.