

A NOTE FROM THE EDITOR ECS Manager, Melinda Paterson

We appeared at several events during last month's Seniors Festival in February, including the Retirement & Recreation Expo, attended by over a thousand people. Our new coordinator, Lynette Buss, and volunteer Virginia provided information about 50+ Club and our Aged Services.

There are two primary programs funded by the Australian Government which provide aged care services to people in their own home, the Commonwealth Home Support Programme (CHSP) and Home Care Packages. The majority of older people who receive government-subsidised aged care received basic services provided through CHSP [847,534 people used CHSP in 2019]. CHSP is designed to provide relatively small amounts of support to a large number of older people; the average cost of the CHSP was \$2762 per recipient.

ECS is funded to provide CHSP Social Support. People must be assessed for eligibility and assessed by the Regional Assessment Services (RAS), which are part of My Aged Care. To request an assessment, call 1800 200 422 or apply at <https://www.myagedcare.gov.au/assessment> and at the assessment tell the RAS that you want ENGADINE COMMUNITY SERVICES, both SOCIAL SUPPORT GROUP & SOCIAL SUPPORT INDIVIDUAL. Then Lynette can talk with you about what would work best for you:

* Parkinsons Pilates * SeniorCise * Social Craft Group * Friendly Phone Calls * Shopping Buses * Men's Group * One-on-one social outings



MARCH 20 IS INTERNATIONAL DAY OF HAPPINESS



The United Nations (UN) declared March 20th back in 2012 to be observed as the International Day of Happiness and calls on all countries to help make it bigger brighter and more brilliant than ever in 2020.

It is focused on improving the well-being of all people with the idea that economic growth must be inclusive, equitable and balanced to promote sustainable development that alleviates poverty. The UN acknowledges that to obtain global happiness, development must be accompanied by social and environmental well-being.

The initiative to declare a day of happiness came from Bhutan, a country whose citizens are considered as being some of the happiest in the world.

5 Ways To Celebrate International Day of Happiness

1. Smile

Smile at as many people as you can to promote positiveness. Volunteers at ECS smile constantly & are always need; contact Lee on Mondays, Tuesdays & Thursdays to go on the Toy Library roster [see 3] or Lynette on Monday-Wednesday to give 2-3 hours per fortnight to a senior.



2. Give And Receive Hugs

In 2017, a hug-fest was held at the Dupont Circle Foundation in Washington D.C., but you could organise your own hugging party any where you wanted.

3. Just Play Anything That Is Fun

If you need more toys to help play, join Sutherland Shire Toy Library <https://www.ecs.org.au/fun-for-kids>; borrow from ECS on Mondays or Thursdays 1-4pm or Saturday mornings.

4. Dance [or Exercise] For Joy

Nothing expresses joy the way dancing does, so either solo or in a group dance like there is no tomorrow. The SeniorCise & 50+ Social Exercise classes at ECS are filled with music & laughter.



5. Give Away Clothes or Anything That You Don't Need

Giving makes people happier than receiving. Clean out your closets & find those items that you enjoyed at another time in your life but you no longer need. You could simply offer them to a friend or a charity.

Coronavirus??

What is the coronavirus and COVID-19?

Coronaviruses are a large family of viruses. Some cause illness in humans and others cause illness only in animals, such as bats, civets and camels. Human coronaviruses generally cause mild illness, such as the common cold. Previous outbreaks include SARS and MERS

- COVID-19 is a new strain of coronavirus not previously identified in humans
- First identified in Wuhan, China, where there has been an outbreak. It has since spread to other countries.
- COVID-19 is closely related to a bat coronavirus



How is this coronavirus spread?

It most likely to spread from person-to-person through;

- Direct close contact with a person while they are infectious
- Close contact with a person who has a confirmed infection who coughs and sneezes near us
- Touching objects or surfaces (such as door handles, tables, ATM's) contaminated by someone with a confirmed infection, and then touching your mouth or face

Most infections are only transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath.

How can we help prevent the spread of coronavirus?

As with most infectious illnesses, it is always best to consider the general rule of "prevention is better than cure", whenever possible. This can be made easier by:

- Washing your hands regularly with soap and water, before and after eating and after going to the toilet
- Carrying an alcohol based hand sanitiser with you when out and about
- Trying not to sneeze or cough on others
- If unwell, avoid contact with others (such as touching, kissing, hugging) and stay home



Do I need to isolate?

The good news is for those who haven't travelled overseas recently, the need to self-isolate is likely to be extremely low, almost non-existent.

The need to consider isolating may arise if we have been in contact with someone we know that has travelled recently, particularly to China and Iran. If in doubt, it is always best to contact your doctor.

There are information numbers you can ring:

Health Direct 1800 022 222
National Coronavirus Information Line 1800 020 080

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