



# ACTIVE COMMUNITY GROUP HOME CARE PROVIDER



## ACG BRAND NEW LOGO

We are proud to announce the launch of our new company logo as part of the ongoing evolution of our company's brand, from the small human figure in the middle of the triangle to a **"Flying Seven-Pointed Star"**.

The seven pointed star on our new logo is like the Australian flag represents the unity of the six states and the Commonwealth of Australia.

ACG reflects on this logo as our ongoing motivation of having a mideset of unity in our relationship with clients. Unity is what keeps a community strong to help each and thrive.

The flying seven-pointed star is one part of our motivation for ACG to serve the elderly in the community in the spirit of unity and all over the nation in the future.

**ACG is with you and spends  
the best years of your life together**



**How do I know if I have  
the flu or just a bad cold?**

Australia has predominant British, Irish and European heritage in the countries early settlement, so there's a strong attachment to the tradition of celebrating Christmas in cold weather, due to the difference in the time of seasons in their home countries. There is



also many Asian Australians, that have a previous home country that has a winter during Christmas time. This is what is behind having a "Christmas in July".

## Christmas in July Party

July is generally the coldest month of winter where snow can come to the mountain regions of Victoria and New South Wales, which gives a season that emulates the atmosphere of the northern hemisphere during Christmas. It is a season that suits hearty food like roasts, and warm drinks with your friends and family.

ACG would like to invite you to our Christmas lunch on 19th of July 2022 (Please refer to our flyer for detail). It is a great event where you can meet new friends while enjoying the warm meal in Glen Waverley. Of course, you will get a Christmas present on the day.

If you have a runny nose, sore throat and mild to moderate discomfort it's likely that you have the common cold, which is caused by viruses such as respiratory syncytial virus or rhinovirus.

If you are struck by a sudden fever, headache, chills, and fatigue or weakness you may have the flu, which is caused by influenza virus. Unlike a cold, the flu is very debilitating, which is likely to make you stay in bed for several days.



LEADING AGE SERVICES  
AUSTRALIA

## Minimum Engagement for Casual Home Care Employees

From the first full pay period on or after 1 July 2022 a casual home care employee must be paid a minimum engagement of 2 hours for any shift or period of work in a broken shift worked by the employee. This is under regulation 10.5 of the latest Fair Work Ombudsman. This will be a change from the current 1 hour minimum engagement.

### Examples:

A casual home care employee usually works 1 hour each morning from 8am to 9am. For this work, the employee gets paid for 1 hour of work. From the first full pay period on or after 1 July 2022 the casual employee would need to be paid for 2 hours of work even if they only worked 1 hour from 8am to 9am.

**ACG will make appropriate arrangements in July according to the actual situation of clients. For details,**

 **please stay tune to the latest announcement of ACG**

ACG wish all of you who were born in June a very happy birthday



Happy Birthday

### Deadline for submission of invoices

**4th and 18th July, 2022  
( Before 5PM)**



Please send all your invoices to the "Claims Processing Team" to do reimbursement submission

## THE SILENT ORGAN(2)



### 8 Ways to a Healthy Liver

**Maintain a healthy weight**—If you're obese or even somewhat overweight, you're in danger of having a fatty liver that can lead to non-alcoholic fatty liver disease (NAFLD)

**Eat a balanced diet**—Avoid high calorie-meals, saturated fat, refined carbohydrates (such as white bread, white rice and regular pasta) and sugars.

**Exercise regularly**—When you exercise consistently, it helps to burn triglycerides for fuel and can also reduce liver fat.

**Avoid toxins**—Toxins can injure liver cells. Limit direct contact with toxins from cleaning and aerosol products, insecticides, chemicals, and additives.

**Use alcohol responsibly**—They can damage or destroy liver cells and scar your liver.

**Wash your hands**—Use soap and warm water immediately after using the bathroom, when you have changed a diaper, and before preparing or eating food.

**Don't share personal hygiene items**—For example, razors, toothbrushes and nail clippers can carry microscopic levels of blood or other body fluids that may be contaminated.

**Follow directions on all medications**—When medicines are taken incorrectly by taking too much, the wrong type or by mixing medicines, your liver can be harmed.

**Get vaccinated.**

### ACG Consumer Handbook



The Australian government updates the "Consumer Operation Manual for Home Care Packages" twice a year, providing safeguard guidelines for seniors to enjoy quality home care services. ACG has also just launched the "ACG Consumer Handbook" in line with the "Consumer Operation Manual for Home Care Packages" so that our customers can obtain more comprehensive information and understanding of ACG's service policies. If you have any questions after receiving the handbook, please contact us.



ACTIVE  
COMMUNITY  
GROUP

**03 8820 0000**

info@activecg.com.au  
www.activecg.com.au

