



# September Newsletter

*Compassion. Expertise. Respect.*

Spring has arrived, bringing longer days, warmer weather, and fresh opportunities to connect. At **Azure Specialists Home Care Services**, we remain committed to supporting you or your loved ones with personalised, compassionate care — whether at home or in the community.

This month, we share helpful wellness tips, community updates, and important reminders to help you live safely and independently.

## Seasonal Wellness Tips – Staying Healthy in Spring

With the change in season, our bodies and routines can also shift. Here are some tips to help you feel your best:

**Allergy Awareness:** Pollen counts are higher in spring. Keep windows closed on windy days and speak to your GP about antihistamines if needed.

**Hydration:** Even in cooler weather, dehydration can sneak up on us — aim for 6–8 glasses of water daily.

**Gentle Exercise:** Walking outdoors can boost mood and mobility. Aim for 20–30 minutes of light activity most days.

**Sun Safety:** UV levels rise in spring. Wear sunscreen, hats, and sunglasses for protection.





## Seasonal Wellness Tips – Staying Healthy in Spring

At Azure, we tailor care to suit each elderly's needs, ensuring you have the right supports to live safely, comfortably, and independently. Our services include:

**Personal Care Services** – Assistance with daily tasks such as showering, dressing, and grooming.

**Nursing Care and Allied Health Services** – Support from qualified nurses and allied health professionals to manage health needs.

**Meals and Food Preparation** – Nutritious meals prepared or assistance with cooking at home.

**Home and Garden Maintenance** – Help with basic repairs, lawn care, and upkeep.

**Aids or Equipment** – Access to devices that support mobility and independence.



**Transport Services** – Assistance to attend appointments, shopping, and community activities.

**Medical Oversight by Geriatricians (Medical Specialists)** – Expert care and monitoring for older adults.

**Social Outings** – Encouraging connection through events, activities, and companionship.

 If you'd like to review your care plan or add new supports, please contact us at **03 8612 1616**.

*Happy Father's Day, Dr  
Loi — Azure's CEO!*

*We appreciate your  
leadership, dedication,  
and the way you inspire  
our team every day.  
Wishing you a day filled  
with joy and celebration.*



HAPPY FATHER'S DAY

## Did You Know?

The **Support at Home Program** may roll out new funding levels from 1 November 2025 (awaiting official confirmation)!

## Celebrating Father's Day – Sunday, 7 September

This month we honour and celebrate the fathers, grandfathers, and father figures who have shaped our lives. Father's Day is a wonderful opportunity to share time, memories, and appreciation.

### Ways to celebrate:

- Share a meal together at home or at a favourite café.
- Look through old photo albums and swap stories.
- Enjoy a simple outing, such as a walk in the park or a scenic drive.
- Give a handwritten note or card expressing your gratitude.

With **eight (8) levels of support**, funding grows as your care needs increase, helping you **stay safe, independent, and comfortable at home**.

Your care level is set during your **initial assessment**, and if your needs change, a **reassessment** can unlock even more support.

## Ongoing Social & Wellness Activities

Explore a variety of engaging programs and activities through the Positive Ageing Lifestyle Program (PALS), designed to promote healthy, active ageing and social inclusion for older adults who live, work, or visit the City of Monash.

Scan the QR code to receive the Positive Ageing Lifestyle Program (PALS) by email and be among the first to learn about upcoming events and activities.



If you don't have an email address, you can subscribe to receive PALS and/or the Seniors Festival Program by post



## Participant Spotlight

### Meet Mr. D!

Mr. D is one of our wonderful participants who brings joy and inspiration to everyone at Azure. He has a passion for puzzles and a sharp mind that keeps him engaged and motivated.

During his last monthly home visit, we noticed Mr. D had just started a new puzzle — and now it's nearly complete! His dedication and enthusiasm for this pastime are truly inspiring.

We're proud to support Mr. D and all our participants in staying active, challenged, and happy in their homes.



## Reminders

If you need to change or cancel a service, please provide at least 48 hours' notice.

Review your Home Care Package budget regularly to ensure your funds are used effectively.

Keep your emergency contacts up to date with your Azure team.

## Stay Connected With Us

Follow us for updates, tips, and community news:

**Facebook:** @Azure Specialists Home Care Services

**Website:** [www.azureshcs.com.au](http://www.azureshcs.com.au)

**Phone:** (03) 8612 1616

**Email:** [hello@azureshcs.com.au](mailto:hello@azureshcs.com.au)