

Plan your night out, tell someone where you're going and when you'll be back.

Park your car in a secure, well-lit areas and make sure it is locked.

Drink alcohol responsibly. Wherever the celebration, everyone should promote safe behavior.

Have a Safe Christmas and a Happy New Year!

You, your family or friends should never walk home alone, remember safety in numbers.

If you have no other option, walk in a well-lit area.

Take care when carrying your handbag, smart phone or tablet in crowded areas. Keep them in a safe location.

Watch out for pickpockets in crowded areas. Keep handbags zipped and don't put your wallet in your car.

At ATM's only take out as much money as you need. Cover your PIN and call the police if you believe the machine has been compromised.

Avoid burglaries at Christmas – secure all doors and windows and use your alarm.

If you're expecting deliveries, always make sure someone is there to collect it or arrange for a trusted neighbour to take it in.

If you are going away for Christmas, make your home look occupied, leave a light on or get a trusted neighbour to check on your property.

A SAFETY MESSAGE FROM YOUR WORKPLACE, HEALTH, SAFETY AND ENVIRONMENT COMMITTEE



Take care of your Christmas shopping and never leave it unattended, especially in your care.



Don't leave presents on view from windows and open doors.

Cumin & Honey-Roasted Carrot Salad

We think this salad looks like the perfect side for the Christmas BBQ or traditional turkey dinner.

INGREDIENTS

- 1 cup barley
- 500g carrots, peeled, cut into thick batons
- 1 red onion, cut into eighths
- 1 tablespoon olive oil
- 2 tablespoon cumin seeds
- 1 tablespoon pine nuts
- 1 tablespoon honey, plus extra to drizzle
- 2 tablespoon lemon juice
- 2 tablespoon chopped flat-leaf parsley
- 1 tablespoon chopped mint
- 60g goat's or feta cheese, crumbled



METHOD

1. Preheat oven to 200°C. Place barley in a small saucepan with 3 cups boiling water. Simmer, partly covered, for 15-20 minutes or until tender.
2. Meanwhile, place carrot and onion in a roasting pan. Sprinkle with oil, cumin seeds and pine nuts and season with salt and pepper. Toss to coat. Roast for 20 minutes, tossing halfway through cooking. Drizzle with honey, stir and roast for 5 minutes more.
3. Add lemon juice and most of the herbs to the barley. Stir through and spoon into a serving bowl. Top with roast carrot and onion, remaining herbs and cheese. Drizzle with a little extra honey and serve.

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Supporting your potential

December 2016

Sue's Snippet

As this year draws to a close I would like to take this opportunity on behalf of the Board, Peter Stewart, Krys Howard and the staff of HomeCare+ to thank you all for your hard work and commitment during a very busy 2016. I marvel everyday how privileged we are to be invited to support our clients to reach their potential and feel immensely proud of the services that HomeCare+ provide. This is a testament to all of you.

I hope the festive season fills you with joy and 2017 is filled to the brim with love, light, laughter and good health.



A Word from Mount Gambier

Hello Everyone,

It is hard to believe that we coming to the end of another year. 2016 has been an exceptionally busy year for HomeCare+ South East with a number of challenges and achievements along the way. I am proud of how, as a team, we have worked together to overcome these obstacles and consistently deliver a quality service for our clients.

A number of our Support Workers this year celebrated the achievement of 10 years of service with HomeCare+. To mark this momentous occasion, myself and a number of Support Workers recently had the honour of attending Government House for the PQSA Presidents Awards. The Awards are held every two years to honour people and organisations which have contributed to the Spinal Cord Injury community. What a wonderful occasion, held in some beautiful surroundings.

We would like to take this opportunity to wish you and yours a wonderful Christmas and all the best in 2017. We will forward to continuing to work with you all to deliver the best for our clients.

Krys Howard
RN / Manager HomeCare+ South East

Kindest regards,

Sue Houston
Operations and Business Development Manager HomeCare+

PS If you are going away or are available for additional shifts during the festive season please contact your local HomeCare+ office.



Head Office Headlines

2016 has been a busy year for the Adelaide office. We have moved to our more modern and palatial Dulwich office, increased our Client Service Officer numbers by 50% (from 4 to 6) and seen an increase in clients we provide services to. This is sustained in large part through your hard work, that of our Support Workers and for that we are very appreciative and thankful. Workers who have recently reached a significant anniversary of employment were invited to the PQSA Presidential Awards at Government House. They thoroughly enjoyed the experience!

Sadly we have had to recently bid farewell to a long serving staff member in Deb Vucetic. We wish her well in the future and everything it brings.

Given we are about to enter the festive season please remember to take care (as you should do all the time) and let the office know if you have any increased availability. Please enjoy time with family and friends and have a very Merry Christmas and a Happy New Year.

**Gavin Watson, Operations Supervisor
HomeCare+ Adelaide**

Riverland Rumblings

Well this last quarter of the year brings with it big changes to the Riverland. Not only are we doing another Support Worker recruitment which is very exciting, but we have a new Client Admin Officer, Michelle Elder. So please make her feel welcome when you hear her lovely voice on the other end of the phone or see her in the office.

In saying that, the reason behind this change is that Marie Halls is going to be leaving us. This is very sad for HC+ in particular the Riverland as she will be taking with her 9 years of experience and knowledge. She has been great support to many clients and Support Workers over all these years and will greatly missed by all. In particular, the customers.

As each customer is told, the conversation normally starts with “NOOOO” but ends with “We truly wish you all the best”. From all of us here in the Riverland and HC+ we hope your new beginnings and ventures bring you great happiness.

Marie would also like to say “Thank you to HC+ for all the opportunities and support over the years that she has been given”. She has really enjoyed her time and is sad to be leaving such a great company and great bunch of people.

I would personally like to thank all the Riverland Support Workers for such great work throughout the year. I truly to appreciate the effort you put in.

I would like to wish everyone a happy and safe holiday period and looking forward to seeing you all in the New Year.

**Jules Percival, Team Leader and Marie Halls,
CAO Riverland Region**

Introduction Michelle (Shell) Elder, Riverland CAO

Hi my name is Michelle Elder and I am proud to join the team at HomeCare+. My husband, daughter and I have moved around this beautiful state originally starting in McLaren Vale where I worked in the wine industry, then we decided to travel a little, experiencing Naracoorte in the South East to Ceduna in the Far West then finally choosing our forever home in Loxton where we live on 9 acres.

My young daughter and I have two horses along with a dog, a cat and two chickens. I originally started in hospitality then moving my hand to pharmacy and then made the transition to several years with the Ceduna District health service in several varied roles from front reception to medical receptionist and ward clerk. It is the health industry I enjoy the most. Look forward to meeting some of you soon.

**Shell Elder
CAO Riverland**

Yorke Peninsula Yabberings

Well as we head towards Christmas 2016, we take time to reflect on the year that has been. Significant events involved moving house for Kadina Accommodation from Kadina to now seaside at Wallaroo and moving the Kadina office from Taylor St to Forster St.

We continue to work together with funding bodies, DCSI, Uniting Communities, LSA and Rally HomeCare to provide services from the Southern Yorke, Edithburgh, Warooka, Yorketown and Minlaton through to Clare Region, including Hamley Bridge, Riverton and Owen districts. We are extremely grateful to all our Support Workers, providing personal care, respite and support to approximately 40 people across these regions.

On a personal note Ann Davies welcomed a new grandson Louie Ross who is little brother to Albert. Pictured is Ann’s son Matthew, his wife Felicity and grandsons Albie and Louie.

We would like to wish all a Healthy Happy Christmas, and a safe, prosperous new year.

**Ann Davies, Team Leader and Andrea Harkness,
CAO Yorke Peninsula**



Echoes from the Eyre Peninsula

Wow, where did 2016 go!? Firstly, I would like to thank everyone for the well wishes on my recent wedding; I am very excited to be Mrs Cave! A big welcome to our newest Support Workers, you have certainly hit the ground running. Thank you to all Support Workers, new and old, for their hard work and dedication to our clients and the services we provide, keep up the great work! Lastly I would like to wish everyone a safe and happy Christmas and I look forward to catching up with you all in 2017.

**Danielle Cave
Team Leader Eyre Peninsula**

Mid North Mutterings

The Mid North regions held its annual get together on October 27th at The Risdon Hotel. This was very well attended & great meal enjoyed by all.

Medication & Manual Handling training with Paula Rhodes is scheduled for the Mid North region on the March 28th & 29th 2017. We are looking forward to having her in our region again so please make sure you book yourself in for training.

As Christmas is very fast approaching so I would like to take this opportunity to wish everyone a very Merry Christmas & that 2017 greets us with joy happiness. Cheers!

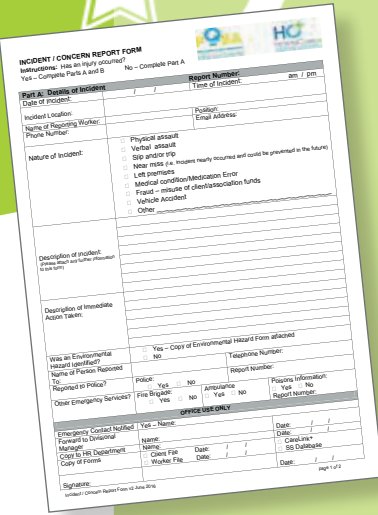
Ann Hofmann, Team Leader, Mid North Region



Policy Corner

The below policies and procedures have recently been updated. Please ensure that you read the policies on our website and become familiar with them.

- Dress Policy- Personal Presentation Code of Conduct
- Restrictive Practices Policy and Procedures
- Bullying in the Workplace Policy and Procedures



WHS FORMS AVAILABLE ONLINE

Did you know what the Environmental Hazard Report and Incident/Concern Report forms are both available on the HomeCare+ website?

This means that they are more accessible for our workers out in the community.

If you have any questions please don’t hesitate to contact your local HomeCare+ office.

They can be found under the ‘Policies’ tab www.homecareplus.asn.au/policies/forms

Training Corner

The Training Department have been busy planning for 2017. We are committed to providing the best training that equips you with the required knowledge and skills to feel confident to undertake your role and to provide exceptional customer service as well as getting the most out of your role.

We realise your attendance at training is time consuming and can be disruptive to your working week. With this in mind 2017 will see the introduction of E-Learning which is online courses that utilise electronic technologies/internet.

At the appropriate time we will provide you with log in information and if required, training to help you access and complete these courses online. The process is quite easy once you know how. Each course involves the reading of information and the answering of a set of mutiple choice questions. When training has been completed you will be able to print yourself a certificate.

For those with no computer/internet access or are not computer literate we would encourage you to start to think about where you could go to access a computer and learn new skills. Check out your local library or council, they may run courses in computer literacy. PQSA/HC+ are not the only organisations that are increasingly using the internet to do business, your DCSI checks can now only be done online. Just think you are helping the environment, using less paper as well as being able to do the training at a time more convenient for you.

You will still be required to attend shorter practical sessions in hazardous manual tasks and simulated medication administration.

You should have already received the training calendar for 2017 either via email or by post. You are able to book it at any time in order to get the best days and times that suit you. Please feel free to contact me to find out when your training is due to expire. Otherwise training letters/ emails will still be sent. Make sure you abide by the Support Worker Training Policy available to read at www.homecareplus.asn.au/policies to avoid suspension from shifts.

Merry Christmas and I look forward to seeing you in 2017.

**Paula Rhodes,
Training and Development Officer**