



## Working Together Through Change

Over recent months, the Government's new Support at Home program has been introduced, and we'd like to sincerely thank you for your patience and understanding as we've worked through the new processes together.

For most clients, services have continued as usual, and we're grateful for the trust you've placed in us during

this transition. Behind the scenes, our systems continue to be upgraded and refined to support these changes and ensure everything runs as smoothly as possible.

If you have any questions or need extra support, please don't hesitate to contact our office. We're always here to listen and help.

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# Healthy Eating at Home



## Eating Well

Eating well can sometimes feel like a challenge. Hot days often reduce appetite, but good nutrition and hydration are especially important for staying well, keeping energy levels up, and supporting overall health. You can support your nutrition during warmer weather with a few simple tips.

## Light Meal Ideas

In hot weather, many people find smaller, lighter meals easier to enjoy.

Some simple ideas include:

- Fresh salads with protein like chicken, tuna, eggs, or beans
- Cold meats with vegetables
- Smoothies made with fruit, yoghurt, and milk
- Sandwiches or wraps with fresh fillings

## Hydration Through Food

Drinking water is important, but some foods also help keep you hydrated.

Foods with high water content include:

- Watermelon, oranges, berries, and grapes
- Cucumber, lettuce, tomatoes, and celery
- Soups and broths (served warm or cooled)



## Easy Chicken Salad

### Method

1. To make the dressing, place the ingredients in a jar and shake well, then set aside.
2. Wash, cut and arrange the salad leaves, tomato, cucumber and avocado in a bowl.
3. Add the sliced or shredded chicken on top
4. Drizzle with the dressing and toss.
5. Season lightly with salt and pepper to taste and enjoy!

### Jubilee Can Help

If shopping, meal preparation, or planning meals feels difficult, Jubilee can help. We can support you with:

- Grocery shopping
- Meal preparation at home
- Help planning simple, nutritious meals

Speak with your coordinator to see what support is available to you.

### Ingredients

- Cooked chicken sliced or shredded
- Mixed salad leaves
- Cherry tomatoes, halved
- Cucumber, sliced
- Avocado

### Dressing

- 2 tbsp lemon juice
- 6 tbsp olive oil
- 1 tsp mustard
- Salt and pepper to taste

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# The Benefits of Social Connection

Staying socially connected is just as important as staying physically healthy. Regular social contact can lift mood, reduce feelings of loneliness, and support overall wellbeing.

We know that connection looks different for everyone — and we're here to support it in ways that suit you.



## Social Activities with Jubilee

We offer a range of ways to stay connected, including:

- Group social activities and outings
- Support to attend individual activities of your choice with you
- Transport to and from social engagements, or activities

Whether you enjoy group activities or prefer quieter one-on-one time, there's an option to suit your preferences.

## Have Your Say

We're currently revamping our social activities and would love your ideas. **Are there outings, hobbies, or activities you'd like to see offered?** Give us a call – your suggestions help us shape activities that reflect what our clients enjoy.



## Jubilee Wanderers - Join the Fun!

**We'll pick you up, take you out, and bring you home safely – it's that easy!**

Jubilee Wanderers is our social club for seniors – we organise regular outings that bring people together to share experiences, enjoy new places, and connect with others.

Getting support for social activities is easy once you have your CHSP referral code. If you don't have one contact your Coordinator for more information.

For more information or to book activities phone **07 3871 3220** or email **[activities@jccagedcare.org.au](mailto:activities@jccagedcare.org.au)**.

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# Keeping Your Mind Engaged

Just like the body, the mind benefits from regular activity. Keeping mentally active can help with memory, concentration, and overall wellbeing — and it's enjoyable too!

## Simple Ways to Stay Mentally Active

Even a few minutes each day can make a difference.

- Reading books, newspapers, or magazines
- Doing puzzles like crosswords, word searches, or Sudoku
- Learning something new — a hobby, skill, or technology
- Attending social groups or community activities
- Practising gentle mindfulness or relaxation

## Sudoku

### Instructions

Fill in the grid so every row, column, and 3x3 box contains digits 1-9 without repetition.

4				8	6	1		
	8		3	5		4		
		5	4	7	9	6	2	
	1	3						
9					8	5		3
					5		4	
	6		5			7		4
			8		2	3		1
			7		4		8	

K	C	O	M	M	U	N	I	T	Y	H	X	T	C	T
M	I	F	C	O	N	N	E	C	T	Q	I	H	H	F
J	W	I	R	I	T	O	G	E	T	H	E	R	U	H
U	E	N	R	I	R	V	X	V	I	H	Y	A	R	U
B	L	D	O	V	E	L	E	N	S	N	Q	C	N	S
I	L	E	K	E	C	N	D	P	K	A	Y	T	F	A
L	B	P	V	I	O	X	D	Y	S	A	K	I	R	R
E	E	E	I	D	N	T	K	S	Z	C	V	V	I	J
E	I	N	L	K	F	D	Y	B	H	T	D	I	E	C
H	N	D	H	Q	I	A	N	V	I	I	G	T	N	A
X	G	E	V	M	D	O	F	E	K	V	P	Y	D	R
M	A	N	R	G	E	W	K	G	S	E	C	P	S	E
P	K	C	A	I	N	Z	K	G	N	S	P	I	I	F
C	Q	E	H	U	C	K	P	H	H	E	A	L	T	H
L	F	S	B	F	E	S	U	P	P	O	R	T	S	N

- COMMUNITY
- FRIENDS
- HEALTH
- JUBILEE
- CONNECT
- SUPPORT
- CARE
- ACTIVITY
- WELLBEING
- TOGETHER
- KINDNESS
- FRIENDSHIP
- INDEPENDENCE
- CONFIDENCE
- ACTIVE

## Small Activities, Big Benefits

Puzzles are a simple and enjoyable way to keep the mind active as we age. Activities like word searches, crosswords, and number puzzles can help support memory, concentration, and problem-solving skills, while also giving the brain a gentle workout.

They encourage focus, stimulate thinking, and can even boost confidence when you complete one. Best of all, puzzles can be done at your own pace — whether on your own for quiet relaxation or shared with others as a social activity.

### Did You Know?

The relaxing, repetitive nature of solving puzzles can reduce stress, anxiety, and improve mood.

## We Want Your Feedback - Client Survey Now Open!

Help shape our services by sharing your feedback.

Complete the paper survey included with this newsletter and return it to your support worker, or fill it in online at [www.surveymonkey.com/r/JYC2KV5](http://www.surveymonkey.com/r/JYC2KV5) or scan the QR code.



It's a simple way to share your thoughts. Every conversation helps us learn and grow.

Thank you for taking the time to share your voice.



## Stay in Touch by Email

Did you know Jubilee communicates by email? It's faster than the post and a great way to stay in regular contact.

Make sure your coordinator has your current email address, check your inbox regularly, and mark us as a safe sender so you never miss important updates and news.