

October Newsletter



Dear Valued Participants and Families,

Welcome to our October newsletter! As the days get longer and the spring flowers bloom, we're reminded of the beauty of renewal and fresh beginnings. At Azure, our focus remains on supporting your independence, health, and happiness at home.



A Message from the Azure Team

October is a busy and exciting month. With spring in the air, many of us are spending more time outdoors, reconnecting with loved ones, and planning ahead for the festive season. Please remember, we're only ever a phone call away if you need extra support or adjustments to your services.

Important Updates



Melbourne Cup Day – Service Reminder

The **Melbourne Cup public holiday** falls on **Tuesday, 4 November**. If you have services scheduled that day and would like to make changes, please contact us before **Friday, 31st of September** so we can accommodate your needs.

Review Your Care Plan

As we approach the end of the year, it's a good time to review your current care plan. If your needs have changed, whether you'd like more social support, additional personal care, or changes in domestic assistance, please let our team know so we can ensure your plan reflects your current goals.

Flu & COVID Booster Shots

We encourage all participants to speak with their GP or pharmacist about flu and COVID booster vaccinations. Staying up to date can help protect you during the upcoming summer season.

Seasonal Health & Safety

Spring Safety at Home

- Use sunscreen and a hat when going outside, even on cooler days.
- Keep hydrated, especially during outdoor activities.
- Ask for help with gardening, lifting, or outdoor cleaning tasks.

Allergy Awareness

Spring pollen can make life uncomfortable. Simple steps like rinsing off after going outdoors, using air purifiers, and limiting outdoor time on high-pollen days can help manage symptoms.



Participant Spotlight – Meet Mrs I.

This month, we are delighted to introduce you to Mrs I., one of our valued participants.



From Venus' Kitchen with Love

*Sometimes the simplest recipes bring the biggest smiles. This **Basic Vanilla Cake** is soft, fluffy, and beautifully fragrant, perfect for afternoon tea, birthdays, or just because! Whether you keep it classic or add a fruity twist, this is the kind of cake that feels like a warm hug in every bite.*

Basic Vanilla Cake

Ingredients:

- 2 cups self-raising flour
- 125 g butter (softened)
- ½ cup sugar
- ½ to 1 cup milk (start with ½ cup and add more if needed for a smooth batter)
- 2 eggs
- 1-2 tsp vanilla essence
- Optional: diced fruit (apple, banana, berries)

Method:

1. Preheat oven to **180°C**
2. Grease and line a cake tin.
3. In a large bowl, cream butter and sugar together until light and fluffy.
4. Add eggs and vanilla essence, beat well.
5. Gradually fold in the flour, alternating with milk, until the batter is smooth and has a dropping consistency.
6. (Optional) Fold through diced fruit.
7. Pour batter into the prepared tin and bake for 25–30 minutes, or until a skewer inserted in the centre comes out clean.
8. Cool slightly before serving.



Quick Facts



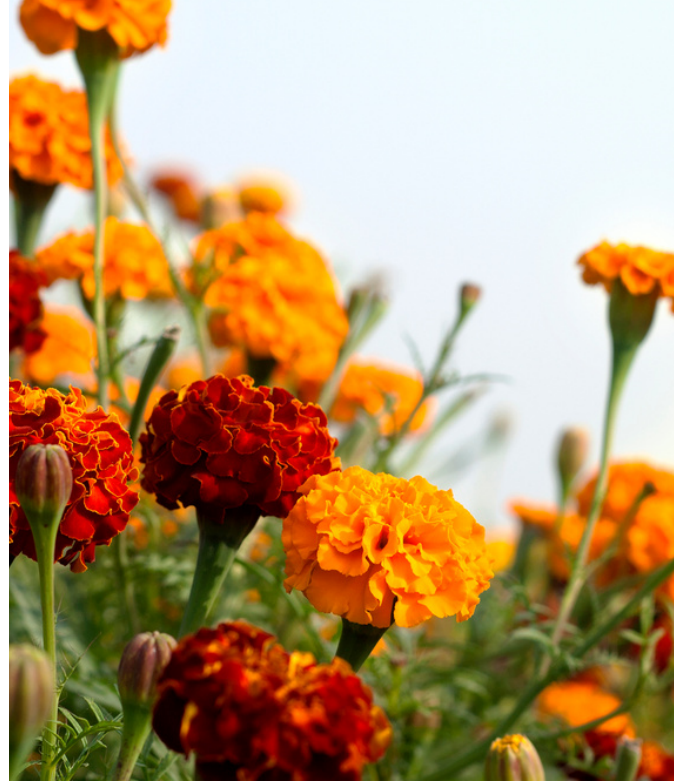
Honey never spoils, it has been found in ancient tombs still edible!



Laughing for 10–15 minutes a day can burn up to 40 calories.



October's birth flower is the marigold, symbolising warmth, creativity, and love.



October Activity Ideas

Looking for something uplifting to do this month?

- Visit a local garden or flower show.
- Try a light exercise class, like tai chi or gentle yoga.
- Write a letter or card to a friend or family member.
- Listen to live music or a favourite album.
- Participate in a community craft group.
- Start a gratitude journal and write down one thing you're thankful for each day.

Next month we'll be sharing:

- Tips for staying cool in summer
- Holiday season planning and support
- Another participant spotlight story



The Support at Home program has extra funding to help you get the care and support you need:



Assistive Technology & Home Modifications: Get up to **\$500** for small items, **\$2,000** for equipment, or **\$15,000+** for bigger home changes like ramps or bathroom upgrades.

Restorative Care Pathway: Short-term help (up to 12 weeks) with **\$6,000–\$12,000** for health services, rehabilitation, and equipment to keep your independence.

End-of-Life Pathway: Up to **\$25,000 over 3 months** for in-home palliative care, so you can be as comfortable as possible at home.

Share Your Story

Would you like to be featured in an upcoming newsletter like Mrs I.? We'd love to hear from you! Please let our team know if you'd like to share your favourite recipe, hobby, or story.

Contact Us

Azure Specialists Home Care Services

Phone: (03) 8612 1616

Website: www.azureshcs.com.au

Email: hello@azureshcs.com.au