

June 2021

The Infinity Heartbeat

**WINTER IS HERE AND WITH THAT
COOL CHANGE COME SOME
WONDERFUL COMFORTING TREATS**



Whats your favourite comforter for winter? Hot Chocolate, welcoming fireplace, homemade soup, sitting in the warm winter sun with blue skies or wearing those wonderful winter layers that keep us feeling toastie. Me, i don't find winter here that cold having grown up in England and lived for many years in the NSW Blue Mountains. Whatever your comforter - enjoy!

Rachel





MEET OUR CARE WORKER AMBER



Hi, My name is Amber M.

I am originally from NZ (I'm known around Infinity as Kiwi Amber) and my family and I moved here eight years ago. My husband's name is Rhys, we enjoy travelling together and plan on travelling more in the future.

I have two sons, Ayden 13 years and Alec 10 years, who both keep me busy.

We like going to the beach and having family movie nights.

I enjoy reading and socializing with my friends with coffee dates and getting lunch together.

I really love helping people in need and think that being a care worker is the perfect career for me.



Lets beat those winter blues.....

Its hard to get motivated to go out in winter when the day starts chilly, it's easy to just stay inside BUT the good news is that finding different ways to socialise has been proven to beat off those winter blues.

You'll be surprised how good a spot of socialising can make you feel, from organising and looking forward to the event, to getting ready and then to having a lovely time doing something you enjoy with someone you enjoy being with.

Not everyone has someone nearby, that's where you can rely on our friendly team of care staff to get you out and about into the community. So many different things to do and try - give it a go - chances are you'll love it.

Take in a movie, grab a hot drink from your favourite cafe or try a new one, let someone drive you to a beautiful lookout to watch the sun sparkle on the ocean. and even a trip to Bunnings.

So many things to do, for everyone, don't be a stranger outside just because its cooler, embrace the beautiful Sunshine Coast Winter.

Give you families a call or a neighbour, a friend or even Infinity Homecare for a memorable day of enjoyment, laughing, chatting or just sitting and watching.





LET'S MAKE A WARM & HEARTY SOUP

Chicken, Vegetable and Noodle Soup

Ingredients

45 g chicken noodle
instant soup 1 cup
lentils
3 bacon rashers
2 beef stock cubes
1 tsp Bega Vegemite
1 onion large 1 potato 1
capsicum 3 celery sticks
440 g canned crushed
tomatoes 1 cup pumpkin
diced
1 zucchini medium
1 tbs Italian mixed herbs
1 cup flat egg noodles
1 L water Pinch salt and
pepper to taste



Method

Peel and dice vegetables

In a large pot, saute bacon, onion, celery and capsicum.

Add all other ingredients except noodles and bring to the boil.

Simmer until lentils and vegetables are soft.

Add noodles and simmer for another 10 minutes.

Add more water if soup is too thick.

Add salt and black pepper as desired.



Infinity News

Winter time, always a busy time in any health care environment where those pesky sniffles and colds appear and we all feel a little bit less vibrant and healthy than we do in summer. At Infinity this means that there is more to do and more assistance and support needed for clients. Appointments are numerous and we are busy transporting clients to get these vital check ups, flu and Covid vaccines.

Now is the time to look at your excess funds in your package and think about how to utilise them and add those services in to support you living at home. In September changes are coming to those excess funds and the government will be taking charge of looking after them for every Home Care Package Client, Exactly how this looks is not 100% clear but the information so far will be that your extra funds will be held in a government account, this way they can see what surplus funds aren't being used and they will use these funds sitting there to fund more homecare packages.

We will continue to monitor your budgets and your statements should look the same. Its time to think back to why you got your package and how it was agreed with ACAT that you might spend these funds and get those cares in place.

If you would like to discuss more services and getting more support and help call us to arrange a review. Remember having more support in the home is part of preventing early entry into residential aged care.

Due to our commitment to provide a high quality service we are employing a nurse to join our office team to provide regular clinical oversight on a regular basis in the home for our higher level packages and most vulnerable clients to help you manage you health and achieve optimum wellness. She will work alongside Rachel our RN / Manager.

Stay well and warm everybody,



How do I reduce the risk of falling ?



- Build your balance - exercise
- Strengthen your legs - get active
- Check your medicines
- Keep a healthy mind
- Fuel your body
- Make your home safe
- Check your eyesight
- Wear safe footwear

Talk to Infinity on how we can help you to achieve the above to keep you living at home safely.

Winter

D L E L C I C I H S C E S H I
M I T T E N S I P N H S C K A
L F V L E Q B S W O I F S I T
E N A D E E S N R W L F L B A
X X I E R V N O W M L U N R H
D L X N M R O W A A Y M O D M
S X A V F V W H H N P R S N N
Y T E W S S F D S U I A A R Q
E R C P V K L G N I Z E E R F
R F E O E T A R G I M H S E R
X E R P L W K T G K T W G E A
M E T O P D E F I A I D V H C
V P E N Z I B C E N E W G Q S
K I C P I E L W D L G H M J U
F R O S T W N S S G L O V E S

CHILLY
EARMUFFS
FROST
GLOVES
HIBERNATE
ICICLE
MITTENS
SEASON
SKATING
SLEDGE
SLIPPERY
SNOWFLAKE
WEATHER
WIND

COLD
FREEZING
FROZEN
HAT
ICE
MIGRATE
SCARF
SHOVEL
SKI
SLIDE
SNOW
SNOWMAN
WET
WINTER

