



“ We’ve packed some exciting updates, helpful tips, and exclusive resources just for **you**. ”

1 Company Updates

Exciting News at Azure Specialists Home Care Services!

We’re expanding our services locations to better support your needs! Learn more about our new services locations:

- Monash**
- Whitehorse**
- Knox**
- Manningham**
- Maroondah**

*A select area of Manningham, covering parts of Nunawading, Park Orchards, and Ringwood North.



2 Tips & Resources

Managing Anxiety in the Elderly

Anxiety affects 1 in 10 older Australians, often triggered by health changes, loss, or uncertainty. Symptoms may include:

- Increased heart rate, restlessness
- Excessive worry, irritability
- Avoidance of social situations

Managing Anxiety in the Elderly

- Deep breathing & mindfulness
- Regular exercise
- Professional counseling or therapy

Don't let worry take over—seek support.

Your Monthly Care Update:
Tips, News, and More!

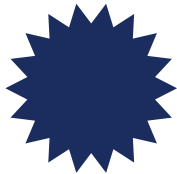
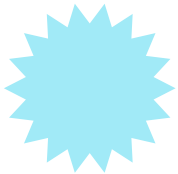
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3

Staff Shoutout

A huge shoutout to **Dylan Beaton**, our **Service Coordinator & Administration Support**, for his dedication and hard work!

Aside from his amazing role, Dylan enjoys watching sports, especially AFL with Essendon FC and Formula One. He's an amateur hiker, passionate about mountain climbing and bushwalking. A movie fan at heart, he loves horror and drama films. Connecting with people and building relationships has always been central to his career, and he continues to thrive in teamwork and helping others in his role as a Service Coordinator.



4

Exclusive Offer

Share the Care & Get Rewarded!

Refer a friend, family member, or neighbor to **Azure Specialists Home Care Services**, and when they sign up, you'll receive a **special bonus** as our thank-you—no limits, just endless rewards for helping others get the care they deserve! To know more, contact us.

Upcoming Events



Join **Move Your Way – Movement for Mind Activities**, offering mindfulness-focused sessions such as yoga, tai chi, pilates, and walking groups for all ages. Events are hosted at various locations in **Knox**, including Knox Leisureworks, Carrington Park Leisure Centre, and The Basin Triangle, with sessions running from February 18 to 27. For accessibility inquiries or to register, visit their website or contact MoveYourWay@knox.vic.gov.au.



5



Mind Teasers

Challenge Your Brain!

6

What Am I?
*I have hands but no fingers,
I move but do not walk,
I tell you something important,
Yet I never talk.*



What am I?

Think you know the answer? Email your guess to hello@azureshcs.com.au, and if you're right, you'll be featured in our next newsletter!

Stay Connected
Got questions or need assistance?
We're here for you!



Phone: 03 8612 1616



Email: hello@azureshcs.com.au



Website: azureshcs.com.au