



MARY'S UPDATE:

It is hard to believe that 2012 is almost over and Christmas is just around the corner. It has been a very busy and enjoyable year for everyone at HHRCS. We have had a number of special events recently that I would like to highlight:

- > The Christmas Market – organised by Rosemary Liu was a wonderful opportunity for carers and members of our local community to do some early Christmas shopping and enjoy a cuppa and a snack. (See article on page 4).
- > Feathered Friends – Kris Stanley and her son visited our Day Centre to perform their "Feathered Friends Show" for Day Centre clients. It was a magical show enjoyed by all who attended. (Some photos from the show are on page 4).

The official opening of the Hunters Hill Ryde Men's Shed is at 10.30am on Saturday 1st December 2012. This will be the culmination of 4 years of planning and hard work by Gary Traill, HHRCS Board Director, HHRCS staff members - Anna Buddo, Roxanne Chant, Bernadine Wijesekera and the Men's Shed Committee. We are very proud to be auspicing the Shed and look forward to its future growth and development.

Please note that HHRCS will be closing for the period between Christmas and New Year. Our last day of service will be Friday 21 December 2012. We will re-open for business on Wednesday 2 January 2013.

On behalf of our Board, Coordinators, staff, volunteers and myself I wish all our clients, members and their families a Happy Christmas and Joyous New Year. I thank you for your tireless support of Hunters Hill Ryde Community Services.

Mary Carey - Executive Officer

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Did you know...

> The most valuable Christmas card was bought for £20,000 in 2001 in Devizes, Wiltshire. The card, illustrated by John Calcott Horsley, was originally sent in 1843.

> The red and white Santa suit came from the original Saint Nicholas and those colours were the colours of the traditional bishop's robes.

> The best-selling Christmas record of all time is Band Aid's, *Do They Know It's Christmas Time At All?*. Released in 1984, 1985 and 2007, the popular record has sold over 3 million copies.

> The largest gathering of Santa Clauses was achieved by 13,000 participants in the Guildhall Square in Derry City, Northern Ireland on 9 December 2007.


Merry Christmas to All





STAFF PROFILE - Tina Liu

I was born in Shenyang, the biggest industrial city in China. I spent my childhood, adolescence and university life all in my hometown. Seven years ago, I immigrated to Australia with my husband and daughter for the great weather, laid-back lifestyle and a fresh start. Sydney is my home now although sometimes I still miss my family and friends in China.


Role:

I have worked for HHRCS as a Social Support Worker for nearly two years and I am currently an acting Social Support Coordinator.

Background:

My parents made the decision for me to study law. From 1992 to 2005 I worked as Assistant to Public Prosecutor, Deputy Public Prosecutor and Law Researcher in China. After immigrating to Australia I started working in Community Services in 2007, which was my own choice and I am still enjoying it.

Why HHRCS:

Friendly working environment;
Opportunities for learning and achievement;
Employees are valued and appreciated.

Favourite book and film:

My favourite book is "*Romance of the Three Kingdoms*". It is one of the Four Great Classical Novels of Chinese Literature.
My favourite movie is "*Bridget Jones's Diary (2001)*"


Favourite meal:

My father's homemade rice congee and preserved vegetables.

How do you like to relax at the end of the week:

Wake up when I feel like it;
Watch comedies;
Enjoy music;
Enjoy nice food and then exercise .

Famous person you'd most like to spend an hour with and why:


Australian comedian Anh Do.

I admire him for his great sense of humour, positive attitude to life and passion for making a difference to the world. He is a shining example of what can be achieved by remaining positive in the face of challenges and adversity.

Dream holiday destination: moment:

My dream is to travel all over the world.

Most embarrassing moment:

There are quite a few embarrassing moments in my life, but thanks to my "selective memory loss", I cannot remember any of them.



A DAY FULL OF FLOWERS AND FRIENDSHIP



A gloriously sunny October day was enjoyed by thirty six members of our Social Outing Group. They travelled to Blackheath to enjoy those beautiful rhododendron with a stop for tea at Katoomba and a delicious lunch at a cosy pub

If you'd like your name added to the Social Group bus trips contact list just give us a call on 9817 0101.



FREE HELP TO SAVE POWER AND \$\$\$



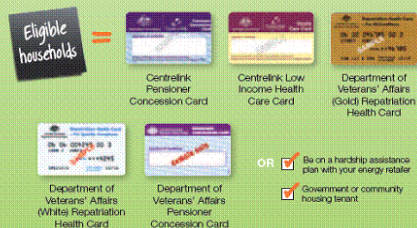
The NSW Government's Home Power Savings Program offers lower income households FREE help to reduce their power use and save money on their power bills.



Eligible lower income households get:

- a **FREE** In-home Power Assessment by an energy expert,
- a **FREE** Power Savings Kit, plus
- a **FREE** Power Savings Action Plan.

Call 1300 662 416 now to book a **FREE** In-home Power Assessment.



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CEH 2012/0747



SPRING INTO ACTION



With the weather warming up our energy habits change. Keep comfortable this Spring and save power and \$\$\$.

Here are some energy-saving tips to reduce your power bills and still keep you cool during Spring:

- use a fan instead of an air conditioner – they use considerably less power
- block out the sun using curtains, blinds or awnings where possible
- take advantage of the sun by hanging washing on the clothes line instead of using a dryer
- use door snakes and window seals to stop hot air coming in and cool air getting out
- use a thermometer to monitor your indoor temperature and adjust your fridge and air conditioner accordingly.

Door snakes, window seals and a thermometer are provided **FREE** in the Home Power Savings Program Power Savings Kit.

Check out more free and low cost energy efficiency tips at savepower.nsw.gov.au



HOME POWER SAVINGS PROGRAM
savepower.nsw.gov.au



A BUSY HHRCS WEEK



Above: **The Feathered Friends show** for Day Centre clients was great fun. Kris introduced the audience to her wonderful colourful birds and adorable rabbit.



CHRISTMAS MARKET

This was our second HHRCS Christmas Market. We were so happy to have such quality items for sale but just as importantly lovely people interacting and selling their goods to the community. Our stall holders consisted of those that attended last year as well as new exhibitors.

This year we decided to offer lunch. Our Meals on Wheels team did a wonderful job of providing affordably priced sandwiches, delicious cakes and beverages.

Despite a few hiccups the markets were a great success and we look forward to doing it all again next year.

A big thank you to those who came, those who participated and of course the many helpers.





CONGRATULATIONS TO THE KOREAN COCKATOOS

MEDIA RELEASE - from ANDRERW CONSTNANCE MP Minister for Ageing and Disability Services

NSW Minister for Ageing and Disability Services Andrew Constance acknowledged the dedication and tireless work carers make to communities across the State at an awards ceremony at Parliament House.

Mr Constance said the NSW Carers Awards aim to raise awareness about the vital role carers play in the community.

"We owe carers a huge debt of gratitude for their selflessness in supporting people with disability, mental illness, chronic health conditions or people who are frail," Mr Constance said.

From 75 nominations 12 'Highly Commended' Carer Awards were presented at the Parliament House ceremony on 15 October. The Korean Cockatoos were 1 of only 3 group awards.

Other recipients:

Lisa Ashford-Potter from Woonona, Wendy Brown from Queanbeyan, Pamela Comerford from Charlestown, TevitaMahe from Belfield, Ping Mu from Cherrybrook, Margot White from Broken Hill, Australian Kookaburra Kids Foundation from Miranda, Families Supporting Families from Newcastle, Illawarra Shoalhaven Young Carers Network from the South Coast, Northern Kids Care – On Track Community Programs from Mid North Coast

Minister Constance also marked NSW Carers Week by launching a new website - www.youngcarers.com.au

Rosemary Liu, HHRCS Carer Support Coordinator also attended the occasion; she said 'It was an honour to witness the well deserved recognition of the Korean Cockatoos and for Carers in general'.

Five members from the Korean Cockatoo's group attended the awards -.Jeongmin Park & her husband, Joo Hyun Lee, Eun Shim Jang and Jeong Yun Lee (see photograph). Jeongmin Park received the award on behalf of the group.





A BUSY DAY FOR HHRCS VOLUNTEERS

On Thursday 22 November it was a great day to be a volunteer visitor with our organisation. Many took part in an outing to the Nan Tien Buddhist Temple at Wollongong. There they heard about many aspects of Buddhism; they gained a greater understanding of the underlying beliefs and customs of one of the world's oldest religions. The talk and tour were followed by a very substantial vegetarian lunch and (with varying degrees of success) a practical session making an origami lotus flower.

In complete contrast the evening saw those volunteers join many other volunteers from HHRCS to see "*Skyfall - 007*" the new James Bond movie. Both activities were sponsored by the Ryde Hunters Hill Community Volunteers Service - thanks must go to them for their support of the local volunteering community. A special thanks also goes to Persis Koo, the coordinator of the City of Ryde program for her continued, boundless enthusiasm and support for our volunteers.



AFTERNOON TEA TO THANK OUR VOLUNTEERS

During August we held an afternoon tea in the Community Centre – it was a lovely occasion for staff, volunteers and board members..





HHRCS AND THE ENABLEMENT APPROACH

The Australian Health System and the Aged Care Sector in particular are undergoing a major reform on a scale not seen in the last thirty years. Enablement Approach and Person Directed Care are at the heart of this reform. Hunters Hill Ryde Community Services is in the process of adopting the Enablement Approach in our service delivery. To simply illustrate this concept, just imagine an approach that is characterised by “doing with” and supporting an individual “to do” rather than “doing for” and “doing to” the person being supported.

It is believed that community care support services are best organised in response to an individual's needs rather than on the basis of what types of services are available. The Enablement Approach puts the individual at the centre of planning the services through actively involving that person in setting and achieving what matters to them - activities and skills that are important and meaningful to them. For example, you may want a friendly visitor, but you may be even more specific in setting a goal of learning how to prepare a nutritious meal for yourself along the way. In this new way your independence will be preserved if not enhanced. Another example; your social support group is sprightly and members may wish to travel further afield - we can support you in setting and achieving that goal, defining the steps and support you. It may mean that a train trip is in order instead of our regular trusty HHRCS bus. The possibilities are many and their fulfilment will depend on the collaborative efforts of staff, clients and their support networks.

At the end of September 2012 we hosted an internal Enablement training workshop for our staff. Our staff has been working diligently, exploring the ways of incorporating the tools that the Enablement is based on. We have developed the HHRCS Support Plan to be used as a tool for all our clients in setting their own personal goals within the services we offer.

Some of the other terms the Enablement Approach uses are Active Ageing, Successful Ageing or Wellness Approach.

Research tells us that people can make gains physically, socially and emotionally even when they are frail aged. Muscle strength can be rebuilt, mobility regained and meaningful social connections established or re-established. Low level exercise can improve confidence and morale and personal wellbeing. The Enablement Approach is focused on enabling older people or younger people with disability to regain their independence and, where possible, contribute to their communities.

HHRCS staff and management are committed to creating the best possible programs based on Enablement with each person at the centre of services. We welcome your ideas and contributions as to how our services would best meet your needs. Let us know, drop by, speak with your Coordinator just call 9817 0101 or write us a good old fashioned letter.

Branka Ivkovic - Special Project Manager



This is one of those ideas that makes you smack your forehead and go:



“Why didn't I think of that!!!”





Hunters Hill Ryde
Community Services

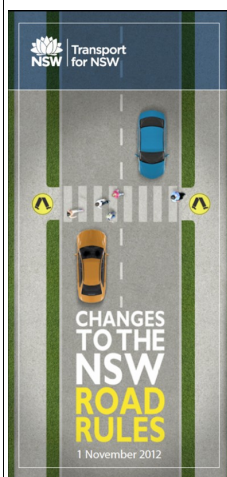
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Email: office1@hhrccs.org.au

Website: www.hhrccs.org.au



NEW ROAD RULES

Some important NSW road rule changes from 1 November 2012. Never hurts to refresh. Some are:

- * Use of mobile phones
- * Pedestrians at level crossings and side roads
- * Giving way and signaling at a roundabout
- * Keeping left of dividing line and U-turn

For other new rules and details of those above google: www.rms.nsw.gov.au/usingroads2012

Here is my secret-easy recipe for a Korean traditional dessert. I want to introduce Korean cold noodle which is my favourite. Some of ingredients are not available in Coles or Woolworths so change to Mat Tang. Hope that you like it.

FRIED SWEET POTATO WITH SYRUP - called MAT TANG in Korean.

Ingredients

2 sweet potatoes
3 cups of oil

For the syrup sauce

1 soup spoon of oil
1 soup spoon of sugar
3 soup spoons of corn syrup



Method

Peel the sweet potatoes.
Dice the sweet potatoes and put them in water (to remove starch).
After 10 minutes, drain on kitchen towels.
Heat oil in a pan and fry the sweet potatoes.
Take out the sweet potatoes.
Heat ingredients for the sauce in the pan over a low heat, without stirring, until the sugar dissolves.
Put the sweet potatoes in the pan again and stir in the syrup mixture.
Boil down for 2 minutes and serve.

If you have a sweet tooth, I bet you will love it! It's not difficult to cook, so why don't you try it today?

Kate Lee HHRCS Social Support Worker (Kate's Korean name is Young Ju)

YUMMY CHEESE CAKE

Ingredients

1pkt Arrowroot or Nice biscuits
6oz butter
1 tin condensed milk
1/2 cup lemon juice
8oz Philadelphia Cream Cheese
250ml Cream and Cinnamon powder

Method

- > Crush biscuits to crumbs.
- > Melt butter and mix in.
- > Line dish with crust; cool in refrigerator.
- > Beat cream cheese until creamy, add condensed milk then beat again until creamy.
- > Add lemon juice, mix until well textured.
- > Pour mixture into crust and cook in moderate oven 180° for around 5 minutes
- > When set mixture should not be sticky to touch - leave to cool.
- > Top with whipped cream and sprinkle with cinnamon.

Thank you for your
recipe Helen.

Newsletter Editor:
Janice Lee
Volunteer - HHRCS Admin