

September 2021

The Infinity Heartbeat



Spring - a lovely
reminder of how
beautiful change
can be.

The cold of winter is on its way out and the new beginnings of Spring have arrived. Fresh buds are blooming, animals are waking up and the gardens are coming to life with beautiful blooms and magical colours.

Warmer days and more daylight make spring the best Season to get out of the house and visit the lovely sights and sounds of our local area

WHAT WILL YOUR NEW BEGINNING BE THIS SPRING?

Rachel





MEET OUR ENDORSED ENROLLED NURSE KATIE



"I was born in the UK and moved to Australia 20 years ago - the best decision I ever made! I started out in Sydney, then like many people, found the idyllic Sunshine coast to call my home.

I started out at age 16 in hospitality, worked very hard to climb the hospitality ladder and became a manager of a restaurant in the Institute of Directors in Pall Mall, London.

"I then decided to live a healthier lifestyle so I went back to school and studied to become a fitness Instructor. I worked in the fitness industry for 8 years and had the pleasure of working with clients with Cerebral Palsy, Multiple Sclerosis and blindness. I found this work incredibly satisfying which led me to study my certificates in disabilities. I worked in the Disability Sector for some time which progressed to my desire to study nursing.

"I have been working as an Endorsed Enrolled Nurse in the Aged Care Setting for nine years. I absolutely love working in this area. I have the utmost of respect and admiration for my clients and residents.

"My aim is to provide a professional, personal and caring service to all my clients focusing on their individual needs, empowering my clients to reach their goals, providing support and assistance as and when required."



'Sconetime' in Cooroy

'Sconetime in Cooroy' is a community initiative that was launched as a social scene for seniors to address the issue of isolation and loneliness.

Seniors can enjoy delicious homemade scones, strawberry jam, and cream with a good cup of tea amongst a group of friendly locals.

Loneliness can affect a person physically and emotionally, leading to poor health and depression. A social event such as Sconetime can help alleviate loneliness and promote feelings of happiness. This in turn can lead to better health outcomes and a positive outlook.

It only takes a smile, a kind word, a hello to turning someone's day around.

We would be happy to help you attend and enjoy this event - an Infinity Homecare carer can even accompany you - so ask us or a family member if you would like to attend.

**2nd Tuesday every month, Cooroy
Memorial Hall 10am-11.30
To book your spot call
0473902261**





Make your own scones with the award-winning recipe from Cooroy 'Sconetime'



'Sconetime' Scones

Ingredients

WET:

- 1 egg
- 2 1/2 cups of milk (plus extra if required)
- 1 cup plain yoghurt
- 2 tsp vanilla essence

DRY:

- 125g chilled salted butter
- 1 kg self-raising flour
- 1 1/2 tsp baking powder
- Plain flour for dusting benchtop

Method

1. Preheat the oven to 180°C
2. Whisk the wet ingredients together in a bowl.
3. Grate the butter and use your fingers to rub it into the flour and baking powder in a large bowl.
4. Combine the wet and dry ingredients, without overmixing them. Add more milk if required for a moist dough.
5. Gently pat scone mix out onto a floured benchtop and cut into squares.
6. Bake for 15 minutes.
7. Enjoy with jam and cream.





Infinity News

Thank you for completing and returning the recent survey we distributed. We received some delightful comments and praise for what we all aim to do for you at Infinity and your feedback is very much appreciated.

We know at Infinity we are a bit different and we do that for a reason, to provide you with a more personal on-site service that is second to none. I had 10yrs experience working with other providers before coming to Infinity so I know for a fact what you experience here, you would not get elsewhere. Those of you who have transitioned across to us from other providers would know what I'm talking about.

Katie, our new Enrolled Nurse has hit the ground running and some of you have already met her. Katie will be supporting our clients with higher-level needs and those on the higher-level packages to manage and maintain their health and wellbeing. Another way we have chosen to support our clients.

We shall be moving some of our administration tasks into the Infinity Office over the next few weeks. Lisa will continue to do our staff rosters and will also be doing staff pay, client statements, and invoicing, Lisa RB, Katie and I will remain focused on the clinical and care side of the business.

Some of our clients receive a copy of their roster each week. This is a courtesy service we have in place to help people remember service times for the coming week so nothing gets missed or forgotten. The times and staff names on the roster are correct on the day of printing, however, rosters never stay exact for many reasons so this can mean the times can change. Please understand this is out of our control.

We also have a legal obligation to ensure our staff have their rest breaks and this may sometimes impact on a client's roster. If your carer is late to your service it probably means there has been a problem but they will be with you as soon as they can. Thank you for understanding and allowing them time to arrive.

Liv Mathews is a local Massage Therapist and is now available every second Monday for appointments. Please call her directly to make a time with her.



Liv Mathews
Massage Therapist

**Appointments available
every second Monday**

0457 586 549

livmathewsmassage.com

LEEF are open in Maroochydore



Homemaker Centre – Next to Lincraft

Shop 25b, 100 Maroochydore Rd

**Now
Open**



**Store
Location**
Homemaker
Centre

Lincraft

Maroochydore Rd

To Noosa

Fernwood
Fitness

At Leef, we are keen to help everyone to live their best everyday!

We focus on all areas of functional health regardless of your age or particular challenges helping people to achieve their goals, maintain and regain their independence and to get the most out of life

Our new store has:

- Over 15 Lift Recliners in store ready for trial and delivery
- Home Care beds with comfort accessories ready for trial
- Large range of scooters and mobility equipment
- Seating, Wheelchair & pressure care scripting specialists
- Training room for User Groups and professionals
- Workshop viewing area
- Bathroom demonstration area & trials area
- All sorts of products to support independence & wellbeing

Open 7 days a week for your convenience. Friendly experienced team, contact us in store, by phone or email to get the support you need.



Advice



Sales



Hire



Trials



Servicing



leef.
leef.com.au

Contact us for more information:

Ph: (07) 5370 8774

Email: maroochydore@leef.com.au





Spring Word Search

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



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA





SPRING



1. A spring month.
2. A spring flower.
3. The young of a chicken.
4. A colour of spring.
5. A young rabbit.
6. A flower especially of a fruit tree.
7. Plants that have narrow green leaves, that are eaten by cows, sheep, horses etc.
8. The fifth month of the year.
9. To come out of an egg.
10. See picture.
11. A rounded part of a plant that is under the ground and that grows into a new plant during the growing season.
12. A baby goat.
13. The place where a bird lays its eggs.
14. See picture.
15. Spring, winter, summer, fall!
16. What snow does in spring.
17. When the sun shines.
18. A long, thin animal that has a soft body with no legs or bones. It lives in the ground.
19. An indoor or outdoor spring activity.
20. To stop being frozen.
21. A baby sheep.
22. A small part that grows on a plant and develops into a flower, leaf, or new branch.
23. A baby horse.

