

February 2021



Client Newsletter



'CHSP' explained!

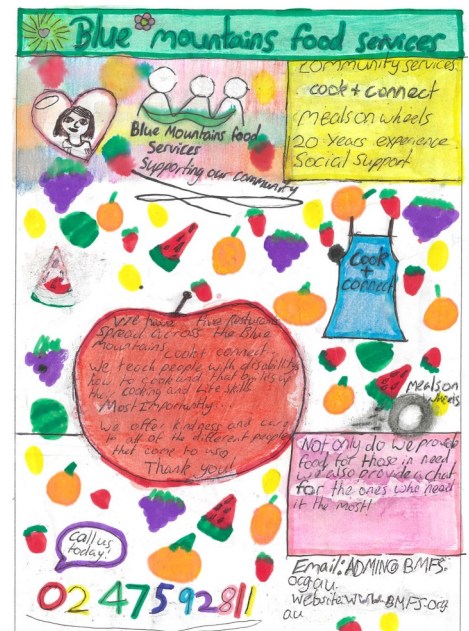
Funded by the Australian Government, the Commonwealth Home Support Program (CHSP) is an entry level program for older people who are mostly able to live & cope on their own & don't yet need higher levels of support at home. For more complex needs, a homecare package may be more suitable. You can access similar services to the CHSP, but the services are coordinated & tailored to meet your specific needs.

BMFS provide the following CHSP services:

- Food services: such as meal deliveries & meals at a community centre
- Personal care: help with bathing or showering, dressing & hair care etc
- Social support: social activities in a individual or community-based group setting.

Other services available include transport, domestic assistance, home maintenance, home modifications & nursing care.

Some more ads designed by local students as part of the Blue Mountains Gazette's 'Design an Ad' competition!
And the winner was...



If you are 65 years or older, or 50 years or older & identify as an Aboriginal &/or Torres Strait Islander person, are still living at home & need help to continue living independently, you or your carer can apply for CHSP services by contacting the My Aged Care Contact Centre on 1800 200 422. You will need a home support assessment to determine your eligibility & the level of support you need. Many of you will already have done this if you began accessing our CHSP services in the past few years.

The Australian Government provides some funds directly to CHSP service providers but there is also an out-of-pocket for each service.

If you have any questions about services we deliver under the CHSP or via aged care packages, please call us at any time!

Cooking for 1 or 2 Program



Learn to cook easy, flavoursome food and make new friends

If you are 65 or older, or 50 or older and you identify as Aboriginal or Torres Strait Islander, join us for five daytime cooking sessions and enjoy preparing and eating a meal together

There is a small charge of \$7 per session to cover food costs

- 5 x three & half hour sessions
- Friday 9:30 am – 1:00 pm
- 26 February – Friday 26 March 2021
- Springwood Hub Kitchen/Dining Room

Call us on 4759 2811 for more information and to book your place.

Dementia Carer Support Group

This support group provides a safe, secure, confidential environment for family carers of people living with dementia to express their feelings, opinions & experiences.

Winmalee: Winmalee Neighbourhood Centre, second Wednesday of the month, 10-12

Call to register: Kylee Holmes, Anglicare, 0438 819 634.

Dementia Interest Group

A monthly discussion group, for both the person living with dementia & their carer, to provide support, education & information on various aspects of living with dementia.

Wentworth Falls: Holy Trinity Anglican Church, 17 Armstrong Street, Wentworth Falls, first Wednesday of the month, 10-12

Blackheath: RSL Hall, 2 Bundarra Street, Blackheath, fourth Wednesday of each month, 10-12

Call to register: Narelle Bossard, Anglicare, 0417 596 747.

While the ham & turkey are probably distant memories now, there are still some very important Food Safety tips below from the Food Authority. Make sure you finish summer off feeling healthy & happy!

- Don't wash uncooked raw meat – it can spread harmful bacteria around your kitchen
- If food has been on the table for more than 2 hours, bin it – hot food needs to stay hot and cold food needs to stay cold
- 'Ham bags' are a great way to keep your ham fresh and maintain quality. A clean cotton pillowcase will do the trick too
- Keep your fridge at or below 5°C
- If you're having seafood, ensure you only buy from a reputable retailer and take an esky or cooler bag to ensure it stays cool
- Hot food needs to be kept and served at 60°C or hotter
- Use a thermometer to ensure your food is cooked all the way through
- If having a BBQ, use separate plates and utensils for raw and cooked meat and ready-to-eat foods
- Refrigerate leftovers and then eat or freeze them within 3 days
- Refrigerate food within 2 hours of preparing and reheat it to at least 75°C to prevent bacteria from growing
- Plan ahead for a slow safe thaw in the fridge – never defrost food on a bench. Turkey can take up to three days to defrost safely in the fridge
- Use a separate cutting board and knife for raw meat and ready-to-eat foods
- Make sure you don't overload your fridge as it reduces airflow and increases the temperature, creating breeding grounds for bacteria

Last month's answers

- Thick slice **SLAB**
- Rice variety **BASMATI**
- Car light **HEADLAMP**
- Large Greek island **CRETE**
- Found guilty **CONVICTED**
- Facecloths **FLANNELS**
- Matterhorn country **SWITZERLAND**

Clues...

- Deal with the 'present' (6 letters)
- Intrepidly (11 letters)
- Goes over again (8 letters)
- Baskets full of food (7 letters)
- Not standing (6 letters)
- Providing with workers (8 letters)
- Arms (8 letters)

Answers in next month's newsletter!

PUZZLER!

All you need to do is solve the 7 clues by matching together the tiles on the right to make *7 Little Words!* Remember you can only use each tile once.

Good luck!

FF	ING	REH	DAU
DLY	WEA	ERS	NTE
SEA	STA	ASH	ES
TED	UN	PO	RAP
NRY	MP	UNW	HA



Blue Mountains Food Services
Supporting our community

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