

New Age



Disability & Aged Care Services

(02) 8628 0672



New Age Community Services Newsletter

Autumn Edition | January – April 2024

Warm, friendly updates for our consumers, families, and community

Message from the Directors

Dear Consumers, Families, and Friends,

As we begin a new year and embrace the calm of autumn, we're reminded of the importance of reflection, renewal, and resilience. At New Age Home Care, we continue to focus on delivering compassionate, person-centred care that supports independence and wellbeing.

This edition brings you seasonal wellness tips, hearty recipes, and updates on the evolving aged care landscape. We hope it brings comfort and connection to your autumn days.

Warm regards,
The New Age Team

Health & Wellness Tips for Autumn

- Boost immunity with citrus fruits, garlic, and turmeric
- Stay hydrated with herbal teas and soups
- Engage in gentle indoor exercises like chair yoga

- Maintain a consistent sleep routine
- Dress in layers to stay warm
- Stay socially connected with loved ones

Seasonal Recipe: Pumpkin Oatmeal

Ingredients:

- 1 cup rolled oats
- 1½ cups almond milk (or milk of choice)
- ½ cup pumpkin puree
- 2 tbsp maple syrup
- ½ tsp cinnamon
- ¼ tsp ginger
- Pinch of nutmeg and salt

Instructions:

- Combine oats and milk in a microwave-safe bowl. Cook for 2 minutes.
- Stir in pumpkin, maple syrup, and spices.
- Top with fruit, nuts, or yogurt as desired.

Community News & Sector Updates

- Ongoing preparations for the new Aged Care Act effective from 1 November 2025
- Support at Home program to replace Home Care Packages
- Updated Quality Standards for dementia care and nutrition
- Mandatory Aged Care Code of Conduct for all workers

Contact Us

We'd love to hear from you! Whether you have questions, feedback, or just want to say hello, feel free to reach out.

New Age Community Services

Website: www.newagehomecare.com.au

Email: accounts@newagehacs.com

Phone: 02 8628 0672

Address: Suite 4 Building B 1C Grand Ave Rosehill

Feedback & Complaints

Your voice matters. If you have any feedback, suggestions, or concerns, we encourage you to share them with us.

Submit Feedback or a Complaint: <https://newagehomecare.com.au/feedback-complaints>