

# New Age



**Disability & Aged Care Services**

(02) 8628 0672



## New Age Community Services Newsletter

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Winter Edition | May – August 2024

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

### Message from the Directors

Dear Consumers, Families, and Friends,

As the cooler months settle in, we're reminded of the importance of warmth—both physical and emotional. Winter is a time to slow down, reflect, and nurture our wellbeing. At New Age Home Care, we continue to focus on delivering compassionate, person-centered care that supports independence and dignity.

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 winter days.

Warm regards,  
The New Age Team

### Health & Wellness Tips for Winter

- Eat warm, nutrient-rich meals like soups and stews
- Stay hydrated with herbal teas and broths

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

## **Seasonal Recipe: Hearty Chicken & Vegetable Soup**

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 2 cups cooked chicken, shredded
- 4 cups low-sodium chicken broth
- 1 cup brown rice or pasta
- Salt, pepper, thyme to taste

Instructions:

- Sauté onion, carrots, and celery until soft.
- Add chicken, broth, and rice/pasta.
- Simmer for 20–30 minutes.
- Season and serve warm.

## **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](http://www.newagehomecare.com.au)

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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>