



BUCKETTS WAY Neighbourhood Group Inc.

September 2023 Newsletter



NDS National
Disability
Services

COVID-19 News Update



NATIONAL COVID-19 UPDATE: SEPTEMBER 2023 ATAGI COVID-19 VACCINATION ADVICE

The September 2023 advice from the Australian Technical Advisory Group on Immunisation (ATAGI) recognises that protection from COVID-19 vaccinations becomes less over time, and while cases may have decreased COVID-19 remains a serious disease.

The ATAGI recommends adults aged 75 years or older receive an additional dose of vaccine if has been six months since their last COVID-19 immunisation.

The following population groups have a higher risk of severe illness, and are encouraged to consider receiving the additional dose if it has been six months since their last COVID-19 vaccination dose:

- All adults aged 65 to 74 years,
- Adults aged 18 to 64 years with [severe immunocompromise](#)
- Individuals 18 to 74 years who:
 - have no known history of SARS-CoV-2 infection (and therefore are unlikely to have protection from hybrid immunity),
 - have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs, or
 - reside in a residential aged care facility.

Full details of the September ATAGI advice is available from the Department of Health and Aged Care at [ATAGI Update on the COVID-19 Vaccination Program](#)

ATAGI continues to encourage all adults who were [recommended to have a COVID-19 vaccine dose in February 2023](#), and who have not received one to arrange for a booster dose as soon as possible.

A NEW ROLE FOR NICOLE

BWNG is pleased to announce that Home Care Package Officer Nicole will soon be stepping into the role of Ageing and Disability Services (ADS) Team Leader.

As an established member of BWNG's administrative team, having joined us in 2020, Nicole has a solid understanding of our systems and community— something that we feel will be an advantage.

Nicole possesses proven leadership experience and is passionate about the care industry.

We thank Nicole for taking on this responsibility and look forward to her settling into her new role.



Incoming ADS Team Leader,
Nicole Cook

CHEAPER MEDICATIONS FROM SEPTEMBER

Patients will now be able to receive a 60-day supply of some common PBS medications for the price of a single prescription.

The federal government has released a list of the 92 drugs affected by the changes under stage one of its new 60-day dispensing policy.

The list includes medications for cardiovascular disease, gout, heart failure, high cholesterol, hypertension, and more.

Concession card holders will save \$43.80 a year for each eligible medicine.

Those with no concession card will save up to \$189 per medication every year.

More medications will be included in the dispensing policy, with a total of 300 to be introduced in stages over a 12-month period.

The government estimates about six million people will benefit from the scheme, which will also result in a reduction in the number of repeat visits to GPs saving patients time and money if the doctor doesn't bulk bill.

-from 'The Senior' 7/08/2023



Trainee Miranda

MIRANDA COMPLETES TRAINEESHIP

Gloucester High School Student Miranda has completed a traineeship in Certificate III Business Administration with BWNG through the School Based Apprenticeship and Traineeship (SBAT) Program.

The SBAT Program allows Higher School Certificate (HSC) students to participate in paid employment while earning a certificate-level qualification and as part of their school studies.

Friendly and vibrant with maturity beyond her years, Miranda has been a valued member of our team, and we wish her well!

NEWSPAPER WITH MEALS ON WHEELS

Did you know that if you order a meal on Wednesdays our delivery volunteers can deliver the Gloucester Advocate to you with your meal?

Conveniently, the cost of your newspaper and \$0.35 delivery fee is added to your monthly BWNG account.

Please talk to our Meals on Wheels Coordinator to find out more about this option. Ph: 6558 2454.



Connections Program Officer, Amber with the mural.

GATHANG MURAL

When travelling into Gloucester from the northeast lately you may have noticed that a vibrant, eye-catching mural has recently been installed on BWNG's northern exterior wall.

The mural was created by participants of the Gathang Revitalisation Language Workshops, which have been a collaborative effort between BWNG's Connections Program and Gloucester Worimi First People's Aboriginal Corporation over the last two years.

The Gathang Revitalisation Workshops aimed to revive and celebrate Gathang, which is the language of Worimi and Biripi people (the traditional custodians of our area) and to build the capacity of local Aboriginal community members to become competent language teachers themselves.

ALZHEIMER'S MONTH – 'NEVER TOO EARLY, NEVER TOO LATE'

September is World Alzheimer's month and the theme for 2023 is "Never too early, never too late".

With the number of people living with dementia set to almost triple by 2050, it has never been more important to recognise the risk factors associated with dementia and take proactive steps towards risk reduction. As such, this year's theme 'Never too early, never too late', centres on the key risk factors and risk reduction, aiming to emphasise their crucial role in delaying and potentially preventing the onset of dementia. This also importantly includes ongoing risk reduction for those who have already been diagnosed.

Although we can't alter our genes or stop ageing, there are changes that we can make at any age to reduce our risk of dementia. In fact, the following changes may prevent or delay up to 40% of dementia cases.

For further information on Alzheimer's disease, dementia or information on how to get involved with Alzheimer's month visit the Alzheimer's International website at www.alzint.org or scan this code with your phone:



12 dementia risk factors

- Physical inactivity
- Smoking
- Excessive alcohol consumption
- Air pollution
- Head injury
- Infrequent social contact
- Less education
- Obesity
- Hypertension
- Diabetes
- Depression
- Hearing impairment