

# Home Care Matters

EDITION 11

1300 797 522

[WWW.CALVARYHOMECARE.ORG.AU](http://WWW.CALVARYHOMECARE.ORG.AU)



## Welcome

In this edition, we have a lot in store for you. As the sun starts to shine brighter and the days grow warmer, it's essential to stay sun-smart and keep yourself cool and hydrated.

Discover the many ways Calvary goes beyond home care to provide a range of services. Join us on a journey as we share the exciting experiences of our clients, including a picturesque tour of Victoria's iconic Silo Art Trail.

We also extend a warm invitation to you to become a part of Calvary's Consumer Advisory Body, where your insights can help us enhance the care and services we offer.

And as the festive season approaches, we've got you covered with tips and assistance to make your Christmas shopping a breeze. Stay tuned for this exciting edition to stay connected and informed as we embrace the holiday spirit!

## Getting the most out of Home Care



At Calvary Home Care, we're dedicated to helping you live independently in your home while actively engaging in your local community. We believe in quality care that respects and enriches your life as you age.

But that's not all we offer. Calvary takes a holistic approach to healthcare, providing services across the spectrum of your needs. From birth to end of life and everything in between, we're here for you. Our services extend beyond your home, including care in hospitals, virtual care, and support in our retirement living and residential aged care homes.

What sets us apart is our commitment to caring for your overall well-being, not just your physical needs. We adapt

our services to fit your unique lifestyle, ensuring you receive the care and compassion you deserve as your needs evolve.

Discover the benefits of our 'integrated co-located living,' bringing the care you need directly to your home or community. Whether it's in-home care or more intensive support, Calvary is here to accompany you on your entire journey.

Please be aware that the services offered may vary depending on your location. Therefore, it is advisable to get in touch with your Service Support team or visit the website for additional information when your requirements change.

**Give us a call on 1300 797 522 to find out more information.**





Photo by: Aaron Powell

# Silo Art Adventure:

## A Day to Remember on the Silo Art Trail

In mid-September, a group of participants in Benalla, north-east Victoria, embarked on their second social support groups bus trip, and it exceeded all expectations. This time, a larger group of over 10 people and their Support Workers eagerly set out for an unforgettable journey.

Bright and early, our participants were greeted with warm smiles as they boarded the bus. Their destination? The town of Goorambat, marking the first stop on their tour of the famous Silo Art Trail.

The Silo Art Trail is a unique tourist route in Victoria, showcasing a collection of colossal outdoor murals adorning disused grain silos. As part of the Silo Art Project, this initiative not only transforms industrial structures into impressive works of public art but aims to revitalise the towns and bring thousands of new visitors to the region, celebrating their rich agricultural heritage.

Despite the chilly morning, the the care recipients persisted, impressed by the artwork. The second stop took them to St James, a place of historical note as the location of the very first Coles store. That piece of history still stands today.

Lunch was a delightful affair at a local pub, featuring a hearty roast of the day, fish, chips, and salad. The care recipients even managed to snap a cherished photo to commemorate the moment.

The final stop, Tungamah, marked the end of an incredible day. Exhausted but content, the clients enjoyed one last glimpse of the silos before making their way home, with plenty of stories to tell.

The day was a resounding success, as care recipients of all ages bonded and shared stories. As the trip neared its end, they eagerly inquired about future outings. The Silo Art Trail had showcased how these excursions can help foster the connections within our community.



**Do you have a story to share? We would love to hear it.**

✉ [YourStories@calvarycare.org.au](mailto:YourStories@calvarycare.org.au)

# Invitation to join Calvary's Consumer Advisory Body

Want to provide feedback about Calvary's strategy, and give your insight on how we can improve the care and services we provide? The new Calvary Consumer Advisory Body is an opportunity to partner with us to share your voice and suggest changes for positive improvements in the quality of care and services we provide.

## A place to share your voice

The Consumer Advisory Body will meet twice a year at a Calvary Home Care Centre for a high level strategy update. There will also be an opportunity to join via videoconferencing. The meetings will provide a place for you to view and comment on important data and information that we collect, including complaints and incidents. The Consumer Advisory Body will provide a summary of your feedback, experiences and suggestions obtained at the meetings to Calvary's Board of Directors.

## How to join

Membership to the Consumer Advisory Body open to all of our consumers and their representatives. If you want to join, please complete the Expression of Interest form by scanning the QR code in this article, or by emailing us at [CCC.Quality@calvarycare.org.au](mailto:CCC.Quality@calvarycare.org.au). When we receive your expression of interest, we will contact you with more information, including a copy of the Terms of Reference, agenda and instructions on how to attend or join the meeting. Thank you in advance for sharing your voice with us.



Scan the QR code to fill out your expression of interest

✉ [CCC.Quality@calvarycare.org.au](mailto:CCC.Quality@calvarycare.org.au)

## Shopping Assistance

Freshen up your home, eat smarter, and enjoy the sunshine. With Christmas fast approaching, we are here to help you get ready for the festive season. We can provide transport services so you can go shopping, get the garden ready for an outdoor gathering, help write Christmas cards and gift wraps or prepare Christmas dinner.



[calvaryhomecare.org.au](http://calvaryhomecare.org.au)



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# Beat the Heat: Your Essential Summer Health Tips

As we embrace the Australian summer, it's crucial to prioritise your well-being. Here are essential tips to keep you safe and comfortable:



## HYDRATE REGULARLY

With rising temperatures, ensure you drink enough water to stay hydrated. Carry a water bottle and aim for at least 8 glasses a day.



## SUN PROTECTION

Shield your skin from harmful UV rays with sunscreen, sunglasses, and a wide-brimmed hat. Limit sun exposure during peak hours.



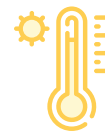
## STAY COOL

Dress in lightweight, loose-fitting, light-colored clothing to beat the heat. Seek shade or air-conditioned areas when it's scorching.



## HEALTHY EATING

Enjoy seasonal fruits and vegetables to maintain a balanced diet. Opt for salads and fresh fruits to keep cool.



## STAY INFORMED

Monitor weather forecasts and heatwave warnings to prepare for extreme heat.

Visit SunSmart and download their UV app to get sun protection advice at your fingertips:  
[www.sunsmart.com.au/resources/sunsmart-app](http://www.sunsmart.com.au/resources/sunsmart-app)

For a safe and joyful summer, follow these tips. Our team is here for support and guidance, so feel free to reach out with any questions or concerns. Enjoy the sunshine and stay well!

## Continuing the Mission of the Sisters of the Little Company of Mary

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.



Hospitality



Healing



Stewardship



Respect