

Aged & Disability Services  
HACC & CHSP NEWSLETTER – JANUARY 2018

www.wangaratta.vic.gov.au  
Ph: (03) 5722 0790



Australian Government  
Department of Health



RURAL CITY OF  
WANGARATTA

**Introducing our Newest  
Community Care Workers**

We recently welcomed two more dedicated Care Workers to our team. Wendy and Tracy are proving to be valuable members of our group.



**WENDY**



**TRACY**

**MULTICULTURAL DAY  
Sunday 25<sup>th</sup> February 2018**

The DaVinci Social Club invites you to come & celebrate your Nationality & Heritage, sharing a day with friends, new & old.

**BOOKINGS & INFORMATION BY  
16<sup>TH</sup> FEBRUARY 2018**

Ph - Domenica 5721 3067

Ph Ralph 0413 184 206

Ph Ottavio 0402 267 980

**HAPPY NEW YEAR**

Happy New Year to all our valued clients.

We hope you enjoyed a wonderful Christmas.

**PUBLIC HOLIDAY**

AUSTRALIA Day falls on **Friday 26<sup>th</sup> January 2018.**

Our Public Holiday rules will apply – Only Personal Care services will be provided on this day.

Please contact our office on **5722 0790** if you have any queries.

**KEEP COOL THIS SUMMER**

\*Drink plenty of cool water throughout the day (don't rely on feeling thirsty!) and avoid alcohol and caffeine.

\*Eat cooling snacks. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes.

\* Take a cool shower, bath, or washcloth wipe-down.

\*Keep the house as cool as possible by keeping shades closed during the hottest part of the day.

\*Wear layers of lightweight clothing in light coloured cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.

\*Visit a public cooling centre like a recreation centre, senior centre, library or coffee shop.