

December 2020

The Infinity Heartbeat

**MERRY XMAS AND A HAPPY
NEW YEAR FROM US ALL AT
INFINITY HOMECARE**

It's been such a complex year with so many twists and turns, we have changed old habits and made new ones to keep ourselves and others healthy and safe. The whole Infinity home care team have been working above and beyond this year to ensure that our clients continue to get the support services they need.

We wish you a very happy festive season and a safe, happy and content new year. It's a pleasure to be able to support you all to remain living in your own homes, living your best life.

Rachel 



MEET OUR CARE WORKER JOANNA

Joanna has been part of our Infinity Team for 16 months



Every day life:

Busy mum of four beautiful children

Hobbies:

traveling, playing tennis and watching my kids play AFL and cricket.

Favourite food:

Anything home made, Asian food, fresh fruit and salads.



Favourite Music:

Beach boys

Dislikes:

diets.

Something surprising:

I have a major fear of birds.



Motto - It's better than nothing



The power of connection

During times of change and upheaval is when we can benefit most from social connection. It is vital to make an effort to connect with others in a meaningful way, even when we don't feel like it.

It can give us moments of love and joy, broaden our horizons and even make us approach life with gratitude, empathy and mindfulness.

Humans are social beings, the benefits to wellbeing from social interactions is well documented, it can lower anxiety and depression, improve self esteem, boost our immune system and even help us live longer.

Each day try to connect with someone, family, old friend, someone new, a neighbour, care worker or someone you pass by when outside in your local area. To improve your wellbeing every day there is a simple formula to follow - its known as **GEM**.

GRATITUDE - don't focus on what you don't have, focus on what was good today such as a chat with a friend or a walk in the garden. Do this everyday to re-wire the brain to focus on the good things and the positive moments.

EMPATHY - Be kind to others, as much for your benefit as theirs. When you do something nice your brain releases oxytocin which makes you feel happiness and joy. Look for an opportunity to do this, it may be as simple as saying hello or holding open a door.

MINDFULNESS - enjoy the present moment, not easy to do when we are facing change or difficult times. Pay attention to what's happening when it happens, pause for a moment and enjoy the experience or feeling. This teaches you to pay attention and start enjoying the little things again.





TODAY'S QUOTE

*Tomorrow is the
first blank page of
a 365 page book.
Write a good one.*

BRAD PAISLEY

Use your Homecare Package Funds to help you on your way
to writing on your blank pages



Sometimes its hard taking the first step to getting out and about,
joining new groups or just going somewhere new.
let us help you take that first step.

You may wish to participate in one of the many laguna village activities but aren't sure how to, you may want to take a day trip or visit somewhere new, try something different or engage in an old hobby. Why not go out locally with our friendly carers for a 'cuppa' and a chat at a local café overlooking the beach or the river - the options are endless and i'm sure you already have some ideas.

So make 2021 your year to start something new and make new connections,
Talk to us to discuss how we can partner with you to make this happen

0478 756 738



SLANTED CHRISTMAS TRIFLE

Ingredients

red or green jelly,
double thick custard, crushed
biscuit or meringue, berries, nuts,
mint leaves, sprinkles.



Make the jelly and pour into glasses, using a muffin tray nestle your glasses in on an angle and set for four hours in the fridge.

Once set remove the glasses from the fridge, pour the custard on top of the jelly filling the glasses.

Top the custard with crushed biscuits or meringue, nuts, berries and mint leaves.

Serve chilled.

Make a combination of red and green for effect

Enjoy!

PAM'S BLISS BALLS RECIPE

WHEN THOSE UNEXPECTED VISITORS TURN UP !



2 Packets Tim Tams
125g cream cheese

Crush the biscuits and put in the
blender

Add the cream cheese and
whiz it till blended

cool in the fridge &
then roll into balls

Toss in coconut - Yummmmm





Infinity News

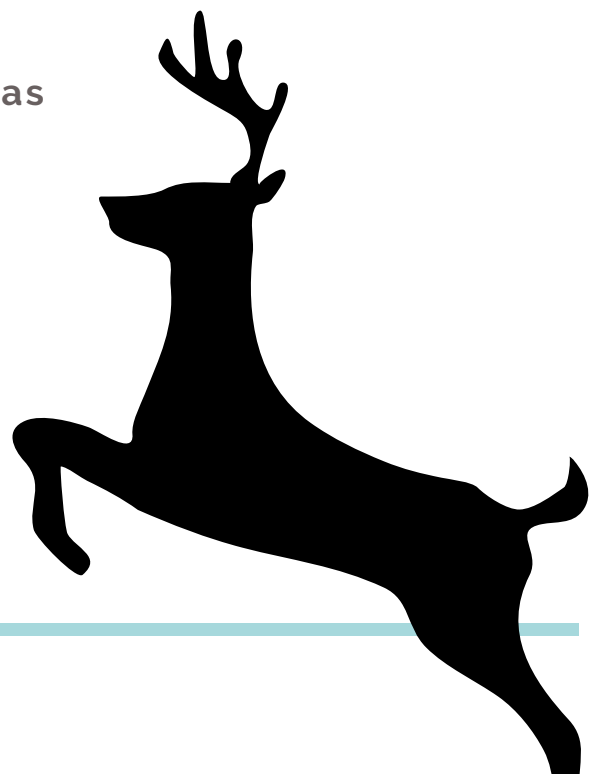
With our clients ever changing needs and circumstances and our determination to provide any service requested even at short notice, we have taken on two new staff to accommodate an increasing demand, Linda and Amber are already proving to be a perfect fit into our team.

Lisa is working very hard with the rosters to accommodate all our clients requests, which involves a complex juggling act and of course we have to work around our staff availabilities and leave, she's doing a great job, feel free to connect directly with lisa regarding any roster changes or new services needed, we appreciate it when you can give us plenty of notice but we understand you can't always do that.

Just a reminder to let us know if you require changes to your services over the holiday season as soon as possible, this will assist lisa with completing the roster in plenty of time so our staff can then arrange their own family gatherings or time off.

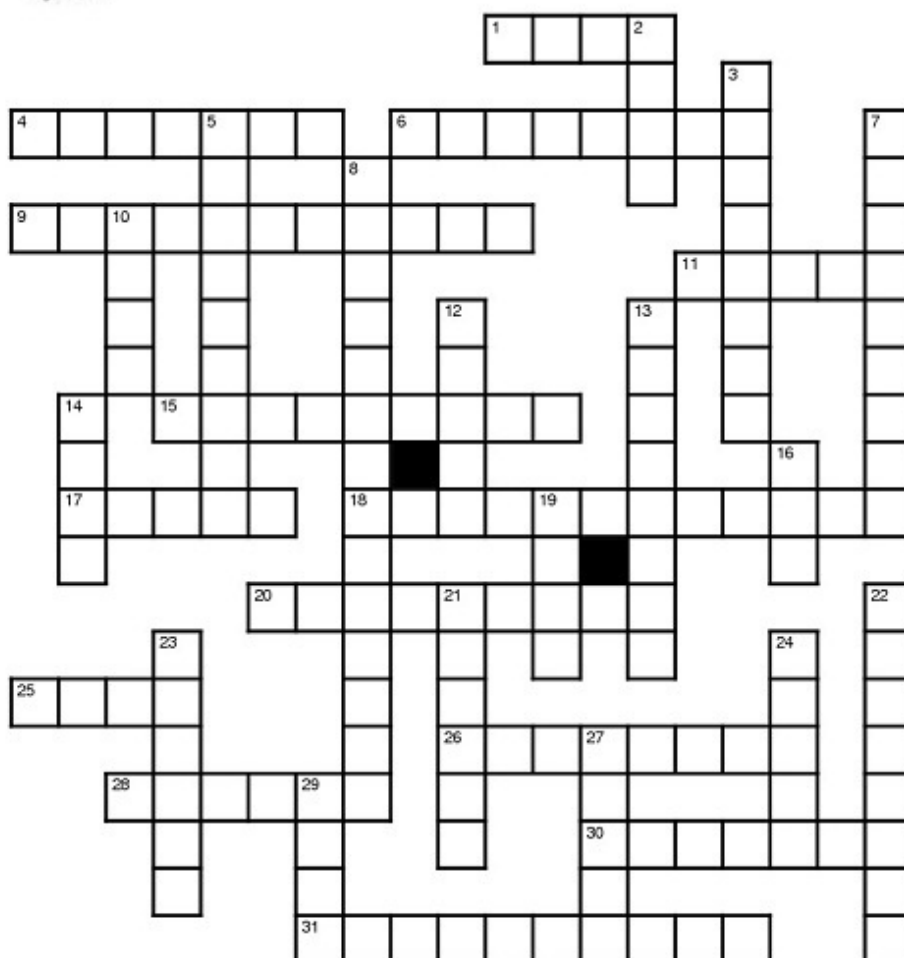
You may have noticed our staff all looking very professional in their new uniforms. They have Easy to wear White Polo tops for inside clients homes for those domestic and personal care services and the tunic in the beautiful infinity blue for services with clients in the community. The staff are already receiving some great feedback and positive comments from the local community and within the village.

As the hot weather has now well and truly arrived, we want to thank you for your support and help in keeping our care staff cool as they attend to their work in your homes by putting on your fans and air conditioners. The staff appreciate it as they can be working a long day and the heat can take a toll. Thank you also to the staff who keep our clients cool using the air conditioning when you are travelling in their cars.





Christmas Crossword



Merry Christmas!

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on there house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.
19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.





Merry Christmas

from Infinity Homecare

