

New Age



Disability & Aged Care Services

(02) 8628 0672



New Age Community Services Newsletter

Spring Summer Edition | September – December 2025

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

Message from the Directors

Dear Consumers, Families, and Friends,

As we welcome the vibrant energy of spring and the festive spirit of summer, we reflect on the importance of connection, care, and community. 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 Spring & Summer

- Exercise regularly with light indoor or outdoor activities

- Eat seasonally with fresh fruits and vegetables
- Spice up meals with cinnamon, turmeric, and garlic
- Get enough Vitamin D from sunlight or fortified foods
- Stay hydrated with water, herbal teas, and juices
- Manage chronic conditions and maintain regular checkups
- Stay socially connected and mentally active

Seasonal Recipe: Spring Salad with Asparagus & Chickpeas

Ingredients:

- 1 bunch asparagus, chopped
- 1/2 cup peas
- Salad greens
- 2 radishes, sliced
- 1/2 avocado, diced
- 1/2 cup chickpeas, roasted
- 1/2 cup feta cheese
- Fresh herbs, salt, pepper
- Dressing: basil, garlic, lemon juice, vinegar, olive oil

Instructions:

- Blanch asparagus and peas, then cool in ice water.
- Prepare dressing by blending basil, garlic, lemon juice, vinegar, olive oil, and salt.
- Toss asparagus and peas with half the dressing.
- Layer salad greens, chickpeas, avocado, feta, and radishes.
- Top with remaining dressing and herbs.

Community News & Sector Updates

- New Aged Care Act effective from 1 November 2025
- Support at Home program replacing 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

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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>