

February 2019 Hunter Ltd TransCare

Your bi-monthly update from TransCare

2019 Seniors Festival, Be Connected

The 2019 Seniors Festival kicks off on the 13th of this month. To celebrate TransCare will be widening the reach of our Be Connected program by offering three information sessions in towns we are planning on running the program. A free taster session will be at Muswellbrook Regional Library on Wednesday February 20 from 10am. This is an opportunity to learn what Be Connected has to offer you, whether you are looking to learn how to operate a device or would like some guidance when searching the Internet. If you would like any more information, please contact our Community Coordinator Samm.



TransCare Scone Seniors Expo

For the past two years the TransCare Scone Seniors Expo has been held as a part of the Seniors Festival. This year the decision has been made to keep the Expo in April to allow more consistency with its delivery. It will be at the Scone Bowling Club on Thursday April 11.

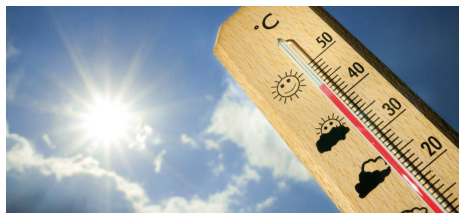
2019 Client Survey

Next month we will be asking clients to take part in the Annual Client Survey. This survey lets us get a better idea of how we are performing and what areas may need attention. If you would like to receive the survey by email rather than post, please send an email to jemma@transcare.org.au

Keeping cool

It will not be news to anyone reading this that it has been a warm start to 2019. All the weather warnings give great advice about how to keep cool, but there are a few other things that you may not have considered.

- It is recommended that medications not be stored over 25 degrees, and may not be as effective if exposed to excessive heat.
- Get advice from your doctor if your medical condition or medications may be affected by the heat, what symptoms may occur and what actions you should take.
- If your fluids are normally limited, get advice from your doctor about how much you can drink during hot weather.
- Stock up on food and essential items, like medications, so you don't have to go out during excessive heat.



We LIVE Here

If you are looking for a gift for someone in the Muswellbrook or Upper Hunter Shire, you can't look past the We LIVE Here Eftpos cards.

Available for purchase from a range of local businesses in the region. If you have received a card you are able to use it to pay for services at TransCare.

NDIS

TransCare is a registered service provider for the National Disability Insurance Scheme. This allows us to assist members of the community with a NDIS package to remain active in the community. All of our Transport, In-Home Assistance and Community Wellbeing services are available to be utilised if you are eligible. You will be able to talk with our dedicated NDIS Administration Assistant Paulette who will help guide you through the process.

Service spotlight - Showers

At TransCare we have a team of In-Home Assistance staff who deliver a variety of personalised care solutions. One of these services is showering, which for some clients can get difficult and dangerous. Staff will either fully assist you, or if you just like the piece of mind of having someone in the house while you have a shower, we will work out a plan to suit. Call the office and speak to someone from the In-Home Assistance section.



Mum "John, did you take a shower?"
John "Why, is there one missing?"



Registered NDIS Provider
Home Care Package Provider

www.transcare.org.au | 214 Kelly Street Scone NSW | 6545 3113 | jemma@transcare.org.au

TransCare Social Activities

Bookings are essential for all social activities. Please phone the office on 6545 3113 for more information or to book your place.

Social Trips

Saturday March 30 - Kurri Kurri Nostalgia Festival

This blast from the past is not to be missed! Look at the classic cars, hot rods, markets, watch the rock'n'roll dancers and soak up the atmosphere. Morning tea will be at Maitland Park, Lunch at Billabongs Maitland. Cost \$60

Friday April 26 - Gloucester Day Trip

Let's go investigate the Gloucester area. Spend a day with us checking out what has changed, and help us decide what way to go from there. Morning tea at Raymond Terrace Park, lunch will be at your own expense. Cost \$50

Wheels to Meals - RSVP one week before, transport included

Muswellbrook

⇒ Tuesday March 12 – On Par Steakhouse, Muswellbrook Golf Club, \$20

Meal options are crispy beer battered hoki fillets, salmon noodle salad, steak of the day or chicken mediterranean pasta. Dessert, tea and coffee available to purchase on the day.

⇒ Tuesday April 9 – Hunter Belle Cafe, \$20

Meal options are classic croissant, chicken caesar wrap, or quiche. Dessert choices are cheesecake slice, chocolate brownie or a scoop of house made gelato.

Scone

⇒ Wednesday March 13 – Scone RSL, \$16

Meal options are roast pork, curry prawns, deep fried fish or grilled chicken breast. Dessert is either fruit salad or cheesecake.

⇒ Wednesday April 10 – Scone McDonalds, \$17

Meal and dessert options will be available at the end of January.

Social Club - There will be no Social Club events in March or April.

Keep cool with some simple fruit smoothie ideas!

- Banana- Blend 2 bananas, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.
- Strawberry Banana- Blend 1 banana, 1 cup strawberries, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.
- Triple Berry- Blend 1 1/2 cups mixed blackberries, strawberries and raspberries* with 1 cup each milk and ice, and sugar to taste. **frozen berries work just as well as fresh, you may not need as much ice.*
- Raspberry Orange- Blend 1 cup each orange juice and raspberries, 1/2 cup plain yogurt, 1 cup ice, and sugar to taste.
- Peach, Mango, Banana- Blend 1 cup each chopped fresh or frozen peaches and mango, 1 cup each plain yogurt and ice, 1/2 banana, and sugar to taste.