



Campbelltown HSP Newsletter August 2022

Payment Options

Currently payment of accounts for the Campbelltown HSP are either:

- In person
- By mail
- Or via credit card

We are pleased to announce that we are currently working with our bank to introduce the long awaited option of paying via Bpay.

There are a few steps we need to work through to finalise this option but are keen to make this available as soon as possible.

Once our Bpay is ready to go, you will see the Bpay symbol appear on the back of your invoice.

Changes are coming for the Commonwealth Home Support Program!

From 1 July 2023 the Commonwealth Home Support Program will change and be known as the new Support at Home Program. The new program will support eligible older people to remain independent and in their own homes for longer. The new program will replace the current:

1. Commonwealth Home Support Program (CHSP)
2. Home Care Packages (HCP) Program
3. Short Term Restorative Care (STRC) Program

This is in line with the Royal Commission in Aged Care Quality and Safety (the Royal Commission's) recommendations to implement a new aged care program.

The Federal Department of Health is undertaking consultation throughout 2022 to inform the design of the Support at Home Program. We hope that we will be able to provide further information in our November 2022 newsletter.

Making your home safe

Making changes to your home can allow you to move around safely, increase your independence and reduce the risk of injury.

Simple changes to the home can include:

- remove tripping hazards around the home, such as rugs.
- installing night lights
- putting nonslip strips on the edge of stairs
- installing smoke detectors

Larger changes to the home can include:

- installing ramps in areas with stairs
- installing rails wherever needed
- widening doorways – especially for people in wheelchairs
- changing bathrooms and kitchens (lowering bench heights for example)
- moving light switches and power points to be more convenient

Getting help with changing the home

Speak to your doctor or an occupation therapist about some of the changes that are best suited to you. Changes should be done by a licensed builder or qualified tradesperson.

You may be entitled to financial assistance to change your home.

Speak to My Aged Care on 1800 200 422 for further information.



Thinking of Volunteering?

Campbelltown HSP provides opportunities for older people to remain living independently at home as well as staying active and connected to the community enhancing their wellbeing and quality of life.

Some of the services provided by Campbelltown HSP such as transport, assisted shopping and social support groups relies on the contribution made by our dedicated volunteers.

Do you know someone who loves the theatre, enjoys high tea, being adventurous and socialising? We are currently recruiting volunteers to assist our Campbelltown HSP clients to host social events, transport clients or assisting with shopping.

If you know a neighbour, friend or family who would be interested in volunteering, please have them contact our Volunteer Coordinator on 8366 9235.

We currently have more than 40 volunteers who make a positive difference in our community and support clients to live life their way.

Recently recruited volunteers to join our team include:

Jim Lewis who grew up on a dairy farm in the Adelaide Hills. As a career he was involved in agricultural research spending most of his time in wheat breeding. Now life in retirement gives him time to be a grandpa and travel as often as he can.

Reeva Brice is very active in the community, she sits on the Campbelltown Active Aging Advisory Committee & Council Of The Ageing Committee.

Vas Dolman is a retired school principle, very active within the community and also volunteers with Repair Café and Fruit Crew.

Shawn McCarthy lives in the Campbelltown Council area and is eager to give back to the community. Shawn enjoys fishing, caravanning and being with family enjoying BBQ's.

Sonia Melfucci joined the social host team in April. Sonia volunteers around her work commitments and supports an orphanage in Bali that funds children to attend school.

Welcome to the team!

National Volunteer Week

We value the great work all volunteers contribute to the program as we know you do too.

In May was National Volunteer Week and to acknowledge the generous contribution our volunteers make to our community we were able to celebrate with a volunteer dinner at John Di Fede Reception Centre. During the celebrations, years of service awards were presented to the following dedicated volunteers.

5 Years

Brian Banes – Volunteer driver
David Eichner – Volunteer driver
Lina Belperio – Volunteer driver

10 Years

Kathy Pfeiffer – Volunteer driver

20 Years

John Heffernan – Volunteer driver



Congratulations and thank you to all our volunteers for their years of service.



Special Trips – Shopping Centres and Cemetery Visit

Is lack of transport stopping you from visiting various shopping precincts around Adelaide, or perhaps you would like to visit the gravesite of your loved ones?

We will be visiting the following sites:

Shopping Centres

Marion Shopping Centre	Monday 8 August
Harbour Town/Ikea	Tuesday 9 August
Brickworks Market Place	Monday 15 August
Virginia Nursery	Tuesday 16 August
Burnside Shopping Centre	Monday 22 August
Adelaide Central Market	Tuesday 23 August
Gepps Cross Home HQ	Monday 29 August
Hahndorf Shopping Precinct	Tuesday 30 August
Royal Adelaide Show	Tuesday 6 September
Pasadena Shopping Centre	Monday 12 September
West Lakes Shopping Centre	Monday 19 September
Rundle Mall Shopping Precinct	Tuesday 20 September
Stirling Shopping Precinct	Monday 26 September
Glenelg – Jetty Road	Tuesday 27 September
Newman's Nursery	Tuesday 11 October

Shopping Centres

Burnside Shopping Centre	Monday 17 October
Tea Tree Plaza Shopping Centre	Tuesday 18 October
Henley Square	Monday 24 October
Noarlunga Shopping Centre	Tuesday 25 October

Cemeteries

Enfield / Dudley Park	Monday 1 August
Centennial Park	Tuesday 2 August
Enfield / Dudley Park	Monday 5 September
Centennial Park	Tuesday 6 September
Enfield / Dudley park	Tuesday 4 October
Centennial Park	Monday 10 October

These trips are for clients who currently receive transport from the Campbelltown HSP and are active and independent.

Standard transport costs will apply. To find out more information please contact, Volunteer Transport Coordinator on 8366 9283.

Incontinence management

If you have permanent and severe incontinence, the Continence Aids Payment Scheme (CAPS) can help with your costs. It's a yearly non-taxable payment to cover some of the cost of products that help you manage incontinence.

You must meet all of the following eligibility criteria:

- have permanent and severe incontinence confirmed by a registered health professional
- be an Australian citizen
- have eligible neurological conditions or other conditions as mentioned on the Department of Health website.

For further information call the CAPS team on 1800 239 309 or visit the Department of Health website.

Simple Fish Stew

Quick and healthy one-pot is packed with white fish fillets, prawns a rich tomato sauce and enough veg for 3 of your 5 a day.

Prep: 10 mins. Cook 20-25 mins. Serves 2.

Ingredients

1 tbsp olive oil
1 tsp fennel seeds
2 carrots, diced
2 celery sticks, diced
2 garlic cloves, finely chopped
2 leeks, thinly sliced
400g can chopped tomatoes
500ml hot fish stock, heated to a simmer
200g skinless cod (or similar fish) cut into chunks
85g raw prawns

Method

Step 1 Heat the oil in a large pan, add the fennel seeds, carrots, celery and garlic, and cook for 5 mins until starting to soften. Tip in the leeks, tomatoes and stock, season and bring to the boil, then cover and simmer for 15-20 mins until the vegetables are tender and the sauce has thickened and reduced slightly.

Step 2 Add the fish, scatter over the prawns and cook for 2 mins more until lightly cooked. Ladle into bowls and serve.

Enjoy!



SALA

The South Australian Living Artists (SALA) Festival is a state-wide showcase and celebration of South Australia's living visual artists. It culminates in Australia's largest and most inclusive visual arts festival, which takes place in galleries and non-traditional arts spaces across South Australia annually, during the entire month of August.

Here in Campbelltown two of our local Arts groups – Campbelltown ArtHouse and Ripples Community Arts are staging exhibitions for SALA. Hope you can get along and see the work of local artists.

Campbelltown ArtHouse will be exhibiting 'Transitions' – *A celebration of life as a cycle of constant change and transformation. Growth, loss, endings, and beginnings comprise the human condition and affect the world in which we live.*

Dates & Times: 7-28 August. Thursday 10am-12.30pm, Saturday & Sunday 12pm-4pm

Opening event: Sunday 7 August, 2pm-4pm

Venue: Campbelltown ArtHouse, 168 Montacute Rd, Rostrevor.

Ripples Community Arts will be exhibiting 'Art Works 2022' – *A diverse and exciting exhibition of sculpture, ceramics, textiles and paintings.*

Dates & Times: 13-21 August, 1.30pm-4pm daily

Opening event: Friday 12 August, 6.30pm-8pm

Venue: Brookside Cellars, 17 Moore St, Tranmere

SALA

 #MyLifeChoices



DISABILITY, AGEING & LIFESTYLE EXPO

FREE
entry!

Fri 28 & Sat 29 October | Adelaide Showgrounds | 10am-4pm