



MURRUMBURRAH- HARDEN FLEXIBLE CARE SERVICES INC.

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March 2024

From the CEO



Things never seem to slow down here at Flexi Care.... which is a good thing, however our staff all enjoyed a well earned break over Christmas and New Year to refresh in readiness for another busy year ahead.

Our care rosters are operating at near capacity and most days we have 4 care staff rostered to meet the needs of our community clients. Our outreach areas include service to clients in; Harden, Jugiong, Wombat, Kingsvale, Galong, Boorowa and Young. We have formed a good rapport with Murrumbidgee Local Health who routinely refer 'Out of Hospital' care clients to us for a short 6 week recovery program. Thank you to our care staff for the work they do with the varied needs of clients.

We recently celebrated 'Seniors Week' with a High Tea luncheon of which a great roll up of about 40 enjoyed coffee, cakes, snacks and a social chat enjoyed out in the warm sun here on site, a big thank you to the home cooks.



In February I was invited to speak at the monthly coffee morning of the local Hospital Auxiliary, this was a good opportunity to visit their new home and I passed on my appreciation for all the continued good work their members (past and present) do in support of our local hospital – this also was a great opportunity for me to promote the services we offer here at Flexi to the 30+ in attendance, and of course I stayed for some yummy treats.

We continue to promote Quality Improvement and recently have made updates to our Mission Statement in line with the guidelines set by the Aged Care Commission, likewise we have established our own set of Core Values after valuable input from staff, volunteers and Board members this a working document of which we strive to align ourselves to on a day to day basis.

Not specific to our service but certainly within the scope of community services is the addition of the use of our rooms by other community organisations; includes local Book Club meeting monthly and also the Local Health Advisory Committee which is an essential gathering of interested locals to highlight and promote healthcare opportunities for the betterment of our community.



On a lighter note our crew in the past 4 months have being actively involved in the local business house bowls comp, this has provided some weekly office banter and our team were delighted to be amongst the prize winners at the wrap party our team are already talking up their chances for next years challenge.



I do hope that I can report in our next newsletter that we have our bathroom upgrade completed of which we are eagerly awaiting a start date.

Maryanne



Artist’s impression - released April 1st

From the Board

I heard yesterday (Good Friday), as I was driving, that it was day 88 of the new year! Where has the year gone? Has it been the wet weather over Christmas, or now, the very dry, late summer that has thrown us a little?



Board Members:

Judy McFadyen – Chairperson
Nicole Bolger - Secretary
Lynne Friend – Treasurer, Public Officer
Stewart Bruce – Vice Chair
Grahame Taylor –Director
Carol Barker – Director
Mandy Sachs – Director
Robert Fitzpatrick – Director
Keith Ward – Director
Maryanne Fitzgerald – CEO (ex officio)



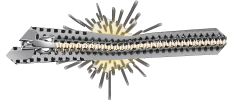
So... a new year means new goals and new adventures for our team and clients.



Board meetings are always enjoyable. We are a diverse group, always positive and always focussed on supporting Maryanne, her team and our clients.

When we moved to our new premises, we couldn’t believe how much space we had. Little did we know that we would be so successful and so busy that we are bursting at the seams so to speak.

Our client base is at maximum and if time and space allowed, Ang and the team could open the Hub every day.



EASTER at the HUB



I’m a big believer in having big picture dreams because without them we would never progress. One day, Ang’s dream of locating the Hub in the current admin area will come true.



One of Ang’s great portrait shots

Happy Hubster Edna

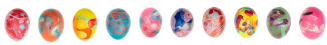
In the meantime, completion of our renovations is inching closer. Our new car port is finished, Scott Chesworth will begin work on our new bathroom very soon, some groundworks have been carried out in readiness for our beautiful outdoor furniture to be installed and the garden beds are waiting for cooler weather!



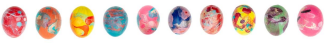
As always, thank you to the volunteers who give their time across so many areas of our Flexible Care delivery. I always get a shock when I realise just how many of you there are!



Our raffles have begun. The generosity of community members who donate prizes, those of you who sell tickets in the heat and cold and those of you who buy those tickets is immeasurable.



Keep an eye out for ticket sellers each month. We have some great prizes coming up.2



**MURRUMBURRAH
HARDEN
FLEXIBLE CARE
SERVICES INC.**

- PERSONAL CARE
- FLEXIBLE RESPITE
- SOCIAL SUPPORT
INDIVIDUAL & GROUP
- MEALS ON WHEELS
- COMMUNITY TRANSPORT
- DOMESTIC ASSISTANCE
- YARD & GARDEN

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Australian Government

Here's to another fantastic year of supporting our community and being supported by our community!

Recent community group donations



Australia Day



Harden Lady Bowlers



Uniting Church

Judy



2024 EASTER RAFFLE DRAW

First prize - Fiona Collins
Second prize - Shirley Doolan



Volunteer Martin Carter



Thank you so much to everyone who have supported us by buying tickets in our raffles. It's amazing how much it all adds up!



Meals on Wheels News

Our meals service continues to be very busy for our clients with both frozen and hot meal deliveries maintaining at a high level.

I have recently completed some work on streamlining our volunteer's rosters for our meal deliverers and hope this makes things easier for all concerned. We are always in need of some new volunteers - if that is something that you may be able to commit a little time to a few days in the month please reach out to me for information.

We had a little break from our raffles over January/February however our monthly raffles have kicked off in March with a monster Easter Egg Raffle – thanks to all for volunteering and/or buying tickets. The 'guess the eggs in the jar' proved very popular and congrats to **Bev Stewart** who was spot on the money with 181 – Bev can now enjoy this many sweet treats from the jar.



I am so excited with the addition of our new dishwasher in our kitchen area which is certainly complimenting our recently acquired oven and freezer equipment – no more 'dish pan hands' for Jacinta.



April 1st image of new dishwasher

How are Meals on Wheels different from supermarket frozen meals?
Meals on Wheels provide main meals that are designed with the over 65 group in mind.



Our meals strive to meet the National Meal Guidelines. Most supermarket frozen meals are smaller overall, contain much less meat and vegetables, and are lower in protein and energy in comparison.

Please do not hesitate to call in and see me and ask about our meals – we have some new menu choices and already receiving positive feedback on these new additions.

Jacinta



Transport News

Community Transport has continued to be very busy following the Christmas break.

We continue with our regular weekly trips to Wagga, Canberra and surrounding areas for medical and personal appointments for clients.



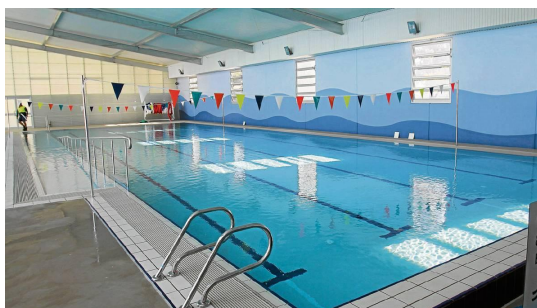
Volunteer driver Owen Davison



With our reporting process we can see that this time last year we supplied service to 299 clients, compared to 510 for this reporting period for this year so far, which has seen an increase of 40% for people requiring transport.

We are in the process of arranging some future adventures for the coming months, so watch this space

For the month of March, we have been taking the bus over to the heated swimming pool in Cootamundra, which has proven to be very popular. For those who did not want to go swimming, the option to do a bit of shopping was available as well.



Boorowa trip, Sep 2023



Jodi



Care and Social Support Services

Tuesdays at the hub continue to bring people together from within our community for fun, laughter and friendship. Activities such as playing games, sharing stories or just enjoying a cup of tea & a chat together our hub has been a lively and welcoming place for all.

THE HUB
A place to stay
connected
Tuesdays 10 am
to 2

In the past few months, we've organised special events such as lunch outings in Cootamundra and Harden, and few trips to our local community garden, lots of craft activities and themed parties including Australia Day, Chinese New Year and St Patricks Day just to name a few. These events have been a hit providing opportunities for learning, creativity and celebrations while engaging with one another and the community.

We have also focused on promoting health and well-being amongst the Hub, we were delighted to welcome guest speaker Alex - Harden's new very own Physiotherapist, who spoke to the group about balance and how important it is to exercise in ageing.



We have attended our local pool once a week for gentle exercises and now are attending the heated pool in Cootamundra for the upcoming months. We are dedicated to helping our community in staying active and healthy.



We are planning plenty of outings for the future, hopefully we will have morning melodies once a month hosted in our own town very soon!

Follow us on social media to stay updated on all the latest news and events from Flexible care. We love hearing from the community, so feel free to share your feedback and ideas with us.

Ang

