

NOVEMBER 2025

Azure Specialists Home Care Services

Newsletter

Dear Valued Participant,

Welcome to our November newsletter! As the weather warms up and we head toward the end of the year, we'd like to share helpful reminders, wellness tips, and updates to keep you healthy, safe, and connected at home.



You may have recently received a letter from **Azure Specialists Home Care Services** and **My Aged Care** in your mailbox regarding the upcoming Support at Home Program.



Here's what you need to know:

- ✓ You don't need to take any action right now. Your current care and services will continue as usual.
- ✓ The information in the letter explains what to expect and how the changes may affect your services in the future.
- ✓ Azure Specialists will continue to support you throughout the transition, keeping you informed as more details are released by the Department of Health and Aged Care.



If you have not received your letter or would like help understanding the information, please contact your care partner. Our team is always here to help answer your questions and ensure you feel confident about your ongoing care and support.

Staying Connected During the Holidays



The festive season is approaching! If you'd like to adjust your care schedule during the Christmas and New Year period, please contact your care partner before December 10 so we can make sure your preferred times are covered.



Preparing for Warmer Days



Spring is in full bloom across Victoria, and summer is just around the corner.

Here are a few ways to stay comfortable and healthy as temperatures rise:

-  **Stay hydrated:** Keep a bottle of water nearby throughout the day, even if you don't feel thirsty.
-  **Dress smart:** Choose light, breathable fabrics and wear a hat or sunscreen when heading outdoors.
-  **Check your fans and air conditioning:** Make sure they're clean and working well before the summer heat arrives.
-  **Be mindful of pollen:** November can be a high-pollen month in Victoria. If you experience hay fever or allergies, keep windows closed on windy days and follow your GP's recommendations.
-  **Medication storage:** Some medications can lose effectiveness if exposed to heat. Keep them in a cool, dry place and check expiry dates regularly.

November Awareness Month



Movember:

A reminder for all our gentlemen — this month focuses on men's health.

Consider booking your regular health check-up and reaching out if you're struggling with stress or low mood.



Falls Prevention Awareness:

Review your home environment to ensure pathways are clear, rugs are secured, and lighting is adequate. Our care team can assist with a home safety review if needed.



**IN AN EMERGENCY,
CALL 000**

A Special Moment from the Field

This month, we'd love to share a heartwarming story from one of our participants.



This is **Mrs. A** on the left, with her beautiful friend of 25 years — who prepared a delightful afternoon tea and traditional Turkish coffee to welcome our care partner's arrival!

Moments like these remind us how meaningful connections and companionship truly are in creating joy and comfort at home.

Thank you, Siham, for sharing your kindness and hospitality with us!

Health & Wellness Corner

Simple ways to boost your wellbeing this month:

Light exercise: Try short walks in the morning before it gets hot.



Stay social: Connect with family, friends, or local community programs for companionship and mental wellbeing.



Balanced meals: Include fresh fruits, leafy greens, and lighter meals to suit the warmer weather.

How do you stay fit and active?

Share your story with us at hello@azureshcs.com.au

Recipe of the Month



Fresh Garden Salad with Lemon Dressing



A light and refreshing recipe for warmer days!

Ingredients: Mixed greens, cherry tomatoes, cucumber, avocado, olive oil, lemon juice, salt & pepper.

Instructions: Combine ingredients, drizzle with dressing, and enjoy with your favourite grilled protein or soup.

Need Help or Have Questions?

Our team is here to support you.

For assistance with your care plan, service schedule, or Support at Home Program information, please contact your Azure Specialists Home Care Services care partner.

Azure Specialists Home Care Services

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Wishing you a safe, happy, and healthy November!