Southcare Snippet

August 2026

Stay connected on the latest at Southcare

Stay well, keep healthy and have fun

A message from Chief Executive Officer, Enda Fahy

As we move into Djilba, the Noongar season of transition, we should slowly begin to notice the signs of change around us.

Traditionally marked by a mix of cool, clear days and occasional wet weather, Djilba is a time when new life starts to emerge, reminding us that spring is just around the corner.

While we look forward to warmer days ahead, winter isn't over yet. It's important that we continue taking care of ourselves and those around us by staying healthy and following good infection prevention and control practices.

The importance of simple habits (see below) can make a significant difference in preventing illness and supporting our well-being.

Speaking of well-being, it's time to have a little fun at home with our Wellness Bingo Challenge.

This is a fun and simple way to keep your mind active, connected and engaged while introducing healthy habits into your daily routine.

Complete the activities on the bingo card included with this newsletter and you'll go into the draw to win one of two $50 gift cards.

I encourage everyone to have a go, enjoy the challenge and return your completed entry form to Southcare by 30 September 2026 for your chance to win!

As the cold days begin to disappear and spring approaches, we're also excited to bring back our program of events and activities.

These gatherings are a wonderful opportunity to connect with others, starting with our Women's Health Workshop on 10 September. Your invitation is enclosed and keep an eye out for other announcements in the months ahead.

Thank you for being part of the Southcare community. I hope you enjoy this edition of the newsletter and wish you good health and happiness as we welcome the season of renewal.

Keep these healthy tips handy and stay safe!

- Wash your hands regularly
- Cover coughs and sneezes
- Stay up-to-date with your vaccinations
- Only take antibiotics as prescribed
- Maintain good personal hygiene
- Dispose of medical sharps safely
- Keep your home clean and safe
- Eat well, stay hydrated and get enough rest

Managing life's changes

At 91, Southcare Star Beth knows a thing or two about adapting to life's changes and has seen many in her lifetime.

She grew up on a farm in Merredin with five siblings and travelled to school by horse and cart before the first school bus for the region was launched.

She later became a farmer herself when she married, raising three daughters while helping run the family property.

"I'd get the kids off to school and then jump on the tractor for the day. I used to plough the clay to be ready for wheat, and also feed the pigs. It was full on and chaotic," she laughed.

Over the years, life took her from the country to the city, where she worked in a kindergarten and supported her husband in his businesses before eventually retiring.

Now living in Como, she is still very independent, so much so that it was only in the last few years that she began looking for in-home support.

"My previous provider was great - until they weren't," she explains.

"I didn't know when they were coming, who they were sending, and sometimes they didn't show up at all."

Looking for something more reliable, Beth turned to someone she trusts - her younger sister, who was already receiving services with Southcare.

That decision made all the difference. She switched to Southcare, saying the process of switching providers was quick and easy.

"It's been great," Beth says. "I really value consistency - and a clean house."

Refer a friend and you'll both receive $100!*

Know someone who could benefit from our services? Refer them today and, once they join, you and your friend will each receive a $100 gift card!* Refer today by calling Julie on 9436 3427 or 0431 875 704.

*Terms and conditions apply, and Julie will explain these to you.

Your recipe corner

This month, the focus is on healthy breakfasts! They are a great way to start the day, and our recipes are designed to help older people enjoy healthy ageing and continue living independently at home.

A nourishing breakfast provides your body with energy after a night's sleep and important nutrients to help you stay active, independent and well.

For older adults, eating foods rich in protein, fibre, healthy fats and vitamins can also support muscle strength, heart health, bone health and brain function.

Discover three delicious and healthy recipes on our blog: berry overnight oats, vegetable and herb frittata and chia seed breakfast pudding. Simply scan the code and start cooking!

SCAN ME!

Connect with us on the app

Did you know you can access your invoices and statements in the Southcare Connect App without needing to call our office?

It's quick and easy, and our latest video takes you through the process step-by-step.

If you need help downloading the app, our video tutorials can help with that too.

Scan here to get started, and stay connected and in control of your care.

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We value your feedback. Let us know how we are going by completing our secure feedback form.