

# NEWSLETTER

# February 2024

## Janan Care Disability Services



### Janan Care Disability Support

Our purpose is to bring joy to those we care for

#### *Our Services*

Assist-Personal Activities

Assist-Travel/Transport

Household Tasks

Daily Tasks/Shared Living

Respite care

Spiritual/Social/Emotional support

Assistive Equip-Recreation

Assist-Life Stage, Transition

Development-Life Skills

Montessori-based approach

Group/Centre Recreational Activities

Innovative Community Participation

Participate Community

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# Editor's Desk

Hello clients, Families and Friends!

Welcome to this edition of Janan Care's newsletter, where joy, happiness, and a commitment to enhancing the wellbeing and quality of life take center stage. As we embark on this journey together, we extend our warmest greetings to each and every one of you.



At Janan Care, our mission goes beyond providing disability support services; it encompasses creating a community that celebrates the triumphs, resilience, and unique stories of each individual we have the privilege to serve. In these pages, you will find a tapestry of narratives that inspire, uplift, and bring a sense of joy into your lives. This issue is dedicated to the spirit of empowerment and the pursuit of happiness. Our team has curated articles, stories, and resources with the intention of fostering a positive environment, igniting smiles, and cultivating a sense of connection among our readers. We believe that by sharing moments of joy and celebrating achievements, we contribute to a collective sense of wellbeing that transcends boundaries.

As we navigate through the pages of this newsletter, let us not only acknowledge the challenges but also recognize the strength that lies within each person, irrespective of abilities or disabilities. Janan Care is more than a support service; it is a beacon of hope, a source of encouragement, and a testament to the remarkable potential within each of us.

We invite you to immerse yourselves in the uplifting stories, practical tips, and heartwarming anecdotes that fill these pages. Let this be a source of inspiration, a reminder that happiness is not just a destination but a journey we embark on together.

Thank you for being a part of the Janan Care family. May this newsletter bring you joy, comfort, and a renewed sense of optimism, contributing to the enhancement of your wellbeing and the quality of your life.

Keep Safe!

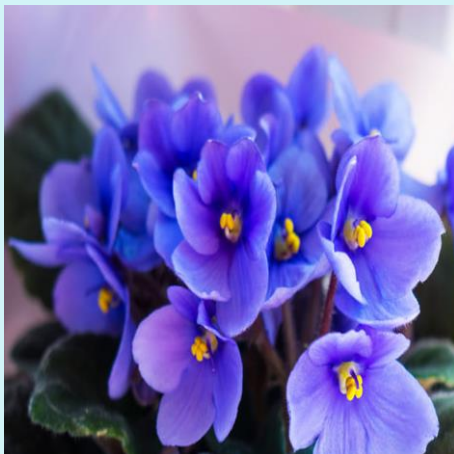
*Shima*

## February Trivia

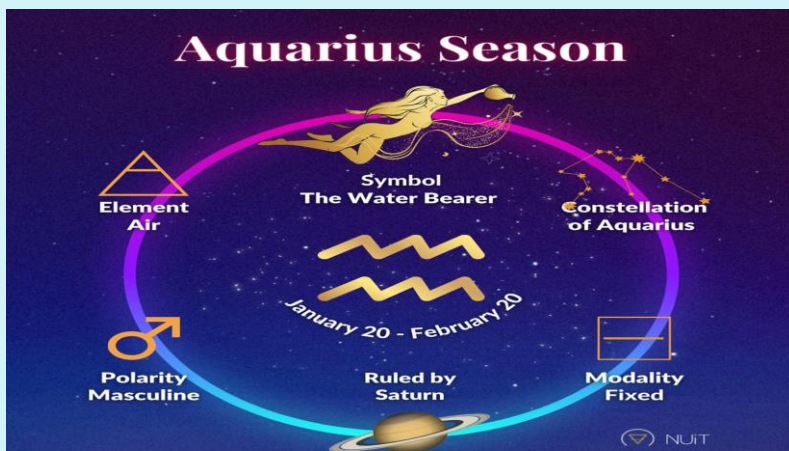
February is mostly recognized for **Valentine's Day**, flowers, and, depending on where you are, being incredibly cold! Oddly enough, even though it's just another month, there's a lot of history behind this month of romance and **love**!

- February fluctuates between having 28 and 29 days per year. The 29<sup>th</sup> day only occurs every 4 years during leap years.

-If you were born in February, your birthstone is an **amethyst**, and your flowers are **violets** and **primroses**.



-The western zodiac signs in February are **Aquarius** which is until February 19<sup>th</sup>, and **Pisces**, which is until **February 20<sup>th</sup>**.



**Aquarius (Jan 20 – Feb 18)**

Aquarians are shy & quiet deep thinkers who love helping others.

**Pisces (Feb 19 – Mar 120)**

Pisces are friendly and selfless. They are always willing to help others

### Quote of the Day

**Life is 10% what happens to you and 90% how you react to it.**

- Charles R. Swindoll

WOW!

### Galentine's Day?

Not all love is a romantic love. Celebrating the friends you love is the purpose of a new "holiday", Galentine's Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

# Write Your Own Love Poem

Writing poetry is a great way to exercise your brain and express your creativity. Before you shake your head and think that you can't write a poem, I have good news: anyone can be a poet! It just takes time to sit down, examine feelings or memories, and to write it all down.

Here are a few prompts that can get you started. Feel free to write your response to a prompt, use the prompt as a conversation starter to talk about with a friend, or to co-write a poem with a family member. Most importantly, have fun!

- Write a rhyming poem about a pet you loved and why you loved them
- Write down a list of all the things you love about a certain person
- Write how falling in love makes you feel
- Write a love poem about your favorite food. How does it taste? Smell? Make you feel?
- Write about a season you love. Describe it to the reader.
- Write a list of sounds you love
- Read some poems. Pick one and write a response to it.
- Write a list of advice you would give to newlyweds on their wedding day.
- Write a toast to your very best friend telling them why they are amazing.



### Special Days in February

1 <sup>st</sup>	Black History Month
5 <sup>th</sup>	Read Aloud Day
6 <sup>th</sup>	Waitangi Day (NZ)
12 <sup>th</sup>	Abe Lincoln's Bday
13 <sup>th</sup>	Mardi Gras
13 <sup>th</sup>	Galentine's Day
14 <sup>th</sup>	Valentine's Day
18 <sup>th</sup>	Drink Wine Day
21 <sup>st</sup>	Language Day
22 <sup>nd</sup>	Baden-Powell's Bday
29 <sup>th</sup>	Leap Day

# A Poem to Share

*Hope is the thing with feathers*



*By Emily Dickinson*

Hope is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,

And sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.

I've heard it in the chilliest land,  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb of me.

**"Hope is the thing with feathers" by Emily Dickinson beautifully personifies hope as a bird that resides in the soul and uplifts the spirit. The poem suggests that hope is a constant companion, singing its tune regardless of the circumstances. It conveys the resilience of hope, even in the face of adversity, and emphasizes that hope requires nothing in return.**

# Noticeboard



## NEW WORD IN DIFFERENT LANGUAGES

As you know we have a multicultural environment so let's try learning new word:

English: Hello

Persian: سلام (Salam)

Afghani/Dari: سلام عليكم / سلام (Salam Aleikom)

Turkish: Merhabalar, hos geldiniz

Kordish: Merheba, Slav

Arabic: مرحبا (Marhaba)

Indian: Namaste नमस्ते

Chinese: Nǐ hǎo 你好



Just enjoy, tomorrow is too late ...



## National Disability Insurance Agency

We have developed the 'my NDIS' app for NDIS participants, parents and nominees.

You can quickly and easily check your budget and past claims to make sure your supports are working for you.

Learn more about the my NDIS app: <https://bit.ly/3vc3oMN>

## CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can

## CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, trivia, poems and amusing stories are most welcome.

Please email us anytime at:

Shima@janancare.com.au

Thank you!

# Noticeboard



## CULTURAL CELEBRATION

In 21<sup>st</sup> February 2024 we celebrate

### International Mother Language Day

The theme for this year's International Mother Language Day is - **Multilingual education** – a pillar of learning and intergenerational learning.

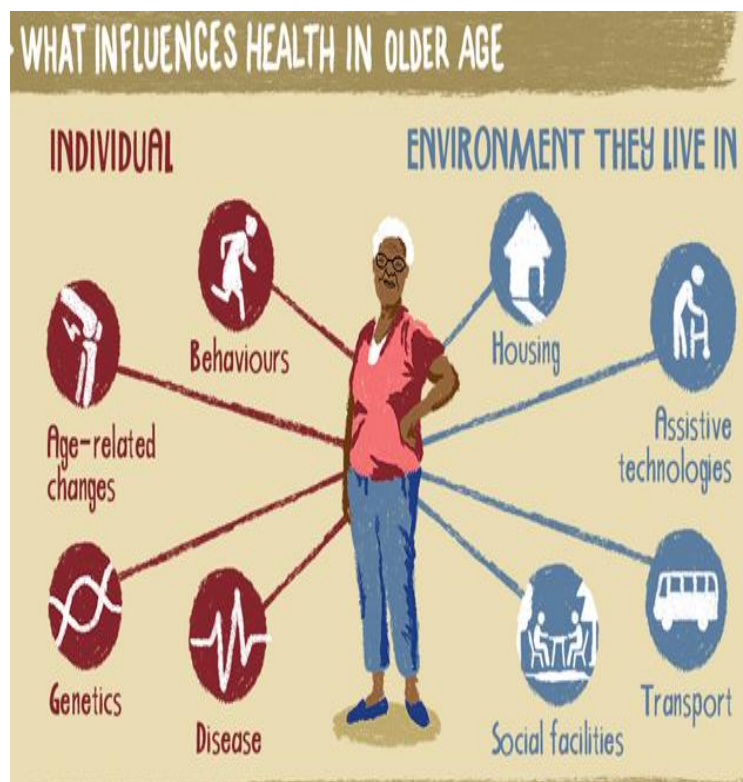
"Multilingual and multicultural societies thrive through the preservation of their languages, which serve as conduits for traditional knowledge and cultural heritage.

## Autistic employees more likely to speak up about workplace issues, study finds



A new study published in Autism Research has found that autistic employees are more likely than their non-autistic counterparts to voice concerns when they witness problems in the workplace. This discovery suggests that neurodiversity can bring a unique advantage to organizations seeking to improve their operations and foster inclusivity.

“The main takeaway is that autistic employees, compared to non-autistic employees, are more likely to say something or do something when they see something wrong happening in the organization, whether it is a minor mistake in a training manual or gross misconduct on the part of a manager,” Hartman told PsyPost. “By bringing attention to these issues, autistic employees may contribute to improved organizational effectiveness and performance.



# Laughing Matters



## Benefits of Smiling and Laughing that You Didn't Know about

Smiling and laughing can have a positive effect on your well-being, but as you make the transition from child to adult, you often tend to lose the habit of indulging in these behaviors. A good example of this is a children's playground: You often see the kids running around, constantly laughing and smiling as they enjoy living in the moment, while the parents sit around the edge, full of the stresses that modern life can bring, with the occasional grin breaking their otherwise serious facial expressions. Adults can benefit from taking a lead from children and making more room in life for smiling and laughter.

Research has shown that there a number of health benefits contributed to smiling and laughing. In addition to improved health, these simple facial expressions and common human behaviors can have a distinctive positive affect on other factors all areas of your life. When you smile and laugh, a number of physiological and psychological changes occur in your body, mostly without you being consciously aware of it happening.

**They Release Chemicals:** When we smile, the movements of our muscles send signals to our brains. These signals release serotonin and endorphins, which are known as the “feel-good” chemicals of the brain. These chemicals make us happy when they are released, and they can reduce perceptions of pain.

**They Relax the Body and Reduce Stress:** Laughter, particularly a good hard belly laugh, can relieve built-up body tension and stress. When we laugh, the muscles we use to do so will relax, and they can stay relaxed for 30–45 minutes after that.

**They Support Lung Health:** When we laugh, our lungs expand and become replenished with oxygen. We let a lot of air out and a lot of air in. This process is similar to deep breathing techniques used to relieve stress. Deep laughter sends more oxygen-rich nutrients and blood throughout the body.

**They Support Heart Health:** Laughing on a regular basis lowers blood pressure, increases blood flow, and improves the function of blood vessels, which can all decrease your risk of heart attack and other cardiovascular problems.

**They Promote a Healthy Immune System:** Laughter is a great way to reduce stress hormones and increase “feel-good” hormones. Due to these processes and changes in chemicals, our immune systems improves our everyday health and protects us from viruses.

**They Serve as Exercise:** A good laugh is also good exercise. It burns calories, provides our body with movement, increases conditioning and toning, and keeps our cardio systems working.

Smiling and laughter not only support our physical health but also have similar effects on our mental health. They are powerful tools for releasing difficult emotions and making us feel good. When strong emotions such as anger, sadness, or fear are present, laughing can alleviate some of that emotional distress. Smiling and laughter are great ways to reduce stress, and laughing during stressful times helps us stay focused on tasks, accomplish more in a day, and be proud of what we have done. By using smiling and laughter as a strategy during tough times, you can begin to feel less overwhelmed and therefore happier.

### How to Smile and Laugh More Often

There are simple ways to bring more smiling and laughing into your day:

**Smile and laugh regularly.** As mentioned, your brain does not know the difference between a fake or real smile, and by doing so more often you will feel better, and become more likely to smile and laugh more spontaneously.

**Watch funny films, TV, and theater shows.** This is an excellent way to inject some instant humor into your life. By avoiding negative programs and news broadcasts, you can also balance make your viewing more positive and lighthearted, with more opportunity for a chuckle or two.

**Spend time with friends and family:** Surrounding yourself with happy, fun-loving, optimistic people will bring out your happy side, and their behaviour will rub off on you as you subconsciously mimic their behavioural patterns.

**Find things to smile and laugh about.** Once you start consciously looking at all the things that are funny and uplifting, you will be more aware of them, in tune with them, and more ready to engage in a spontaneous smile or laugh.

### FOR GIGGLES

**Customer: 'Waiter, please bring me an omelet!'**

**Waiter: 'French or Spanish Sir?'**

**Customer: 'Who cares? I'm going to eat it, not talk to it!'**



# Word Search

## CLASSICAL MUSIC



S F P R L I H V I O L I N M  
C M Z I D K F V T N N X A C  
D E C C A J U R I R J B Z E  
C L A R I N E T O V M L E L  
X O B R T C O H B L A L Z L  
U D B E N Y H T Y Q B L Y O  
F Y B O E C L O I M H J D H  
A P C M N T P A E M M A X I  
N W S E O M H S R V P D R J  
F O R T E Z N O A G N A L P  
A F N T Y E A D V R O G N G  
R V D W Y E F R H E F I P I  
E Q U A R T E T T K N O C I  
O E P L F L U T E Q W Y F I

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart

# Meet our founders

## Dr. Shima Sum

Shima is a distinguished professional with a comprehensive background, holding a Doctorate in Community Health and Behavioral Sciences and a Master's degree in Health Education. Throughout her career, Dr. Sum has held the position of Associate Professor at the Faculty of Medicine and served as a Wellbeing Manager, highlighting a profound commitment to the health and wellbeing of communities. As the Director of Janan Care Disability Services, Dr. Sum employs a broad spectrum of knowledge and abilities to foster improvements in community health. Her amalgamation of academic acumen, and managerial expertise makes Dr. Sum a pivotal contributor to the development and influence of NDIS disability services.

## Dr. Mohsen Pourghasem

Mohsen is a professor emeritus at the Faculty of Medicine. Dr. Pourghasem's educational background includes a Bachelor's degree in Physiotherapy and a PhD in Anatomical Sciences with a specialization in Neuroscience. Dr. Pourghasem's research, predominantly in the field of neuroscience, has been conducted at prestigious institutions, namely Manchester University, Sydney University, and Prince of Wales Hospital. With extensive experience in rehabilitation and neuroscience, Dr. Pourghasem contributes his valuable expertise to conditions such as cerebral palsy, hemiplegia, spinal injuries, as well as a variety of degenerative and motor unit diseases. His research is what motivated him to change people's lives through the foundation of Janan Care.

Visit our website at: [www.janancare.com.au](http://www.janancare.com.au)

