



# GOT A GREEN THUMB?

## You're Invited

to join our Online Garden Club  
(and we'll even give you a free garden!)

### What's involved?

- Use your iPad/tablet (or borrow one of ours) to join our Garden Club
- Our Tech Mentors will help you get online safely to participate
- We'll supply (for free!) a fully constructed waist-high Vegepod, including soil and seeds to get you started
- Our team can help you select and plant your seeds
- 12 months in-person support to help you participate in the Online Garden Club, exchange ideas and meet new people
- Give our Project Officer, Ray, a call or SMS on 0437 075 894 to find out how to join\*
- Limited places – register now!

\* Commonwealth Home Support Program charges apply

Contact Us: ADSSI Limited T/A **Adssi In-home Support**  
A 3A Pioneer Ave, Tuggerah 2259 E [info@adssi.com.au](mailto:info@adssi.com.au) W [adssi.com.au](http://adssi.com.au) P 1300 578 478



# Senior Moments

Issue 34  
Winter 2020

## A Message from the CEO

Hello Everyone

I hope you are keeping safe, well and warm during these continued uncertain times. I am very pleased to announce that to date, no staff, volunteers or clients have tested positive for COVID-19. Thank you for your continued understanding and cooperation as we implement appropriate procedures to minimise the risks.

In line with NSW government recommendations, and to keep you and our staff safe, we have strengthened our policy about the wearing of masks. Staff and volunteers are now required to wear masks for all services. We will also request that you wear a mask for services that require transport or are outside the home. Inside the home, we will ask you to wear a mask when social distancing can't be maintained. We will supply you with a single use surgical mask for your service. If you are unable to wear a mask for health reasons we will work with you to find another solution.

With social group activities on hold, we are pleased to introduce two new programs; Connect with Tech and an online Gardening Club. The newsletter contains more information.

With very best wishes until next time,

*Jenni Allan*

**Chief Executive Officer**



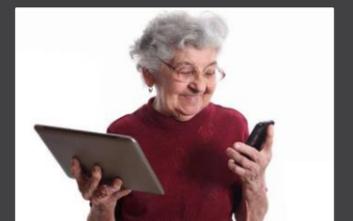
Follow us on Facebook to keep up-to-date ☺

In this issue...

- CEO's Message
- Get Connected
- Meet team members
- Product Recall - SAMSUNG

## Connect with Tech

**Missing your social life?**  
**Our team of tech mentors can help you get and stay connected safely online with family and friends, shop for groceries, play games, borrow e-books and more!**



**Call to find out how we can help you connect with tech ☺**

# IMPORTANT ANNOUNCEMENT

## SAMSUNG TOP LOADER WASHING MACHINE RECALL

Samsung has recalled a series of their top loader washing machines manufactured between 2010 – 2013. The following models are affected:

SW80SPWIP/XSA	SW65V9WIP/XSA	WA85GWGIP/XSA
SW70SPWIP/XSA	WA85WWIP/XSA	SW75V9WIP/XSA

If you believe you have an affected machine, please call the Product Safety Hotline on 1800 239 655, 8am - 8pm AEST, Monday to Sunday.

### COVID-19 – Important Information

Adssi is following strict guidelines with regard to COVID-19 precautions. This means that staff are required to stay off work if they are even mildly unwell and get a COVID-19 test if they have cold or flu like symptoms. They are also required to not have any client contact if they have been in close contact with someone who is unwell or being COVID-19 tested. This helps keep you, other staff and the community as safe as possible, however, it does mean we may have several staff unavailable at the same time. This may mean we need to change a service time or worker at short notice. Our rostering team works very hard to minimise any changes and your understanding is appreciated.

Stay safe and well 😊

### Meet some of our team...

Our team of friendly and qualified professionals is here to help you remain living safely and independently at home. Meet Korinn and Rebecca below.



**Name** Korinn  
**Role** Allied Health Assistant  
**Favourite Movie** How to Lose A Guy in 10 Days

**Cats or Dogs?** Dogs

**Summer or Winter?** Summer

**What do you love about working at Adssi?**

I love the commitment to clients and assisting them to live their best life. Everyone is friendly and welcoming, and I love that Adssi is genuinely interested in our development and wellbeing.



**Name** Rebecca  
**Role** Team Leader, Client Support  
**Favourite Movie** Titanic

**Cats or Dogs?** Dogs

**Summer or Winter?** Summer

**What do you love about working at Adssi?**

Adssi is a wonderful place to work, with a lot of focus on client and staff wellbeing. It's great to be part of a team that shares a common goal of making a positive difference in our clients' lives.



It's easy to put together your own COVID Safe Kit as recommended by NSW Health.

Take hand sanitiser, tissues and antibacterial wipes with you when you leave the house. Masks are recommended.

Remember to keep 1.5 metres distance between yourself

### New telehealth options if you are confined to your home

As part of the Department of Health's National Health Plan, telehealth can now be bulk-billed and Electronic Prescribing is being fast-tracked. You may now be able to access telehealth services so you can get medicine sent directly to you at home, via your GP who will email the script to your chosen pharmacy. Telehealth services are available to all Medicare card holders.

Concession card holders will be bulk-billed for telehealth consultations.

**Please contact your GP** to see how they can help you access telehealth and prescriptions. You can also visit <https://www.health.gov.au/resources/publications/covid-19-national-health-plan-prescriptions-via-telehealth-a-guide-for-patients>

