



SHINE Community Services Newsletter

ENHANCING THE LIVES OF SENIORS AND PEOPLE WITH DISABILITIES

From the Manager

by Christine Hastie

Hi Everybody

Here we are coming to the end of another financial year! Time just flies by, but it is so important to enjoy every day of our lives. Other people help us to do this as we build and enjoy relationships with each other.

You may have heard a lot about changes to Aged Care from the 1st of July. A lot of the talk is about Consumer Directed Care. In the main, this relates to packages and is part of the Federally funded system. Most of our services come under the HACC (Home and Community Care) programme that the State government administers. So, at this stage, there are no changes to the services that you receive. That said, we never want to be inflicting services or our ideas upon you and if you would like changes to your services that are reasonable we will do our best to accommodate them, eg you may be feeling that you can do more of your housework so need less domestic assistance but the garden is getting too hard to manage so you would like gardening services. Please feel free to talk to us about your situations. We do have guidelines to follow but we like to help you to maintain your independence for as long as possible.

We will keep you up to date with changes that affect us, as they come through.

Just a reminder too, that we are a DGR (deductible Gift Recipient) and that means that donations are tax deductible!

Love Christine

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Chairman's Report

by Simon Walsh

SHINE Community Services. Welcome to well-being.

Our change of name is approximately one year old this month! Surprising really, it seems longer to me. The name change has been a huge success; I haven't heard a reference back to TAPSS for a long while.

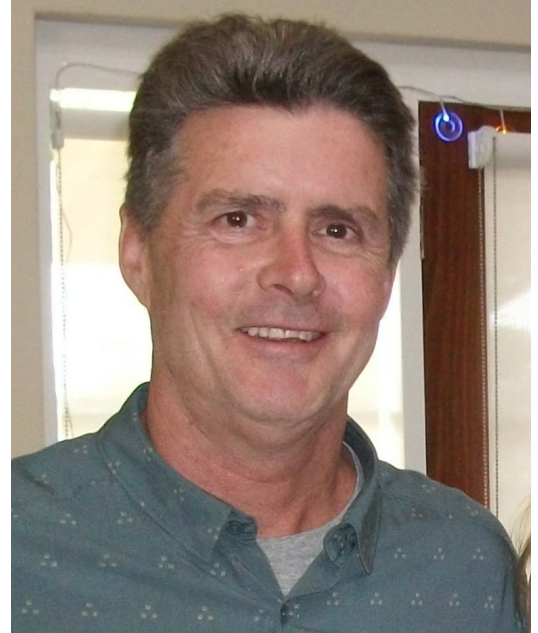
Through ongoing informal and formal consultation with you we have been able to improve and expand our services, their frequency and quality over the year. That is very satisfying.

Our staff are working harder and more effectively than ever before. Each of them has had a say in what we do and how we do it. Their creative input has been remarkable. Our aim is to help more people more often and more effectively.

The Board thanks you all for helping to make SHINE such a success, we look forward to continuing that success.

Stay well.

Simon Walsh
Chairman



A Message from Reception

by Janet Greene

Half a year has gone! The weather is changing getting cooler by the day, the sun is still shining for now but the rain is on its way.

Wednesday Scrabble group is getting bigger and more people are always welcome! Why not come and test your word skills and maybe learn some new ones. "Scrabble is a great memory stimulant and it can help boost your power to remember things".

The second luncheon for July will be held on **16th July** and we will once again have Christmas in July. Come enjoy a delicious meal, great people to chat to and socialise with and live entertainment. The cost will be \$20, plus \$5 if transport is required.



Membership

With the end of the financial year coming up we are sending out membership renewal forms for those of you who would like to renew your membership. Some of you who are not yet members may like to become a member. Membership is NOT compulsory but it can help you feel more connected with us all. Your support is highly valued.

Financial memberships are valid from July 1st, 2015 through to June 30th, 2016.

Members' Lunch

We welcome all members old and new (including Life Members) to join us for a special lunch on Thursday July 30th from 12:00pm to 2:00pm. Enjoy a beautiful, freshly-prepared two-course lunch and a range of guest speakers. This is a great opportunity to meet other members - clients, volunteers and community members - and learn a little more about SHINE.

For catering purposes, please RSVP by calling SHINE Community Services on 9383 2663.

Thinking of moving? Down-sizing? Transitioning into residential care?

ne: Solutions Senior Move Managers assist elders and their families with all aspects of relocation, transitioning or downsizing.

They can help with:

- Developing an overall plan
- Decluttering and sorting
- Arranging for profitable disposal of unwanted items (estate sale / auctions)
- Organising and overseeing movers
- Arranging shipment and storage
- Packing and unpacking
- Maintaining property and gardens

For more information, contact them on 1300 637 658 or visit their website www.nesolutions.com.au

ne:
solutions



NASMM
National Association of
Senior Move Managers

Premier Providers of Senior Relocation

Social Club News

by Cherie Spaulding

Social Club: Winter's arrived in its mildly grey way in Perth, and the Social Club has packed the calendar with events to ward off the season's blues. To top it off, it's Christmas again—Christmas in July—and this month's calendar will feature several Christmas dinners, including a visit to the Serpentine Dam for a multi-course dinner and to the Subiaco Community Centre for a meal and entertainment. Of course, SHINE Community Services will host our own Christmas celebration on the 16th of July. With an outstanding group of cooks (even a few culinary professionals) and the season's favourite tunes led by Alf and Adrian, the event promises to be worth everyone's time. Please phone reception to book if you're not attending Social Club regularly.

As a measure to freshen up the place, our favourite painter has put the finishing touches on the kitchen, which you will now notice, has reached completion. He's also livened up the Social Club room with some hues of yellow and blue, giving it a touch of blue sky and sunshine. Additionally, we still have three paintings on loan from artist Chris Spaven, two which you may have noticed above the piano and the record player. The brightly painted scenes feature Cottesloe images which many of you would find familiar. Chris' works are available for sale, both here at SHINE and in the area. We are grateful for the loan, as the paintings add colour and beauty to our space.

Technology Classes: The Grove Library's visit to our Technology Class, proved to be one of our favourite classes this quarter, which included tips and tricks for successful internet searches—and they promised to return for a second instalment. As we approach mid-year, it's time to gain some feedback from everyone regarding how to proceed with future classes. There still appears to be a need for beginning classes and one-on-one support. As we've mentioned before, the one-on-one support is designed for clients who struggle to learn the basics and need guided instruction at a slower pace. It's important to remember to go easy on yourself when you are learning something new—especially technology—as it's essentially an endless (almost) world of information and a fairly foreign world for some. I have seen, firsthand, clients who were ready to give up on tablet training all together, become proficient in email and other tasks which enable them to communicate with family and friends in a new way. Although there are undoubtedly many frustrating aspects of technology (not just for beginners, but especially to those starting fresh), for some, the addition of a technological device, such as a tablet, can actually provide freedom from some of the restrictions of ageing, including limited mobility, social isolation and communication barriers. Granted, not everyone will enjoy technology or appreciate it, which is fine, but for those who are interested, know that some of our clients—who really struggled—have made headway with patience and perseverance. (New Technology Class schedule to follow.)

Art Classes: Please note: the fee for the Art Class has been lowered to \$6.00. This includes a 1.5 hour session with career artist, Chris Spaven, in a small group setting. Basic art supplies are provided; however, if you possess your own materials or prefer higher quality, you are welcome to bring them along. As the fee has been lowered, we ask that those interested in developing a formal art routine to consider purchasing their own supplies. If transport to do so is limited, we can place an order or you can arrange transport with reception for a shopping trip. Not sure what medium you prefer? Have a chat with Chris and explore a few before setting off to the shops! Classes continue to be held on Fridays from 1pm-2:30pm, rain or shine.



Out and About

by Kylie Scott

One of my favourite seasons is winter, especially Perth winters. How lucky are we that we can still have beautiful sunshine in winter?! We have enjoyed some lovely trips these last few weeks, from a delicious 3 course roast lunch at Chalet Healy Tearooms overlooking the stunning Araluen Botanical Park to a day out wine tasting and enjoying lunch in the Swan Valley.

In June it was party time for a Leisure Bus regular, Norma Carey. Celebrating a milestone birthday we enjoyed a lovely lunch at The Boat Bar and Restaurant overlooking the Mindarie Marina. It's wonderful to have the chance to help someone celebrate a special day and we look forward to more birthday and celebratory lunches soon!

Looking into future outings we have some great movies coming up including 'Far from Madding Crowd' a new take on a classic story and 'Madame Bovary' based on Gustave Flaubert's classic novel. Throw in a trip to AQUA, MacNuts, and some delicious wintery pub meals and the cold wet months of winter will be over in no time!



Norma celebrating with a glass of wine at The Boat.

We look forward to seeing you soon!! The more the merrier and new faces are always welcome!

Keep warm!

Shopper Bus Schedule

Tuesday AM	Cottesloe Central Shopping Centre	Pick ups between 9:30am - 10:00am Drop offs between 11:30am - 12:00pm
Tuesday PM	Claremont Quarter Shopping Centre	Pick ups between 12:45pm - 1:15pm Drop offs between 2:30pm - 3:00pm
Thursday AM	Mosman Park Shopping Centre	Pick ups between 9:30am - 10:00am Drop offs between 11:30-12:00pm
Thursday PM	Claremont Quarter Shopping Centre	Pick ups between 12:45pm - 1:15pm Drop offs between 2:30pm - 3:00pm

The **Shopper Bus** will pick you up from your home, provide transport to the designated shopping centre, drop you at your home and assist with carrying shopping bags into the house.

The cost for this wonderful service is on \$5.00, and if you need us to assist you one on one in store, the cost is \$8.00.

Don't forget our **Leisure Bus** has outings every Monday and Friday! Every week is different, with monthly trips to major shopping centres around Perth!

The cost of this service is \$13.00 (lunch and entry fees are additional unless stated).

To book a place on the **Shopper Bus** or **Leisure Bus**, call our office on 9383 2663.

Volunteers Update

by Deb Ward

On Tuesday 12 May, we held our National Volunteer Week BBQ. Thirty people attended, including staff, and it was such a beautiful evening. We all ended up enjoying the fresh air and eating in the front courtyard. It was one of our best functions yet, as everyone mingled and got to know each other. There was no wastage of food, as everyone turned up who responded with a "yes". So, thank you!

Patrick Cooney, our volunteer cook, driver and bus driver (and former SHINE CS Board Member) was nominated for a Town of Cottesloe Recognition Award for 2015 and he was successful. Patrick's wife Lis, our Manager Christine, a couple of board members, volunteers, myself and husband Colin attended the Sundowner event on Wednesday 13 May to see him receive his award. (insert his picture).



Brian Greene our Wednesday and Friday Social Club Assistant has been off sick with his back so thankfully we have had willing volunteers to cover for him. He is making a good recovery and will be back next Wednesday and has decided to volunteer now once a week. I am pleased to say we have found a replacement for our Friday vacancy.

Volunteers Leaving

We say goodbye to our Tuesday Social Club Assistant, Iris McFarlane who was with us for a few months and our very loyal Tuesday weekly Shopper Bus Assistant Anne Bligh. Anne is moving to the UK with her husband's job and we presented her with a card and flower arrangement.

Newcomers

We welcome our new casual receptionist Melissa Berger, Sally Blythe our Shopper Bus Assistant, Teresa Zaharia our Friday Social Club Assistant, Matthew Biersteker who will drive clients to appointments and John Kerrigan our Thursday afternoon Shopper Bus Driver. All these lovely volunteers have walked through our doors due to our "Wanted" sign outside SHINE CS and the open day we held in May.

Current volunteer count: Our total volunteers are now 73!

On a personal note, I also have something to celebrate – our barbershop chorus, A Cappella West (ACW), competed in Hobart in May in the “Sweet Adelines International” competition for the Australia title. We won GOLD and now are off to Las Vegas in October 2016 to compete internationally. As a result of this, Channel 9 invited us on breakfast tv on Thursday 18 June to perform live at 7:00am and 8.30 am, the links are here if you wanted to have a look:

Part 1 (7:00am) - <https://www.youtube.com/watch?v=dV6PCM4axQw>

Part 2 (8:30am) - <https://www.youtube.com/watch?v=sRccvu9Y7Vw>

ACW have also performed at our monthly lunches and are available should you wish to hire us. Our next gig is at the Hyatt Hotel on Friday 26 June where we will be performing for a lunch time award ceremony and we also have some Christmas in July performances to look forward to.



In-Home Services

by Jacky Thompson and Sally Bolger



We hope you are all keeping well at this time of year - hopefully the weather makes up its mind soon.

We have had a lot of staff illness in recent times and really appreciate your understanding of the changes we have had to make due to this. Whilst we always try to make sure your services are covered, there are occasions when we are unable to achieve this.

Our first concern is always our clients, so if you have any issues please notify us as soon as possible.

We are continuing to grow and are receiving new referrals on a very regular basis now, which is fantastic as it means we are helping more people in our community.

BE CAREFUL

It has come to our attention that clients may be receiving scam calls.

Please look out for calls from:

“Commonwealth Taxation”
(03) 9999 7310

Another reminder! We have a cancellation policy.

If you fail to give us 24 hours' notice that you do not need a service you will be charged a cancellation fee. We still need to pay the staff!

There are circumstances where this does not apply, eg where you are too unwell to have a service or you are rushed to hospital urgently. You are welcome to talk to Jacky or Sally about your circumstances at the time. However, you cannot simply change your mind at short notice re-wanting a service without incurring a fee.

Our Staff

Office Staff

Christine Hastie	Manager
Janet Greene	Receptionist
Cherie Spaulding	Social Club Coordinator
Madison Pierre	Personal Assistant
Regina Scrivener	Social Club Assistant
Jacky Thompson	Support Services Coordinator
Sally Bolger	Care Plan Coordinator
Kylie Scott	Social Activities Officer
Deb Ward	Volunteer Coordinator
Ellen Sabatino	Accounts Assistant

Support Workers

Sandy Kaur	Multiskilled Support Worker
Natalie May	Multiskilled Support Worker
Rose Kpou	Multiskilled Support Worker
Micheline Khachan	Multiskilled Support Worker
Tamara Alavanja	Multiskilled Support Worker
Simone Waters	Multiskilled Support Worker
David Dring	Gardener
Keith Besomo	Gardener
Joe D'Abreu	Handyman

Casual Workers

Lola Wilson	Multiskilled Casual
Megan Pickering	Multiskilled Casual
Hanna Hastie	Multiskilled Casual
Sally Dodds	Multiskilled Casual

Contractors

Clayton Byrne	Podiatrist
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Our Services

We offer so much here at SHINE that it's hard to keep up! Just to remind you, these are the services we offer:

- Domestic Assistance
- Personal Care
- Respite Care
- Meal Preparation
- Social Support
- Shopping Bus
- Leisure Bus
- Social Club
- Transport
- Home/Garden Maintenance
- Sustainable Gardening
- Luncheons
- Saturday Mystery Outings
- Afternoon and Morning Teas
- Exercise Classes
- Podiatry
- Centre-Based Entertainment



81 Forrest Street, Cottesloe WA 6011

Ph: (08) 9383 2663

Email: reception@shinecs.com.au

Opening hours: 8:30am - 4:00pm