



**Jewish  
Community  
Services Inc**

Meeting Our Community's Needs

# NEWSLETTER



JANUARY 2016

## WELCOME TO OUR FIRST EDITION FOR 2016!

This month we only have a small edition as this time of the year is typically quiet as we have a short break from most of our activities and programs over the January period. The team have been using this time to plan and prepare a new program of events and activities for the first half of 2016 which will get back into swing from February.

We are always looking for suggestions and new activities and programs that we can introduce to our clients. We have invested much time and resources over the past 12 months into broadening our programs and activities to meet the diverse needs and interests of our clients and community members and we want to continue to build and expand during 2016. So, if you have an idea for an ongoing or one off event, program or activity, contact Na'ama Iadarola or Emmon Wang at the JCS office!



## REVIEW OF CLIENT CONTRIBUTIONS & FEES

Last month I wrote to all clients to advise that we are currently reviewing all our client contributions and fees across all JCS programs and services to ensure services delivered to our community can remain sustainable, affordable and accessible to all community members.



We last reviewed all client fees and contributions in July 2014 and although there was a very small increase we were able to continue to provide diversity and quality in services we deliver to you. The review of all client contributions and fees is almost completed and will be discussed when the JCS Board of Management meets in February.

It is now expected that any changes to contributions and fees will become effective from **1 March 2016** and will be communicated at the time of sending your January invoices which will be sometime around mid February.

Please rest assured when reviewing our client fees and contributions, we will be taking in to consideration a number of factors including working to align our new fees and charges with the Commonwealth Governments CHSP Client Contribution Framework.

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## INCREASE IN POSTAGE RATES & CHARGES



On 4 January 2016, the Basic Postage Rate increased from 70 cents to \$1.00. This is a significant increase, especially for small not for profit organisations like JCS that continue to rely and communicate through the post.

We are reviewing our expenditure in this area, and where possible, reducing the volume and frequency that mail is sent to our clients and community members.

One immediate area that we have identified is sending monthly invoices, newsletters and other communication to clients who have access to electronic communication (email). From February when we send your invoice and newsletter, we will be sending it by email to those **clients who already have provided us with an email address.**

If you have access to an email address, and would like to receive your invoice by email to assist with keeping our postage costs down, please let us know and we will update the way you receive communication from us.

If you do not have access to email, please rest assured that you will continue to receive your monthly invoices by post or hand delivered (where practical) by your support worker. If you have any concerns or even any suggestions, please do not hesitate to contact Darren Meechan on 8363 5400.

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## NEW STAFF MEMBER AT JCS



Welcome to **Yani Hartanto**, who commenced with us on Monday, 4 January and is undertaking the role of **Finance & Business Support Officer**. Yani has been with us for a number of months helping out in the office as a volunteer and has a background in book-keeping and administration.

Yani will be responsible for all things related to supplier accounts, staff payroll and client invoicing as well as providing administration support in other areas of JCS operations. Yani will be in the office on Mondays, Tuesdays and Wednesdays from 9.00am to 5.00pm if you would like to discuss an invoice enquiry or finance related matter.

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## AGED CARE COMPLAINTS COMMISSIONER



From 1 January 2016 the **Aged Care Complaints Commissioner** is responsible for the management of complaints about the care and services provided to people receiving Australian Government subsidised aged care. The Aged Care Complaints Commissioner provides a free service for anyone to raise their concerns about the quality of care or services being delivered to people receiving aged care services funded by the Australian Government. To learn more, you can contact the JCS office to request a brochure, or contact **1800 550 552** or visit <https://www.agedcarecomplaints.gov.au/> for further information.

## QUALITY REVIEW

A quality review team from the Australian Aged Care Quality Agency will be visiting our offices on **22 March 2016**. The purpose of their visit is to assess the quality of care and services we provide to you and all of our clients.

As part of the review, the team will talk to management and staff and will look at our systems and processes are also interested in speaking to clients about the care and services they receive.

We will be sending further information next month to all clients providing further detail to those who would like to participate in the Quality Review process.



**Australian Government**  
**Australian Aged Care Quality Agency**

## Seniors Information Service What's on...



<b>Financial Planning for Retirement - What should I know?</b>	Thur 21 Jan	10am - 12pm
<b>Estate Planning - Overview (Wills, Trusts, Power of Attorney and more)</b>	Mon 25 Jan	10am - 12pm
<b>Understanding Aged Care Costs</b>	Wed 27 Jan	10am - 12pm
<b>Learn how to use your iPad</b>	Thur 28 Jan	10am - 12pm

### **BOOKINGS ARE ESSENTIAL**

149 Currie Street Adelaide 5000  
Telephone: 8168 8776

General Public: \$5 Per Person  
Coffee and Tea Provided

## UPCOMING EVENTS AND PROGRAMS FOR FEBRUARY 2016

DATE	ACTIVITY	COST
Tue 2 <sup>nd</sup> February	Coffee Club - <i>Ikea</i>	\$12.00
Tue 9 <sup>th</sup> February	Coffee Club - <i>Brickworks</i>	\$12.00
Tue 16 <sup>th</sup> February	Bagels Lunch - <i>Brighton Esplanade</i>	\$12.00
Tue 23 <sup>rd</sup> February	Cooking with Na'ama – <i>Hamantaschen for Purim</i>	\$ 7.50

To view a complete list of programs, activities and events, visit the front page of our website [www.jcssa.asn.au](http://www.jcssa.asn.au) located under **“Upcoming Events”**.

To book your spot for any of these events, please contact the office on **8363 5400** or email [contact@jcssa.asn.au](mailto:contact@jcssa.asn.au)

## Extreme heat – health advice

# Being active in the heat

The risk of heat-related illness is greater when you exercise during hot, dry weather.

Your body produces more heat and you may not be able to produce enough sweat for your body to cool. If you exercise when it is humid, sweat may not be able to evaporate from your body.

You may start to feel ill and experience heat cramps, heat exhaustion or even heat stroke, which is an immediate medical emergency.

### Taking precautions

- > Use common sense - slow down during the heat, stay indoors as much as possible and avoid over exertion and strenuous activity.
- > Exercise moderately in hot or humid weather and not at the same level you would during cool weather. If you start to feel ill, slow down or stop.
- > Don't exercise if you feel unwell, or are recovering from a recent illness.
- > Aim to exercise early in the morning, or at night when the temperature is cooler. Spend less time warming up during hot weather to avoid increasing your body heat and temperature.
- > Try to find some shade if exercising outdoors.
- > Protect children from over-exertion in hot weather, especially during intense or endurance exercise like netball or football.
- > Have a back-up plan to exercising outdoors when it is hot. Work out at an air-conditioned gym, walk laps inside a shopping centre. or climb stairs in an air-conditioned building.

### Drinking

- > Drink plenty of water before and during exercise. At least 2-3 litres of water should be drunk a day during hot weather.
- > Have 'sports drinks' specifically designed to aid hydration as they help replace the sodium, chloride and potassium you lose through sweating.

### Clothing

- > Choose light coloured, light weight and loose fitting clothes to allow sweat to evaporate easily from the skin and provide protection from the sun. Cotton absorbs sweat whereas nylon/synthetic fabrics do not.
- > If possible, wear a shady hat and sun glasses. Caps do not provide adequate protection from the sun for the face or neck.
- > Apply sunscreen at least 20 minutes before exposure to the sun so it can be 'absorbed' into the skin for effective protection. Re-apply every 2-3 hours or more often if sweating heavily, or if swimming in an outdoor pool or the ocean.

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For more information on how to cope during extreme heat

**Emergency Management Unit**

[www.health.sa.gov.au](http://www.health.sa.gov.au)

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