

Volume 2, April/May 2012
Northern Carers Network
130 Peachey Road, Davoren Park, 5113

Telephone: 08 8284 0388
Fax: 08 8284 0399
E-mail: office@ncnw.org.au
Web: www.ncnw.org.au
On-line Forum: <http://health.groups.yahoo.com/group/carersupport>

Chief Executive Officer

Maria Ross

Business Support Manager

Roumi Ganev

Program Manager

Sharon Hoffmann

Senior Coordinators

Brenda Smethurst

Jenny Diep

Business Support Officers

Dee Nguyen

Brooke Tonks

Carer Support/Respite

Pauline Bagley

Chris Hill

Emma Sumner

Gina Torkington

Janice Weetra

Young Carer Support

Shana Gosling

**Mental Health Project
Officer**

Louise Monument

Saturday Kids Coordinator

Jenny Diep

Tons of Fun Coordinator

Gina Torkington

Newsletter Editor

Wanda Mullen



**Maria's
Message**

A very warm welcome is extended to all our new Carers

reading the pulse of the North for the very first time and a BIG HELLO to everyone.

Autumn is now upon us and our Autumn Calender is full of opportunities for you to get involved in a range of activities on offer in this edition of the newsletter. So make yourself comfy, in a quiet spot with a drink of your choice and relax for a few minutes as you read through this edition of the Pulse of the North !

In particular look at the Carer Day Out on offer for April. Gina has organised a Day in the country on Friday 27th of April with morning tea and lunch provided. For those of you who are new to NCN, this provides a great opportunity for you to take a break and experience something new. Don't forget respite is available on request.

Our annual Pampering Day is coming up on Thursday 3rd May. This is a day of pure indulgence with a wonderful menu to choose from; Massage therapy, manicures, foot massage and much, much more!!!

Men you have not been forgotten, as you read through check at the Blokes Day Out to Birdwood.

Why not hop on board for the ride and meet up with other fellow carers over lunch and a stroll around the Museum. Just pick up the phone and book.

During April and May NCN will be holding two special events. One will be in the Gawler region and one other in the Pt Adelaide Enfield Region. See details inside this issue.

Easter is soon approaching and all at NCN wish you a HAPPY EASTER.

Also NCN wish to remember the lives of men and women that were lost in World War 1 and 11 and any military operations that Australia has been involved on ANZAC day Wednesday 25th of April. "Let us not forget."

National Volunteers Day Week fall in May from 14th – 20th . On behalf of NCN I wish to acknowledge our wonderful and dedicated Volunteers. Volunteers play a vital role in sustaining our organisation and Carers benefit from the enormous contribution they make in supporting our Carer Support Programs. So I wish to say a 'BIG THANKYOU' to our Volunteers.

"A single sunbeam is enough to drive away many shadows." (St. Francis of Assisi)

Don't forget to love yourself as much as the person you care for!

Love Maria x

Notice board



Carer's Cafe

Join fellow carers for a coffee and chat and share experiences and knowledge. A family member or friend welcome. Dates and venue as follows:

**Women's Health Service
Hutchinson Rd, Gawler East
(opposite the Gawler Hospital main entrance)**

**Monday April 2nd, May 7th
1.00 - 3.00 pm**

Please ring NCN to advise attendance or ring Louise for further information.

DID YOU KNOW?

Australian chocolate manufacturer and retailer Darrell Lea has been making chocolate Easter bilbies since 1994.

Darrell Lea has been supporting the *Save the Bilby Fund* since its inception in 1999, raising in excess of \$225,000 for the Fund, through the sale of chocolate Bilbies, to date. In fact in 2003, bilbies outsold bunnies by eight to one! Only Darrell Lea bilbies help save the bilby.

Easter bilbies are available from Darrell Lea outlets and stores in two yummy sizes. You can choose from:

Large bilby (160g) which is priced at \$8.95 of which 50c is donated directly to the Save the Bilby Fund. Large bilby comes in dark, milk and white chocolate.

Small bilby (90g) retails for \$5.95 of which Darrell Lea makes a 30c donation to the Save the Bilby Fund. The medium sized bilby comes in milk chocolate.

Why would anyone buy an Easter bunny when they could buy an Aussie Easter bilby?

EXPRESSION OF INTEREST

NCN are looking at setting up health and wellbeing sessions on a weekly basis.

Some of the ideas being considered are:

**A walking group
Tai Chi
Yoga**

If you are interested please ring the Network on 8284 0388

NORTHERN CARERS NETWORK

"Come and Meet the Crew"

Information Sessions for Carers to meet staff and learn more about our programs.

Thursday 26th April - Enfield Region

Tuesday 1st May - Gawler

Time and venue to be confirmed

Further details will be sent out to Carers in the Enfield and Gawler regions closer to the times.

The views expressed in this newsletter are those of the individual authors and not necessarily those of the Northern Carers Network.

The Northern Carers Network is committed to the protection of private information. A full copy of all NCN policies are available by contacting us on 8284 0388 or visiting our website, www.ncnw.org.au.



News from the Board



We have had a resignation from Ian May who has been a Board Member for about 5 years. Ian was the Principle of the Elizabeth Special School and has been shifted by the Education Dept. to the country. During his time on the Board, Ian held the position of Treasurer and

then after 3 years, to the position of a co-opted Board Member. We shall miss Ian and his vast knowledge, experience and expertise that he has brought to our Meetings. Thank you Ian and we wish you well in your new position.

Easter is only a few weeks away. Have a happy and safe Easter.

Georgie Sperou
Chairperson.

North & West Metropolitan Commonwealth Respite and Carelink Centre. Carer Activity Day

Carers of people living with dementia or memory loss are invited to attend a free activity session to be held at Sunnybrae Function Centre on 17th April from 10:30am to 2:30pm. The day will be two interactive sessions:

1. Active Ageing will present a DVD for people living with dementia and family members. The DVD contains a section of easy to do exercises and some fun brain teasers to stimulate your brain and liven up your thinking. All carers attending the Activity session will take home a copy of the DVD designed to be used as often as you like in the comfort of your own home.
2. Following lunch all materials and hands on help will be provided to commence creating a story book of the person you care for. It can then be used as a conversation starter, resource to help those who come into the home to provide care and for reminisce. It can be as creative as you both feel.

Invitations are for carers living in the northern or western regions of Adelaide. Numbers are strictly limited, for further information or to RSVP contact Heather or Kay at Commonwealth Respite and Carelink Centre on 8346 8329 before Wed 11th April.

Respite and transport can be provided free of charge to enable carers to attend any Forum if needed.

To book ring Kay, Sue or Tom on 8346 8329

Would you like to talk to someone but don't know who to talk to?

A professional counsellor could help you by:

- Listening to you completely without being judgemental
- Respecting your feelings and experiences
- Allowing you to talk about your worries or problems
- Assisting to provide you with strategies to cope
- Exploring your circumstances and options

Some reasons people find it helpful to seek counselling are;

- life changes, grieving, job loss, financial difficulties, relationship issues, family problems,
- feeling down or feeling anxious, a low self esteem, stress or carer responsibilities

Our resident psychologist Joanne is available to help you; however you need to be on a mental health care plan, if you would like to find out more please call

Krystal or Megan at NCN on 8284 0388

CARER SUPPORT GROUPS - APRIL/MAY 2012

OPEN SUPPORT GROUPS

COFFEE 'N' CHAT

NCN Meeting Room, Davoren Park
Held 3rd Tuesday of the month, 10am - 12noon
Next Meetings: April 17th, May 15th
Phone Brenda at NCN for details

GAWLER CARERS GROUP

Sport & Community Centre, Nixon Tce., Gawler
Held 4th Tuesday of the month, 10am - 12noon
Next Meetings: April 24th, May 22nd
Phone NCN for details

THE PALMS

The Palms Residential Village,
Lot 11 Supple Road, Waterloo Corner
Held 1st Wednesday of the month, 1.30pm-3.30pm
Next Meetings: April 4th, May 2nd
Phone Chris & Pauline at NCN for details

TTG CARER SUPPORT GROUP

Tea Tree Garden Village,
1075 Grand Junction Rd., Hope Valley
Held 3rd Thursday of the month, 10am - 12noon
Next Meeting: April 19th, May 17th
Phone Brenda at NCN for details

MENTAL HEALTH SUPPORT

ESSENCE OF HOPE

Grenville Hub, Playford Boulevard, Elizabeth
Held 2nd Tuesday of the month, 7pm - 9pm
Next Meetings: April 10th, May 8th
Phone Louise at NCN for details

HOPEFUL HORIZONS

Paddocks Neighbourhood Centre,
Cnr. Bridge/Kesters Road, Para Hills West
Held monthly on Tuesday mornings as advised
Next Meetings: April 10th, May 8th
Phone Louise at NCN for details

MEMORY LOSS SUPPORT

GRENVILLE MEMORY LOSS

Grenville Hub, Playford Boulevard, Elizabeth
Held 4th Thursday of the month, 1pm - 3pm
Next Meetings: April 26th, May 24th
Phone Brenda at NCN for details

REACHING OUT SUPPORT GROUP

Helping Hand Centre, Shackleton Ave., Ingle Farm
Held 1st Thursday of the month, 10.30am-12.30pm
Next Meetings: April 5th, May 3rd
Phone Brenda at NCN for details

'OUR GROUP' MEMORY LOSS SUPPORT GROUP

Jack Young Centre, Orange Ave., Salisbury
Held 1st Friday of each month, 2.00 – 4.00pm
Next Meetings: April 6th, May 4th
Phone Brenda at NCN for details

PARKINSONS SUPPORT GROUPS

PLAYFORD PARKINSONS

Resthaven Therapy Services,
16 Gillingham Road, Elizabeth
2nd & 4th Wednesday of the month, 11am-12.30pm
Next Meetings: April 11th, 25th, May 9th, 23rd
Phone Brenda at NCN for details

SALISBURY PARKINSONS

Jack Young Centre, Orange Ave., Salisbury
Held **every Friday**, 10am - 12noon
Phone Ian 8262 6942 or Brenda at NCN for details

STROKE SUPPORT GROUP

INGLE FARM STROKE

Helping Hand Centre, Shackleton Ave., Ingle Farm
Held 3rd Monday of the month, 1pm - 3pm
Next Meetings: April 16th, May 21st
Phone Brenda at NCN for details

RELINQUISHED CARERS SUPPORT

CHANGING LANES

Held 3rd Wednesday of the month,
Various times and locations depending on activity'
Next Meetings: April 18th, May 16th
Phone NCN for details

“Gawler Groups Have Moved”

**For all Carers attending groups in Gawler
The new venue will be at the Gawler Community Health Service**

**The group will meet on the 1st Monday on the month
beginning on the Monday 7th May 1-3 pm**

CARER SUPPORT GROUPS - APRIL/MAY 2012

PARENTS/FAMILY SUPPORT

AUTISM / ASPERGERS

Hope Central, 51-53 Goodman Rd, Elizabeth Sth.
1st & 3rd Tuesday of the month, 9.30am - 11am
Next Meetings: April 3rd, 17th, May 1st, 15th,
Phone Chris or Louise at NCN for details

CARERS TAKE A BREAK

Salisbury East Neighbourhood House,
28 Smith Road, Salisbury East
3rd Wednesday of the month, 9.30am - 11.30am
Next Meetings: April 18th, May 16th
Phone Gina at NCN for details

CARING PARENTS GROUP

Child Development Unit, Meeting Room,
Lyell McEwin Hospital, Elizabeth Vale
(Free creche available - remember to book)
Held 2nd Monday of the month, 10am - 12noon
Next Meetings: April 9th, May 14th
Phone NCN for details

INTERGENERATIONAL SUPPORT GROUP

Karrendi School, 15 Bradman Rd, Parafield Gdns
Held fortnightly on Wednesdays, 3.30pm - 6pm,
during school terms
Phone Jenny at NCN for details

SHARED TIME (formerly 'OUR TIME GROUP')

Hope Central, 51-53 Goodman Road, Elizabeth Sth,
2nd & 4th Friday in school terms, 10am - 12noon
Next Meetings: April 13th, 27th, May 11th, 25th
Phone Chris or Pauline at NCN for details

REACH FOR THE STARS

NCN Meeting Room, Davoren Park
Held 2nd Wednesday of the month, 7pm - 9pm
Next Meeting: April 11th, May 9th
Phone Chris or Pauline at NCN for details

TONS OF FUN - Children with Special Needs

Hewett Primary School Art Room 0314, Kingfisher
Drive, Hewett (Building behind Community Centre)
Held fortnightly on Thursdays, 3.15pm - 5.30pm,
During school terms only
Phone Gina at NCN for details

TONS OF FUN - Parent/grandparent/carer time

Held 4th Thursday of the month, 10am - 12noon
Phone Gina at NCN for details and/or venue

DID YOU KNOW?

Respite and transport are available so that you can attend and take part in support group meetings. For more information or bookings please ring the Network on 8284 0388.

MEN'S/WOMEN'S SUPPORT GROUPS

BACK ROOM BOYS

NCN Meeting Room, Davoren Park
1st Monday of the month, 10am - 12noon
Next Meetings: April 2nd, May 7th
Phone NCN for details

MALE CARERS

Phone NCN for details if required

SALISBURY EAST WOMEN'S

Neighbourhood House, 28 Smith Rd, Salisbury East
Held 2nd Wednesday of the month, 10am - 12noon
Next Meetings: April 11th, May 9th
Phone Gina at NCN for details

ABORIGINAL SUPPORT

EMU - ELDERLY MIMINIS UNITED

(Aboriginal Grandparents & Carers)
Elders Village, Swallowcliffe Rd, Davoren Park
Fridays Monthly during school terms, 11am - 2pm
Phone Sharon at NCN for details

SALISBURY GRANNIES GROUP

Marra Dreaming, 22 Commercial Rd., Salisbury
Held 3rd Monday of the month, 11am - 2pm
Phone Janice at NCN for details

CALD SUPPORT GROUP

(Culturally & Linguistically Diverse)
Bi-monthly outings 9.30am - 2pm
Phone Jenny for details

YOUNG CARERS SUPPORT GROUPS

YOUNG CARERS & SIBLINGS ('breakthru')

For young people aged between 7 & 18 years who provide care/support/respite for a family member.

Gawler (Tons of Fun) - Gawler Community House, 2 Scheibener Tce, Gawler

Salisbury - Twelve25, 17 Wiltshire St., Salisbury

Playford - The Platform, Northern Sound System Building (behind Skate Park), Elizabeth

Monthly Meetings - program available

Phone Shana for details

γεια σου ,Swahili, hujambo, xin chào, hoy and ciao.

If you can speak another language and like to be social with other peoples
Contact Jenny at NCN for your interest.

Spero di sentire da voi , hy vọng được nghe từ bạn, nadzieję usłyszeć od ciebie, أنا لم أن
كمن عمسن



Health and Wellbeing

THE CHOLESTEROL STORY

You have probably heard a lot of talk about cholesterol over the years; good and bad cholesterol, the importance of cutting cholesterol. You may even have been told that your cholesterol levels are too high.

But what is cholesterol? What does it do? How can you lower your cholesterol if it is too high? The following will help to answer these and other frequently asked questions.

What is Cholesterol?

Cholesterol is a type of fat found naturally in our bodies. Despite its bad rap, cholesterol plays many important roles, including the production and repair of cell membranes and the maintenance of hormone and Vitamin D levels. Without cholesterol, we would actually be in a pretty tough spot.

But too much cholesterol in the blood is associated with an increased risk of cardiovascular disease. Cholesterol is a major component of the plaque that can build up on the inside of our arteries, slowly reducing blood flow to important tissues and organs.

The more cholesterol there is in the blood, the more opportunity there is for it to contribute to plaque formation. For this reason it is important to keep cholesterol in a healthy range and enough to be helpful, but not so much that it increases our risk of cardiovascular disease.

Where Does Cholesterol Come From?

Although cholesterol is found in some foods (eggs, seafood, red meat, and other animal foods), this has relatively little impact on the cholesterol levels of most people. The majority of our cholesterol is made right in our own bodies, by the liver.

How much cholesterol the liver makes is influenced in part by our diets, particularly our intake of saturated fats and trans fats. While the body needs a little saturated fat to keep things running smoothly, too much leads to problems, including high cholesterol levels.

So be wary of how much saturated fat you are eating and minimize your intake of fried foods, fatty meats, high-fat dairy products, and other sources of saturated fats. Trans fats, which can still be found in some fast foods and packaged/processed foods, have no known use in the body and should be avoided altogether.

The Good, The Bad, And The Triglycerides

We often hear talk of good and bad cholesterol. In reality, there is only one type of cholesterol, but there are different proteins that carry cholesterol around in the blood. These protein carriers are referred to as lipoproteins, and the two main types that are most often discussed are low-density lipoprotein (LDL) and high-density lipoprotein (HDL)

LDL Cholesterol

LDL is often called the bad cholesterol, because it transports cholesterol to the tissues and organs of the body and is the type found in arterial plaques.

HDL Cholesterol

HDL is known as good cholesterol; it helps to carry cholesterol away from artery walls and brings it back to the liver for processing and removal from the body. High levels of HDL are associated with a reduced risk of cardiovascular disease.

Triglycerides

In addition to LDL and HDL, you may also have heard of triglycerides, another type of fat that can be measured in the blood. High levels of triglycerides are also associated with an increased risk of cardiovascular disease.

Take heart! If you have high cholesterol levels, there are plenty of natural ways to reduce these levels and get back on the track to better cardiovascular health.



Men's Retreat Update

10th 11th 12th February



Well to start off 2012 we had a small men's retreat in the Barossa. We headed off on the Friday night all set to sit down to a fully cooked meal, not having to lift a finger. We stayed at the Barossa Junction where the gentlemen enjoyed the uniqueness of the place.

The men had plenty of time to relax, but also had the opportunity to try out their skills at some eight ball on both Friday and Saturday nights.

Saturday we had a nosey around Maggie Beers, followed by a pub lunch, which went down a treat. Also a look through some of the local towns.

Carers had a wonderful visit to the car museum and a train museum, bringing back some memories for all.

Had a bit of a competition happening with the guys with our Bowling and Eight ball. I know a couple of the guys said they couldn't play or hadn't played; well that was a little white lie. They were all very good and had a laugh watching some of the methods with bowling.

The retreat was enjoyable and allowed the Carers the opportunity for a much needed break from their caring role. The next men's retreat will be much bigger and will be packed with Golf and or fishing.

So keep your eye out guys for the next retreat. On behalf of Pauline and myself I would like to say a huge thank you to all who attended and look forward to catching up with you all again.



Don't forget to register for our Carers Day's Out where we hope you can also have a wonderful time.

Cheers Chris and Pauline

Are you a working parent and do you have a child at school over the age of 16? Check to see if you are eligible for School Card by going to Google: Google School Card, then 'The Gold Book' and then go to 'Forms', and select Form Y. A child needs to be receiving an independent youth allowance or an Independent Disability Support Pension as at 28th February 2012.

Aboriginal Program

NORTHERN YOUNGA NUNGA KARATE GROUP



**EVERY MONDAY
5.00PM - 6.00PM**

GO-KAN-RYU

**130 Peachey Road
Davoren Park**

**\$5 Per child
Each week**

**Contact:
Kim at GO-KAN-RYU
0403 507 049**

**Janice at Northern
Carers
8284 0388**



Life membership

\$'99

Uniforms

\$49.99





breakthru' News

Breakthru' is back for 2012!

Salisbury Kids will meet on Friday 30th March, 4 – 6pm
at the Salisbury East Neighbourhood Centre
28 Smith Road, Salisbury

For a PIZZA night!

This is a great opportunity for new and old
Breakthru members to catch up and have fun.
This is the first meeting for the year and is free of charge.
Looking forward to seeing you there!

Phone: 8284 0388 before Wednesday 28th March to confirm.



Gawler Kids will meet on Wednesday 28th March, 4 – 6pm
at Salt Church Youth Hall (Multi-3 building)
25 Northside Court, Evanston Gardens

For a PIZZA night!

This is a great opportunity for new and old
Breakthru members to catch up and have fun.
This is the first meeting for the year and is free of charge.
Looking forward to seeing you there!

Phone: 8284 0388 before Monday 26th March to confirm.

Better Start for Children with Disability

Better Start provides funding for early intervention services. To access Better Start children with an eligible diagnosis must register before they turn 6 years old. Families will have until the child turns 7 to access funding.

Children are eligible for Better Start if diagnosed with one of the following disabilities:

- Cerebral palsy
- Deafblindness
- Down syndrome, including mosaic Down syndrome
- Fragile X syndrome with full mutation
- Hearing impairment
- Vision impairment

Contact Carers SA on 1800 242 636 for further information.

Carer Day Out - Mystery Trip 31st January 2012

“Seen through different eyes”



We started out at 9.40am and headed towards Gawler. When we arrived in Gawler, Bill our driver took us on a tour of the town, where he talked about the railways and a lot of the old buildings. After our Gawler tour we headed east to the whispering wall where we had morning tea, then headed towards Lyndoch and out to Chateau Barrosa where we had wine tasting and a tour of the Rose Garden.



We had a very nice lunch at the Chateau Barrosa Restaurant before returning home again. An enjoyable day was had by all who attended. Looking forward to the next one. **Marianne.**



The morning was mild and overcast when Bill our coach driver picked up a large group of caring guys and gals. We began a day of many mysteries. An interesting drive through Gawler's heritage area was a novel way to pass some time before zooming off to the "whispering wall" for morning tea, where it was a bit fresh.

After a short ride we arrived at Chateau Barrosa (Lyndoch) which boasts a winery, locally made crafts and jewellery, an antiques museum and large rose garden - the arts, craft and trinkets were quite reasonably priced, but try as we did to buy a lovely butterfly necklace (too small for a large lady's neck) another lucky lady scored the piece. Some people enjoyed wine tastings and others a wee stroll in the rose gardens - the huge variety of roses were quite lovely. We were then guided past resort accommodations to a full silver service restaurant, where we were exceptionally well and truly waited upon - the meal should be rated 7 stars.

Our mystery day was a beautiful sightseeing trip in one corner of the Barossa Valley with a superb meal at a beautiful chateau. How spoiled were we ? - HEAPS !!!

Lovely sunshine now and time to head for home. A happy coach load of guys and gals who were very indulged and "cared" for by hostesses Gina and Jenny and Bill our super - stretch - stretched - "limousine" chauffeur. **Cheryl.**





Carers Sharing

USEFUL INFO ABOUT CLOTHES DRYERS

The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load of clothes.) He took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material. I'm sure you know what your dryer's lint filter looks like. Well the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh - that's what burns out the heating unit. You can't **SEE** the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free. You know how they can feel waxy when you take them out of the box well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (**and to keep your electric bill lower**) is to take that filter out and wash it with hot soapy water and an old toothbrush at least every six months. He said that increases the life of the dryer at least twice as long! How about that!? Learn something new every day! I certainly didn't know dryer sheets would do that. So, I thought I'd share!

Note: I went to my dryer and tested my screen by running water on it. The water ran through a little bit but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I had it done in 30 seconds. Then when I rinsed it the water ran right through the screen! There wasn't any puddling at all! **That repairman sure knew what he was talking about!**



A GREAT RECIPE FOR GOOD FRIDAY

Ingredients

- 500g potatoes, peeled, halved
- 30g butter
- ¼ cup (60ml) hot milk
- 210g can pink or red salmon, drained, bones and skin removed
- ¼ cup (20g) grated parmesan
- ¼ cup (35g) plain flour
- 1 egg, lightly beaten
- ¾ cup (50g) dry breadcrumbs
- 2 tablespoons olive oil
- salad, lemon wedges, to serve



Preparation method

1. Cook potato in a saucepan of boiling water for 15 minutes, until tender. Drain, return to pan and place on low heat for 2 minutes, until potato is thoroughly dry. Remove from heat and mash lightly with a fork. Add butter and hot milk, beating until very smooth. Set aside to cool completely.
2. Flake salmon into a bowl. Add mashed potato and parmesan. Season to taste and mix well to combine. Divide salmon mixture into eight patties. Dust with flour, brush with beaten egg and coat with breadcrumbs. Place on a tray and refrigerate for 1 hour.
3. Heat oil in a large non-stick frying pan on medium. Cook patties for 3-5 minutes each side, until golden. Serve with salad and lemon wedges.

Tip: Fish cakes with a crispy coating of breadcrumbs is a great family favourite. Canned pink salmon is ideal for fish cakes, as it is economical and the flavour is good. Red salmon is even better.

For deluxe fish cakes, increase the salmon to two 210g cans. The second can makes a richer fish cake — it's all a matter of taste.



Ambulance Cover

TRUE OR FALSE: Holders of pension cards get free ambulances - **FALSE**

TRUE OR FALSE: My private health insurance covers all ambulances - **FALSE**
Check with your insurer.

TRUE OR FALSE: Gold Card DVA card holders get free ambulances - **TRUE**

There's no way anyone can know when they or their loved ones may need an ambulance. The last thing you should ever do is make a decision about your medical condition based on finances.

We encourage all South Australians to take out Ambulance Cover. From around 30c per day, you can be fully covered.

Ambulance costs are not covered by Medicare and even if you have private health insurance, your policy may not cover the cost of an ambulance. Many private health insurance schemes only cover you and your family for emergency ambulance services. Many illnesses or injuries require additional patient transportation which are classified as 'non-emergency' (e.g. for tests, ongoing treatment or transfer to another hospital).

We strongly recommend checking with your private health insurance provider to find out if you are covered for ambulance transport and if so, your level of cover.

SA Ambulance Service will always assist all patients and provide them with the highest quality clinical and patient care. Having Ambulance Cover provides peace of mind and removes the financial concerns.

The cost of an emergency ambulance is generally around \$600 - \$800. If you are covered with SA Ambulance Service, you won't have to pay a cent if:

- the service is provided by SAAS, or
- the ambulance transport originates in another State or Territory and is provided by a recognised Interstate ambulance service, or

for a transport service originating in South Australia, if:

- SAAS directs or requests another person to provide non-emergency ambulance services, or
- after a request by the subscriber, SAAS, at its sole discretion, agrees in writing prior to the transport date that another person may provide the service, and that person is recognised under Part 6 of the *Health Care Act 2008 (SA)*.

Joining Ambulance Cover is easy, just fill in a form at your local post office

Ambulance Cover Rates

Single:	\$67.00
Family:	\$133.00
Pensioner Single:	\$42.00
Pensioner Family:	\$84.00

These rates are cheaper than those available interstate.

Ambulance Cover Terms and Conditions as at January 2011





CARER DAY OUTS

A Day in the Country

Visiting Melba's chocolate factory and the cheese factory.
Enjoy a lovely morning tea and a scrumptious lunch.

Friday 27th April - Cost: \$15.00 per person



	Pick up		Drop off	
Gawler BP	9.00 am	Saints Rd.	2.30 pm	
NCN	9.30 am	NCN	2.45 pm	
Saints Rd.	9.45 am	Gawler BP	3.00 pm	



Blokes Day Out

Guys join us for a day at the Birdwood National Motor
Museum, followed by a visit to the Birdwood Park
Winery and then enjoy a lovely luncheon

Monday 21st May - Cost: \$15.00 per person



	Pick up		Drop off	
Gawler BP	9.00 am	Saints Rd.	2.30 pm	
NCN	9.30 am	NCN	2.45 pm	
Saints Rd.	9.45 am	Gawler BP	3.00 pm	



Due to the popularity of our Carer Day Outs, priority will be given to people who are actively caring. Relinquished carers are welcome to attend up to 1 year after they are no longer actively caring, then they will be placed on the reserve list and contacted if there is space available. Please inform reception of this when you book in. Transport to & from pick-up points at discretion of NCN. If you are unable to attend after making a booking please notify the Network as soon as possible in order to let carers on the reserve list a chance to go.

Annual Pamper Day

Date: Thursday 3rd May

Time: 10am until 2pm

Cost: \$15.00 per person

Tired, Stressed! Need a break from your caring role.

Then come along for a wonderful day of indulgence and pampering and let someone else take care of you.

Enjoy a body, foot or hand massage, or even a facial.

**Venue: Anglicare Church,
91-93 Elizabeth Way,
Elizabeth**

Lunch will be provided, and Tea and Coffee will be available all day.

A raffle will be happening, including a door prize.

Healing Crystals will be on display and can also be purchased for yourself.

Displays of products including Nutrimetics and Avon, a craft table and magazines to read while you wait.

This is a great chance to catch up and enjoy some time for you.

Bookings can be made by ringing the Network on 82840388

Respite and transport available if needed

Looking forward to seeing you all there

We will be having a hair dresser on the day again, for cuts only so please bring an extra \$10 if you are wishing for a trim or a cut.



Alzheimer's
Australia SA
Living with dementia



A FREE workshop for family members caring for a relative with dementia living in the community.

Living with Dementia

Understanding the Changes

Topics to be discussed in the workshop include:

- *What is dementia?*
- *Understanding the brain*
- *Effective communication*
- *Responding to changed behaviours*
- *Services and supports available to you*

When: Thursday 3 May 2012

Time: 1.00 pm – 3.30 pm

Where: Grenville Community Connections Hub
10 Playford Bvde
Elizabeth

RSVP: Thursday 26 April 2012

Registration is essential as numbers are limited

For further information or to register your attendance please contact

National Dementia Helpline: 1800 100 500

Alzheimer's Australia SA Inc
27 Conyngham Street Glen Side SA 5062
www.alzheimersa.sa.gov.au

Dementia is a National Health Priority



Home and community care
ALZHEIMER'S AUSTRALIA SA



An Australian Government Initiative

USEFUL CONTACT NUMBERS		
	Commonwealth Respite & Carelink Centres	1800 052 222
	Carers SA: Carer Counselling Service	1800 242 636 www.carers-sa.asn.au
	healthdirect Australia: 24hr Health Advice	1800 022 222 www.healthdirect.org.au
	Crisis Care (Families SA)	131 611 www.families.sa.gov.au
	Lifeline	131 114 www.lifeline.org.au
	Australian Red Cross	1800 246 850 www.redcross.org.au
	Cancer Helpline	131 120 www.cancer.org.au
	Lyell McEwin Hospital	8182 9000
	Domiciliary Care	8193 1234 www.domcare.sa.gov.au
	Seniors Information Service Hotline	1800 636 368
	Aged Rights Advocacy Service	1800 700 600 www.sa.agedrights.asn.au
	Financial Ombudsman Service	1300 780 808 www.fos.org.au
	Welfare Rights Centre SA Inc	1800 246 287 www.wrcsa.org.au
	Adelaide Metro Infoline:	www.adelaidemetro.com.au 1300 311 108
	Legal Services Commission of SA	1300 366 424 www.lsc.sa.gov.au
	Public Trustee	1800 673 119 www.publictrustee.sa.on.net

Mother's Day

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

ANNA M JARVIS
ANNUAL
BOUQUET
BREAKFAST IN BED
CANDY
CARE
CARNATION
CHILDREN
CHURCH
CORSAGE
DAUGHTERS
DAY OFF
DINNER OUT

FAMILY
FLOWERS
FRIEND
GIFTS
GIVING
HOME
HONOR
HUGS
HUSBAND
KISSES
LOVE
MAMA

MATRON
MAY
MOM
NO DISHES
NURTURE
PARENT
PICNIC
SECOND SUNDAY
SONS
SPECIAL
SUPPORT
TRIBUTE