



BUCKETTS WAY

Neighbourhood Group Inc.

October 2022 Newsletter



HAPPY INTERNATIONAL DAY OF OLDER PERSONS!

1st October each year is the International Day of Older Persons.

This year's theme of International Day of Older Persons is "Resilience of Older Persons in a Changing World".

Over the past few years we have been lucky enough to bear witness to the fearlessness of the older people in our community. During the pandemic, we loved seeing so many diving in head first when it came to learning how to use their smartphones and tablets, so they could still connect face to face with their loved ones, not to mention how much they were thinking of others, such as their loved ones, before themselves.

Older people may be some of the more vulnerable people in our community, but they are also the most resilient!

BWNG would like to celebrate the seniors of Gloucester by shining a spotlight on the contributions they make to the community especially as volunteers, members of local associations & family members.

Thank you for all that you continue to do for our community!

THE QUOTA CLUB OF GLOUCESTER

Made up of community-minded women, the Quota Club of Gloucester is a service club that supports our local community in many ways.



"Dignity Bags"

Kindly donated by
The Quota Club of Gloucester

Their work has a special emphasis on the welfare of women and children, and speech and hearing-impaired people.

Quota holds evening meetings with businesses on the first Thursday of every month, and Social Dinners on the third Thursday of each month.

Quota is always on the lookout for women interested in supporting the community through service and fund-raising, and those who enjoy fun and fellowship with a friendly group.

For more information about Quota, or their monthly meetings, call Claire (President): **0428852966** or Leonie (Secretary): **655811930**

Pictured: Men's and Women's "Dignity bags" for survivors of domestic violence and hardship, kindly donated by the women at the Quota Club of Gloucester.

Happy International Day



OLDER PERSONS ADVOCACY NETWORK (OPAN)

The Older Persons Advocacy Network comprises of nine organisations throughout Australia that have helped thousands of people just like you to work through issues with their aged care.

OPAN offers free, independent and confidential support and information to older people seeking or already using Australian Government-funded aged care services across the nation, along with their families and carers.

They can give you or an older person you know the advice to find the right aged care services for you, offer free legal advice, help you understand and exercise your rights and stay connected to the people you care about.

OPAN is available between 8am - 8pm Monday to Friday, 10am - 4pm Saturday.

Call OPAN for a free and confidential chat on **1800 700 600**.



Snake Season Safety Tips

Spring is the time when snakes become more active and less wary as they go about feeding and breeding.

There are several things you can do to reduce the likelihood of an encounter and to stay safe:

- Put away pet food, grains and food scraps – these attract rodents which are a primary food source for snakes
- Keep your yard and gardens well maintained and clear of clutter
- Never attempt to catch or kill a snake
- Call a professional snake catcher for assistance

For more information on local snake catchers, call Environment Line Ph: **131 555**

or scan this QR code:



- Always disturb the garden and mulch piles with a long stick before putting your hands in
- Wear thick leather gloves and long pants (preferably heavy weight pants like jeans) and covered footwear (leather or rubber boots)
- Avoid putting your hands into places where snakes may shelter, such as:
 - Holes in logs and trees
 - Holes made by other animals
 - Cracks in the ground
 - Holes in tree roots
 - Under rocks

If you are bitten, bandage the bite immediately and call 000. Do **NOT** try to catch the snake.

For more information on bandaging see: <https://stjohnvic.com.au/>

Or scan this QR code:



Beat the Heat This Summer

Drink plenty of water

- Drink plenty of water even if you do not feel thirsty (unless your doctor usually limits your fluids) – check the colour of your wee – if it's pale you're drinking enough.
- Avoid alcoholic, hot or sugary drinks including tea and coffee. If you go outside, carry a bottle of water with you.

Keep your body cool

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light coloured, loose fitting clothes made from natural fibres like cotton.
- Stay out of the sun. Take cool showers or baths.
- If you must go outside apply sunscreen and wear a hat.
- Plan your day around the heat – avoid being outdoors between 11am and 5pm.
- Put wet towels or cool packs on your arms or neck, or put your feet in cool water.

Keep your house cool

- Cool your house by closing windows, shutting curtains and blinds, opening windows at night if you can to let in cool air.
- Use air-conditioning if you have it (make sure it is set to cool).
- If you don't have air-conditioning, spend time in a cool place like a library or shopping centre.

Have a plan

- Know who to call if you need help.
- Follow your doctor's advice if you have any medical conditions.
- If you feel unwell, seek medical advice from your doctor or nearest hospital.
- Know where to find your emergency kit in case of a power failure.

Keep your food safe

- Make sure food that needs refrigeration is properly stored (the temperature in the fridge should be between 0°C and 5°C). Defrost foods in the fridge, not on the kitchen bench.

After the heat has passed

- Continue to drink plenty of fluids so your body can get back in balance.
- Take time to rest and recover, as coping with extremely hot weather can be very tiring.
- Go to your doctor if you feel unwell after the heat has passed.
- Open windows and doors to let your house cool down.

Important telephone numbers

- In an emergency – call **000**
- For advice on medications and their effect in hot weather – talk to your GP
- For general health advice – call Health Direct on **1800 022 222**. This is a free 24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice (a NSW government health advice line, calls from landlines are free).