

The official newsletter of **People Who Care (Inc)**

"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.

PEOPLE WHO CARE OP SHOP

With increased utility costs going up, up and up, the humble op shop is becoming an increasingly more popular shopping destination for Perth people. At last some budget good news. People Who Care's revamped Op Shop is due to open mid June and our prices will remain as cheap as always.



The arson attack on the Op Shop has effected People Who Care's income and therefore the ability to provide some additional services. We would like to encourage you to clear out unwanted items from around your home and donate them to People Who Care. Items can be dropped off at any of our regional offices.

The fire damaged front of the PWC Guildford Office is now repaired and is about to reopen for business

People Who Care Needs YOUR Updated Emergency Contact

Recently one of our staff members became concerned when a client did not come to the door when knocked on. The staff member checked the property and found a newspaper on the front lawn, mail in the mail box and noticed that the TV was on in the lounge room. After trying to contact the clients family, the staff member then called the police for a welfare check. On police attending the home, the client was found lying on the ground with

injuries that required hospitalisation. In this instance our staff member followed the right procedure and possibly saved a life. We are very grateful for this.

This highlights the need to keep your contact details up to date. If you have not already done so, please make contact with your regional office and update your emergency contact details.

Notes of Thanks

People Who Care receive many letters from clients and their families thanking us for the services that we provide. This feedback is welcomed as it helps us ensure our services meet the needs of our clients.

If you have any concerns or require an additional service please contact your regional office.

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

Who Let the Dogs Out!

People Who Care has over 300 volunteers but did you know that we have eight much-loved dogs that also volunteer. As a People Who Care first, on April 6, the dynamic dogs and their owners were presented with a very special "People Who Care -Volunteer Dog Tag", a Certificate of Appreciation and a special treat.

The dogs (and their owners) are involved with our Community Visitors Scheme; a program that offers companionship to nursing home residents who may not otherwise receive many (or any) visitors on a regular basis. Some of our dogs have been volunteering for over 10 years and during this time have brightened the lives of many elderly nursing home residents.



Volunteers and their dogs. From left Reggie Ferreira & her dog Kooki, Brian Atkins & his dog Casper and David Johnson & his dog "Solly" (Solomon)



Can You Help Granny Smith?

People Who Care had an exhibition promoting its Home Maintenance services at the recent WA Garden Show at Perry Lakes. Fruitwest kindly donated 400 Granny Smith apples as part of our display and we also gave out Poppy seeds to promote People Who Care.

For those that don't know, Garden Week is the best and longest running garden, landscape and outdoor living Expo in WA.

Sharing the Care and Kissing Goodbye to Multiple Sclerosis (MS) Day.



Throughout May, People Who Care CBDC in Mandurah supported Multiple Sclerosis (MS) with "Wear, Dare and Share" to raise vital funds for MS research and support services.

We raised \$140 for the MS Society by holding a "Kiss Goodbye to MS Day". We supplied morning tea, a makeup demonstration and a raffle. About 15 staff and volunteers attended to raise money for this fantastic cause.

Corporate Support - Battery World Mandurah



Dianne and Coleman Truss from Battery World, Mandurah recently donated 300 batteries to People Who Care, so that

we can replace batteries in our clients' smoke alarms. We thank them for this generous donation and for helping to provide a safe living environment for our clients.



Battery World Mandurah is located at Shop 2, 3 Kulin Way, Mandurah, Tel: 9583 4377.

If you would like your smoke alarm checked or its battery replaced, please call your regional People Who Care Office and we will arrange to have it done.

*Battery World's Mandurah
- Diane, Coleman & their daughter
Emma Truss*

HOW TO SPOT A PWC VEHICLE



In a suburb near you a People Who Care car, van or bus, may appear. These vehicles can be identified by the People Who Care logo and green colouring.

Keep it Clean Naturally and it's Cheap!

In the past many household cleaning products were made at home using whatever natural ingredients were readily available. Today, with the focus on sustainable living, these effective and easy to make cleaning solutions have found a place in the family home once again. Not only are these cleaning products environmentally friendly, but many of the ingredients needed may already be in your kitchen cupboard. Here are two ideas to help you get back to the basics.



1. Bicarbonate of soda is an inexpensive general purpose cleaner that can be used for many simple household chores. Simply place on a sponge and mix with warm water.

2. An environmentally friendly liquid furniture polish, which will keep all timber surfaces shiny and clean, can be made by dissolving one teaspoon of lemon oil in 600ml of olive oil. Apply with a clean, soft cloth. This liquid polish is especially good for allergy or asthma sufferers, as it picks up the dust instead of flicking it into the air.

Welcome & Farewell

PWC welcome the following new staff -

Sharon Windsor – Senior Client Services Officer, South West

Arthur Garlett – Marmun Yorga Elders Gathering Group Support Worker, East

Janice Early – Regional Manager, North

Biljana Ivanoski – Client Services Officer, North

Vanessa McKim – Regional Services Coordinator, North

Gaye Redding - Client Services Officer, North

Annette Holland – Social Support Coordinator, South West

Lionel Cruttenden – Home Maintenance Team Leader, South West

And farewell –

Rachael Newman – Program Support Officer, South West

Anne Fowler – Part Time Driver, East/South East

Alan Roarty - Client Services Assistant, North

Colin McGlughan - Regional Manager, North

Miles Hitchcock – Home Maintenance Team Leader, South West

Karen Northey - Regional Services Coordinator, North

AGE IS JUST A NUMBER!

While for some, old age is synonymous with dread and foreboding, for others it is merely a number. The latter choose to look at old age as just another phase. Quite a few of them have some hilarious things to say about getting old and old age. Here are just a few words about ageing from some of our clients.



“Age mellows some people; others it makes rotten.”

“The secret of staying young is to live honestly, eat slowly and lie about your age - You stop lying about your age and you start bragging about it.”

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
- 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’ - PO Box 26, Guildford WA 6935