

# OCTOBER-NOVEMBER 2022

## NINA — Newsletter

3 R D E D I T I O N

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Northern Illawarra  
Neighbour Aid Inc.  
**NINA**  
www.nina.org.au

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NINA AGM will be held on the 9th November 2022. We would love to see as many people as possible attend to support NINA and the hard work the volunteers and staff put in to ensuring we have a friendly one to one service. After the AGM we will be also hosting a BBQ for volunteers and clients as a chance for people to get to know one another and spend some time together.

Over the last couple of months we have had some very lovely outings, to Berry for the day and Picton for lunch. Clients have enjoyed a change of scenery, some great food and a chance to see some different sites. Our upcoming trip to the Tulip festival is very popular, if you haven't yet called to book in do so quickly before seats on the bus fill up. Be sure to book in for our October and November outings as well so you don't miss out.

Some clients may be aware that Fiona is off until the end of October, she is recovering from a skiing injury and is at home taking it easy. This means we are a little short staffed at the moment, so phone calls may go through to voicemail, please leave your name and number and we will get back to you as soon as possible.

### Update from the Aged Care reforms.

Included in this newsletter is a letter from the Commissioner of the Aged Care Quality and Safety Commission. This letter outlines some of the changes that are coming to the sector. As new information comes to light we will endeavour to ensure we pass it on.

Northern Illawarra Neighbour  
Aid Inc

Part of the Community Working  
with the Community



myagedcare

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Find us on Facebook

<https://www.facebook.com/northernillawarraneighbouraid>

## CAFÉ CLUB Tradies — OCTOBER 2022

### DATE: 6th OCTOBER

10:30 am Morning tea Quiz

11:15 Board Games

11:45 Who is Who –Baby Pics  
Edition



12:30 Lunch

1 Phil Weston– Entertainer

### DATE: 13th OCTOBER

Lunch Outing  
Helensburgh Hotel \$20 meal  
\$5.50 Transport Pick ups from  
1030am



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### DATE: 20th October

10:30 Morning Tea with Quiz

11:15 Chair Yoga Ellie

11:45 Scattegories

12:30 Lunch

1:00 1950s Famous Female  
Vocalist Quiz



### DATE: 27th October

10:30 Morning Tea with Quiz

11:15 Chair Yoga Ellie

11:45 Celebrity Heads

12:30 Lunch

1:00 Stage Names—Quiz



If you would like to attend the  
Café Club programme on  
Thursday, please call the of-  
fice on 4294 1900 by 1pm  
Wednesday to confirm your  
attendance.

Let us know if you have any  
special dietary needs or if  
you require transport to or  
from the program.  
Thank you

Northern Illawarra  
Neighbour Aid Inc.

**NINA**

www.nina.org.au

## **CAFÉ CLUB Tradies**

### **November 2022**

**DATE: 3rd November 2022**

**10:30 Morning Tea with Quiz**

**11:15 Chair Yoga with Ellie**

**11:45 Slideshow quiz**

**12:30 Lunch**

**1.00 Dave Oliphant**



**DATE: 10th November 2022**

**Café Club OUTING**  
**Appin Hotel & Appin Bakery**



**\$25**

**Come and Enjoy Lunch**  
**Pick up from 10AM**

**DATE: 17th November**

**10:30am Morning tea & Quiz**

**11:15am Chair Yoga with Ellie**

**11:45am Guess The Odd One  
Out- Slideshow Quiz**

**12:30 Lunch**

**1:15 Brand -Slogans quiz**

**DATE: 24th November**

**10:30 Morning tea &  
Quiz**



**11:15 Chair Yoga with Ellie**

**11:45 what am I slide show  
quiz**

**12:30 Lunch**

**1:00 name that tune !**



**If you would like to attend the Café Club  
programme on Thursday, please call the of-  
fice on 4294 1900 by 1pm Wednesday to  
confirm your attendance.**

**Let us know if you have any special dietary  
needs or if you require transport to or from the  
program.  
Thank you**



# Café Club Thirroul

## October 2022

### DATE: 4th October

**Lunch Outing at Bulli  
Workers Club**

**Pick Up from 10:30 am  
Transport \$5.50**

**\$20 meal**



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### DATE: 11th October 2022

**10:30 Morning tea &  
Quiz**

**11:15 things to do in a lifetime**

**11:45 Chair Yoga with Hazel**



**12:20 Lunch**

**1:00 Bingo!**



### DATE: 18th October 2022

**10:30 Morning tea &  
Quiz**

**11:15 Who is Who Baby Photo  
Edition**

**11:45 Chair Yoga with Hazel**

**12:20 Lunch**

**1:00 Name That Tune**



### DATE: 25th October 2022

**10:30 Morning Tea & Quiz**

**11:15 Words in Words –Your  
Name**

**11:45 Chair Yoga with Hazel**

**12:30 Lunch**

**1:00 Sway**

**Program Subject to Change**

Please advise if wishing to attend and  
requiring transport by Monday 4pm thankyou  
42941900

## **CAFÉ Club THIRROUL**

### **NOVEMBER 2022**

**DATE: 1st November 2022**

**LUNCH OUTING –WOMBARRA  
Bowling Club**

**Transport \$5.50**

**Pick up from 10:30 am**

**Wear Your Melbourne Cup Best**



**DATE: 8th November 2022**

**10:30 Morning tea &  
Quiz**



**11:15 Board Games**

**11:45 Chair Yoga with Hazel**

**12:20 Lunch**

**1:00 Reminiscing**

**DATE: 15th November 2022**

**10:30 Morning tea &  
Quiz**

**11:15 Celebrity Heads**

**11:45 Chair Yoga with Hazel**

**12:20 Lunch**



**1:00 All Tones—Entertainer**

**DATE: 22nd November 2022**

**10:30 Morning Tea &  
Quiz**

**11:15 Name That Famous  
Person**

**11:45 Chair Yoga with Hazel**

**12:30 Lunch**

**1:00 Bingo !**



**DATE: 29th November 2022**

**10:30 Morning tea and Quiz**

**11:15 Grooving with Gabbi!**

**12:20 Lunch**

**1:00 Rock Painting**





**If you would like to attend the  
Café Club Thirroul on Tuesdays  
Please call the office on  
4294 1900 by 1pm Monday to  
confirm your attendance.**

**Let us know if you have any special  
dietary needs or if you require  
transport to or from the program.**

**Thank you**

# Shopping / Bunnings / Nursery Trips

PICK UP IS FROM 9AM

Date	Destination	
4th October	Bunnings Kirrawee \$5.50	
7th October	Figtree \$5.50	
14th October	Macarthur Square \$11	
18th October	Sunrise Nursery \$5.50	
21st October	Engadine \$5.50	
28th October	Sylvania \$11	
4th November	Dapto \$11	
11th November	Warrawong \$11	
15th November	Bunnings Bellambi \$5.50	
18th November	Shellharbour \$11	
25th November	Engadine \$5.50	



A special Christmas shopping trip  
coming in December

## Individual Transport

Clients are reminded that although every effort is made to ensure you receive one on one service, there are times where availability of drivers may mean that you might have to share a ride with another client and wait a little. We will only team up clients where there is an hour or less time involved and only when we are extremely busy. With COVID causing many changes clients are asked to be patient and work with the staff if changes need to be made.







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PO Box 394 Helensburgh NSW 2508  
Telephone: (02) 4294 1900  
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ABN 53 458 312 762

## October 2022

Client Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

	<b>Frozen Soup Range \$3.00</b>	<b>5 Oct</b>	<b>12 Oct</b>	<b>19 Oct</b>	<b>26 Oct</b>
1	Pumpkin				
2	Pea & Ham				
3	Cream of Tomato				
4	Country Chicken & Vegetable				
5	Potato & Leek				
6	Bacon, Lentil, & White Bean				
	<b>Sub Total:</b>				
	<b>Frozen Petit Meal Range \$6.50</b>				
7	Beef Rissoles with Gravy				
8	Homemade Beef Lasagne				
9	Hearty Beef Casserole with Rice & Country Vegetables				
10	Chicken Potato Pie				
11	Lemon Chicken with Jasmine Rice				
12	Chicken Parmigiana with Creamed Potato & Beans				
13	Chicken & Cheese Pie with Creamed Potato & Green Beans				
14	Chicken & Leek Casserole				
15	Sweet Potato Shepherds Pie				
16	Roast Lamb & Mint Gravy, Potato, Beans				
17	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas				
18	Sweet & Sour Pork with Rice				
19	Tuna Pasta Bake				
20	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg				
21	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots				
	<b>Sub Total:</b>				
	<b>Frozen Main Meal Range \$8.50</b>				
22	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots				
23	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots				
24	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix				

	<b>Frozen Main Meal Range \$8.50</b>	<b>5 Oct</b>	<b>12 Oct</b>	<b>19 Oct</b>	<b>26 Oct</b>
25	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot				
26	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots				
27	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Diced Carrots				
28	Shepherds Pie with Peas & Roast Pumpkin				
29	Lamb & Rosemary Pie with Breadcrumb Top with Creamed Potato, Roast Zucchini & Sliced Carrots				
30	Roast Lamb with Mint Gravy				
31	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin				
32	Curried Sausages with Mash Potato & Vegetables				
33	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots				
34	Salmon Pasta Bake served with Beans, Carrots & Corn				
35	Curried Prawns with Rice & Vegetables				
	<b>Sub Total:</b>				
	<b>Frozen Desserts \$3.00</b>				
36	Chocolate Mud Cake & Custard				
37	Creamy Rice with Strawberry Compote				
38	Bread & Butter Pudding				
39	Tiramisu				
40	Apple Sultana Crumble & Custard				
41	Sticky Date Pudding				
42	Butterscotch Pudding & Custard				
43	Carrot Cake				
	<b>Sub Total:</b>				
	<b>Total Cost</b>				

*If you require specific dietary requirements contact the office to obtain a copy of the Diet & Allergen Guide*

**Meal delivery will be Wednesday each week.**

Please advise if you are happy for a substitute if your first choice is not available? Yes ☐ No ☐

Office use only	<b>5 Oct</b>	<b>12 Oct</b>	<b>19 Oct</b>	<b>26 Oct</b>
Packed				
Delivered				
CM				
Paid/Invoice				



## November 2022

Client Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

	<b>Frozen Soup Range \$3.00</b>	<b>2 Nov</b>	<b>9 Nov</b>	<b>16 Nov</b>	<b>23 Nov</b>	<b>30 Nov</b>
1	Pumpkin					
2	Pea & Ham					
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4	Country Chicken & Vegetable					
5	Potato & Leek					
6	Bacon, Lentil, & White Bean					
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43	Carrot Cake					
	<b>Sub Total:</b>					
	<b>Total Cost</b>					

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Please advise if you are happy for a substitute if your first choice is not available? Yes ☐ No ☐

Office use only	<b>2 Nov</b>	<b>9 Nov</b>	<b>16 Nov</b>	<b>23 Nov</b>	<b>30 Nov</b>
Packed					
Delivered					
CM					
Paid/Invoice					

## Group Outings October 2022

**6th October Music & Tea at Wollongong Art Gallery**  
Free concert featuring emerging artists  
\$10.50 transport

**21st October Lifeline Book Fair, Illawarra Sports Stadium**  
\$16 transport.  
Pick up from 9am

**22nd October Helensburgh Fair**  
Come along and support NINA  
\$5.50 transport

**31st October Music In The Morning, Wollongong Town Hall**  
Jennifer Grey: songs from the heart  
\$39 plus lunch (Including transport)

## Group Outings November 2022

**1st November Melbourne Cup at the Helensburgh Hotel**  
3 course set menu lunch. Cost tba.  
\$5.50 transport

**3rd November Music & Tea at Wollongong Art Gallery**  
Free concert featuring emerging artists  
\$10.50 transport

**9th November NINA AGM, Client & Volunteer BBQ**  
**Anglican Church Helensburgh**  
Pick up from 9:30

**23rd November Day trip to Bundeena**  
\$16 transport plus lunch

*Bookings made through the office. Please call in advance as some tickets need to be pre purchased. Limited number on buses. Pick up and drop off direct to your home.*



## Tips from the webinar- Understanding Home Care Packages | aired 09/08/2022

### Top 10 tips

1. Check out the fee estimator/means assessment tool on the My Aged Care website. By entering your assets and income, you can avoid being surprised by unexpected fees.
2. Ask for a budget from more than one provider. You want to know how much you are paying to receive how many hours of service. For example: "I would like two hours of showering support a week, I'd like cleaning once a fortnight, I would like meals on wheels." "That will allow you to see what you have left in your package at the end of the month, or if all your funding has been spent, because individual fees can be quite confusing," says specialist financial advocate Heidri Brook, of Aged and Disability Advocacy Australia. "One provider might charge \$40 for a cleaner where another charges \$55. But the second provider might charge less for travel or package management. It's better to look the total picture."
3. Watch out for hidden costs. Some providers charge a percentage to process every invoice. Some charge sign-up and/or exit fees. Others charge a fee if you use your own support worker.
4. Pick up the phone and call a potential service provider. It's a good way to find out if you are going to get good customer service or not.
5. Ask to see a copy of the providers' monthly summary. Is it easy to understand? Do they have a guide for you to follow or someone who can help?
6. You have 56 days to find a provider after you've been assigned your home care package. If, for some reason, you can't find someone in that time, you can call My Aged Care on 1800 200 422 to ask for an extension.
7. If you believe your health needs have changed or that some medical information hasn't been taken into consideration, you can contact My Aged Care and ask to be reassessed.
8. If you self-manage your home care package, local and social networks can be a good way to organise services. "I don't mention aged care packages, I simply say I'm looking for a cleaner, a gardener or whatever person I'm looking for," says National Older Persons Reference Group member Lesley Forster. "We formed our own little group and it's very informal but we share workers and we share problems," says Forster. "If you can talk to other people with a home care package, you're going to learn a lot more, especially from long-term [users]."
9. If you are looking for culturally appropriate services, some providers may have support workers who speak your language or are from a similar cultural background. Contact the Translation and Interpreting Service on 131 450, who can assist you in talking to your providers to set out your needs.
10. Talk to an OPAN advocate or financial advocate for help to understand costs, options and alternative solutions. Call 1800 700 600. They might also refer you to Services Australia's free Financial Information Service (FIS).