JANUARY 2024 NEWSLETTER

Amaranth FOUNDATION

‘How people live matters’



Welcome to 2024 and your new look Activities & Community Programs Monthly Newsletter.
We hope you enjoy all the activities organised for January and may the year ahead be filled with laughter.

The Amaranth Team

HAPPY New year

We hope your Christmas was merry and in 2024 we hope you find joy in every sunrise, sunset, and rainbow.

Whatever the new year has in store for you, we’ll be in it as a team. Happy New Year!

Don’t forget to follow us on social media and see what’s happening in and around Amaranth. Check in to see what our team is up to, and of course what our amazing clients and participants are enjoying also.



WELCOME TO AMARNATH

In December we welcomed Deb Charlton to the Amaranth Team. Deb brings a wealth of knowledge & experience to her new role in Billing and we are thrilled to welcome Deb to the team.



REGIONAL COMMUNITY FOOD BOWL

JANUARY HOURS

Our ***Food Bowl*** re-opens on Tuesday January 9th at 10.30am.
Hours for January are:
Tuesday 10.30am - 12.30pm, 1pm - 3pm
Wednesday - Friday 1.00pm - 3.00pm

Amaranth FOUNDATION



ABOUT US

How you ***live*** matters.... it matters to us. We focus on YOU the person and provide support for your needs and care. It's at the heart of what we do. No matter what stage of life or the difficulties you are facing, we listen to what you need and tailor your care accordingly.

OUR SERVICES

- Assisted daily living
- Assist travel/transport
- Aged & disability care
- Group activities
- Accommodation
- Health & wellbeing
- Disaster & resilience programs
- Life skills development



Aged & Disability Programs

NDIS Program

- Support coordination
- Plan management
- Support services
- Programs of support
- Respite
- Accommodation
- Community Care



Health & Wellbeing Programs

- Trauma & Crisis Response programs
- Menthal Health Counselling & Therapy
- Chronic & Complex Care, including Palliative Care



Social Impact Programs

- Food security
- Housing security
- Emergency wellbeing response group
- Community based disability advocacy group
- Community based support groups

02 6033 1738 support@amaranth.org.au www.amaranth.org.au

COMMUNITY ACTIVITES CALENDAR

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Swimming Group 11am Corowa Aquatic Centre	3 Catch up with Chris 9.30am	4 Men's Group 10am - 1pm Lunch Rutherglen Caffeine & Machine	5 Breakfast Club 8.30am
8	9 Swimming Group 11am Corowa Aquatic Centre	10 Catch up with Chris 9.30am	11 Men's Group 10am - 1pm Arcadia Trivia & Pizza's	12 Breakfast Club 8.30am
15	16 Swimming Group 11am Corowa Aquatic Centre	17 Catch up with Chris 9.30am *Club Corowa* Rodney Vinent 12-2pm	18 Men's Group 10am - 1pm Money & Budgeting Roast Rolls	19 Breakfast Club 8.30am
22 Tai Chi Returns 2pm Amaranth	23 Swimming Group 11am Corowa Aquatic Centre	24 Catch up with Chris 9.30am	25 Men's Group 10am - 1pm Aus Day Activities Lake Moodemere & Sausage sizzle	26 
29 Tai Chi with Gav 2pm Amaranth	30 Swimming Group 11am Corowa Aquatic Centre	31 Catch up with Chris 9.30am		

We would love you to join us!

Our Amaranth team would love for you to join in any of the above activities. Why not make 2024 the year you try something new.
To book yourself or a client into one of our activities, please call or drop us an email.

Phone: 02 6033 1738
Email: support@amaranth.org.au

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DID YOU KNOW?

Mercy Connect has launched a new podcast series, "Together We Grow", sharing contemporary issues and trends affecting people with disabilities, and those who work within the disability sector. The latest episode features our Founder and CEO Julianne Whyte who talks passionately about Amaranth Foundation, including the delivery of supports for people with disability living in regional & remote settings, the provision of palliative care to people with disability, and the Food Bowl Program. Take a listen where ever you enjoy your podcasts. Together we Grow - Podcast #2

Christmas Party >>>

What a pleasure to celebrate Christmas with our clients, participants, and wider Amaranth team. On Thursday December 21st we came together at Inala Lodge for dinner, drinks and a-sing-along to celebrate the season.

With a lot of laughter, good food and merriment, we all enjoyed the musical talents of Chris Pidd, who led us a on Christmas carol singing journey. We also had the pleasure of watching on as several Amaranth participants were presented with surprise awards for their individual work in 2023.







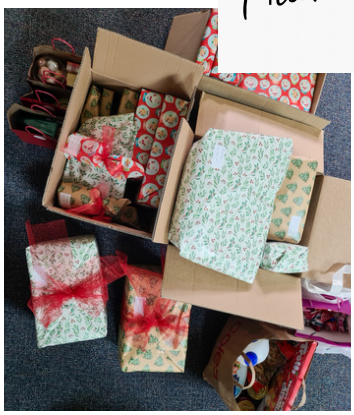

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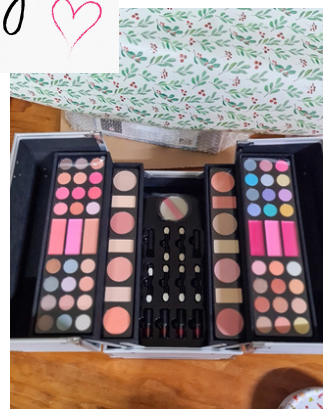
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To brighten up ***Christmas 2023***, our team decided it would be a great opportunity to have an Amaranth Gift Giving Tree. The tree was placed at the Thrive Boutique Corowa (a beautiful business owned by Kylie Witherden) and how amazing it was to see so many generous people place gifts under the tree. From beauty cases, socks, thongs, toiletries, doonas, board games, kids craft kits, candles, bon bons, books, biscuits and more, we had a lot of gifts to share.







Thank you

The gifts were placed at the Food Bowl for people to take and others were given to people who our staff identified would be without a gift this year. The gift of giving was well and truly alive and very much appreciated. Thank you so much, from all the team at Amaranth.



CHRISTMAS LUNCH DONATION

Team Amaranth would also like to extend a ***very big thank you to a generous family*** in our community who donated 30 meals and desserts for those in need. Our team were able to deliver these meals on Christmas Eve along with some Christmas cheer to a lot of very appreciative and grateful people. As one recipient said; “I never expected to be eating this tomorrow. Actually I didn’t know what I would be having, thank you”.

Thank you Steph & family for your kindness.

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NEW YEARS RESOLUTION



For many people the start of a new year marks an opportunity to reflect on the year that was, and how you would like the next year to be. We've popped some tips below to help with creating the new resolutions.



Starting small means you can make your resolutions or goals more realistic & achievable. Maybe you want to start walking daily. You could start with 3 to 5 minutes a day and work your way up to 20 to 30 minutes a day over the month. Go at your pace and during the summer months walk in the coolest parts of the day.



WRITE IT DOWN

Make your goal real by writing it down. It's a simple technique for making your goal real. It's powerful and if you write it on pieces of card where you can see it often, you're more like to commit and reach your goal.



To keep yourself motivated and pushing ahead towards your goals, track your progress. Perhaps use a journal to write down your wins and make a note when you're pleased with your efforts. Do the same if you feel like stopping or quitting. It all makes a difference.

Rewards

Set some milestones when you set your goals and when you meet them, reward yourself. Spread them out & keep them special.

The Chinese Horoscope reveals that 2024 is the Year of the Dragon, specifically the Wood Dragon. The year will bring authority, prosperity & good fortune. The Wood Dragon year, combined with the Wood element, brings evolution, improvement, & abundance making it the perfect time for rejuvenated beginnings and setting the foundation for long-term success.



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***Tai Chi* recommences on January 22nd** with Gav. Various research suggests tai chi offers a range of benefits for people with and without chronic conditions. These benefits include:

- improved balance
- pain management
- and brain function
- improved sleep quality



AMARANTH ACCOMMODATION: SHORT TERM & RESPITE

Emergency respite, short term accommodation and family holiday packages for those in need.

At Amaranth Foundation, we aim to bring together the best of health & wellbeing programs, plus respite and short term accommodation for a restful place to stay for all abilities.

We have two beautiful short term accommodation option’s, Inala Lodge & Arcadia. Inala Lodge offers a rural setting in Corowa close to the banks of the Murray River and Arcadia is situated in an idyllic location near the main street in Corowa close to restaurants, shops and parks.

Both options are an opportunity for individuals and their families to relax as well as engage in services of the community. Learn more via our website: www.amaranth.org.au or send an email to support@amaranth.org.au for accommodation enquiries.







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Friday Nights @ The Station

An informal atmosphere for men & boys to meet up each Friday from 5.30pm. The environment is always fun & supportive with a BBQ often enjoyed.





TUESDAY LADIES GROUP

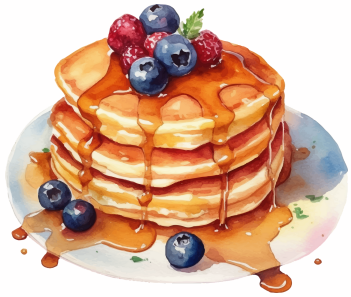
Our ladies group combines activities with laughter, and of course conversation.

If this sounds like something you would like to be a part of please check with your support worker for details. As a client this can be set up on your service agreement.

Looking for way to connect with other guys in a chilled environment? Our Thursday 10am Men’s Group is the place to be. Some of the 2023 catch ups included: bbq lunches, Max McLean car museum, Chiltern Miniature Railway Station + many more adventures.

THURSDAY MEN’S GROUP





FRIDAY BREAKFAST CLUB

Sharing a meal with others is a great way to feel happier and more satisfied with life. Our 8.30am Friday breakfast club brings all the feels on this one. Often enjoyed at a local cafe, or a cooked breakfast at Amaranth.

Motorcycles for Mindfulness
@ the Station

Motorcycles for Mindfulness

MOTORCYCLES FOR MINDFULNESS

M4M meet the first Sunday of every month

Meeting at the old Corowa Railway Station, the M4M group set off for rides that are suitable for all abilities and experience.
The group often enjoy a BBQ post ride.
For more enquiries call Dave on: 0428 683 597

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SUPPORT GROUP FOR PARENTS OF CHILD LOSS

LET'S SUPPORT EACH OTHER!

Sometimes when experiencing overwhelming grief, it can feel like you are all alone. Our support group is here to create a safe place for kinship, comfort and hope, with others who are experiencing the same loss.

The group will be facilitated by our Founder & CEO Julianne Whyte - Grief, Loss & Bereavement Counsellor, and Dave Harrison (Amaranth Board Member) and Lived Experience Worker. Participants can share personal experiences and learn ways to find self-compassion to move through their grief with the emotional benefits of peer support.

Please join us monthly, with our next gathering on irst group on *Thursday January 11th*
Time: 6pm - 8pm in the Avanti Room at Amaranth Foundation
Light supper provided.

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Amarnath Foundation
57-65 Redlands Road, Corowa
RSVP to: julianne.whyte@amaranth.org.au
Phone: 02 6033 1738
www.amaranth.org.au

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SAVE THE DATE

INNER WHEEL CLUB OF COROWA DISTRICT INC.

International WOMEN'S DAY MARCH 8



After the fantastic time had last year celebrating International Women's Day, the Inner Wheel Club of Corowa District have decided to hold a luncheon again this year.

It will be held on ***Friday 8th March 2024*** at the Corowa Civic Bowls Club commencing at 11:30am and will include a two course meal.

We are very excited to have Mary Hoodless as our keynote speaker on the day. Many of you will know of Mary who is currently coordinating the Fischer Community Leadership Program and has an extensive background in farming, nursing, health service management and runs her own consulting business working with not-for-profits, local government and businesses. Mary is a wife, mother of 2 daughters and a recent grandmother.

The Sing Australia Choir Corowa will also be there.

Save the date!!
More information will be available in early January and tickets will be on sale from early February.

If you have any questions, or would like to reserve a table or ticket, please contact Suze Rogashoff, suze.rogashoff@gmail.com.au or phone 0435 003 710.

CONTACT US

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Amaranth Foundation

Amaranth Foundation's Point of Difference is:

the belief that each person has innate worth and dignity and is the expert of their own lives. Principles of Australian social work are embedded into Amaranth's vision & purpose. These principle's include professional integrity, respect & social justice. Our services are designed to provide a 'wrap around' or integrated model of care & support, and see problems as separate to the person. We hold FREE NDIS consultations to help you or the person you care for. We can discuss eligibility, prepare for your planning meeting, implementing your plan and preparing for your next NDIS plan. Call us to book in.