

Take a look at what's on this month and join in the fun!

## MILPARA SOCIAL CALENDAR

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

**Day Trips** from just \$10 plus expenses, **Special Events** and **Milpara Activities**.

For more information or bookings, please call us or email [milpara@novacare.org.au](mailto:milpara@novacare.org.au)

**BOOK NOW: 4963 6356 or 1300 363 654**

Monday 28 Aug	Tuesday 29 Aug	Wednesday 30 Aug	Thursday 31 Aug	Friday 1 Sept
<p><b>Day Trip</b> Morning tea: Croudace Bay</p> <p>Lunch: Valentine Bowling Club</p>	<p><b>Day Trip</b> Morning tea: Morpeth Lunch: Bushrangers Brasserie Largs <b>And/or</b> <b>Sunset Drive Dinner</b> Lake Mac Yacht Club <b>Book by 22 August</b></p>	<p><b>Milpara Social Centre</b> Cycling Without Age</p> <p>Handy Hens Craft Group</p> <p><b>Or day trip</b> Belmont 16 Footers Concert and Lunch</p>	<p><b>Day Trip</b> Morning Tea: Nords Wharf</p> <p>Lunch: Wallarah Recreation Club</p>	<p><b>Milpara Social Centre</b> Tai Chi / Healthy Moves</p> <p><b>Or day trip</b> Morning tea: Chinaman's Hollow Lunch: Kurri Kurri Bowling Club</p>
Monday 4 Sept	Tuesday 5 Sept	Wednesday 6 Sept	Thursday 7 Sept	Friday 8 Sept
<p><b>Day Trip</b> Morning tea: Eleebana</p> <p>Lunch: Cardiff RSL All You Can Eat</p>	<p><b>Day Trip</b> Morning tea: Walka Water Works</p> <p>Maitland Art Gallery</p> <p>BBQ Lunch</p>	<p><b>Milpara Social Centre</b> Handy Hens Craft Group and/or Strength.Balance.Relax 11am \$5</p> <p><b>Or lunch</b></p>	<p><b>Brunch</b></p> <p>Tinto Espresso</p> <p>Toronto</p>	<p><b>Milpara Social Centre</b> Tai Chi/Healthy Moves <b>Or day trip</b> Morning tea: Bluegums Park Lunch: Maryland Tavern</p>
Monday 11 Sept	Tuesday 12 Sept	Wednesday 13 Sept	Thursday 14 Sept	Friday 15 Sept
<p><b>The Riverboat Postman</b> <b>\$55</b> Inc. transport, morn tea and lunch <b>Book by 6 September</b> 1st pick up 7am or from Milpara</p>	<p><b>Day Trip</b> Budgewoi</p> <p>Fish &amp; Chips</p>	<p><b>Milpara Social Centre</b> Handy Hens Craft Group</p> <p><b>Or lunch</b></p> <p>Belmont 16 Footers</p>	<p><b>Day Trip</b> Morning Tea: Stockton Lunch: Tomago</p>	<p><b>Milpara Social Centre</b> Tai Chi / Healthy Moves</p> <p><b>Or lunch</b></p> <p>Bushranger Brasserie, Largs</p>
Monday 18 Sept	Tuesday 19 Sept	Wednesday 20 Sept	Thursday 21 Sept	Friday 22 Sept
<p><b>Day Trip</b> BBQ on the Lake</p> <p>Murrays Beach</p>	<p><b>Day Trip</b> Morning Tea: Ailsa Craig Cottage Euchre Concert: The Disciples of Fun</p>	<p><b>Hunter Valley Gardens</b> <b>Spring Festival of</b> <b>Flowers</b> \$50 incl. morning tea, lunch, train and entry <b>Book by 6 September</b></p>	<p><b>Day Trip</b> Morning tea: Dixon Park Anzac Walk Lunch: The Mary Ellen</p>	<p><b>Milpara Social Centre</b> Tai Chi / Healthy Moves</p> <p><b>Or</b> <b>'A Room Full of</b> <b>Candles'</b> <b>Book Launch</b></p>
Monday 25 Sept	Tuesday 26 Sept	Wednesday 27 Sept	Thursday 28 Sept	Friday 29 Sept
<p><b>Day Trip</b> Morning Tea at Raymond Terrace</p> <p>Lunch: Tomago Sports Club</p>	<p><b>Mt Penang Gardens</b> Kariong Book by 12 September</p> <p><b>Or Milpara</b></p>	<p><b>Milpara Social Centre</b> Handy Hens Craft Group</p> <p><b>Or lunch</b></p> <p>Belmont 16 Footers</p>	<p><b>Mystery Tour \$60</b> Incl. transport, lunch, activity. <b>Book by 14 September</b></p> <p><b>Or Milpara</b></p>	<p><b>Milpara Social Centre</b> Tai Chi / Healthy Moves <b>Or</b> <b>TINA: This is Not Art</b> <b>Or day trip</b> Morning Tea: Speers Point Lunch: Warners Bay Sport Club</p>

## I am worried about my memory, what should I do?

**F**inding out what is wrong is the first step to getting help. Have you become concerned about increasing lapses in memory or other changes in your thinking or behaviour?

Changes in memory and thinking

have a number of possible causes that may include stress, depression, pain, chronic illness, medication or alcohol, and sometimes, early dementia. Major changes in memory are not normal at any age and should be taken seriously.

If you are experiencing these kinds of difficulties, it is better to see your doctor sooner rather than later.

Go to [www.fightdementia.org.au](http://www.fightdementia.org.au) for more information on Dementia and dementia awareness month.



## Home Support Survey Results.

**T**hank you to all those who responded to the survey. Results are in and whilst we are pleased with the responses there are ways that we can improve and we seek assistance in doing so, areas of improvement that were identified mainly involve two-way communication with NovaCare Home Support Coordinators, we encourage and welcome all our clients to:

- Provide feedback and suggestions to help us improve and to meet client expectations (all staff at NovaCare are able to receive your feedback either by phone, person or in writing). NovaCare has procedures in place to address feedback and suggestions;
- Discuss with coordinators regularly what service inclusions would be most helpful as needs change;
- At times when clients are down or rattled by life's upsets please engage NovaCare to lend support emotionally or to request greater service support, even if it is only temporary. NovaCare has entered discussions with Lake Macquarie Support Services (LMSS) based at Swansea on the potential for the two organisations to merge. A due diligence process is being undertaken by both parties.

# Kitchen Corner

## Five Ingredients Chicken Piccata.

**Create a gourmet-style meal with this effortless chicken dish served with zesty butter and caper sauce.**

### Ingredients

- 3 Chicken Breast Fillets (about 250g each), halved horizontally
- 100g butter, chopped
- 1/4 cup (50g) drained baby capers
- 3 lemons, zested, juiced
- 1/2 cup coarsely chopped flat-leaf parsley

### Method

**Step 1:** Place a chicken fillet between two sheets of plastic wrap. Use a meat mallet or rolling pin to gently pound until 1.5cm thick. Repeat with the remaining chicken. Season well.

**Step 2:** Heat 10g butter in a large non-stick frying pan over high heat. Cook the chicken, in 2 batches, for 2 mins each side or until golden brown and just cooked through. Transfer to a plate and cover with foil. Reduce heat to medium.



**Step 3:** Add remaining butter to the pan. Cook, stirring, for 2-3 mins or until butter melts and is golden brown.

**Step 4:** Add capers and cook for 1 min or until crisp. Add lemon juice and half the lemon zest. Swirl to combine. Return chicken and any juices to the pan. Cook, turning occasionally, for 2 mins or until chicken is cooked through and sauce thickens slightly. Sprinkle with parsley. Gently shake the pan. Remove from heat. Serve the chicken sprinkled with remaining lemon zest.