

New Age



Disability & Aged Care Services

(02) 8628 0672



New Age Community Services Newsletter

Autumn Edition | January – April 2025

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

Message from the Directors

Dear Consumers, Families, and Friends,

As we step into the new year and embrace the calm of autumn, we're reminded of the importance of reflection, renewal, and resilience. The aged care sector continues to evolve, and we remain committed to providing compassionate, person-centred care that supports independence and wellbeing.

This season brings new opportunities to connect, nourish our bodies, and enjoy the simple pleasures of life. We hope you enjoy this edition filled with wellness tips, seasonal recipes, and community updates.

Warm regards,
The New Age Team

Health & Wellness Tips for Autumn

- Boost Immunity Naturally

- Stay Hydrated
- Gentle Indoor Exercise
- Dress in Layers
- Light Therapy & Social Connection

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

- Home Care Package Reports Released
- CHSP Transport Pricing Pilot
- Wellness & Reablement Reporting
- Regional Community Care Forums

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

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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>