



BUCKETTS WAY Neighbourhood Group Inc.

April 2022 Newsletter



INTERNATIONAL WOMEN'S DAY WITH THE VIEW CLUB

BWNG CEO Anna and Home Care Package Officer Chelsea recently attended Gloucester View Club's International Women's Day Morning Tea, which was held on 8 March 2022 at Gloucester Soldiers Club.

Chelsea and Anna answered questions on funding help at home through My Aged Care, had a chat about falls prevention for seniors and gave a demonstration on personal alarms.

Anna and Chelsea were honoured to be invited to speak at the gathering and appreciated the opportunity to connect with the ladies of the View Club.

If you would like our team to speak at a local function please call us Ph: 6558 2454.



Home Care Package Officer Chelsea speaks to the ladies of the View Club.

EASTER & ANZAC DAY CLOSURE ADVICE

Over the **Easter Long Weekend** of Friday 15/04/2022 to Monday 18/4/2022 inclusive our service availability is as follows:

- Our office will be closed from 4.00 pm Thursday 14/04/2022 and will re-open 9 am Tuesday 19/04/2022.
- Transport services and Meals on Wheels will be closed from close of business Thursday 14/04/2022, recommencing Tuesday 19/4/2022.
- Non-urgent services under CHSP will be closed from close of business Thursday 14/4/2022, recommencing Tuesday 19/04/2022. Urgent services under CHSP' will be arranged individually with each client.
- Services under Home Care Packages will still be available every day.
- Disability services will be available every day upon request.

Additionally, our office, transport and Meals on Wheels services will be closed Monday 25/04/2022 for **ANZAC Day**. Disability services, services for Home Care Package clients, and urgent services for CHSP clients will be available on request.

If you have any questions or concerns about your services please call our team as soon as possible to discuss your options.

On behalf of the BWNG team, we wish you a safe and happy Easter period.

PERSONAL ALARMS EXPLAINED

The Live Life® and Vital Call® alarms are two of many medical and personal alert systems which notify emergency services or the emergency contacts of the wearer when it detects that a fall has occurred.

Alarms are shower-proof and worn as a pendant or bracelet. They work using the same technology as a mobile phone, but in a simpler form.

Using the Telstra mobile network and in-built GPS tracking the alarm notifies a response centre or calls the wearer's emergency contacts, depending on the device.

Some alarms can even send 'help' messages via text with a link to Google Maps showing the user's location to within two metres.

The cost of a personal alarm may be covered using your Home Care Package, or purchased privately from the company if you have not been approved for a Home Care Package.

To find out more about personal alarms please call our team ph: 6558 2454.



2022 INFLUENZA VACCINATION

Free Influenza (flu) vaccines under the National Immunisation Program (NIP) are available from April, subject to local supply.

The vaccine is given as a needle each year to protect against the most common strains of the virus.

Flu vaccines are available at no charge to all people aged 65 or over, and the at-risk groups:

- children from 6 months to less than 5 years of age
- adults aged 65 years and over
- Aboriginal and Torres Strait Islander people aged 6 months and over
- pregnant women (during any stage of pregnancy)
- people aged 6 months and over with medical conditions which increase the risk of complications.

The highest level of protection occurs in the first three or four months following vaccination. Annual vaccination should ideally occur before the onset of the flu season.

Vaccination from April provides protection before the peak season.

Be sure to speak to your GP to organise your vaccination before the flu season starts.

LIVING WITH COVID

As the ever-evolving pandemic wears on we're still keeping up to date with the most recent advice from NSW Health and other relevant bodies.

BWNG's Pandemic Officer, Rachel, recently participated in a Future Covid Planning webinar. The hot topics of the webinar were Rapid Antigen Testing, preparing for the flu season, and living endemically with COVID.



Rachel – Pandemic Officer



Ian – Health Transport Volunteer

WELCOME NEW VOLUNTEERS

We're pleased to welcome a few new faces to our amazing team of volunteers.

Ian (pictured) and Russell will be providing Health Transport, and Vicki who also serves on our Board of Management will be delivering Meals on Wheels to the community.

APPS FOR BLIND AND LOW-VISION PEOPLE

They're free or cheap, easily downloaded, and hugely useful. Apps (short for 'application') have made a world of difference for people who are blind or have low vision. Simple technology like smartphones with a camera can give people their independence back, and in some cases, act as a second pair of eyes.

There are apps that read the text of documents out loud, apps to identify people's facial expressions, apps that tell you what colour your shirt is and apps to identify Australian banknotes.

Here are three of the many vision apps that can be found out about on the Vision Australia website: www.VisionAustralia.org

Seeing A.I.

Cost: Free

Description: A talking camera specifically designed for blind/low vision users, it speaks text as soon as it appears in front of the camera;

scans barcodes, using audio beeps to guide you; describes an overall scene; identifies colours, reads handwritten text like in greeting cards; saves people's faces so you can recognise them, and reads banknotes.

Smart Magnifier

Cost: Free

Description: Turns your device into a magnifying glass via its camera. You can zoom in and magnify objects by using your smartphone's camera.

The flash can be turned on to light up the object, you can adjust filters to help you differentiate colours or use a freeze-frame to get a static close-up.

Vision Connect (Vision Australia library)

Cost: Free

Description: Vision Australia's online library service. This app allows you to search, select and read a vast range of books and other publications. It is updated daily with the latest Australian newspapers and magazines so you can keep up to date with the news.

Gloucester Library runs regular free Tech Savvy Seniors courses. If you need help installing or using apps like these on your phone contact the library to register your interest for the next course. Ph: 6538 5258.