

ACTIVE COMMUNITY GROUP

Home Care Provider

Summary of the past year of 2023

1 Retreat & Training Day



On December 13th, Active Community Group organized an employee retreat & training day. The event aimed to allow employees to relax, interact with each other, and through the arranged activities, promote better cooperation and team building. Led by Ada Poon, professional social worker, the tailored content included mindfulness practise. Through mindfulness and breathing exercises, employees were guided to relax their nerves and enhance concentration. Additionally, the spiritual workshop provided a platform for employees to share their thoughts, feelings, and needs, fostering a more open and supportive work environment.

One of the highlights of the retreat day was the collective discussion of the company's plans for the coming year. Employees shared their ideas and expectations, collaboratively formulating future development directions. This exchange not only sparked new creativity but also brought new energy to the organization. Reflecting on the achievements of the past year not only solidified the team but also provided an excellent opportunity to summarize the past and launch new plans.

The employee retreat is not just a moment to conclude a busy year but also an essential part of preparing each team for the upcoming year. Employees not only gained rest and relaxation but also promoted deeper collaboration and understanding among themselves. Looking forward to the new year with a more enriched and positive attitude, anticipating bringing more support and services to the community.



2 Social Support Gathering at the Manhattan Hotel

In celebration of the Christmas at the year-end, AusCC organized a social gathering at the Manhattan Hotel on December 15th to help seniors feel the holiday spirit and enhance social support. A total of 165 people participated in the event.

The program was rich and exciting, featuring a segment of giving Christmas small gifts and a special appearance by our mystery guest - Santa Claus, who personally led participants in finger exercises, teaching them simple movements they can do at home to aid in stretching. This not only allowed seniors to experience a festive atmosphere during the event but also provided an opportunity to share joyful moments with community partners, creating a warm Christmas celebration together.

Such events not only bring joy to the elderly but also highlight the AusCC's dedication to promote community cohesion and inclusivity.



3 Review of 365 Wellbeing Allied Health's December Free Health Talk Sessions

In December, 365 Wellbeing Therapy thoughtfully organized two free health talk, providing valuable health knowledge and lifestyle guidance for our elderly community.

The first session took place on the 18th, titled "Brain Health at Home, You Can Do It," hosted by occupational therapist Speed. Through professional guidance and real-life examples, participants learned simple yet effective methods to stimulate brain activity, improve memory, and enhance cognitive abilities at home. Speed's wealth of experience made the entire session vibrant, and participants not only acquired practical skills but also felt cared for and supported.

The second session on the 22nd, themed "Exercise is the Best Medicine," was led by physiotherapist Jacky. His lively and inspirational explanation made seniors understand thoroughly the positive impact of exercise and diet on physical and mental health. The lecture not only introduced suitable exercises for seniors but also shared tips for maintaining vitality. Attendees received practical advice during the interactive session, boosting their confidence in maintaining good health.

Activating Brain Flexibility Simple Seniors Exercises

Seniors are not only enjoying outdoor moments but also keeping their minds young and agile through simple limb exercises and finger exercises. Based on recommendations from the Japanese Comprehensive Institute for the Elderly, exercises are introduced to make the brain more agile while preventing falls and injuries.

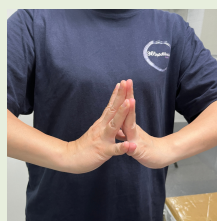
1. Extend Joints, Align with Shoulders:

- Stretch and bend finger joints, stand with feet shoulder-width apart, naturally bend elbows at a 90-degree angle, then spread fingers. Bend fingers at the second joint as the axis, then open fingers again. Press fingertips firmly and repeat bending and stretching fingers 10-15 times.



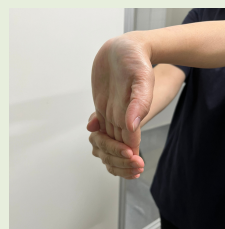
2. Fingertip Pointing, Brain Activation:

- Bring fingertips of both hands together in front of the chest, apply mutual force between fingertips while slowly closing the palms. Press for 5 seconds, relax fingers, and repeat. Lifting elbows slightly during applying force enhances the stimulating effect on the brain.



3. Extend Fingers, Coordinate with Breathing:

- Press palm down to stretch fingers, left palm facing up, extend the arm straight, use the right hand to press down on the index to little finger of the left hand. Feel the extension at the base of the fingers, breathe deeply, maintain for 5 seconds, and relax the arm after 3.5 seconds. Rest for a while, then repeat 5-10 times before switching hands.



2024 ACG External Activities

Wishing you luck, love,
and health this
Chinese New Year.

Active Community Group



1. Care & Ageing Well Expo ACG booth no.161

Location: Melbourne Convention
Exhibition Centre
(Door 5)

Date & Time: 10 - 11/02/24
(Saturday and Sunday)
9:30am - 4pm

Activities: With over 80 aged care exhibitors, including those in Residential Care, Home Care, Retirement Living, Equipment & Service Providers, Health Care, Legal and Financial, Medical, Consultants, Technology and Support Groups.

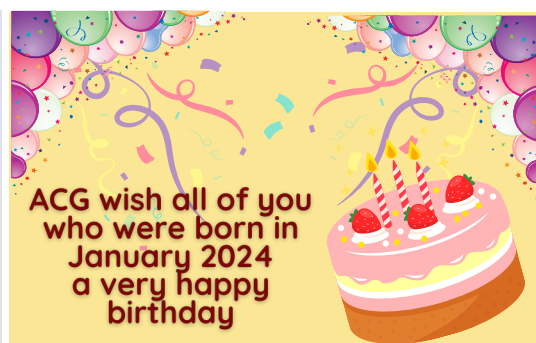
2. 2024 Golden Age Lunar New Year Festival

ACG's marquee number
will be announced later

Location: Box Hill Town Hall

Date & Time: 17/02/24 (Saturday)
11:00am - Midnight

Activities: Food, performances,
traditional art
exhibitions,
amusement facilities,
pet Animals



**Deadline for
submission of
invoices**

**05/02
& 19/02/2024
Before 12 PM**

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