



POP UP COMMUNITY CARE / OCTOBER NEWSLETTER 2020

Welcome

Welcome to our Spring Newsletter. It's wonderful to see the blossoms on the trees and the vegetable seedlings growing in the garden. The Pop-Up Health offices are busy reviewing our induction processes at the moment to ensure all our staff are ready to support clients as soon as they hit the road. This is an important part of quality care. We welcome feedback from clients and their support network at all times. This is an important avenue for us to continue to improve the services we provide and continue to exceed our clients expectations of care. If a team member has gone above and beyond please also let us know, so that we can share your feedback with them.

Spring Awareness

Hopefully everyone has changed their clocks forward for daylight saving. It's also a good time to have your airconditioner filters cleaned, ready for the summer ahead.

Spring is a time for high pollen counts in the air, which may mean increased hayfever and asthma for many. It might be a good time to speak to your doctor about your asthma management plan or medication management of your hayfever and review your current health requirements.

The Asthma Foundation is also a good resource for information relating to your asthma and appropriate treatment. Their website is asthma.org.au or contact them on 1800 278 472 for useful information or to or to undertake asthma education for yourself.

Did you know that asthma can also be triggered by emotion, stress, anxiety and depression?

Home Care Packages

Did you know that Pop-Up Community Care now provides Home Care Packages to approved clients over 65 years of age for Level 1 through to Level 4 packages.

Some of the care that we can offer includes:

- Nursing Care
- Shopping Assistance
- Gardening and Home Maintenance
- Mobility Aids
- 24 Hour in Home Care
- Personal Assistance
- Respite Care

Please contact us for more information. Our Client Care Liaisons treat everyone on their individual circumstances and will work together with you to tailor your package to suit your needs and help coordinate the service you require.

Its your care, which is why we care



REMINDER: Please speak to our nurses if you are receiving care from another health professional such as a physiotherapist or nutritionist and you think that it is important that we also know about this to inform your care.



Recipe of the Month

Grilled Chicken with Pumpkin and Tomato Salad



Enjoy this recipe from the Australian Heart Foundation, it will take 20 minutes to prepare and cook. Serves 4

- 1 1/2 tablespoons salt reduced tamari or soy sauce
- 1 garlic clove
- 2cm piece ginger, peeled
- 1 small red chilli, de-seeded
- 2 teaspoons honey
- 2 tablespoons lime juice
- 1 tablespoon sesame oil
- 8 skinless chicken thigh fillets (approximately 900g),
- 1 tablespoon olive oil
- 400g pumpkin, cut into 3cm cubes
- 1 punnet cherry tomatoes (250g), halved
- Olive oil spray
- 4 cups English spinach, washed
- 1 tablespoon balsamic vinegar

1. Preheat oven to 180°C (160°C fan-forced). Combine tamari, garlic, ginger, chilli, honey, lime juice and sesame oil in a blender until smooth. Pour marinade over chicken and set aside for 20 minutes, turning once.
2. Drizzle oil over pumpkin and tomatoes in a small bowl and toss to coat. Transfer to a baking tray and bake in the oven for 25 minutes or until tender.
3. Lightly spray a grill pan with oil and heat. Remove chicken from marinade (reserve marinade) and sear in pan for 3 to 4 minutes on each side. Transfer to oven, pour marinade back over chicken and cook for an additional 10 minutes.
4. Remove vegetables from oven and toss through Spinich

Get To Know a Pop-Up Team Member! Jenny Steele

► **How long have you worked for Pop-Up:** 1 year

Role at Pop-Up: Reception

What do you like about working for Pop-Up: The fabulous staff I work with, the community involvement of the organisation and the customer service I provide.

Fun fact about me: I am a qualified scuba diver with over 100 dives, my favourite being in Hook Island and the outer reef in QLD.

Three things I would take on a deserted island: sunscreen, an endless supply of books and a fully stocked boat moored at the jetty!!

Star sign: Cancer



We think Jenny is pretty amazing, she brings warmth and a smile to everything she does!

Spring Fever

Other Services

Did you know Pop-Up Community Care looks after DVA Clients, NDIS, Home Care Package Clients and Private nursing clients.

If you have any questions please do not hesitate to contact the office on 1300 858 047.

P I P M Z A H K Q Y V S B C W
 F G T J G R A S S E T I G V O
 J L Y S K B D W E A T H E R H
 H H O C S E L B A T E G E V Z
 S Y P W B A H A Y F E V E R L
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BLOSSOM HERBS
 FLOWERS TOMATO
 SPRING BASIL
 FEVER
 POLLEN
 HAYFEVER
 WEATHER
 WARM
 SHORTS
 TSHIRT
 NECTAR
 BEES
 GREEN
 GRASS
 VEGETABLES