

COMMUNITY CONNECTIONS

THE LATEST NEWS AND UPDATES FROM JCS



MESSAGE FROM THE CHAIRMAN



Dear friends,

I hope that one and all had a wonderful Pesach with matzah balls not too hard, not too soft, and not too many matzah crumbs left to clean up!

Spiritually, we are now in the period of counting the Omer; the seven weeks between Pesach and Shavout. The counting of each day reminds us excitedly of the countdown to the Israelites receiving the Ten Commandments in the desert at Mt Sinai.

In some respects, it is also a time to count one's blessings - to remember and commemorate all that is good in our lives. Often we get stuck worrying about everything, sweating the small stuff. So, it is good to sit back and take stock of all that is good and going right in our lives.

In respect of JCS, I am delighted to advise that since our AGM we have bolstered our Board with two outstanding appointments. Berry van Vuuren and Janice Evan bring with them a host of exceptional skills in nursing, aged and community care, operational and business management, and strategy. Their enthusiasm, contributions, and new insights are already adding positively to our overall operations.

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HIGHLIGHTS

END OF FINANCIAL YEAR DONATIONS

SOCIAL INCLUSION AND ENGAGEMENT PROGRAM UPDATE

NAVIGATING THE MY AGED CARE SYSTEM

TRANSPORT ASSISTANCE

FROZEN KOSHER MEAL PROJECT

UPCOMING EVENTS

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I am thankful and incredibly grateful for the wonderful contributions provided by many of you as a strong cross-section of our community in our community engagement exercise lead by Dr Anna Gregory. The feedback gathered and the report generated by Anna is being considered and action upon by us. We want to ensure that your input is valued and we will be providing further feedback to you in the not too distant future.

As a result of outstanding work by Darren and the team and assisted by Dr Gregory, JCS has been approved to become an Aged Care Provider with the ability to offer home care packages. This is an outstanding outcome for us. It offers us the opportunity to significantly expand the areas in which we can provide services to you. Importantly, it allows us to retain clients who require or want a higher level of care and service.

The community engagement sessions also highlighted the desire by a number in the community to have the provision of locally-delivered Kosher meals. I am pleased to say that plans have progressed rapidly and we will shortly be commencing trials within the community. This is a great outcome of different community stakeholders collaborating successfully for a great outcome for all.

As we approach the end of the financial year, it is timely to remember that while we do receive government funding to assist in delivering our expanding services, we also rely on donations and support from the community to allow us to continue our good work. I would ask you to consider making a donation to JCS prior to 30 June which is, of course, fully tax deductible.

Finally, I feel blessed to be able to work with and contribute to JCS. It is a wonderful organisation with delightful clients, outstanding volunteers, and a team really dedicated to offer the best care and solutions possible. I look forward to delivering more good news in the not too distant future.

Shavua Tov

Robert Nachum
Chairman

END OF FINANCIAL YEAR DONATIONS

As we approach the end of the financial year, it is timely to remember that while we do receive government funding to assist in delivering our expanding services, we also rely on donations and support from the community to allow us to continue our good work.

By making an end-of-year donation to JCS you will be making sure we can continue to provide social and well-being support and services to members of the Jewish community.

We are very excited by some of the projects and activities that are currently occurring, and we want to do more to address community need in response to the outcomes of our recent community engagement consultations.

All donations to JCS are fully tax deductible. You can make your donation in one of the following ways:

Visit the JCS Give Now Donation Page

This is the quickest and simplest way to donate if you would like to make a secure payment by credit card. Simply follow the link <https://www.givenow.com.au/jewishcommunityservices> and you will be directed to the JCS donations page on the Give Now website.

Electronic Funds Transfer to JCS Bank Account

If you would like to make your donation by EFT directly to JCS, the details are:

Account Name: Jewish Community Services Inc

BSB: 035213

Account Number: 332818

Please use the reference so that we can easily find your donation: Donate (Surname)

Cheque or Cash

Cheques payable to JCS can be sent by mail to:

227 Payneham Road, Joslin SA 5070



For our readers who received a hard copy of our Community Connections, you will find a convenient self reply donation envelope included should you wish to make a donation by cheque or credit card. If you would like to make a cash donation, we would welcome your visit to our office between 9:00am to 5:00pm weekdays.

SOCIAL INCLUSION AND ENGAGEMENT PROGRAM UPDATE

Over the past two months we have been extremely busy with many outings, activities and programs and we continue to expand and diversify our social inclusion and engagement programs. I am encouraged by the feedback that we directly receive to ensure our programs remain popular with our clients and community members.

In April a small group attended the Seder at Beit Shalom and enjoyed lovely Kneidel soup, a lovely main course and desserts. Thank you to Rabbi Shoshana for entertaining us with her singing and her explanation of the Seder, and a very big thank you to Marie Galletta for all her help and support on the day and over the many years.

The monthly coffee club group is a very popular social gathering that meets each month at a different café within metropolitan Adelaide. Last month the group met at Kalymnos Pastries for a little taste of Greek delights. We would like to extend a warm welcome to any of our clients who would like to attend one of upcoming coffee club gatherings.

The Chaverim 'Friendship' group meets each Thursday to keep fit with light chair exercises, and engage in much laughter, banter and discussion. A snack or light meal is provided and transport can also be arranged. It is pleasing to see new friends attending, so again we would like to extend a warm welcome to our clients who would like to attend each Thursday.

In May we enjoyed a lunch river cruise aboard the West Lakes Princess, the weather was perfect and the feedback received was highly positive. It is always pleasing to welcome back some friendly and familiar faces to our new social inclusion and engagement programs. In particular, it was an absolute delight to have Rosy join us and we welcomed Marjory who joined us for the first time.

"I enjoyed every minute on the cruise. The food, the scenery and the atmosphere was very friendly". Rosy Costi

Sadly last month, we lost one of our very dear friends, Eleanor Roth. Eleanor has been part of the JCS family and social groups for over 18 years. We wish Tony and family a long life.

SOCIAL INCLUSION AND COMMUNITY PROGRAM UPDATE

We will be holding two coffee club gatherings in June, the Bagels lunch will be held at Panacea in the City, and Cooking with Moi... Naáma, will be at the JCS Centre. You will notice that the JCS Social Program is included separately as an insert to the Community Connections newsletter to ensure that upcoming programs can be easily identified and easy to attach to your fridge!

If you have any suggestions or feedback on how we can continue to improve on our programs, please do not hesitate to contact me on 8363 5400.

Until the next edition of Community Connections, we wish you all Chag Shavout Sameach.

Best Regards,

Naáma Iadarola
Social Inclusion and Engagement Facilitator



NAVIGATING THE MY AGED CARE SYSTEM

When looking for support at home or in the community, the system can make aged care seem complex and confusing, especially if you are urgently seeking information for yourself. You may not know where to go or who to call. Over the coming months we will explore the clients' journey of accessing the My Aged Care national gateway, how to access help at home, the differences between aged care programs and how to access services. In this edition of Community Connections, I will outline the role and functionality of the My Aged Care Gateway.

What is My Aged Care?

My Aged Care was established in 2015 by the Commonwealth Government with the aim of streamlining the aged care services. It serves as the national gateway which has centralised client records and to provide clear referrals pathways.

If you are aged 65 and over and needing some support to be able to stay independent in your own home and community, My Aged Care can be contacted.

There are many services that may be able to help whether you are:

- finding out about the aged care system for the first time
- looking at your options following a life event such as a fall, an accident or even the death of your partner, or perhaps thinking about future needs
- caring for an elderly relative or friend.



When you call the My Aged Care contact centre, the staff will ask questions to help refer you to appropriate assessments or programs. After the initial phone conversation, an aged care ID will be generated and you will likely be referred to assessment teams who will then make contact with you for a face-to-face assessment. Once the assessment is completed, the assessors will send the referrals to service providers, such as JCS, to commence the service.

For whatever reason if you are unable to contact My Aged Care, it is always a good idea to have someone who can assist and advocate on your behalf. Your family, carers, GP, hospital social workers and your friends can all refer you to or contact My Aged Care with your consent.

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If you feel that you are not confident contacting the My Aged Care contact centre due to a hearing impairment, language barrier or any other reason, JCS can support you and provide any necessary assistance to liaise with My Aged Care and support you through the process.

If you already have your Aged Care ID, it is very helpful to keep your ID with you when you talk to the contact center. They can quickly locate your records with the ID and provide prompt assistance.

My Aged Care contact Details:

Contact centre - 1800 200 422
8am to 8pm locally Monday to Friday
10am to 2pm locally on Saturday.
closed on Sundays and national public holidays.

My Aged Care website - myagedcare.gov.au

Emmon Wang
Coordinator, Home and Community Support



TRANSPORT ASSISTANCE

Are you no longer able to drive and find it difficult to catch public transport?

Do you need someone to assist you so that can attend a social activity, do your shopping, banking or attend a doctor, specialist appointment or to visit a loved one in hospital? As part of the Commonwealth Home Support Program (CHSP), JCS can assist you with transportation.

We have a range of transport options available, so give us a call next time you are seeking transport assistance to discuss how we can help. We always request that you provide as much notice as possible so that we can seek one of our wonderful volunteers to assist with your transport request. However, we understand that appointments often arise with minimal notice and where this occurs we will endeavour to seek transport for you, particularly in the event of a medical appointment.

If you have been assessed as being CHSP eligible, the cost of transport is \$4.00 one-way or \$6.00 return.

For further information, or to request transport assistance contact us on 8363 5400.

FROZEN KOSHER MEAL UPDATE

We would like to update you on the Frozen Kosher Meal Project following the recent survey of community members conducted during March. Following is a brief snapshot of the survey results and an outline of the steps we are undertaking as part of our commitment to exploring frozen kosher meal options



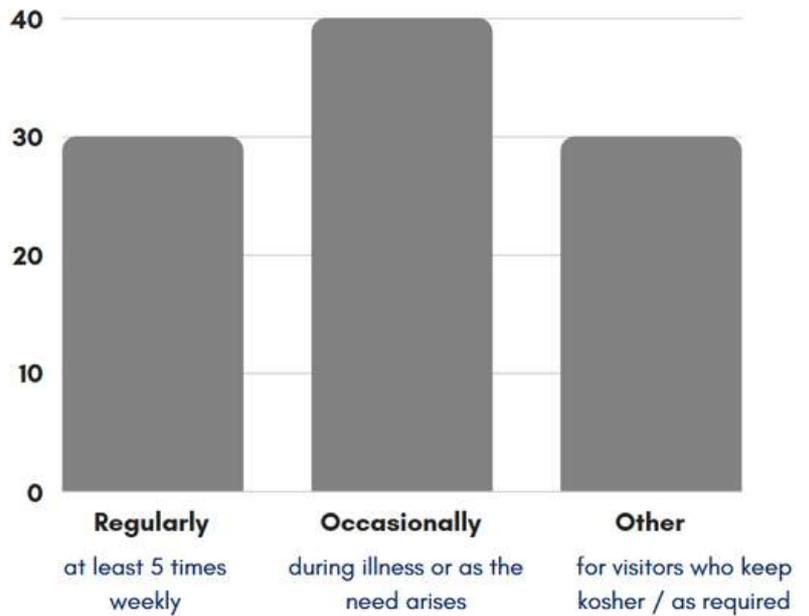
75 % of the responses received feel that there is a need for frozen kosher meals



75% of community members who responded and interested in frozen kosher meals indicated they are not a JCS client

75% of community members who responded and interested in frozen kosher meals indicated that they are under 65
Individuals over the age of 65 are eligible for CHSP funded services

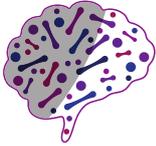
How often would community members consume frozen kosher meals?



How much would our community members be willing to pay per frozen kosher meal?



Steps currently being undertaken to further explore kosher meal services include;



We are working with key individuals within the Jewish community who have in depth knowledge, understanding and ideas to ensure the success of providing kosher meals to our community

We are sourcing a range of options to purchase frozen kosher meals directly from suppliers that are cost effective for our clients, community members and JCS



We have identified funding opportunities that enable JCS to purchase necessary infrastructure and equipment to store frozen meals onsite at the JCS centre

Very soon, we hope to trial the purchase and delivery of frozen kosher meals to our community members who have expressed interest. Initially this service will be limited to our current clients accessing services from JCS, or community members over the age of 65.

If you have expressed interest and provided your contact details as part of the recent survey, we will be in contact with you shortly. If you would like to be part of the limited trial, and currently a JCS client, or aged 65 and over, please contact the JCS office on 8363 5400.

We still have a lot of work to do, but I hope this quick snapshot provides an overview of where we are at with the Frozen Kosher Meal Project.

Don't forget you can remain updated on the Frozen Kosher Meal Project, or learn more how we continue to engage with the Jewish community by visiting our Community Engagement and Consultations page <http://jcssa.asn.au/community-engagement/>

UPCOMING EVENTS

JNF invites you

Please join us for a JNF fun and informative afternoon with the musical delight of Len Mahemoff OAM accompanied by Shirley Politzer OAM.

Learn about JNF's role in being a prominent and trusted communal organisation, raising funds for life-changing projects whilst maintaining a tangible link between the Jewish People and Israel.



Special guest

Len Mahemoff OAM
JNF Planned Giving Manager

Date: Sunday 21st May 2017

Time: 2:30-5:00pm

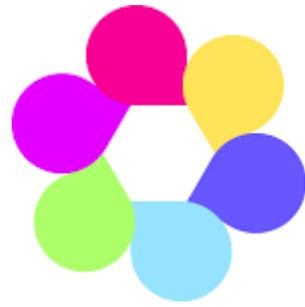
Cost: \$10 per person
Afternoon tea will be served

Venue: Rose Harris Hall,
Beit Shalom Synagogue
39 Hackney Rd, Hackney

For more information please contact Jackie Franco on 0417 846 191 or 8293 7330



jnf.org.au



Catalyst Foundation

Upcoming Workshops and Seminars

13 June: Selling your home part 1& 2

Are you thinking of selling your home to move to a senior supportive environment? Or to move in with your children who can help with your needs as you grow older?

Part 1 will include:

Where to begin

How much will it cost?

The importance of correctly pricing your property

Preparing your property for sale

Part 2 will include:

Use an agent or DIY?

Choosing the right agent

Successfully marketing your home

Negotiating and Settlement

To be held on Tuesday, 13 June, 10 to 12pm (part 1) and 1 to 3pm (part 2) at 149 Currie Street Adelaide.

To make a booking, call (08) 8168 8776 or email information@catalystfoundation.com.au.

Cost \$5/person (general public | cash only)

HOME CARE PACKAGES

JCS is now an approved provider of aged care and our goal is to work alongside you to access all your care and well-being requirements so that you can get the most from your Home Care Package.

The recent Increasing Choice in Home Care changes by the Commonwealth Government ensure greater choice and flexibility for consumers.

Home Care Package funding now follows the consumer. The changes are designed to ensure that the consumer remains in control of their own care and can change their care if they move to another area or want to change their provider for any reason.

At JCS, we promote a philosophy of healthy and active ageing, and strive to enable older members of our community to continue to live independently by providing high quality home and community support services.



WHAT DOES THIS MEAN FOR ME?

We welcome all individuals from within the diverse aged care community of metropolitan Adelaide who are thinking about changing their home care package provider.

If you are currently receiving support from JCS, and awaiting allocation of a home care package in the future, you will have the choice to select JCS as your provider.

Consumer Directed Care is about supporting the consumer with their choices to access quality support services to remain living independently in their own home.

WHY CHOOSE JCS?

Founded in our Jewish ethos, we are a vibrant, welcoming community that is respectful of the needs of all people. Our mission is to provide a unique and quality service supporting the Adelaide community.

We believe that as a small provider of aged care services and with our simplistic model and close knit team, we can easily innovate, redesign and quickly adapt to change and make decisions ensuring that the consumer is at the centre of everything that we do.

JCS will remain a small niche aged care provider with a focus on providing high quality home and community support for the South Australian Jewish Community, and welcome other community members to join the JCS family.

JCS also offer the following Commonwealth Home Support Program (CHSP) funded services:

Domestic assistance

assisting with basic and essential household cleaning tasks.

Personal care

assisting with personal hygiene and daily self care tasks.

Social support and shopping

to assist with tasks such as meal preparation, shopping, banking and accompanying clients to appointments and social visits.

Social inclusion programs

opportunities to participate in a range of activities including monthly group lunches, social outings, cooking programs and other active ageing & well-being programs.

Transport

to attend medical appointments, visit family in nursing homes and hospital and to local social functions.

Basic garden maintenance

helping with weeding, pruning and lawn mowing.

Respite and carer support

provide support and assistance to carers who need a break or time out from their caring responsibilities.

Community visits by volunteers

offering friendship, social opportunities and connection to the community for older people who live at home.



227 Payneham Road Joslin SA 5070

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F: (08) 8363 5401

E: contact@jcssa.asn.au

W: www.jcssa.asn.au

ABN 29 044 039 946

Active Choices. Active People.

- promoting a wellness or active ageing approach that emphasizes physical and mental health.
- opportunities to improve social participation to maintain or promote a person's capacity to live as independently as possible.
- a person-centered approach to support, promoting wellness and active participation in goal setting and decision making.
- timely and flexible services that respond to a person and their needs.