



**Jewish
Community
Services Inc**

Meeting Our Community's Needs

NEWSLETTER



APRIL 2016

IN THIS EDITION

From the Manager pp. 1

- Pesach
- Quality Review Outcome
- New Kitchen Installation
- Other JCS Updates

Are you a Carer? pp. 4

Potato & Carrot Gratin Recipe pp. 4

Upcoming Information Sessions pp. 5

Upcoming Events at JCS pp. 5

Centenary of SA Jewish Anzacs pp. 6

Recitals Australia Event pp. 7

Falls Awareness & Prevention pp. 8

JEWISH COMMUNITY SERVICES INC

227 Payneham Road
JOSLIN SA 5070

Phone: (08) 8363 5400

Email: contact@jcssa.asn.au

Web: www.jcssa.asn.au

UPDATES FROM THE MANAGER

Welcome to our April Newsletter!



We are fast approaching Pesach 5776, commencing on 22nd April and ending on 30th April. Hopefully you have all your Pesach supplies for the Seder and ingredients for all your popular passover dishes? On the topic

of recipes, we thought we would share a lovely potato and carrot gratin recipe, suitable for passover, courtesy of *The Noshers*.

Just a reminder that AHC are well and truly stocked with many supplies including meat, chicken, Matza, smoked salmon, red horseradish, chopped liver, matzo meal (fine and coarse), Benny's gefilte fish, grape juice and an incredible array of sauces, soups, snacks, juices (apple, pomegranate, sparkling cider) and other goods. They also have plenty of matza including shmurah matza. Contact **Klee from AHC on 8338 2922.**



Quality Review Outcome for JCS

On 22 March 2016, JCS participated in a quality review, which is undertaken every three years as part of our funding received from the Commonwealth Government.

The quality review was undertaken by two reviewers from the Australian Aged Care Quality Agency (AACQA) against the 18 expected outcomes of the Home Care Common Standards.

A number of components that made up the review process on the day included:

- Meeting with the Chairman (representing the Board) and Management
- Group Interview with Staff & Volunteers
- Group Interview with Service Users
- Group Interview with Brokered Agency Representatives
- Interview with Coordinator's and Review of client, staff and volunteer files and systems
- Review of documentation and evidence associated with the 18 Expected Outcomes
- Review of Continuous Improvement & Opportunities identified through our comprehensive Self Assessment and subsequent Continuous Improvement Plan.

Following the quality review, I am pleased to advise that the Quality Reviewers have assessed JCS as meeting **all 18 of the Expected Outcomes**. We received some great feedback with regard to many of our systems and processes and provided with some constructive and helpful opportunities for continuous improvements. Some areas that the Quality Reviewers noted we are doing well in related to:

- Community Engagement & Understanding
- Care Plan Development & Delivery
- Service User Reassessment
- Information provision
- Privacy & Confidentiality
- Advocacy
- Independence

Further to this, we have formally received our final quality review report that confirms our overall outcome and result. A copy of the final report is available by emailing darren@jcssa.asn.au

I would like to acknowledge the input of all staff volunteers and clients who contributed on the day, and in particular I would like to say a big thank you to Emmon Wang, Princy Elias and Helena Sitrin for all their efforts to assist with the preparations for the quality review.

New Kitchen for JCS Office

As I mentioned in previous newsletters, JCS continues to seek new funding opportunities to ensure we can offer new and diverse programs and services to build on our current range of services. As part of a recent grant application for funds offered by the state Government's multicultural infrastructure grants program, JCS was successful in obtaining funds to install a new kitchen and cooking appliances at our office.

The funding will also allow JCS to install safety rails, and other essential items to ensure the kitchen area is safe and functional for everyone.

By having access to these new facilities and appliances, our clients and community members are able to meet up the JCS office to participate in programs, like the monthly active cooking program, or for those more vulnerable, frail clients and with the assistance of their support worker, they may choose to prepare a small nutritious meal to ensure the sustained well-being and health for all clients, and that each client is actively participating and engaging with other members of the Jewish community.

The kitchen installation will be completed by Friday 15 April 2015. We look forward to sharing further updates and photo's in our next newsletter.

Updates at Jewish Community Services

As many of you would be aware, our Coordinator, Home & Community Services, **Emmon Wang** and her husband, Nitin, will soon become proud parents. Emmon has commenced her maternity leave from 13 April and we are expecting Emmon back around the end of July, early August. Yes, I hear you say that is not very long, but our diligent

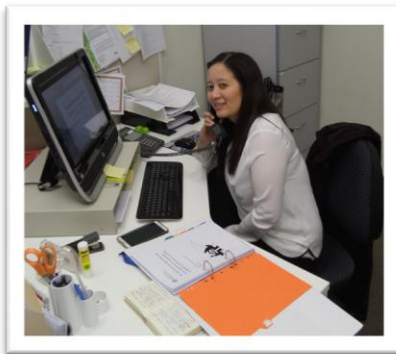


Emmon can't wait to return to work!

Emmon was given a morning tea by all staff and some clients also attended to wish Emmon all the best, including providing some useful tips to

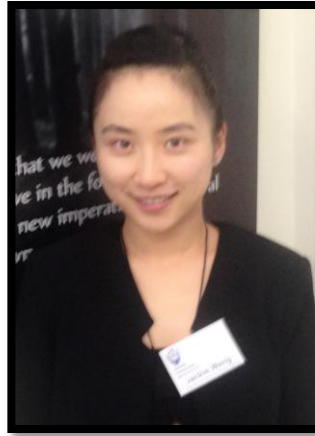
prepare for the birth! We wish Emmon and Nitin all the very best and the safe arrival of their baby. We will certainly keep everyone updated next month!

Yani Hartanto, our Finance & Business Support Officer will now work on Thursday's to provide administrative and coordination assistance while



Emmon is on maternity leave. Yani will be in the office Monday to Thursday to assist with any client support enquiries as well as the usual finance and invoice related enquiries.

Welcome to Jackie Wang



With Emmon on maternity leave, we are fortunate to have **Jackie Wang** join us to ensure all the client support, assessments and reviews are undertaken as required. Jackie comes to us with a background in mental

health, community, rehabilitation and support planning. Jackie will primarily be in the office each Wednesday, and other days as required to ensure all our client support needs are met. When you are next contacting the office, please say hello to Jackie.

Welcome to our new Volunteers

I would also like to extend a very warm welcome to **Helena Sitrin** who has joined us in the office as an administration and program support volunteer. Helena volunteers with us each Tuesday.



Chag Pesach Sameach

DARREN MEECHAN

Manager, Community Services

ARE YOU A CARER?

Carer Gateway is a national online and phone service that provides practical information, resources and support for those who care for someone with a disability, chronic illness, dementia, mental illness or frailty due to age. To learn more about the Carer Gateway, telephone **1800 422 737**, or visit the website **www.carergateway.gov.au**



Jewish Community Services also receives funding to provide services and support for carers within the Jewish community, including respite to allow you some time out. If you are a carer, or know someone in the community who is a carer and would like to access our support available, contact JCS on 8363 5400.

PASSOVER RECIPE – From the The Noshers - <http://www.myjewishlearning.com>



Potato and Carrot Gratin Passover Recipe

Here's a hearty, creamy potato dish that's so good you might just want to make it all year round. It's the non-dairy vegetable side dish that your Passover menu calls for!

INGREDIENTS

5-6 russet potatoes
1 lb carrots
3 Tbsp olive oil
1 large onion
2 cloves garlic, minced

2 Tbsp potato starch
1/4 cup mayonnaise
1 3/4 cups water mixed with
2 Tbsp chicken soup mix
1/4 tsp salt (plus more)

black pepper
paprika
3/4 cup crushed potato chips
Fresh dill (optional)

DIRECTIONS

Preheat oven to 350 degrees.

Heat olive oil in a medium saucepan over medium heat. Add diced onion and sauté until onions are soft and transparent, around 8-9 minutes. Clear a small hole in the centre of the pan and add the minced garlic. Cook garlic in the centre until fragrant, stirring constantly to avoid burning (about 30-60 seconds). Add potato starch to onions and mix well. Add mayonnaise, water, soup powder, and salt, and cook for 2-3 minutes until thickened, stirring constantly. Remove from flame and set aside.

Peel and slice potatoes and carrots into 1/4" thick slices.

To assemble: Pour a thin layer of sauce into a 8x8 baking dish, covering the bottom of the dish. Place a layer of overlapping potato slices in pan, then sprinkle with a layer of carrots.

pan and add the minced garlic. Cook garlic in the centre until fragrant, stirring constantly to avoid burning (about 30-60 seconds).

Top with a layer of sauce. Sprinkle with salt, pepper, and paprika. Repeat twice, for a total of 3 layers of potatoes, carrots, sauce, and spices.

Bake uncovered for 1 hour at 350 degrees. Remove from oven, add crushed potato chips, and bake for 30 minutes, or until potatoes and carrots are fork-tender. Garnish with fresh dill if desired.

UPCOMING INFORMATION SESSIONS BY SENIORS INFORMATION SERVICE

Navigating the Commonwealth Home Support System	Tablet Showcase – <i>Which is the best tablet for you?</i>	Learn to use your iPad
Monday, April 18 1:00pm to 2:30pm	Tuesday, April 19 1:00pm to 3:00pm	Tuesday, April 26 10:00am to 12:00pm
How to navigate the Commonwealth Home Support Program. With the changes to the Aged Care System and My Aged Care, find out about the changes, what is available and how you can access services.	Are you looking to purchase a tablet for the first time or upgrading to a new one? This session is for you!	Have you purchased an iPad, or perhaps need some extra knowledge to feel comfortable using your iPad? This session is for you!
<div>  <div> <p>Seniors Information Service</p> </div> </div> <div> <p>Telephone 8168 8776 to book for the above seminars.</p> <p><u>Bookings Essential.</u></p> <p>149 Currie Street, Adelaide. http://www.seniors.asn.au/</p> </div>		

UPCOMING EVENTS AND PROGRAMS FOR MAY 2016

Cooking with Na'ama: Tuesday 3 May Contact Na'ama on 8363 5400 for further information. Cost: \$7.50	Chaverim Exercise Group Thursday 5 May - Thursday 12 May Thursday 19 May - Thursday 26 May
Coffee Club: Tuesday 31 May Contact Na'ama on 8363 5400 for further information and costs.	Bagels: Tuesday 17 May (Beit Shalom) Jadees Mobile Fashions will present all the latest ladies fashion wear and accessories, with your chance to purchase on the day. Cost: \$10.00
Bus Trip: Tuesday 24 May (Stirling) Contact Na'ama on 8363 5400 for further information and costs.	Coffee Club: Tuesday 31 May Contact Na'ama on 8363 5400 for further information and costs.



The Commemoration of the Centenary of South Australian Jewish ANZACS

Sunday 17 April 2016

**The Adelaide Hebrew Congregation
13 Flemington Street, Glenside**

Please be seated by 2pm.



**Jewish Community Council
of South Australia**





Recitals Australia Lunch Hour Series

Zachary Knopoff



Wednesday 20 April at 1.10pm

Pilgrim Church, 12 Flinders Street, Adelaide (just behind the Adelaide Town Hall).

Zachary is a current Year 12 student at Glenunga International High School. Zachary has studied the piano with Leonie Horvat since 2006. In 2014 Zachary was awarded the AMEB Seventh Grade Scholarship for Piano. In 2015 he won the Junior Piano Recital section of the Adelaide Eisteddfod.

Program Detail

- BEETHOVEN – Sonata in Eb Major, Op. 27 no. 1 (1800/01)
- BRAHMS – Ballade Op. 10, no. 2, Andante and no. 3, Intermezzo: Allegro (1854)
- POULENC – Toccata from *Trois Pieces* (1918)

Concert duration: approximately 40 minutes.

Admission: \$5 at the door includes admission to two 40-min concerts: Tranquility Quartet (at 12:10) and Zachary Knopoff (at 1:10).

For further information see: <http://recitalsaustralia.org.au/whats-on/lunch-hour-series/>



OUCH!

FALLS can have a BIGGER IMPACT than people realise!



EVERY DAY about

34 OLDER PEOPLE



are **ADMITTED** to an SA public hospital, injured **AFTER A FALL**,

compared with **ONE** per day for injuries from car accidents.



Nearly **A QUARTER** of all injuries are to the **HEAD** or **BRAIN**.

4 OUT OF 10 injuries are **fractures**.

The most common are **HIP** and **LEG FRACTURES**.

These can have a long term **IMPACT** on **mobility** and **independence** for older people.

What can people do to **KEEP SAFE and INDEPENDENT?**

Talk with their **doctor** or other health professional if they are unsteady, or have had one or two falls.



Add strength and balance **exercises** into daily routines.



Have **glasses** regularly **checked**.



Have **medication** regularly **checked**.



Fix any tripping or slipping **hazards** in the home and garden, and make sure there is good lighting.



Avoid steps or ladders.

