

# March Newsletter

Issue 6 | March 2019



# CURA

Individual In-home Care

## Dear Clients, Volunteers, Support Workers and Friends of CURA

In this edition we provide you with information on the second standard of the New Aged Care Standards.

One of our clients share her thoughts on the change of season.

We continue to introduce you to our office staff and we have another yummy recipe for you to try!

## Your Office Staff at CURA:

Today you will meet our Community Services Manager, Annegret:

In the almost 16 years that I and my family have lived in Australia so much in our life has changed.

Our three children have (almost) grown up and the eldest has left the nest. Dirk (my husband) and I are often looking back and wonder where the time has gone?

From being busy all the time with school and other activities, we can now focus on us and we are spending a lot of time exploring in and around Perth.

After my health scare four years ago I did some changes in my life and these days enjoy cycling and walking with Dirk. Going to movies and reading are my other hobbies.



Annegret Renk-Kotzee  
Community Services  
Manager

As we make our way into Autumn, we would like to thank our client, Mrs Plate, for sharing her thoughts on the change of season:

Dear Cura Friends.

Unbelievable...but we are almost at the end of our summer.

It does not feel like we had a regular summer.

Not that I long for the very hot days as in the past....no way.

But we are all creatures of habit, and I look back and think where has time gone?

So we better prepare us for wintery days...not so in a hurry though...

I have thrown out my old umbrella.... thus to buy a new one is on the list.

Not that I will do so...I think. The most I would get out of it, is a shower in the bathroom...not in the lovely park close by or near the river.

While I write this, I made myself a promise, I "will" stand in the rain!

When it rains plentiful. The neighbours then will tap their foreheads when they see me go outside and let myself get wet!!!!

How long ago is it that you got yourself really wet?

Who is going to join me? In your own garden of course!

As long as CURA doesn't send a secret photograher around.

No,they aren't like that, not CURA.

Let's wait and see what develops....

Love and friendly greetings,

RIA



### FUN FACTS:

- It is physically impossible for you to lick your elbow.
- Like fingerprints, everyone's tongue print is different.
- Your heart beats over 100,000 times a day.
- It takes approximately 12 hours for food to entirely digest.
- Women blink nearly twice as often as men.
- Most of the dust particles in your house are dead skin.
- Babies are born without kneecaps. They appear between the ages of 2 and 6.
- Men can read smaller print than women. Women can hear better.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
- If you sneeze too hard you can fracture a rib. If you try to suppress a sneeze you can rupture a blood vessel in your head or neck and die. If you keep your eyes open by force they can pop out.
- A kiss stimulates 29 muscles and chemicals that cause relaxation. Women seem to like light and frequent kisses while men like them more strenuous.
- Every time you lick a stamp, you're consuming 1/10 of a calorie

# New Aged Care Standard 2 – Ongoing assessment and planning with consumers:

## Standard 2:

### Consumer outcome:

1. I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.

### Organisation statement:

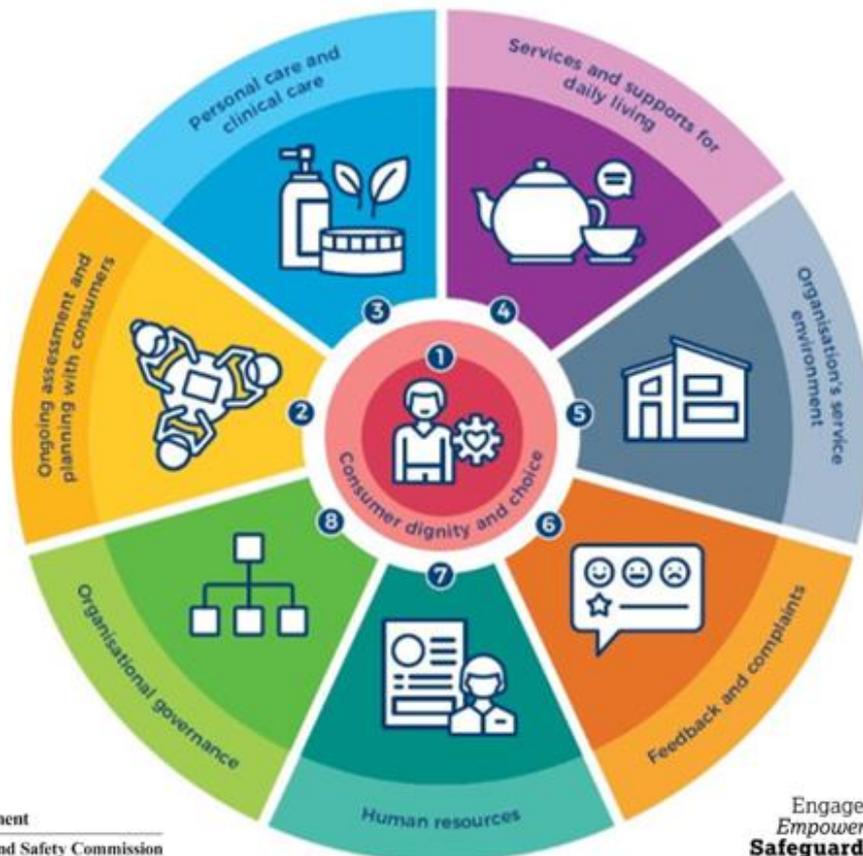
2. The organisation undertakes initial and ongoing assessment and planning for care and services in partnership with the consumer.

Assessment and planning has a focus on optimising health and well-being in accordance with the consumer's needs, goals and preferences.

## Aged Care Quality Standards

Be ready for July 2019

1800 951 822  
agedcarequality.gov.au



## There are certain steps everyone can take to protect themselves from falling victim to scams:

Some advice includes:

- Thinking twice before handing over any personal information
- Never give anyone you don't know access to your computer
- Be wary of transferring money online unless it is to a secure site
- Don't be taken in by the prospect of a surprise win
- Be wary of anyone who asks you to pay in iTunes vouchers or gift cards
- Remember if it sounds too good to be true, it probably is
- And, "If something doesn't feel right, hang up the phone or hit delete," Ms Rickard says.

If you think you have been scammed, contact your financial institution, the ACCC's Scamwatch, or the police immediately.

### Zucchini Slice

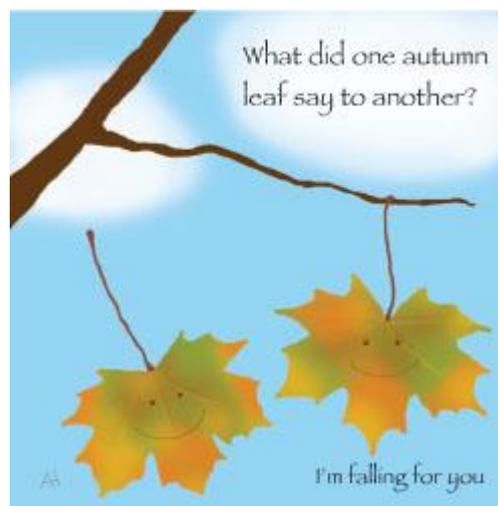
#### Ingredients

1 onion, diced  
3 rashers of bacon, chopped in small pieces  
2 tsp curry powder  
40 g olive oil  
Approx. 350 – 500 g of zucchinis, grated  
1 carrot, grated  
Capsicum pieces - optional  
75 g tasty cheese, shredded  
5 eggs  
60 g self-raising flour  
Salt and pepper to taste

#### Preparation:

Preheat oven to 180 degrees C  
Sautee diced onion and chopped bacon with curry powder and oil.  
Mix together in bowl zucchini, carrot (capsicum) and sauteed onion/bacon mixture. Add cheese, eggs and flour. Season to taste. Mix again. Bake in a high dish for 45 – 50 minutes.

*Can be added or changed with any other veg, like capsicum, corn, peas..... Very simple and fail safe!!! And vegetarians can just leave out the bacon!*



We look forward to hearing from you,

*Your CURA Team*