

Volume 6, December/January 2011/12
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Colin Wooltorton**Maria's
Message****MERRY XMAS &
HAPPY NEW YEAR
TO YOU ALL!**

NEWS FLASH: During "Carers Week" Northern Carers Network proudly accepted an award for Outstanding Initiative to Customers, for the Aboriginal Grand Parents Program. The award was presented by Minister Jennifer Rankin on behalf of the Office for Carers. NCN congratulate Sharon Hoffmann (Manager for the Aboriginal and CALD Carer support program) and her team who have worked along side the Aboriginal community in a spirit of partnership to support Aboriginal Grandparents. A Special mention goes to Pamela Jones and Andy Ryder (SAPOL) for nominating the program for the award.

As we approach the Festive Session, staff have been busy organising an array of Christmas activities during the month of December ending with a twilight picnic in Freemont Park. The picnic will be held on Monday the 19th of December from 4pm – 7pm. BYO picnic tea, chairs and present for your children. Drinks and ice-creams will be provided for the children and a special visitor will attend. So why not come along and join us as we celebrate the jolly season.

For our Young Carers don't forget to book into the annual Splash Day which will be occurring on 21st December, see inside this issue for further details.

NCN will be closing for Christmas from Friday 23rd of December at 12noon and will re-open on Monday the 9th of January. Whilst we will be closed during this time, we will kick start the New Year with a Mystery Trip at the end of January. I look forward to seeing you there!!!

Groups will start back in February so it gives support staff time to catch up with Carers individually and plan for the coming year. Gina has organised a great day out for February providing you with an opportunity to have a break, connect with other fellow Carers and have fun. Bookings are essential and respite is available if needed.

If you are finding things difficult and feel you need a break please don't hesitate to contact one of our Carer Support Coordinators? They will provide support and or arrange respite for you. If it is an emergency and respite is needed immediately you can contact the Commonwealth Respite & Care-link Centre on: 1800 052 222

On behalf of the Board, Staff and Volunteers I wish you a Merry Xmas and a safe and Happy New Year.

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

Love Maria XXX

"From Home to home, and heart to heart, from one place to another, the warmth and joy of Christmas, brings us closer to each other." Emily Matthews.

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 12th December, 1.00 - 3.00 pm

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



Your feedback is always welcome. If you have any complaints, our friendly staff are always here to listen.

ACCESS FITNESS

Access Fitness is Adelaide's only gymnasium with fully **wheelchair accessible** equipment available to members of the community and their family. The gym is combined with a physiotherapy treatment facility and is supervised by fully trained staff, all accredited with their associated national body. Gym memberships are available for 1, 3, 6 and 12 months, and casual visits are also available. A 20% discount applies to those on a pension and concession card holders. To view the gym, make a booking or just an enquiry, please call us on (08) 8336 7188. We are located at Suite 1 / 2 Portrush Rd, Payneham.

We would also like to invite you to an Open Day on Friday, 2nd December from 1-4pm to celebrate International Day of People with Disability. There will be various disability providers on display and the gym available for you to try. Light refreshments will also be available. Please RSVP to office@mpot.com.au or call us on 1300 368 141 to confirm your attendance.

Katherine Hughes, Exercise Physiologist

Commonwealth Respite and Carelink Centres

For **information** on a range of community services, to **link** carers to respite, or for **short term** and **emergency respite** contact Commonwealth Respite and Carelink Centres. Trained staff will discuss your needs and provide information on how to access services. Call us during regular business hours, or for urgent emergency respite support contact us any time on
1800 052 222

Your Link to Living Independently
FREECALL 1800 052 222

*Calls from mobile phones are charged at applicable rates

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO ALL CARERS, VOLUNTEERS AND STAFF



NCN Christmas Closure

Please note that the Network will close at 12 noon on Friday 23rd December and reopen on Monday 9th January 2012. For emergency respite, contact the Commonwealth Respite and Carelink Centre on the freecall number above.

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



Our Annual General Meeting, held on 20th September went very well. Your Board now comprises myself as Chairperson, Martin Monument as Vice Chair, Angela McFarlane as Secretary, Irene Klose as Treasurer and Bob Lamerton, Louise Walsh, Ian May, Dale West, Phillip Hazelwood and Jon Huy as Board members and Pam Jones a representative from the Aboriginal community.

During Carers Week, Northern Carers received an Award for Outstanding Customer Service Initiative for the Aboriginal Grandparents Project. Congratulations to our Staff for organisation and running such a successful project.

Christmas is only a few weeks away so on behalf of the Board, I would like to wish all Carers and their families a very happy and safe Christmas and New Year.

Georgie Sperou, Chairperson.

GREVILLEA HOUSE

As a Carer, I know the difficulties of getting away and taking a break. Sometimes the Care Recipient is able to access respite in a Care Facility whilst the Carer has a break, but if you want to have that break together it is a different matter.

During September, Peter, my husband, and I travelled to Clare for a 3 day break in a Respite House. This was the first time that we had accessed this type of accommodation and were more than pleased with the result. The Staff and other guests were lovely, the food terrific and we came away feeling refreshed and happy. We will do it again next year.

Grevillea House is an attractive four bedroom home, all with en suites, conveniently located within walking distance of the main street of Clare. The house is available for respite in three night blocks, twice a month. You are eligible to take advantage of this respite opportunity if you are caring for someone who is over 65 and is frail or has dementia. Their staff will look after your Care Recipient if needed, thus giving the Carer a break.

The House is run by Country North Community Services (a sister organisation to Northern Carers) and offers 24 hour support by qualified staff, all meals are provided and they take you on a couple of day trips, all for a very modest fee. If you would like more information you could contact either Lynn Stewart or Tara Hooker by ringing 8842 1922. **Georgie Sperou**

INTRODUCING COUNSELING SERVICES TO NCN

Hi, I would like to introduce myself. My name is Joanne Sperou and I'm a Psychologist and fellow Carer. My son has special needs and I was first introduced to Northern Carers 14 years ago after my Mum Georgie joined when my Father Peter had a stroke.

I have an interesting background starting my career with Mutual Community and then into SA Ambulance Service as a Paramedic. I was with the Ambulance Service for over 20 years. I had a very keen interest in working with people and as a result of a back injury I had to look at other career options. I then decided to study Psychology and along the way had my son, became a Peer Support Officer and took a support role in the Ambulance Service. After finishing my studies I then relieved as the Manager for the Peer Support Program and went into Private Practice.

Today I now see clients at Norwood and Salisbury. In consultation with Maria at the Network I will provide services to my fellow Carers. I will be available to see Carers at the Network in the New Year initially every Wednesday afternoon. If demand for services increases this can be facilitated if/or when required.

I will only be accepting Carers who have a Mental Health Care Plan and charging no gap when I see people at the Network. Due to rental costs I charge a \$40 gap to see me at my other locations. A Mental Health Care Plan can be initiated by a General Practitioner, Psychiatrist or Pediatrician as it is at their discretion to decide if a Plan is appropriate. A plan must be in place prior to an appointment for Medicare to cover. I also see people under Work Cover, Motor Vehicle Accident and Privately.

I currently see Adults and Children for a number of reasons. I see Adults for Anxiety, Depression, Adjustment Disorder, Pain Management, Trauma, Bereavement grief and loss. I see Children for Anxiety, Trauma, Bereavement Grief and Loss. **Joanne Sperou**

CARER SUPPORT GROUPS - DECEMBER 2011

OPEN SUPPORT GROUPS

COFFEE 'N' CHAT

NCN Meeting Room, Davoren Park
Held 3rd Tuesday of the month, 10am - 12noon
Next Meeting: December 20th
Phone Brenda at NCN for details

GAWLER CARERS GROUP

Sport & Community Centre, Nixon Tce., Gawler
Held 4th Tuesday of the month, 10am - 12noon
Next Meeting:
Phone Carmela at NCN for details

MERRY MONDAY'S

Jack Young Centre, Orange Ave., Salisbury
Held 1st Monday of the month, 10am - 12noon
Next Meeting: December 5th
Phone Brenda at 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 Meeting: December 7th
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: December 15th
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 Meeting: December 13th (Xmas party)
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 Meeting:
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 Meeting:
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 Meeting: December 1st
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 Meeting: December 2nd
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 Meeting: December 14th
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 Meeting: December 19th
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 Meeting: December 21st
Phone Carmela at NCN for details

Merry Monday's ~ Carer Support Group

This group provides Carer's with support, information and activities and is open to all Carer's. The Merry Monday's meet on the first Monday of each month at the Jack Young Centre, Orange Avenue, Salisbury between 10.00~12 midday. Transport and respite is available if needed, for more information please contact Brenda at the Network on 8284~ 0388.

CARER SUPPORT GROUPS - DECEMBER 2011

PARENTS/FAMILY SUPPORT

AUTISM / ASPERGERS

Hope Central, 51-53 Goodman Rd, Elizabeth Sth.
1st & 3rd Tuesday of the month, 9.30am - 11am
Next Meeting: December 6th & 20th
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 Meeting: December 21st
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 Meeting: December 12th
Phone Carmela at 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 Meeting:
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: December 14th
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
Next Meeting:
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 & 3rd Monday of the month, 10am - 12noon
Next Meeting: December 5th & 19th
Phone NCN for details

MALE CARERS

Next Meetings:
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 Meeting: December 14th
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 2nd Monday of the month, 11am - 2pm
Phone Janice at NCN for details

CALD SUPPORT GROUP

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

VIETNAMESE MUM'S SUPPORT GRP

Karrendi Primary School/Play Group
15 Bradman Road, Parafield Gardens
Held 1st Monday of the month, 10am - 12noon
Next Meeting: December 5th
Phone Jenny at NCN 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



Health and Wellbeing

GOING NUTS — FOR GOOD HEALTH

Because Christmas is a time when traditionally more people consume nuts we thought this would be a good time to use this article. However, don't forget that nuts are beneficial eaten at anytime.

Nuts are packed full of beneficial nutrients for good health. Enjoying almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts regularly as part of a healthy diet has been shown to protect the heart and can have benefits for weight control and diabetes. Nuts naturally contain a wide range of important vitamins, minerals, antioxidants and other phytochemicals.

A Healthy Heart

Studies have shown including a handful of nuts in your diet can reduce your risk of heart disease by 30 to 50%. How do nuts have this effect? They contain a wide range of nutrients that are heart-healthy.

A Rich Source of Healthy Fats. Nuts are a healthy high-fat food in a fat-phobic world; there's no need to avoid all fats in your diet. Eating a variety of nuts will help provide the right balance of healthy monounsaturated and polyunsaturated fats in your daily eating plan. Nuts high in monounsaturated fat include macadamias, hazelnuts, pecans, almonds, cashews and pistachios. Nuts high in polyunsaturated fat include walnuts, pine nuts and Brazil nuts.

Plant Omega-3's. These are a type of polyunsaturated fat found in walnuts, pecans, hazelnuts and macadamias. These nuts are one of the few plant sources of omega-3's. This short chain omega-3, called alphanoleic acid (ALA), has heart health properties. Long chain omega-3's are mostly found in fish and seafood and are also required for heart health.

Natural Source Of Plant Sterols. These are substances which can help to lower cholesterol levels in the blood by reducing cholesterol re-absorption in the intestine.

Cholesterol Free. Because nuts are a plant food, they are naturally free of dietary cholesterol.

Rich Source of Antioxidants And Phytochemicals. Nuts contain a variety of antioxidants including vitamin E, selenium, copper, manganese plus phytochemicals such as flavonoids, resveratrol and ellagic acid.

A Source Of Arginine. Nuts contain arginine, an amino acid building block of protein which is converted to nitric oxide in the body. Nitric oxide causes blood vessels to relax and remain elastic.

Contains Folate. Folate is a B vitamin that helps reduce high levels of an amino acid called homocysteine, which is a risk factor for heart disease.

Tips For Including Nuts In Your Diet

To obtain maximum benefits from nuts, enjoy them every day. Try the following for variety in your heart-healthy, diabetes-friendly eating plan!

- Unsalted mixed nuts make a portable healthy snack.
- Toss almonds or cashews through your favourite stir fry (or see recipe on page 15).
- Top fish with a mixture of crushed hazelnuts or Brazil nuts and fresh herbs.
- Use a pure nut spread (for example almond or macadamia spread) on toast in place of butter or margarine.
- Toss pistachio kernels in a salad.
- Combine pecans and walnuts with rolled oats, sunflower and pumpkin seeds, sultanas and chopped dried apricots to make your own muesli, free of added sugar and fat.
- Combine pine nuts or pistachios with fresh basil, garlic and olive oil to make a tasty pesto to use with pasta.
- Crush hazelnuts, macadamias or walnuts over fresh fruit and yoghurt for dessert.
- Replace potatoes with roasted chestnuts or stuff chicken with chestnut stuffing.

Extract from an article by Liz Munn, Consultant Dietitian for Healthy U, Healthy Life Magazine 2011.

**NORTH & WEST and SOUTH & EAST METRO
RESPIRE AND CARELINK CENTRES
1800 052 222**

PLANNING IN PARTNERSHIP PROGRAM

“What will happen when it becomes harder to care for my child?”

This program assists older parent (or other) carers of an adult person with a disability to plan and prepare ahead for a time when the caring role will change and an alternative care plan will be required. Information/Resource groups assist carers who are growing older to find relevant pathways into the planning process.

CARER INFORMATION/RESOURCE GROUPS

to commence Wednesday 29th February 2012

10am to 12.30pm at Plympton

A series of 6 consecutive, weekly workshops. The topics are different every week; carers can come to all, or those most relevant. Couples welcome, or a carer may like to be accompanied by a support person.

Topics covered include:

- Storybook planning' including 48 hour emergency plan.
- Respite and other community and carer planning services.
- Legal issues including making a will, mental capacity issues, advanced directives.
- Disability SA services and processes; Accommodation issues; Mental Health resources. Advocacy Services.
- Emotional and other issues related to caring and planning.

No cost—Respite and transport available if required.

**For queries and bookings, please call:
Kay (North & West Metro) 8346 8329 or 1800 052 222 or
Vicki (South & East Metro) 8379 5777 or 1800 052 222**

Young Carers Splash Day



Wednesday 21st December

At the Adelaide Aquatic Centre

Jeffcott Rd, North Adelaide

Bus departs NCN at 9am and returns at 3pm

BYO: lunch, towel, hat, sunscreen, t-shirt.

RSVP by 12th December: 8284 0388

Aboriginal Program

NUNGA'S Celebrating - CARERS WEEK 2011 'ALTERNATIVE HEALING' TREATMENTS, THERAPIES & PRACTICES



What a busy 3 days during the Carers Week Celebrations, as you can see (for those that missed out) we had a very exciting time. Here are some of the pictures that speak for themselves.

Over the 3 days an average of 70+ per day Carers/community members and their families came from the Aboriginal community all seeking special TLC through the Alternative Healing Treatments, even staff from other agencies benefited from this amazing event.. All treatments, therapies and practices was provided by a diverse range of people from the Northern community, even our own (Shelly & Brenda) here at NCN provided treatments to our Carers/community members as the doors were open to all.

I would like to take this opportunity to thank our Healers, volunteers, and NCN staff who all provided and supported their time and energy to our Carers Week Celebrations, and for their participation in making sure everyone that attended felt good about TAKING CARE OF THEMSELVES. And last but not least THANK YOU to our Carers in Northern Metropolitan region for their commitment in participating in this event.

NUckin Ya(CU) at the next one, Cheers from Emma



Rock and Roll Retreat



Rock and Roll the Night Away

Ladies Retreat



The Northern Carers Network in September held a Retreat at the Barossa Junction. The retreat was a welcoming break for all of the lovely ladies who attended. The weather was just nice allowing us a wonderful opportunity for some sightseeing.

Maggie Beers was again a huge success and the op shop tours always go down a treat. We were able to check out all the country shops and I'm sure I seen a couple walking around with bags of goodies. Some of the ladies even managed to get a costume for the Saturday night Rock and Roll evening.

Following an afternoon of relaxing and enjoying each other's company it was time to get ready for dinner and a fun filled evening. Dinner was beautiful and then it was time to put the juke box on. Everyone made a huge effort in dressing up for the night, which just brought a room full of laughter and enjoyment. **BIG THANK YOU LADIES, A FANTASTIC EFFORT.**

It really was a great evening and everyone had a chance to let their hair down and take some time out for themselves, well deserved ladies. Without your input guys it wouldn't of been the same. It was a great opportunity for the Carers to catch up with old friends and for some to meet new carers.

Sunday morning and it was time to pack and get ready for a fun filled morning a quick visit to Angaston Fruits before finishing off a wonderful weekend with lunch at the Williston Hotel.

Just want to say thank you lovely ladies for being part of our Retreat - look forward to catching up with you all again very soon. Chris & Pauline



Expression of Interest

Men's Mystery Retreat

Would you like a weekend away?

Why not take some time out for yourself!

Are you actively caring for an Adult who is living with a disability, chronic illness or is frail aged?

Please contact Chris or Pauline on 8284 0388

Transport & Respite provided if required.

Date of Retreat - 10th until 12th February 2012





Carers Sharing

THE COMPUTER SWALLOWED GRANDPA...

The computer swallowed grandpa,
 Yes, honestly its true!
 He pressed 'control and enter'
 And disappeared from view.
 It devoured him completely,
 The thought just makes me squirm.
 He must have caught a virus,
 Or been eaten by a worm.
 I've searched through the recycle bin
 And files of every kind;
 I've even used the Internet,
 But nothing did I find.

In desperation, I asked Jeeves
 My searches to refine.
 The reply from him was negative,
 Not a thing was found 'online'.
 So, if inside your 'Inbox,'
 My Grandpa you should see,
 Please 'Copy, Scan and Paste' him
 And send him back to me.

(This is a tribute to all the Grandmas & Grandpas who have been fearless and Learned to use the computer They are the greatest!)

*"We do not stop playing because we grow old;
 We grow old because we stop playing.
 NEVER Be The First To Get Old!"*

THIRD TIME LUCKY!!!

A middle-aged couple had two beautiful daughters but always talked about having a son. They decided to try one last time for the son they always wanted.

The wife got pregnant and delivered a healthy baby boy. The joyful father rushed to the nursery to see his new son.

He was horrified at the ugliest child he had ever seen. He told his wife: "There's no way I can be the father of this baby. Look at the two beautiful daughters I fathered!

Have you been fooling around behind my back?"
 The wife smiled sweetly and replied:
"No, not this time!"

HANDY HINTS

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store opened chunks of cheese in aluminium foil. It will stay fresh much longer and not go mouldy.

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying beef. It will help pull the fat away from the meat while cooking.

FAREWELL & BEST WISHES



This month we sadly say FAREWELL to our lovely Carmela who is moving on to greener pastures to further her career in Human Services. Carmela has been a highly regarded and valued employee at NCN and loved by so many. Whilst she will be greatly missed, all at NCN wish her all the very best for her future. **Maria**

It has been a real pleasure working with the wonderful team at Northern Carers Network. I have enjoyed getting to know many Carers over the past 8 years at groups, day trips, information sessions, special events and various programs. It has been a great privilege to share your journey and I send my best wishes to you all.
Carmela.



Carers Sharing

Hi wonderful carers,

Last Father's Day, my sister and I made the long car trip out to Hindmarsh cemetery to visit our dad. It was such a beautiful, sunny, warm day too, so as it was lunch time we decided to find a cafe. We went back along South Road and turned left onto Port Road and as we were driving along we saw a cafe called GF Cafe, meaning all gluten free. We had to check it out as I'm gluten free (resulting from years of stress). There was everything, no cross contamination. There it was all gluten free, lovely cream "sponge cakes", focaccia, pasta meals, pies and little cakes you see in a "normal cafe". But more, you can eat there or take away and it was open on the Sunday we were there doing good business. It was great I had all the choices! Take care everyone. Sheralee Andrews

GF Cafe details:
3/462 Port Rd, Hindmarsh. Ph: 8346 5985

THE REAL STORY OF THE THREE BEARS



Baby Bear goes downstairs, sits in his small chair at the table. He looks into his small bowl. It is empty. "Who's been eating my porridge?" he squeaks..

Daddy Bear arrives at the big table and sits in his big chair. He looks into his big bowl and it is also empty. "Who's been eating my porridge?" he roars.

Mummy Bear puts her head through the serving hatch from the kitchen and yells, "For God's sake, how many times do I have to go through this with you idiots? It was Mummy Bear who got up first. It was Mummy Bear who woke everyone in the house. It was Mummy Bear who made the coffee. It was Mummy Bear who unloaded the dishwasher from last night and put everything away. It was Mummy Bear who swept the floor in the kitchen. It was Mummy Bear who went out in the cold early morning air to fetch the newspaper and croissants. It was Mummy Bear who set the damn table. It was Mummy Bear who walked the bloody dog, cleaned the cat's litter tray, gave them their food, and refilled their water. And now that you've decided to drag your sorry bear-asses downstairs and grace Mummy Bear with you grumpy presence, listen carefully, because I'm only going to say this once...

"I haven't made the Bloody porridge yet!"



SURPRISE FRIDGE CAKE

Serves 12

FOR THE CAKE

110g unsalted butter, cubed, plus more for the tin
150g plain biscuits
90g golden caster sugar
2 tbsp golden syrup
1 tbsp cocoa
50g 50% cocoa solids chocolate, broken into pieces
150g chocolates and sweets (I used mini marshmallows, crushed honeycomb chocolate bars, malted chocolate balls and caramel chocolates)

FOR THE TOPPING

75-100g 50% cocoa solids chocolate, broken into pieces

You will need a 24 x 11cm loaf tin or terrine, or the equivalent square tin. Butter the tin and line it with clingfilm, allowing a generous excess to hang over the edges.

Crush the biscuits into small pieces by placing them in a polythene bag and bashing with a rolling pin. In a small pan, very gently melt together the butter, sugar, syrup, cocoa and chocolate.

Remove from the heat and cool until tepid.

Add the biscuits and stir in the chocolates and sweets.

Mix well and spoon into tin. Cover the top with the excess clingfilm and set in the refrigerator for a few hours. Once set, remove the cake from the tin by pulling on the clingfilm and easing it out with a knife. Turn it out onto a serving plate.

For the topping, place a small heatproof bowl over a saucepan of gently simmering water, making sure the base of the bowl does not touch the water.

Add the chocolate to the bowl and heat until it melts, stirring only very occasionally, then pour over the cake. Store in the refrigerator - preferably hidden! - until you serve it. It will cut much more easily if it's not kept for too long at room temperature.

TOP TIP:

Make a healthier option by swapping the sweets for chopped dried fruit and nuts instead.

Submitted by Sheralee Andrews



Afternoon Xmas Party

BYO Picnic

You are invited to the Northern Carers Network Xmas Celebrations to be held at:

Fremont Park
Yorktown Road, Elizabeth Park

on

Monday 19th December

4:00pm - 7:00pm

Free Event

Magician and animal balloon art
Treats, drinks, ice cream and activities

Don't forget BYO Picnic Lunch

Please bring chairs & rugs

Santa will be visiting

Please purchase and wrap presents clearly marked to the value of \$5 for your children to be put in Santa's sack.

Book early by ringing the Network on 8284 0388 & advising the number of adults & children attending.

Please note: In the event of extreme weather conditions (eg over 37°) those registered will be notified of cancellation.



CARER DAY OUTS

MYSTERY TOUR

Catch up with friends and join in the fun Guess the mystery destination Or just wait for the surprise!

Tuesday 31st January 2012

Cost \$20.00 per person

(includes Morning Tea and Lunch)



Pick up		Drop off	
Saints Rd.	9.15 am	Gawler BP	2.15 pm
NCN	9.30 am	NCN	2.30 pm
Gawler BP	9.45 am	Saints Rd.	2.45 pm



SEASIDE TRIP

Come with us for a relaxing day beside the seaside.

Stroll along the beach, or if you are brave enough you could even go for a swim.

Alternatively, browse the shops, grab a cuppa or an ice cream, and then enjoy a lovely luncheon.

Friday 24th February 2012 - Cost: \$20.00 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.



IT'S THE SEASON FOR ... SECURITY



While you're busy preparing for your holidays, don't overlook these simple but effective precautions to guard against your home being burgled while you are away.

Secure doors & windows

The basic preventive measure is to secure all doors and windows. Deadlocked solid doors are best, plus keyed window locks. Burglars don't like smashing glass as it's noisy and gives limited entry and exit - doors and windows still can't be opened.

Be discreet

Only tell people who need to know about you approaching holiday. Don't let on that no-one will be home, even to the travel agent. If you're going to be away for some time, why not get a friend to house-sit for you?

Cancel services

Cancel services such as the post and newspaper deliveries - but don't leave notes. Ask a trusted neighbour or friend to remove any "junk mail" from the letterbox. If you put out the rubbish bin before you leave ask that same neighbour or friend if they could bring it in from the street once it has been emptied.

An empty garage or carport may also be a sign that no-one is home so cover all garage windows and invite a neighbour to park their car in your drive from time to time.

Install timers

Invest in timers that can be set to turn lights on and off - or even a radio, TV or garden watering system.

Remember to..

Turn down your telephone bell - the sound of an unanswered telephone may be another sign that no-one is home.

Lock away garden tools, ladders etc. - anything that could help to a burglar gain forced entry. The ladder especially, can give access to the roof, bypassing the most sophisticated door and window locks.

Consider taking valuable items, and perhaps irreplaceable heirlooms, to the bank for security. Small items such as the DVD/VCR (a favourite with burglars), could be lent to friends or family.

Protect your identity - don't leave behind any credit cards, passports, or other irreplaceable documents.

If you are robbed, despite all your best efforts, the chances of recovering things increases if you have full descriptions (including serial numbers and distinguishing marks) and if the goods are inscribed with names and a numbering system.

Finally, check your insurance policies to ensure they cover the period you will be away. Some policies allow only limited periods of absence (eg. 30 days), and special cover may be needed.

Chicken, Cashew & Almond Stir Fry

Here's a quick and tasty stir fry meal the whole family will enjoy!

Ingredients:

1 tablespoon Macadamia Oil
3 small chicken breast fillets, thinly sliced
1 medium onion, cut into wedges
1 bunch parsley, chopped
1 teaspoon shredded ginger
1 bunch baby bok choy, trimmed & roughly chopped
75g snow peas, trimmed
75g blanched raw Almonds
75g raw Cashews
2 tablespoons salt reduced tamari sauce
¼ cup plum sauce
4 cups cooked basmati rice



Method:

Heat half the oil in a wok over medium high heat.
Add the chicken and cook in batches until golden and cooked through. Set aside.
Add remaining oil and cook onions for 4 minutes until tender.
Add the ginger, bok choy, snow peas, almonds and cashews and stir fry for 2 minutes or until bok choy is wilted.
Return chicken to the wok, along with the tamari and plum sauce and toss together gently. Cook for a further minute.
Sprinkle parsley over the mix
Serve with rice.

With thanks Healthy U, Healthy Life Magazine

Rocky Road

Rocky road is an old-fashioned sweet that combines dark chocolate, marshmallows and nuts. Always popular at fetes, fairs and school cake stalls, this rocky road recipe is so easy it's perfect for your kids to make.

Serving Size: 24- 30 pieces

Special Info: Egg free, Gluten free

Ingredients:

- 500g good quality dark chocolate
- 100g marshmallows
- 100g red glace cherries
- 1 cup coconut
- ½ cup pistachios
- ½ cup peanuts
- Alternative Replace nuts with Maltesers and gummy bears for kids



Method:

Melt chocolate in the microwave at medium heat. Cook for 2 minutes, stir, then another 2 minutes or until melted. Line a slice tray (16 x 26 x 3 cm) with baking paper, leaving 2 cm hanging over each end.

Use scissors to cut marshmallows in half, cut cherries in half. Combine marshmallows, cherries, coconut, pistachios and peanuts in a large bowl. Pour in melted chocolate and mix well to combine.

Spoon into prepared tray and refrigerate for at least 2 hours. When set, lift rocky road onto a chopping board and cut into 24 or 30 pieces (depending on Dad's sweet tooth)

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 McEwen 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

New Year's Eve

H	S	E	R	A	U	Q	S	S	E	M	I	T	A	T
N	O	T	F	R	E	V	O	G	N	A	H	U	U	C
O	C	L	S	I	Y	S	C	B	A	L	L	X	C	H
I	O	M	I	A	R	T	N	F	O	D	E	S	O	A
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E	N	D	C	T	A	T	C	A	O	G	L	N	F	P
M	T	N	I	F	Q	Y	N	R	P	H	E	G	E	A
A	D	I	S	T	I	G	B	N	A	U	E	I	T	G
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| ASPIRIN | FIRST | RESOLUTIONS |
| AULD LANG SYNE | HANGOVER | SELTZER |
| BALL | HATS | SICK |
| BALLOONS | HEADACHE | SINGING |
| CHAMPAGNE | HOLIDAY | SLEEP |
| CONFETTI | HORNS | STREAMERS |
| COUNTDOWN | MIDNIGHT | TIMES SQUARE |
| DANCING | MUSIC | TOASTS |
| EVE | NOISE MAKERS | TUXEDO |
| FIRECRACKERS | PARTY | |

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