

**FEBRUARY 2021**

Infinity   
Homecare

# The Infinity Heartbeat

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We made it into 2021. I love the start of a new year; that feeling of starting afresh and a new energy and spring in our step. I think we are all glad to see the back of last year and to move forward.

It's so wonderful to see so many of you out and about with our care staff enjoying the great outdoors. We hope you will continue to use Infinity to assist you to be active outside the home. We are so lucky and blessed to be able to enjoy this beautiful part of the world at this amazing time of year, enjoying the sparkling waters and the happy faces of those enjoying summer.

The local businesses seem to be thriving and that's wonderful to see.

Rachel 



## MEET OUR CARE WORKER SHEREE

I am originally from Melbourne and have been living in Peregrine Beach for the past 16 years, so I am very lucky to have the beach as our backyard.

I am a proud mum of 1 boy Finn whom I had later in life and I have a lovely supportive partner (Finn's dad).

I love being a big kid at times - I still go roller skating, swim laps, colour in and do crafts.

I absolutely love working at Infinity Homecare, the staff and clients are all amazing and always wave or stop for a chat.

I always go home with a big smile at the end of the day 😊





# Keeping busy and keeping safe

We are still safest in our own homes and with our friends, family and local community. Staying home can be just as much fun and rewarding as going out, but the key to keeping boredom at bay is to set some goals and do those things you keep putting off!

Yes, we all have the "I'll do it one day" things that really can't wait any longer. What's yours?

- Sorting the cupboards
- Sorting out the clothes I think I'll wear but never do
- Putting together some photo albums and taking a trip down memory lane
- Getting the veggie patch started
- Having a short walk every day
- Learn some new cooking skills
- Join an activity in the local community
- Try a new craft
- Write a letter
- Make a comfortable reading nook and read a best-seller

Whatever your boredom-buster is, you can engage an Infinity carer to assist you with it, or just to have some company while you do it. Four hands are better than two - and someone will need to make a cuppa!

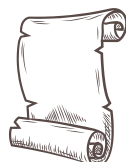




# Infinity Client Stories



Meryl Edith Kneebone  
91 years young





Meryl grew up in Sherwood, Brisbane and her father was in the 9th division in world War II. Meryl and her father were very close and every Saturday they would go to the races, "Dad had a system that when he won 10 pounds we would always go home".

Meryl married George in 1948 in St Andrews Presbyterian Church in Brisbane. Meryl's mother made her wedding dress as she was a beautiful dressmaker and never used a pattern. Meryl and George honeymooned in Noosa at Lagoon House up on the hill behind the beach. Later in life Meryl cut up the wedding dress and made baby clothes for her children.

Meryl has two sons and two daughters, there is 9 years between the two girls so that was a bit of a shock for her! Meryl was also dressmaker and worked for a school for the hearing impaired, where her daughter was one of the teachers. She told Meryl she would love working there too and that was how Meryl became a teacher's aid. When Meryl finished at the school she formatted brail sheets into books.

The Brisbane Floods of 1974 is an event which stands out clearly in Meryl's memory. Her house and the next door were the only left standing. They took their family holidays in Noosa when Hastings street was merely a dirt road.

When Meryl and her husband retired they came to live at Noosaville and moved into Laguna Estate in 1991. However, sadly George died 10 months later. Meryl says " I couldn't imagine living anywhere else, it's a lovely place to live, so peaceful and nobody bothers you. I tell everyone it is a beautiful place to live".

Today Meryl loves knitting and she donates her pieces to a charity in Brisbane. "I knit 2 jumpers a week; all I want to do is keep the little kids warm" says Meryl.

THANK YOU MERYL FOR SHARING YOUR STORY WITH US





# Rachels Asian Pork Bao Buns



## Ingredients

steamed buns  
large cabbage leaves or lettuce if you prefer  
pulled slow roasted pork - have hot or cold  
sticky marinade from the roast pork pan  
carrot- shredded (cooked or raw)  
radishes sliced  
sesame seeds  
red onions - sliced  
cucumber strips

## How to steam buns

To use a bamboo steamer, add about 1/2" of water to the bottom of a large pot or pan (that the steamer will easily fit into.) Place cabbage leaves on the steamer "grates" (this will prevent the Asian buns from sticking to the bamboo.

Add as many buns to the steamer as will fit (and stack as high as you need to)

Bring the water to a boil and steam the buns for 7-8 minutes or until they're puffy and light.

They're ready to fill, careful though they are very hot.....

Stack with the ingredients, a little dressing of choice and enjoy :)

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# Infinity News

Christmas came and went and here we are back on track for another wonderful and productive year.

We now have 13 wonderful Care Staff on our team, with Amber and Linda joining us prior to Christmas. Each of our staff members bring to the team their own individual life and work experiences.

We choose our staff very carefully, and, aside from clients, our care team are most important people. At Infinity, we have standards of care and support, respect and behaviours that we won't compromise on.

We are providing our staff with a new **learning platform** for them to do their **mandatory training**, an annual requirement at Infinity Homecare to keep skills and practices current. This new platform is being developed for the Homecare environment and as the year progresses we hope to add all manner of learning opportunities onto it for staff to utilise.

Rachel will be updating all our operational documents and policies over the next few months. As such, you will see more of our lovely coordinators assisting you on a daily basis while Rachel is doing this. We are also transitioning to electronic documentation so we can fill them in on iPads during our reviews with you, thus making processes more streamlined and efficient.

Remember to look at your Statements each month to check the balance of your package budget, as you may have some surplus funds to spend. You can contact us anytime to discuss your needs and add on new services. Remember having what you need in place at home is a preventative measure to stop you entering a nursing home prematurely. Let us assist you in all those tasks that you find a little difficult to manage.

While we have this lovely freedom on the Sunshine coast don't forget to book some social support to get you out and about enjoying the river, beach, cafe's, shops or local places of interest. You may see an activity on the Laguna Village activity list that you would like to go to and we can support you to do that.

The key to staying safe at home, well, healthy and loving life is to use your package funds. These funds are returned to the government if you don't use them when you no longer need your package if you go into care. So make sure you maximise your independence and enjoy living the Noosa lifestyle - chat to us today.

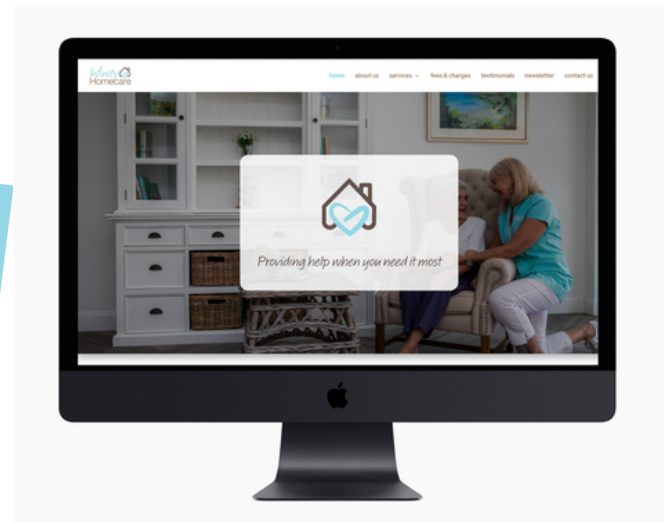




**You can't always  
have a good day. But you  
can always face a bad day  
with a good attitude.**







**Our new Infinity Brochures are printed and in our office - please come and collect yours.**

**Also we have a fabulous new website which provides information about the Infinity services and for new clients wanting to find out how we support living at home.**

**Our Homecare client Betty and Carer, Janette (pictured above right) are just a few of the stars featured in the brochure and on the website.**

**And of course, Rachel and Renee are always here to make sure your home care services at Infinity are the best they can be.**



visit our website at  
**[infinityhomecare.com.au](http://infinityhomecare.com.au)**