

## Welcome

Country Home Services announces the appointment of Mr Ashley Clarence as Chief Executive Officer. Ashley commenced his role on Monday 30 November and will be based at the Nuriootpa office as well as travelling to Kadina and Clare regional offices.

His experience of working within not for profit organisations in senior leadership and management roles will benefit the future of Country Home Services.

The Board of Directors, staff and contractors welcome Ashley to our team and our communities.

We also wish our previous Chief Executive Officer, Mr Craig Stanbridge all the best in his retirement.

Margaret Zweck, Chair Board of Directors



## Introducing our new CEO, Ashley Clarence

Marketing Officer Sarah Stutley gained a brief insight into Ashley's life, work experience and what drives his passion for supporting people to live their best lives.

As Margaret mentioned, Ashley has extensive experience working for not-for-profit organisations. His most recent with the Salvation Army, holding the position of National Manager for Disability Employment Services. Whilst rewarding, Ashley felt there were times when he was unable to see the impact of his work in relation to the people and communities he supported. Ashley was drawn to the position of CEO with Country Home Services as he could see our organisation has a strong connection with communities across regional South Australia.

Motivated to work for a not-for-profit local organisation Ashley said "I want to bring the skills I have learnt from helping people with the Salvos and apply them locally. Plus, I am looking forward to a quieter, more connected role, where I can see the results that my contribution will make to our communities.

From regularly visiting many capital cities around Australia, I much prefer the quiet country life in SA. (I love not having to wait at traffic lights)". We agree with you Ashley.

Ashley grew up in Geraldton WA, living in many rural communities throughout his life. Settling in the Barossa almost 20 years ago, now living at Lyndoch with wife Tamara in a 1930's bungalow which they are slowly renovating. They share their home and lives with William, the Border Collie, Francis the tabby cat, Loui and Red the two guinea pigs and three chickens - Tilly, Tulip and Thyme

Ashley, we welcome you and are very excited to see where your Leadership takes Country Home Services.

## Out and about with Country Home Services



COVID-19 has limited our ability to get out and about. As restrictions lift, we hope to recommence our range of information sessions alongside participating in scheduled aged care expos. Recently Chris and Sara, delivered a presentation on the value of contracting for Country Home Services to those interested in aged care. They received rave reviews. As always, if you know of anyone who could make a good contractor, direct them to our webpage <https://countryhomeservices.org.au/>

## Celebrating the holiday season safely during COVID-19

If you are attending a social gathering or celebration, remember to stay 1.5 metres away from other people. Wash your hands regularly with soap and water or hand sanitiser. Avoid handshakes, hugs and kisses with people you don't live with. Bring your own food and drinks and avoid touching commonly used surfaces. Do not use shared items such as serving utensils. Bring your own disposable cutlery and throw it out after the gathering. Finally, always follow State directions.

### Signs of dehydration and what to do

It will not be long before we are sweltering again as the weather warms up. A **heatwave** occurs when the maximum and the minimum temperatures are unusually hot over a three-day period at a location. This means that it is hot during the day and it is hotter than usual at night. Now more than ever, people are being encouraged to be aware of heatwaves as their effects can be particularly nasty.

Courtesy of SA Health, here are a list of **early signs** of dehydration:

- sweating heavily
- feeling dizzy or faint
- reduced appetite
- being irritable
- having a raised body temperature
- feeling tired and lethargic
- feeling thirsty
- twitching or having painful muscle cramps in the arms, legs or abdomen

*Top Tip.* If you use a personal alarm, please test it regularly. If you would like to know more about personal alarms call us on 1300 773 202.

If you or someone you know is showing these signs and feeling unwell:

- stop what you are doing, go to a cool shaded place and lie down
- drink plenty of water or other fluids, avoiding caffeine and alcohol
- try to cool down with a fan or an air-conditioner, a cool damp towel around your neck, cool water sprayed on your skin or by having a cool shower or bath
- use massage to ease any spasms or cramps, then use ice packs
- **if still unwell after taking these steps, seek medical advice as soon as possible.**

We can help you to access supports during a heatwave event. Please call us on 1300 773 202 if you would like to know more about the supports out there or chat with your Doctor.

### Are you bushfire ready?

Recently, the CFS has reminded us to be prepared for this year's Bushfire Season.

Our organization is well prepared to manage emergency events like bushfire. As a reminder, in some cases, we will reschedule or cancel services.

As individuals, the CFS advises that we all have our 'five-minute plan' ready to go. Head to the CFS website to find out more @ <https://www.cfs.sa.gov.au/bebushfireready/index.html>

### Office Christmas & New Year Hours

Monday 21st December 8.30am to 4.30pm  
Tuesday 22nd December 8.30am to 4.30pm  
Wednesday 23rd December 8.30am to 4.30pm  
Thursday 24th December 8.30am to 4pm  
Friday 25th December - CLOSED

Monday 28th December - CLOSED  
Tuesday 29th December - CLOSED  
Wednesday 30th December - CLOSED  
Thursday 31st December - CLOSED  
Friday 1st January - CLOSED

Reopening with normal hours on  
Monday the 4th of January 2021 at 8.30am



Phone: 1300 773 202

[www.countryhomeservices.org.au](http://www.countryhomeservices.org.au)

Email: [admin@countryhomeservices.org.au](mailto:admin@countryhomeservices.org.au)

The funding for these services is supported by the Australian Government Department of Health. Visit the Department's website ([www.health.gov.au](http://www.health.gov.au)) for more information.

