

*"we are committed to realising a caring community where people who are able, look after those in need"*

**Welcome to the latest issue of In Touch, the newsletter that keeps People Who Care's employees, volunteers, supporters and clients up to date with all that's happening in the organisation.**

If you have a story that you think would enhance the next edition of In Touch, send it in by post or email to head office. All the contact details are below.

## A Christmas Message

**Christmas is a time when families and friends meet and share with each other their experiences of the past year. Christmas is also a time when, as an agency, we look back on our achievements and say, "Wow", what a difference People Who Care makes!**

Providing services to over 1500 clients throughout four regions is no easy task.

I am very proud of the incredible commitment from People Who Care staff. They have supported a range of changes and implemented new government direction around the Community Common Care Standards. In addition, the continued support we have received from our volunteers has allowed us to strengthen the volunteer services we provide. I have no doubt of the real difference that both staff and volunteers have made to the lives of many people.

**As we reach the end of 2012, I take this opportunity on behalf of People Who Care's Board of Management to wish everyone involved with People Who Care a Merry Christmas and a Happy New Year.**

**Andrew York**  
 General Manager



## People Who Care's Power a Pensioner Scheme

**Through our Power a Pensioner Scheme, People Who Care will provide limited financial assistance to People Who Care clients that are frail aged, or younger people with a disability who are having difficulties paying for essential items such as utility bills, food, one-off medical bills or other expenses.**

**If you need help please contact your regional office as assistance can only be provided following an appointment and successful assessment.**



## People Who Care Christmas Closure

**People Who Care offices will close at 4:30pm Friday, December 21st, 2012 and will reopen 8.30am Wednesday, January 2nd, 2013.**

**Head Office:**  
 48 James Street  
 GUILDFORD WA 6055  
 Telephone: 9379 1944  
 Facsimile: 9379 1955

**North Metro Office:**  
 585 Beach Road  
 WARWICK WA 6024  
 Telephone: 9447 0810  
 Facsimile: 9447 5830

**South West Metro Office:**  
 423 Pinjarra Road  
 COODANUP WA 6210  
 Telephone: 9535 3433  
 Facsimile: 9535 5433

**SW (Kwinana) Day Centre**  
 13 Leasham Way  
 MEDINA WA 6167  
 Telephone: 9439 1179  
 Facsimile: 9419 7328

Email: [pwcinc@peoplewhocare.org.au](mailto:pwcinc@peoplewhocare.org.au)

Web: [www.peoplewhocare.org.au](http://www.peoplewhocare.org.au)

## WELLNESS

People Who Care clients are embracing the Wellness Approach which is an initiative which explicitly focuses on building client capacity.

People Who Care have clients that:

- Grow their own vegetables at our leisure centres.

- Swim each week and participate in “Gentle Joints” hydrotherapy programs.
- Participate in light walking.
- Boogie down the lines at Bootscooting.

You are never too old to give it a go.

## MARMUN YORGA ELDERS GATHERING

People Who Care Aboriginal seniors program has been named by clients and staff.

“**Marmun Yorga Elders Gathering**”. For those not familiar with Noongar language: **Marmun = Men** and **Yorga = Women**.

## Cutting Edge Health Care

PWC South West is involved in piloting the Stanford Model of Care for Managing Chronic disease. This is a cutting edge health program that allows for a holistic approach to health.

Clients are encouraged each week to set goals that deal with better management of fatigue and pain. Encouragement and support each week is provided by our South West team and the results so far are encouraging.

## PRIDE IN WORKMANSHIP



**Congratulations to Rob Wells for receiving a certificate for Pride in Workmanship Award.**

This award is sponsored by the Mandurah Rotary Club and the Peel Chamber of Commerce and celebrates people who are doing an outstanding job within the organization that they work or volunteer in. The motto being “Do it once, do it well” and “Build a Better Australia”.

*Rob Wells with Annabelle Calvert, SW Regional Manager with representatives from Mandurah Rotary Club and the Peel Chamber of Commerce.*

## Stories from the Heart

**Recently our General Manager has been out and about - a bit like the TV show “Undercover Boss”.**

This show formats the experiences of Senior Executives working undercover to investigate how their firm works and how improvements can be made.

We asked our GM to come up with a quote and a few words to explain his experience. He has chosen a quote by Marian Wright Edelman “We must not, in

*trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.” It was the little actions of staff and volunteers like a friendly smile or joke, a hug, or words of comfort to our clients that had the biggest impact.*

# Corporate Support - AIOP

The WA Division of AIOP has chosen People Who Care as their Charity for 2012/2013.

We thank them for their support.



## Four steps to prevent falls

One in four people over 60 suffer a fall each year. These falls are sometimes not seen as a big problem and are often laughed off initially, however falls can have serious consequences on independence, confidence and lifestyle. You can do four simple things to prevent falls, these are:

1. Keep physically fit
2. Recognize your limitations
3. Eat well and keep hydrated
4. Assess your home environment.

*If you require further information please feel free to contact your regional office.*

## The Power of Books

The power of a good story can change a life, but what happens when a book becomes old and no longer loved. Felicity Heffernan, a Perth artist has one answer, create a sculpture to help promote the National Year of Reading (NYR) from 18th November - December 9th 2012. Felicity selected one hundred old books from our shop and gave them pride of place in a very unique sculpture.



**National Year of Reading 2012**

[www.love2read.org.au](http://www.love2read.org.au)

## GARDENING WITH A DIFFERENCE



**Throw Big Help Mob, ROTARACT Perth and some other volunteers together and you get the ultimate backyard blitz team.**

**What a difference thirty volunteers can make in our seniors' gardens in three hours.**

**We salute you, with our shovels raised for your help!**



*The Rotaract Perth crew and others*



*The Big Help Mob and others*



## Skydiving with a Difference

One of PWC seniors recently shared with our General Manager that life isn't about waiting for the storm to pass, it's about learning to dance in the rain. So our General Manager has gone and organised a Skydiving Charity Jump to highlight the work of PWC and raise some donations. He said "the sky diving event is my dance with ten other people who want to make a difference". **If you**



would like to support the Sky Diving team you may make a donation and we will try not to go splat!

*Is he completely nuts? - Probably! Is he having a mid-life crisis? - Possibly!* Has he conned ten people into it? Of course, so all we can suggest is wear appropriate clothing (jeans or shorts), with shoes that cannot fall off.

### Ten seconds with Anne



**Name:** Anne Ngo

**Born:** Perth, Western Australia

**Favourite food:** KFC – in lieu of that – anything deep fried.

**Favourite sport:** AFL football (Eagles) and the Tennis.

**Favourite thing to do:** Eating KFC while watching football/tennis, reading, trips down south, discovering new restaurants/wine bars.

**Why I joined PWC.** I was very keen to join PWC, not only for the great work it does, but also because of its exciting vision on how the organisation should move forward and not only be reliant on government funding. I'm excited to be a part of PWC and look forward to using my legal skills to help PWC make a difference in our community.

## MAKING A DONATION TO PEOPLE WHO CARE.

**When you make a donation to People Who Care you can be assured funds are used to enhance People Who Care's community services and projects that need it most. Donations help us to provide additional services, and the appropriate infrastructure to support our services.**

Currently donations are being used to support:

- **Power a Pensioner helping pensioners and young families in extreme need.**
- **Provide additional high level support.**
- **The provision of low cost goods to families in need.**

All donations of \$2.00 or more are tax deductible.

If you would like to make a donation to People Who Care, please either:

- Donate via our website - [www.peoplewhocare.org.au](http://www.peoplewhocare.org.au)
- Donate in person at any of our offices by cash, cheque, eftpos or credit card (MasterCard or Visa cards accepted).
- Make a regular donation by direct debit from your bank account or credit card.
- Donate by telephone (08) 9379 1944
- Donate by mail, send your cheque made payable to 'People Who Care' - 48 James Street, Guildford WA 6055