



BUCKETTS WAY Neighbourhood Group Inc.

August 2022 Newsletter



COVID-19 UPDATE

The NSW Government has reported that COVID-19 cases are on the rise, and has revised the COVID-19 reinfection period from 12 weeks down to four weeks, effective from the 12th July 2022.

Although COVID-19 is common year-round, the cold weather can make it easier for viruses to infect our bodies. With increasing COVID-19 and influenza in the community, it is important that we all help limit infections by continuing to:

- Practise good hand hygiene by washing or sanitising our hands
- Wear a mask when out or receiving visits
- Be fully vaccinated – The winter booster is now available, and NSW Health strongly recommends it for everyone aged 50 and over
- Test using rapid antigen tests if you have symptoms
- Maintain social distancing where possible
- Get together outdoors or in large, well-ventilated spaces with doors and windows open
- Stay active and healthy, eat well and take care of your mental wellbeing

As an ageing and disability services facility a number of government restrictions remain in place for BWNG, to protect our clients, our team and the broader community.

- Anyone visiting our office is still required to wear a mask, use the hand sanitiser provided and check-in upon entering the building.
- Our team will continue to wear masks and other personal protective equipment whilst providing your services and supports.

It is important to let us know if you have any cold or flu-like symptoms before we provide services, and/or if you are waiting for the results of a COVID test. This doesn't mean that your service won't go ahead, it means that we may need to put extra precautions in place.

Health transport service continues to operate to both in-town and out-of-area destinations however, trips must still be directly to the destination and back.

It is business as usual for our Meals on Wheels service.

Staffing remains a challenge across the ageing and disability services sector, and we thank you for your patience and understanding as we strive to ensure your services and supports continue with as little disruption as possible.

As always, if you have any questions about BWNG's pandemic response please don't hesitate to call our team Ph: **6558 2454**.

If you have any questions or concerns about COVID-19, don't forget that you can telephone:

- The Older Person's COVID-19 Support Line: **1800 171 866**
- The National Coronavirus & COVID-19 Vaccine Helpline: **1800 020 080**
- The Disability Information Helpline: **1800 643 787**

BE COVIDSAFE

For more information about Coronavirus (COVID-19), please visit [health.gov.au](https://www.health.gov.au)



AGED CARE EMPLOYEE DAY

As an organisation, we value and appreciate the dedication that our Aged Care Workers bring to their role, and we acknowledge the difference a helpful person with a caring attitude can make.

Sunday 7th August is National Aged Care Employee Day. To observe the special day we would like to display a wall of thank you cards dedicated to our Support Workers and Administration Team. We have included a simple card with this newsletter, and we invite you to write a message on the card and return it to our office to be displayed.

Your message can be addressed to one worker in particular, or to the team as a whole.

To return your card, you may give your card to a support worker, or pop it in the post.

If you are not afraid of the camera, we will also be preparing a short video of thank you messages to share on social media.

If you have any questions, or would like to be involved, please call & talk to Clint - **6558 2454**



NUMBERS TO KEEP ON HAND

National COVID-19 Helpline
1800 020 080

Seniors COVID-19 Support Line
1800 171 866

Seniors Card & NSW Seniors Info Service
137 788

Elder Abuse Hotline
1800 353 374

My Aged Care
1800 200 422

Aged Care Complaints Commissioner
1800 951 822

Seniors Rights Service
1800 424 079

Department of Veterans Affairs
133 254

Older Person's Advocacy Network
1800 700 600

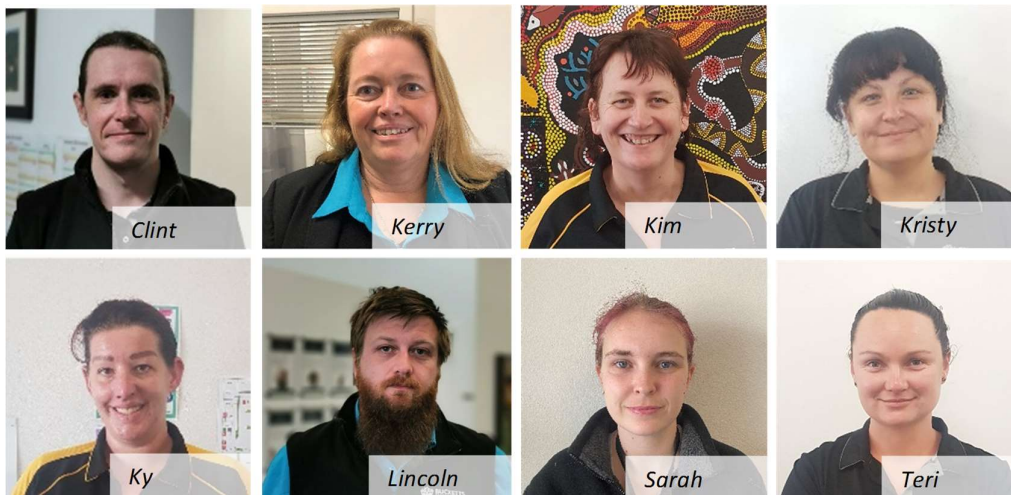
Centrelink:

Aged Pension, Health Care Card, Pensioner Concession Card or Pension Loans Scheme
132 300

Bucketts Way Neighbourhood Group
6558 2454

NEW FACES AT BWNG

Eight new faces have recently joined BWNG. These include Kim, Kristy, Ky, Lincoln, Sarah and Teri who are part of the Ageing and Disability Team, and Clint and Kerry who are part of our Administration Team. Welcome aboard!



NATIONAL STROKE WEEK 2022

During National Stroke Week 2022, we are celebrating the precious moments that you or your loved one's can continue to enjoy during and after your recovery.

Stroke can happen to anyone, at anytime and anywhere. The first step in getting better outcomes from stroke is getting to hospital quickly.

HOW DO YOU KNOW IF SOMEONE IS HAVING A STROKE? THINK... F.A.S.T.

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

Using the F.A.S.T. test involves asking these simple questions:

- Face - Check their face. Has their mouth drooped?
- Arms - Can they lift both arms?
- Speech - Is their speech slurred? Do they understand you?
- Time - Is critical. If you see any of these signs call 000 straight away.

If you or someone you know experiences the signs of stroke, no matter how long they last, call triple zero (000) immediately.

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs.

The following signs of stroke may occur alone or in combination:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

For more information on strokes, please visit <https://strokefoundation.org.au/> or scan this QR code:

