



BUCKETTS WAY

Neighbourhood
Group Inc.

November 2024 Newsletter



Graham and Alan of Gloucester Men's Shed with Anna and Jeanette of BWNG.

GIVING TREE BACK FOR 2024

As the festive season approaches, we are excited to announce the launch of our 2024 Giving Tree Appeal. Now in its sixth year, this heartwarming initiative is a chance for our community to come together and help make Christmas a little brighter for local families who may be facing a tougher than usual festive season.

Last year, we were incredibly fortunate to receive overwhelming support from our local community and organizations. Generous donations were received from kind-hearted individuals, groups, and businesses – including the Gloucester Men's Shed (who donated new children's toys to the value of over \$300) and the Gloucester Branch of Regional Australia Bank.

This year we have also teamed up with Ray White Gloucester through their Little Ray of Giving, which is an annual Christmas charity initiative with the primary focus for offices to give back to their local communities.

If you would like to donate a gift to BWNG's Giving Tree, please drop your unwrapped present to either our office at 88 King Street, or Ray White Gloucester at 72 Church Street.

COTTAGE PARTICIPANTS CELEBRATE HALLOWEEN

Participants and Support Workers had fun dressing up and enjoying themed food for their Halloween party at the end of October.



Melinda, Stephanie, Kerri, Josh, Ian, Kate, Anne-Marie & Elle



OLDER ROAD USERS SESSION

Monday 25 November
from 10am.

Please join our local road safety officer, Chris Dimarco from MidCoast Council for a fun filled information session aimed at helping our older people stay safe on the road.

The *Older Road user presentation* will provide you with information and tips to improve your safety when you're out and about, whether you drive, ride, walk, catch public transport or use a mobility scooter. Come along to find out more about:

- How your health can affect your transport options
- Driver licensing
- Safer driver habits
- Retiring from driving
- Walking/crossing the road
- Transport options
- Mobility scooters
- The top 10 most misunderstood road rules

Wesley Mission's Care Finder Program and Carer Gateway as well as Jo and Leonie of BWNG will also be in attendance to provide information and support for all things age care related.

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HELP WITH MEALS THROUGH THE COMMONWEALTH HOME SUPPORT PROGRAMME (CHSP)

Meals on Wheels specialises in nutritious, convenient meals for people over 65 years of age.

If My Aged Care has given you a referral for assistance with meals, you can have freshly cooked hot meals delivered to your door at a subsidised rate.

We can even provide convenient frozen meals for you to keep in the freezer.

Our friendly volunteers can also deliver the new free local newspaper - *News of the Area* with your meal.

To start ordering Meals on Wheels, or to find out how to get the ball rolling please contact our team

Ph: 6558 2454.



Kerry, Jo and Julie of BWNG with Kellie of Cancer Council NSW

RENEWAL OF PARTNERSHIP WITH CANCER COUNCIL NSW

Our team recently caught up with Cancer Council representative Kellie Loader to renew our partnership with Cancer Council NSW for the Transport to Treatment program.

Cancer treatment often requires repeat visits over an extended period to facilities that may be far from home.

Transport to Treatment is a free program for people with cancer in regional or remote areas who have difficulties accessing community transport or other transportation.

Through the program BWNG coordinates volunteer drivers who help cancer patients access the treatment they need, no matter the distance.

To be eligible for this program you must have a referral from your doctor.

If you would like to know more about this program please contact our team.

MINI NUTRITIONAL ASSESSMENTS

As part of our organization's duty of care to, and dedication to improving clinical care for our clients, our nursing team are regularly undertaking clinical assessments and reviews to ensure that our clients are receiving services in line with their individually assessed needs.

The assessment process enables healthcare professionals to identify current and potential health issues, establish baseline data, and monitor changes in a patient's condition over time. By conducting thorough and accurate assessments, nurses can ensure timely interventions, promote patient safety, and contribute to improved health outcomes.

The *BWNG Mini Nutritional Assessment* is adapted from the Nestle Mini Nutritional Assessment (MNA), which is a validated nutrition screening and assessment tool that can identify geriatric patients aged 65 and above who are malnourished or at risk of malnutrition.

The MNA® was developed nearly 20 years ago and is the most well validated nutrition screening tool for the elderly. Originally comprised of 18 questions, the current MNA® now consists of 6 questions and streamlines the screening process. The current MNA® retains the validity and accuracy of the original MNA® in identifying older adults who are malnourished or at risk of malnutrition.

For more information on this important screening tool, please visit <https://www.mna-elderly.com/>.

Our team is currently working on an additional comprehensive nutritional assessment, aimed at planning individualized interventions to minimize malnutrition risk. We are hoping to roll this out next year.

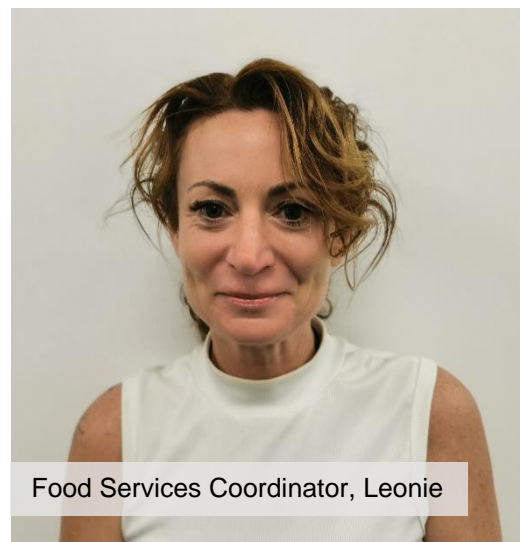


WELCOME LEONIE AND BEST WISHES LUKE

Meals on Wheels Coordinator, Luke is moving on from BWNG. Luke's energy and organisational skills have been integral in providing and coordinating the vital program that is Meals on Wheels. His contributions have left a lasting mark on our local service, and we are so grateful for everything he's done.

As Luke moves on to exciting new opportunities, we are pleased to welcome Leonie to the team in the role of Food Services Coordinator. Leonie brings a fresh perspective and extensive food service experience. We have full confidence that Leonie will continue the excellent work Luke has done, and we're excited to support her as she steps into this important role.

Thank you, Luke, for your time with BWNG, and welcome, Leonie - we look forward to all the great things we will achieve together!



Food Services Coordinator, Leonie

HAPPY 10TH ANNIVERSARY TO CEO ANNA

We would like to take this moment to congratulate and sincerely thank Anna Burley, CEO of BWNG, on reaching an extraordinary milestone—ten years of service at the helm of the organisation.

Anna's vision, dedication, and unwavering commitment to BWNG have been integral to our growth and success. Over the past decade, she has shown an exceptional determination, championed the needs of our community and advocated tirelessly for the people of Gloucester.

Her extensive local knowledge, experience, and invaluable network of connections have been indispensable to our work, helping us navigate challenges and seize opportunities.

Anna, your contribution to BWNG cannot be overstated. We are deeply grateful for your passion, resilience, and tireless efforts. Here's to many more years of success and growth, and to the continued impact you will undoubtedly have on our organisation and the people we serve.



CEO Anna with BWNG Board of Management President, Donna.

OUR BOARD OF MANAGEMENT

BWNG's Annual General Meeting (AGM) was held on Monday 28th October.

During the AGM the volunteer Board of Management was elected for 2024/25, and remained unchanged from the previous year.

They are; Donna Kemp – President, Robert Sparkes – Treasurer, Jodie House – Secretary, Julianne, Ian and Beverley.

We express our gratitude to our board members for their dedicated service, and we look forward to the continued growth and success of BWNG under their guidance.



BWNG Board of Management Donna, Julianne, Ian, Robert, Jodie, Beverley and Vicki



MEDICARE SAFETY NETS

Medicare safety nets give you extra support if you have high out-of-pocket medical costs over the course of the year.

Once your out-of-pocket costs for medical services reach a certain threshold Medicare will give you a higher refund back for the rest of the year.

There are two Medicare safety nets:

- Original Medicare Safety Net (OMSN)
- Extended Medicare Safety Net (EMSN)

Anyone enrolled in Medicare is eligible for these safety nets. Services Australia keeps a tally of your MBS service expenses – you can check where you are up to at any time by calling Medicare on Ph: 132 011 or by logging into your Service NSW account online.

There are some eligibility requirements. The safety nets do not apply to services that are not listed on the Medicare Benefits Schedule (MBS) or to MBS services that are delivered in hospital.

To find out more visit www.servicesaustralia.gov.au/how-medicare-safety-nets-and-thresholds-work

or scan this QR code:



A SENIOR'S GUIDE TO STAY SAFE AT HOME

Every year, millions of older adults are injured in their own homes due to various hazards, ranging from tripping over footstools to falling down the stairs.

Here are a few practical tips for preventing home injuries:

1. Improve Lighting
 - Ensure all rooms, staircases, and hallways are well-lit, particularly at night.
 - Consider adding motion-sensor lights or nightlights in key areas
 - Use bright, energy-efficient bulbs and ensure light switches are easily accessible.
2. Remove Tripping Hazards
 - Clear away obstacles that could cause you to trip such as rugs or stored items.
 - Secure loose rugs with non-slip mats or replace them with rugs that have built-in safety backing.
3. Improve bathroom and kitchen safety
 - Keep floors dry and consider using non-slip mats or decals in the bathtub and shower.
 - Lower the temperature on your water heater to avoid burns, and use a shower chair or bench if standing for long periods becomes difficult.
4. Consider Home Modifications
 - If you're planning to age in place, consider making home modifications such as installing grab bars, widening doorways, lowering counters, or installing ramps for easier access.
5. Stay Active and Healthy
 - Exercise regularly to improve strength, balance, and flexibility. Activities like walking, tai chi, or strength training can help reduce the risk of falling.
6. Emergency Numbers and Contacts
 - Keep emergency numbers (doctors, family, neighbours) easily accessible in case of injury.
 - Consider wearing a personal alarm or emergency response system (PERS) if you live alone.

CONVENIENT ACCOUNT PAYMENTS WITH DIRECT DEBITS

BWNG now accepts Direct Debit as a payment method. This option allows us to automatically collect the amount owing on your statement directly from your bank account on the due date, saving you the hassle of travelling to the office or calling to pay over the phone.

To make use of this payment method:

1. Ask for a *Direct Debit Request Form* from BWNG
2. Read the Service Agreement on the *Direct Debit Request Form* to decide if this option is right for you, then;
3. Complete and return a *Direct Debit Request Form* to BWNG.
4. Once your *Direct Debit Agreement* is in place, you should check your bank account after each payment to verify that the amounts debited from your account are correct.

You can change, stop, or defer an individual payment, or cancel or suspend the Direct Debit arrangement at any time by providing BWNG with 14 days' notice, either in writing or over the phone.

If you would like to arrange to pay future BWNG accounts via Direct Debit, please contact our team and ask for a *Direct Deposit Request and Service Agreement form*.

If you have any questions about the Direct Debit payment option, please contact our team. Ph: 6558 2454.