

Newsletter

May 2026

Vol. 32 Newsletter



Good day, everyone, and I hope you are all doing well as we make our way through autumn and head into winter.

We have had a busy few months at halo and are now in the process of working towards the development of the Strategic Plan I mentioned in the last newsletter (April 2026 Newsletter).

I want to thank everyone who has been involved so far. We really appreciate your input and are still keen to hear from anyone else who may wish to contribute. If you would like to get in touch, please call the office on 9498 4800 or email me at Bridget.Harvey@halocare.org.au, and I will ensure your ideas are taken into account in the new Plan.

This time of reflection has reminded me just how much we've grown over the last 3 to 4 years, and how much we've accomplished together through our current plan. We have new programs we are providing services for, our Bespoke Befriending through ACVVS (Aged Care Volunteer Visitors Scheme) and ELDAC (End of Life Directions for Aged Care), as well as expanding our existing programs to provide more services to more people.

We have come a long way from Southern Districts Support Association, and we couldn't have done it without the support of our wonderful staff and the incredible people we are privileged to support. I often tell people about my job, how rewarding it is and how it doesn't feel like work because it is so enjoyable, so thank you all for making it that way. I appreciate you all!

Until next time, stay safe and warm and chat soon.

Kind wishes,

Bridget Harvey - CEO



Client

of the Month!

Betty



Last month, we shared the exciting news of Betty's recognition. Here are more details about her achievement:

In 1959, Betty obtained her driver's licence and got behind the wheel of her first car, a 1940 Plymouth. Over an incredible 67 years of driving, Betty maintained a flawless record, never receiving a single traffic infringement.

Betty was presented with a Certificate of Recognition by the State Traffic Operations of Western Australia on 18 August 2022, in recognition of her outstanding driving history since obtaining her Western Australian driver's licence in New Norcia on 3 March 1959.

In February 2026, at the age of 94, Betty voluntarily surrendered her licence, concluding a lifetime of safe driving. She has always believed in following road rules and showing courtesy to fellow road users, which are values she has upheld throughout her years on the road.

Betty is an inspiring example to us all. Congratulations, Betty, on an extraordinary achievement!



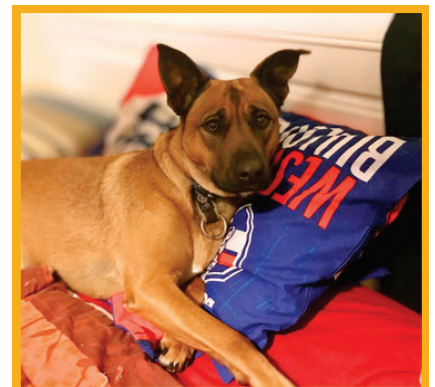
Halo Pet of the Month

Meet Seti!

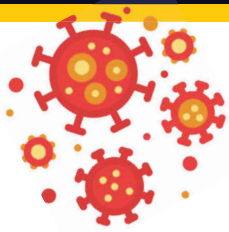


Seti is the much-loved dog of Wendy, one of our lovely Support Workers. This 8-year-old German Shepherd cross Rhodesian Ridgeback adores sleeping with a pillow, going for walks, and greeting her family with pure joy.

Seti takes her garden patrols very seriously, and she's a loyal guard dog. She is truly adored.



Seti with Wendy's daughter.



Living Well

Cold & Flu Season



As we move through the colder months, it is common for illnesses such as colds and flu to become more prevalent in the community. These illnesses can spread easily, particularly in shared or close-contact environments.



Taking simple precautions, such as maintaining good hygiene and being mindful of symptoms, can help reduce the risk of illness and support overall wellbeing.

Flu vaccinations are recommended each year as they help reduce the risk of serious illness and complications from influenza.



Vaccinations are available from GP clinics, pharmacies, and community health services.

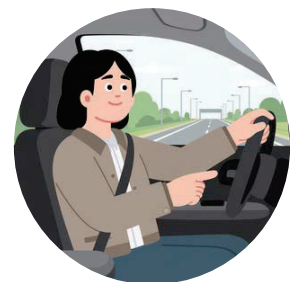


In many cases, the flu vaccine is free for eligible groups under the National Immunisation Program, including people aged 65 years and over, Aboriginal and Torres Strait Islander people, pregnant women, and those with certain medical conditions. For others, there may be a small cost depending on the provider.

For further information about eligibility and where to access the flu vaccine, please speak with your GP or pharmacist.

Vehicle Safety

When travelling in vehicles, safety remains equally important.



Seatbelts play a vital role in protecting passengers and must be worn correctly at all times. This includes ensuring the seatbelt is positioned securely over the shoulder.



Adjusting seats or moving around while the vehicle is in motion can create serious safety risks.

Drivers are legally responsible for ensuring all passengers are properly restrained, and safety requirements must always be followed.

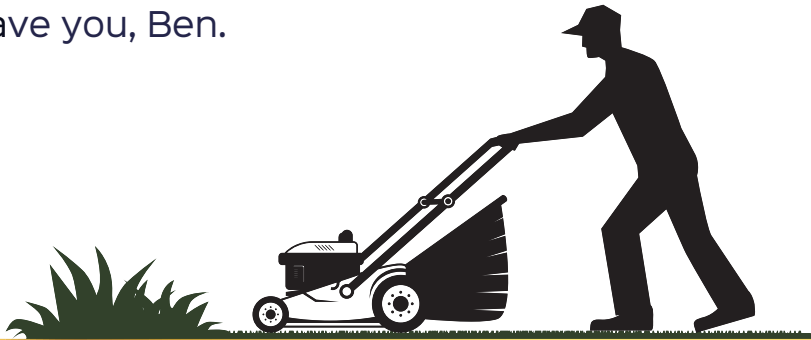
Simple steps such as wearing a seatbelt correctly, remaining seated during travel, and being mindful of health during cold and flu season all contribute to a safer and more comfortable experience for everyone.



From Gardens to Homes: Excellence in Every Task

Contractor Ben

Graham & Rosemary appreciate Garden and Home Maintenance Contractor Ben for the fantastic work he always delivers at their property. Halo is lucky to have you, Ben.



Selfie of the Month!

Micky's Award at Lawn Bowls

A big moment for Micky, earning Equal Third in the All Abilities State Intellectual Singles and proudly adding another medal to his club's achievements.

Congratulations!

Well done, Micky!

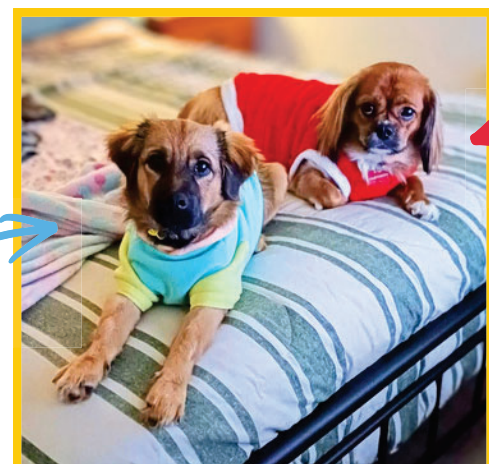


Tracy's Family Thank You Message

"I would like to say: Thank you, we appreciate everything that you guys have done for us. If we had to put stars, we would put in more than 10 stars because everyone at halo has gone beyond for us. So amazing! Not just to me, but my whole family. Thank you very much."

From, client Tracy, Paul, Millie, and PJ

PJ in Blue top



Millie in Red top

Events and Outings

Starlight Social Group

On Saturday 14 April 2026 our Starlight Social Group adventured on a daytrip to Pinjarra.

After a very yummy lunch at the Exchange Hotel they took a stroll across the bridge then topped the adventure off with dessert at the Pinjarra Bakery.



Trail Blazers

Our Trail Blazers Social Group made a stop into Baskin-Robbins, O'Connor in April, for a sweet treat!

To the right you can see Laura from the Trail Blazers Group enjoying her caticorn ice cream.



Joe and Rita's Trophies

One of halo's lovely clients, Joe, and his wife, Rita, have been playing carpet bowls since 2005 and have consistently achieved 1st and 2nd place at the Addie Mills and Herald Avenue Seniors competitions. They shared:

"We have many trophies because we enjoy playing carpet bowls and are good at it. It keeps us busy, and we wouldn't have it any other way."

Thanks for sharing your achievements with us!



Halo on the go 🚗

Anne's Collections

Anne lives in the most beautiful home, filled with lovely treasures that make every visit a joy. Her silver and brass ornaments reflect her warmth and unique sense of style.

Anne would like to extend a big thank you to Ofelia for all the laughter, kindness, and unwavering support she receives, it truly means the world to her.



Molly's Hang out Spot

Margaret has three gorgeous cats, and this is Molly, caught enjoying a well-earned rest on her amazing cat tower 😍



Hector and Eleanor's Home

Hector and Eleanor have been married for 60 years and have created such an inviting home.

Their home is full of unique items from their travels including this clock from Germany. The swan outside is gorgeous and has been painted by Hector.



What support is available to me and my community?

Senior Citizens Centres around Armadale

Roleystone
Karragullen Senior
Citizens Club

For more information. You can:

- Visit Address: **46 Jarrah Road, Roleystone, WA 6111**
- Call Phone: **9397 5203**
- Email: **rksc@iinet.net.au**
- Visit their website at: **roleystone.com.au/seniors-978433**
- Or search on Google for **Roleystone Karragullen Seniors Club**

Scan the QR code



Activities can include: indoor bowls, mah-jong, book club, art and computer classes, bingo and lunches.

Westfield
Kelmscott Senior
Citizens Club

For more information. You can:

- Visit Address: **Harold King Community Centre (11 Grovelands Dr, Camillo WA 6111)**
- Call Phone: **9390 5204**
- Visit their Facebook at: **facebook.com/221710284852346**
- Or search on Google for **Westfield Kelmscott Senior Citizens Club**

Scan the QR code



Activities can include: pool, darts, boot scooting, podiatry, hairdresser on specific days, and also lunch and outings.



UPCOMING EVENTS

JUNE | 26

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Check out the upcoming events!

Groovetime Disco (includes karaoke)

- Wednesdays and Fridays from 10:00 AM - 12:00 PM
- **Armadale Bowls Club:** 8 Millman Way, Perth WA 6112
- Information:
 - Phone: 08 6591 8801
 - Email: clubmanageradbc@bigpond.com
 - Cost: \$20 entry fee each time
 - <https://www.armadalebowlingclub.com/>

3 | 5 | 10 |
12 | 17 | 19
| 24 | 26

Bingo

- Thursdays from 10:00 AM - 11:30 AM
- **Armadale Bowls Club:** 8 Millman Way, Perth WA 6112
- Information:
 - Phone: 08 6591 8801
 - Email: clubmanageradbc@bigpond.com

4 | 11 | 18 |
25

Knit & Crochet Club

- Tuesdays | 10:00 AM - 11:00 PM
- **BillaBean Cafe:** 840 Liffey Street, Canning Vale, WA 6155
- Information:
 - BYO Materials
 - Email: cafe@thebillabong.org.au
 - Cost: Free entry
 - <https://www.facebook.com/billabeancafe/>

2 | 9 | 16 |
23 | 30

Quiz Night

- Wednesday 3 June | 7:00 PM - 10:00 PM
- **Last Drop Elizabethan:** 25 Canns Road, Bedforddale WA 6112
- Information:
 - Phone: 9399 4531 to book. **Maximum 8 people per table.**
 - <https://www.facebook.com/events/1170043721781468/1170043751781465>

3

SJ Bunting Library Sew-In Day

- Tuesday 23 June | 10:00 AM - 12:00 PM
- **Byford Library:** 858 South Western Highway, Byford WA 6122
 - <https://www.facebook.com/events/887509923676391/887509943676389>
- Enquiries:
 - **Position:** Waste Education Officer
 - **Contact:** Hayley Calway
 - **Phone:** 0895261366
 - **Organisation:** Shire Of Serpentine Jarrahdale
 - **Email:** Hayley.Calway@sjshire.wa.gov.au

23

HEALTHCARE & COMMUNITY APPRECIATION WORDSEARCH



This May, we recognise and celebrate the incredible people who care for, support, and strengthen our communities. From nurses and midwives, to volunteers and firefighters, to health awareness. This word search is a small way to highlight some of the important roles and events taking place throughout the month.

See how many words you can find.

Words can be found left, right, up, down, diagonally, and some backwards.

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

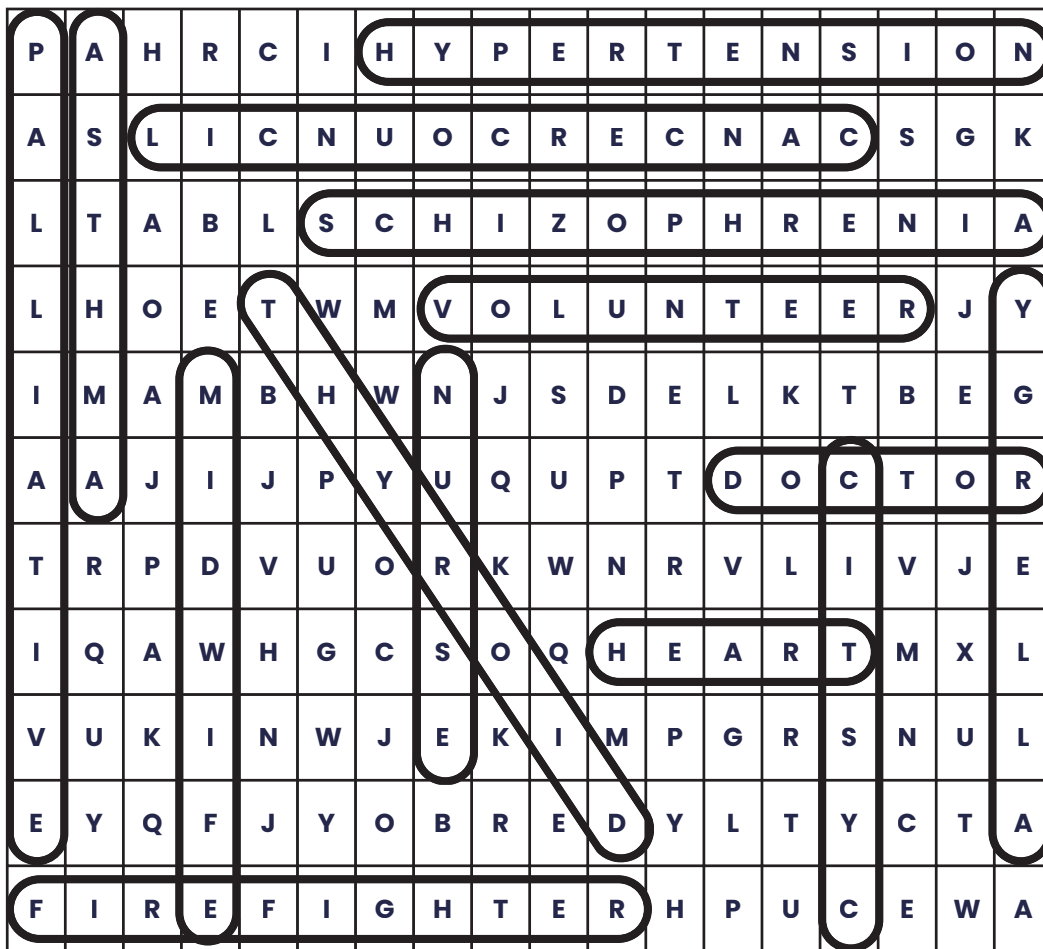
- THYROID
- MIDWIFE
- DOCTOR
- VOLUNTEER
- CYSTIC
- ASTHMA
- SCHIZOPHRENIA
- ALLERGY
- CANCER COUNCIL
- NURSE
- HEART
- FIREFIGHTER
- HYPERTENSION
- PALLIATIVE





HEALTHCARE & COMMUNITY APPRECIATION WORDSEARCH ANSWERS

Did you get them all?
Let us know!



Health & Wellbeing Dates for May

All May – Thyroid Awareness Month

- www.thyroidfoundation.org.au/ (Australian Thyroid Foundation)

All May – Cystic Fibrosis Awareness Month

- www.cftogether.org.au/ (CF Together)
- www.cysticfibrosis.org.au/cfawarenessmonth/ (Cystic Fibrosis Australia)

All May – Australia’s Biggest Morning Tea

- www.biggestmorningtea.com.au/ (Cancer Council)

4 May – International Firefighters’ Day

- www.firefightersday.org/ (International Firefighters’ Day)

5 May – International Day of the Midwife

- www.internationalmidwives.org/ (International Conference of Midwives)

5 May 2026 – World Asthma Day

- www.asthma.org.au/ (Australia Asthma)

2 May – International Nurses Day

- www.icn.ch (International Council of Nurses)

17 May – World Hypertension Day

- www.whleague.org/ (World Hypertension League)

19 May – World Family Doctor Day

- www.globalfamilydoctor.com/ (World Organization of Family Doctors)

24 May – World Schizophrenia Awareness Day

- www.mentalhealthcommission.gov.au/2026-mental-health-calendar (National Mental Health Commission)

4 – 10 May 2026 – Heart Week (Australia)

- www.heartfoundation.org.au/heart-week (Heart Foundation)

10 – 16 May – National Palliative Care Week (Australia)

- www.palliativecare.org.au/national-palliative-care-week/ (Palliative Care Australia)

18 – 24 May – National Volunteer Week (Australia)

- www.volunteeringaustralia.org/ (Volunteering Australia)

25 – 31 May – Food Allergy Week

- allergyfacts.org.au/get-involved/food-allergy-week/ (Allergy & Anaphylaxis Australia)