



# Newsletter Issue 01

Mouties Group is steadfast in its mission to have a positive impact on the lives of its members for years to come, and thus we created Mouties Care.

Mouties Care has been developed to support the health, wellbeing, independence, and quality of life of our members. We have partnered with leading integrated care specialists Vitalis Health & Home Care and together we provide a trusted network of healthcare

experts and allied health professionals who strive to improve the lives of all Mouties Group members.

This newsletter will provide valuable healthcare information updates on our wellbeing presentations, workshops, and seminars.



## Spotlight on Mounties Care Services

**Hospital in the Home (HITH)** is exactly as it sounds; hospital level care provided to you in the comfort of your own home.

Recovering at home has significant benefits:

- Patients feel more comfortable, sleep better, and recover faster
- Patients have fewer complications such as cross infections
- Both patients and primary carers have a greater level of personal support

Our Hospital in the Home services are powered by Vitalis Health & Home Care and provided by qualified, registered clinicians. They are specialists, taking care of everything including the transition from hospital to home.

To learn more about this service call our FREE support line on **02 9165 0838** Or drop us an email **info@mountiescare.com.au**

## Have Your Say Survey

Mounties Care Wellbeing Seminars are wide and varied. They provide information and education to guide behaviours, habits and lifestyle, empowering people to better manage their health and wellbeing.

We are keen to understand what topics are of most value to our members, so please let us know which discussion topics you would be interested in.

Let us know what topics you would like us to bring you:

- |  |  |
|--|--|
| <input type="checkbox"/> Falls Prevention        | <input type="checkbox"/> Skin Cancer                 |
| <input type="checkbox"/> Home Safety             | <input type="checkbox"/> Nutrition for Seniors       |
| <input type="checkbox"/> Managing Grief          | <input type="checkbox"/> On-line Banking lessons     |
| <input type="checkbox"/> Financial Planning      | <input type="checkbox"/> CPR & First Aid for Seniors |
| <input type="checkbox"/> Digital Confidence      | <input type="checkbox"/> Group Exercise              |
| <input type="checkbox"/> Osteoporosis            | <input type="checkbox"/> Heart Health                |
| <input type="checkbox"/> Art Classes             | <input type="checkbox"/> Cooking Classes             |
| <input type="checkbox"/> Music Classes           | <input type="checkbox"/> Managing My Aged Care       |
| <input type="checkbox"/> Wills & Estate Planning |  |

Email your preferred topics to: [karen.shingley@mountiesgroup.com.au](mailto:karen.shingley@mountiesgroup.com.au)

## Maintaining Independence

Thinking about your aged care needs and personal desires early improves your ability to live independently and to have your wishes respected when the time comes that you need help or if you face an unexpected health event.

Anyone over the age of 65years (50 years if you identify as an Aboriginal or Torres Strait islander) may be eligible for government-funded aged care services if you need help to do everyday activities.

But the aged care system in Australia can be tricky to understand and to

navigate; and that's where Mounties Care can help.

We take the misunderstanding out, explain how the system works and what a package can be used for. We help you to understand your rights and provide you with the simple steps you can take to prepare for a healthier and more independent future with a Mounties Care Home Care Package.

**Our Mounties Care nurses can be contacted on 02 9165 0838**

## Wellbeing Courses

### Diabetes Course Online

Around 1.8 million Australians have diabetes and if left untreated can lead to heart disease, nerve damage, blindness, kidney failure and amputations.

There are ways to beat the disease and the Mounties Care team, together with Rebound Health, will show you how.

You will learn about diabetes, the best type of exercise to manage it effectively and how to eat right to help prevent it.

Thursday 12 August, 10.30am

**BOOK NOW**  
[karen.shipley@mountiesgroup.com.au](mailto:karen.shipley@mountiesgroup.com.au)



### Seniors CPR & First Aid

First Aid for Seniors is a specifically designed 2-hour course which will cover a range of situations and scenarios (including heart attack and stroke) that an older person may encounter. Every participant will receive a take home CPR chart and first aid manual.

\*\$60.00 for members /

\*\$65.00 non-members

Tuesday 12 October 10am

**BOOK NOW**  
[karen.shipley@mountiesgroup.com.au](mailto:karen.shipley@mountiesgroup.com.au)



## Wellbeing Courses

### Tea & Technology

Having a smart device can enhance lives through applications and staying connected but it can sometimes be an overwhelming experience. By registering for this event, you will be joining a small group of your peers in a safe, fun, and relaxed learning environment. You will be supported to learn more about your smartphone or ipad from experienced digital coaches who have trained more than 3,000 seniors.

Members \$60 | Non-members \$65  
Includes morning tea

September/October Course –  
subject to restrictions

Email expressions of Interest to:  
[karen.shipley@mountiesgroup.com.au](mailto:karen.shipley@mountiesgroup.com.au)



## How Mounties Care has helped our members:

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*"I first heard about Mounties Care through my daughter who is an employee of Mounties Group. I recently had a hip operation and needed assistance in my home with general duties during my recovery. I also suffer from arthritis in my hands and find many household chores very difficult. Mounties Care were able to talk to me about my options and assist in arranging a regular helper to come to my home once a fortnight.*

*I now get my floors vacuumed, bathroom cleaned, assistance pegging out washing and a lovely chat. This has had a huge positive impact on my recovery and general day to day tasks. I could only do limited tasks over a period a several days and now my helper gets everything done in a few hours.*

*I am very grateful to the lovely people at Mounties Care for helping me. Prior to their support I felt that I was waiting in the queue and not clearly understanding the processes to apply for My Aged Care assistance.*

*Thank you, Mounties Care."*

*Diane Davis*

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## Mounties Care CareFlight Helicopter

Mounties Group is proud to announce that Mounties Care is now naming rights sponsor of CareFlight; Australia's most experienced and advanced aeromedical helicopter and medical emergency service.

Our sponsorship ensures the long-term provision of this service, ensuring

doctors and volunteers at CareFlight can continue their selfless rapid response across Northern Beaches, Greater Sydney, Blue Mountains and Central Coast.

Mounties Care is literally helping to save members lives.





## Fun Fact

The heart is like any other muscle, it becomes deconditioned when a sedentary lifestyle reduces the demands placed on it. As a result, its contractions become weaker, and it pumps less blood with each beat.

30 minutes of regular cardiovascular exercise is all you need (even if done in 10-minute increments) to help increase

fitness and substantially reduce the risk of disease such as cancer, diabetes, and depression.

Walking is one of the best forms of cardiovascular exercise because it costs nothing, can be done anywhere and it also helps with bone density.

Fancy a walk?

**Keep up to date with all news  
and information at Mounties Care**

[mountiescare.com.au](http://mountiescare.com.au)

 /MountiesCare