

Sapphire Living News

Spring 2021



Sapphire
LIVING
the care that comes from here



Part of the myHomecare Group

WELCOME MESSAGE

from Group Manager Michelle Leonard



As we journey through Spring, it is important that we keep mentally and physically active. How about an Allied Health/Occupational Therapist assessment to assist you with your mobility and equipment to support you?

COVID-19 restrictions are easing as we get to 70% single and 80% double vaccination. This will give you more opportunity to come off hold, and get out and about! Speak with your Care Manager about this, so we can support you by taking you shopping and help with transportation for social support, plus supporting your health and wellbeing.

Our new spring packs are designed to get you and your home ready for life as we know it.

- Need a deep clean from our dedicated cleaning team?
- Need your lawns and garden looking extra healthy this Spring?
- Want to learn how to use facetime or use other platforms to connect with your loved ones?
- Have you ever wanted additional technology products that can be used to keep you safe in your own home?

If you have available budget within your Home Care Package or you're not sure, we're only a phone call away to see if we can provide a dedicated spring pack for you or something extra, just to make you a little more comfortable.

To all of our wonderful clients and on behalf of our amazing, dedicated team, we wish you all the very best this spring and look forward to continuing to make you smile, each and every day.

Michelle Leonard

COVID-19 UPDATE VACCINATION ROLLOUT

Firstly, we are committed as an organisation to ensure the safety of our clients and our staff. We are proud as an organisation to continue to invest in Personal Protective Equipment (PPE), continuous updates to our clients and ongoing staff training to ensure we limit the risk within the communities we all love.

We also understand that information surrounding the COVID-19 vaccination roll-out and restrictions in your local government area LGA can be confusing. Rest assured, we're here to support you to find a local vaccination clinic and be on hand to take you to your appointment if you choose to do so. Remember that we are here for you, and that you can contact your Care Manager or our office to support you.

SPRING CLEAN - DEEP CLEAN

After a long winter, spring has finally sprung! But before you open the windows to let in that fresh spring air, you must clean them first. Yes, we're talking about spring cleaning! But don't worry, we've got the spring-cleaning team to make this daunting task easy for you. Just let us know what you need cleaning, by ticking the below boxes and giving us a call to talk through it.

Our spring cleaning packs range from an hour to a full, deep clean of your home lasting up to 10 hours.



All Rooms

- Dust ceiling fans and light fixtures
- Clean windowsills and window tracts
- Vacuum curtains and window blinds
- Wipe down skirting boards and dust room corners for cobwebs
- Test batteries in all your smoke detectors
- Disinfect door knobs, cabinet handles and light switches

Kitchen

- Wipe down microwave, coffeemaker and other small appliances
- Empty the crumb tray in your toaster and/or toaster oven
- Empty refrigerator and defrost freezer
- Clean your oven and scrub the stove top/rangehood
- Clean out cabinets and wash shelves
- Sanitise the sink and clean the inner rim of your sink guard
- Clean refrigerator shelves
- Clean behind and beneath refrigerator

Laundry Room

- Clean behind washer and dryer
- Thoroughly clean lint trap in dryer and washer

Bathrooms

- Organise cabinets and drawers
- Dispose of old toiletries
- Scrub the shower and bathtub
- Wash shower curtain and floormat
- Scrub the toilet and the tiles around it

Living Room

- Remove furniture cushions and vacuum crevices

Outdoors

- Remove everything from your garage and reorganise
- Pressure wash your deck and outdoor furniture
- Hose out your garbage bin and recycling bin
- Remove screens and wash with a soapy sponge and water
- Wash the outside of your windows before replacing your window screens

Bedrooms

- Organise drawers and wardrobes
- Wash bedding and pillows
- Rotate mattress

Banish the winter blues, rejuvenate your spirit and refresh your home with a spring clean!

GARDEN MAINTENANCE PACK

There's no doubt about it...spring can be an overwhelming time if you want a well-kept garden! Not to worry, we have a team of experienced gardeners to make things easier for you.

Our experienced gardeners will:

- Prune shrubs
- Remove winter mulch
- Brush back leaves on top of plants
- Pull any dead annuals
- Remove dead growth from perennials
- Clean up your vegetable beds
- Pull out the weeds
- Edge your garden beds
- Overall refresh the look of your garden

Let us take control of your garden, ensure they're shining this spring. You can give us a call today to find out more.



STAYING CONNECTED

within your community
and your loved ones

Staying connected with other people is good for your health & wellbeing. As you get older, you might find yourself with fewer opportunities to meet others or stay connected with your loved ones, especially during lockdown. But as the lockdown is coming to an end, we are here to help you stay connected with your community and your loved ones.

- **Our community programs are set to return in your local area depending on Local Government Area restrictions.** You can contact us today for shopping, a cup of tea in the park, running errands or for other things you might be passionate about in your local community.
- **We also have great assistive technology products that might be of interest.** We have personal alarms that notify your loved ones if you were to have a fall or other products designed to keep you safe and to give your loved ones' peace of mind.
- **Want to know how to use Facetime or other platforms on your phone?** Our Care team are available to spend time with you to show you how to do this. It's a great way to stay connected with friends, family and your loved ones and we're just a quick phone call away to arrange this for you.

SIMPLE EXERCISES

you may want to do at home

A balanced fitness program includes moderate aerobic activity, strength training, balance and flexibility exercises. Here are some you can do at home:



- **Chair yoga** – this provides less stress on your joints than traditional yoga. Exercises include overhead stretch, seated twist.



- **Resistance band workouts** – these include:

- Band pull apart: after lean forward slightly, holding the band in your hands with your arms out front and pulling your arms wider to stretch the band.
- Lateral raise: have the band under your foot which is placed forward and raise your arms parallel to the floor. You can also do this seated. You may need to build up some strength to be able to get your arms to parallel.



- **Calf stretches**

- Stand facing the wall with your hands on the wall.
- Move one leg back, lean forward slightly bend front leg and feel the stretch on the back of your leg, hold for 20 seconds and repeat using the other leg.

Regular exercise gives you more energy and reduces the likelihood of falling by 20%.





5 TIPS for enjoying Spring Time

Here are some of
our favourite tips
for feeling the best
this Spring...

1 Enjoy seasonal produce

The health benefits of eating fresh and seasonal produce will not only make you feel healthier, but it can also reduce the risks of future illnesses.

- There are plenty of strawberries and blueberries available at the moment, enjoy them in a salad and in a glass of water for a special drink
- Fresh peas – you can taste the difference
- Mangoes – great to eat on their own also with ginger in a smoothie or in a salad

2 Enjoy the garden

Having a garden or even a few pots of plants on your balcony can be rewarding in looking after. Here are some herbs that grow easily that you can snip at and enjoy in your meals:

- Mint – not only does it taste great in salads and drinks, it is a good source of Vitamin A which is important for night vision
- Rosemary – great with lamb
- Basil – add to a salad with some olives for a Mediterranean touch
- Parsley – great for Italian meals and also good for your nerves

3 Enjoy the outdoors

- Take a bottle of water with you to stay hydrated. Dehydration can result in serious health conditions including heat stroke, and problems involving the urinary system and more.
- Enjoy the sunshine – and produce Vitamin D, the best time to do this is between 7am and 9am. If you are spending some time in the sun remember to protect yourself from the sun with appropriate clothing and wear a hat.

4 Enjoy an exercise class

Aqua aerobics is a great way to exercise without putting weight on your joints. This can be beneficial if you have arthritis and it is also a good social activity.

5 Enjoy a spring clean of your home

Contact your Care Manager and arrange for a special spring clean to freshen up your home, using your Home Care Package.

SPRING RECIPE

Tasty Vegetable Quiche

Quiches are great as you can make them in advance and heat up when needed. Use your favourite vegetables and herbs, or use these ones:

Ingredients

- 1 Pampas shortcrust pastry case
- 1 tbsp of chopped fresh rosemary
- 1 tbsp of chopped flat-leaf parsley leaves
- 1 onion finely chopped
- 150g of roasted pumpkin that you have cut into 2cm cubes
- 2 cups of baby spinach (firmly packed)
- 100g of feta cheese – crumbled
- 3 eggs (free-range)
- 1/3 cup cream
- 2 tbs parmesan cheese
- 1 tbs olive oil
- Celtic sea salt & black pepper for seasoning to taste



Method

1. Preheat oven to 180°/160° fan-forced
2. Place pastry case in preheated oven (don't remove the foil) and bake for 10 minutes
3. Medium heat a frypan adding olive oil, onion, herbs and spinach, stir for 1 minute, season with Celtic sea salt and pepper
4. Whisk eggs and cream
5. When your baked pastry is cooled, it is time to add the filling from the frypan together with the eggs and cream you have mixed and also the remaining ingredients of pumpkin and the crumbled feta
6. Sprinkle with parmesan cheese and bake for 20-30 minutes or until set

SUDOKU

DID YOU KNOW?

that games like Sudoku are a great way to keep your mind active?

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

10-30 minutes

Instructions

- Every square has to contain a single number
- Only the numbers from 1 through to 9 can be used
- Each 3x3 box can only contain each number from 1 to 9 once
- Each vertical column can only contain each number from 1 to 9 once
- Each horizontal row can only contain each number from 1 to 9 once

A three-by-three Sudoku puzzle will take between 10 to 30 minutes to complete depending on your skill and expertise and the difficulty of the puzzle. The more often you do these, the quicker you get, as you will recognise patterns.

◀ It took us 10 minutes to do it, how long did it take you?



Call our friendly
team today on
1800 773 722

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