

SHARE & CARE TIMES

SEPTEMBER 2006 Issue 15

Welcome once again

We hope you enjoy this edition.

If you would like to submit an article or even request articles or Information, call Lesley in Administration.



For those that continue to read..... **Enjoy!**



TRY OUR WEBSITE

A great deal of work has gone into our website for Share & Care lately.....

Check out the latest additions including Volunteer online applications, the newsletter, Policies and Procedures bank to assist other

agencies, Positions Vacant, Surveys online and much more

www.shareandcare.com.au



HAVE YOU READ OUR SERVICE STANDARDS MANUAL?

ORGANISATIONAL EXPECTATIONS

Share & Care sees the role of our Organisational Standards Document as:

- ›Providing greater networking & information dispersal amongst both Government and Not For Profit groups;
- ›Providing a framework that allows Share & Care, other Agencies and the Consumer to work together to improve our Service Quality;
- ›Ensuring accountability, transparency and best practice models within all our Programs;
- ›Providing a clear and concise definition of who we are, what we offer and how we go about achieving that.

GUIDING PRINCIPLES

The guiding principles for Share & Care have formed the basis for the development of the Standards. These are as follows:

- ›The promotion of best quality of life for the individuals both within our service areas and in the wider community;
- ›Accountability to consumers, staff, funding bodies and the wider community;
- ›A focus on the consumer and the achievement of positive outcomes for them;
- ›A holistic approach to consumers that ensures recognition of their unique physical emotional, social, cultural and spiritual dimensions;
- ›Equitable access to appropriate services when and where they are needed;
- ›Continuity of care through the development of networking links throughout the communities.

Continued.....

Collaboration, Community Involvement & Continuous Improvement

Share & Care over 30 years have developed expertise in working collaboratively with a vast number of agencies covering 250,000 square kilometers.

This has enabled the services delivered by our individual programs to contribute effectively and in an holistic manner to the achievement of the consumers goals.

We practice effective proactive referral and support links with relevant service providers, local community groups and government agencies to maximize the support networks to the consumer.

Share & Care works collaboratively with others to initiate and promote community understanding and education of the many challenges faced by consumers.

Share & Care develop and deliver Community Forums to encourage the broader community involvement in both the individual services and the Organisation.

As appropriate and according to individual consumer preference and agreed individual goals, the program service encourages and supports individual consumers to participate in mainstream community activities.

Consumers have a right defined in the Staff Code of Conduct, to ensure a respectful delivery of service that ensures they maintain their dignity.

Share & Care place great importance on their regular appraisal processes by both the consumer and management to ensure a continuous quality and improvement approach to our service delivery in all our programs.

SCIENCE TODAY

One-third of the world's population is short of water – a situation we were not predicted to arrive at until 2025 – according to a disturbing new report on the state of the world's water supplies.

Squeezing more out of every raindrop that falls on poverty-stricken regions of Africa and Asia is key to the survival of the world's poorest and most malnourished people, researchers say.

The report by the International Water Management Institute in Colombo, Sri Lanka, was released on Monday in Stockholm at the start of World Water Week. It paints a bleak picture of global access to fresh water and warns that the world cannot carry on complacently using water as if it will never run out.

"Business as usual is not an option," says David Molden of the institute, and coordinator of the report, called *Insights from the Comprehensive Assessment of Water Management in Agriculture*.

It concludes that one-third of the world's population now suffers water scarcity, a situation that has materialised 20 years sooner than predicted by an assessment five years ago.

Spiders are not famous for their caring, sharing nature. Unlike insects such as ants, it is virtually unheard of for arachnids to live in societies that employ tactics and team work.

So the discovery in Ecuador of spiders nesting in family-based communities and hunting in packs was a surprise find for Leticia Avilés, an arachnid expert at the University of British Columbia in Canada.

According to Avilés, there are over 39,000 identified spider species. While she has seen just over 20 species cooperate, she has never encountered any species quite like *Theridion nigroannulatum*.

The spiders carry their kill back to the nest and share it with all of the others in the community. "It's truly remarkable," says Avilés. "Not only do the spiders cooperate during the kill, but if the prey is large they take turns carrying it back."

Popular curry spice is a brain booster

Call it yellow ginger, haldi, turmeric or E100, the yellow root of *Curcuma longa*, a staple ingredient in curry, is turning out to be gratifyingly healthy. Now Tze-Pin Ng and colleagues at the National University of Singapore have discovered that curry eating seems to boost brain power in elderly people.

Curcumin, a constituent of turmeric, is an antioxidant, and reports have suggested that it inhibits the build-up of amyloid plaques in people with Alzheimer's. Ng's team looked at the curry-eating habits of 1010 Asian people unaffected by Alzheimer's and aged between 60 and 93, and compared their performance in a standard test of cognitive function, the Mini Mental State Examination. Those people who consumed curry "occasionally" (once or more in 6 months but less than once a month) and "often" (more than once a month) had better MMSE results than those who only ate curry "never or rarely" (*American Journal of Epidemiology*, DOI: 10.1093/aje/kwj267).

"What is remarkable is that apparently one needs only to consume curry once in a while for the better cognitive performance to be evidenced," says Ng

CHINESE STIR FRY



Cooking Recipe Ingredients:

32 ounces Asian-style frozen mixed vegetables (sometimes labelled Oriental- or Japanese-style)

1/4 cup bottled stir-fry sauce or to taste

1 pound firm or baked tofu drained and cut into strips

福

RECIPES FROM AROUND THE WORLD

The interesting Asian-style vegetable melanges in the frozen vegetables section are great to have on hand when you crave a quick stir-fry but don't feel like chopping.

Serve with hot cooked rice or noodles and raw carrot and celery sticks.

Steam vegetables in a stir-fry pan or wok with about 1/2- inch of water, covered, until completely thawed.

Drain well and transfer back to stir-fry pan.

Stir in sauce and stir-fry over medium-high heat until vegetables are tender-crisp.

Add tofu strips and toss gently.

Cook just until heated through, then serve right away.

Serving Size : 4

PER SERVING: 188 CAL.; 15G PROT.; 4G TOTAL FAT (1G SAT. FAT)

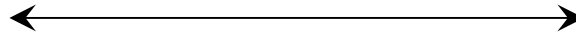
1 7G CARB.; 0 CHOL.; 202MG SOD.; 6G FIBER





Board Member Profile

Over the next 6 or so months you will see Board Member profiles. We will also include their brief bios for those that cannot access the internet and read on our website.



BOARD MEMBER PROFILE:

CHAIRPERSON-DAVID GORHAM

David joined the Management Board of Share and Care in 1996 and has served as Treasurer, Vice Chairperson and Board Member since then. He has on served the Occasional Childcare, Central Wheatbelt Family Daycare, and Financial Counsellor committees as well as the Building Committee and the Fund Raising Committee.

David formerly owned and managed an automotive repair company and is a former teacher. He has been a Justice of the Peace since 1983 and moved to Northam in 1989. He currently works for Government Agency in Northam managing Human Resources and Properties across the Wheatbelt. He is a Director of a company managing farms and properties as well as a partner in a manufacturing business in Northam.

David's interests include farming, land care, mechanical engineering, new technology, product development and social issues.

NICKNAME: Boss

FAVOURITE FOOD: Pork chops and vegies

FAVOURITE DRINK: Coke

FAVOURITE MOVIE : The Castle

2 PEOPLE YOU'D INVITE TO DINNER: Natasha Stott Despoia and Ben Elton

FAVOURITE EXPRESSION: It is better to fail than to not try

Laws still in existence.....

Indiana Crazy Law - If any person has a puppet show, wire dancing or tumbling act in the state of Indiana and receives money for it, they will be fined \$3 under the Act to Prevent Certain Immoral Practices.

Kansas Crazy Law - All cars entering the city limits must first sound their horn to warn the horses of their arrival.

Colorado Crazy Law - You may not drive a black car on Sundays

Virginia Crazy Law - It is illegal to flip a coin in a restaurant to see who pays for a coffee.

Oklahoma Crazy Law - If you wear New York Jets clothing, you may be put in jail.

Georgia Crazy Law - It is illegal to use profanity in front of a dead body which lies in a funeral home or in a coroners office.

AND IF YOU THINK THOSE ARE STRANGE...TAKE A LOOK AT OUR AUSSIE ONES...

A life sentence is 25 years.

Children may not purchase cigarettes, but they may smoke them.

You may never leave your car keys in an unattended vehicle.

It is illegal to roam the streets wearing black clothes, felt shoes and black shoe polish on your face as these items are the tools of a cat burglar.

It is illegal to walk on the right hand side of a footpath.

Under Australian Communications Authority (ACA) regulations, a modem can't pick up on the first ring.

Taxi cabs are required to carry a bale of hay in the trunk.

Bars are required to stable, water and feed the horses of their patrons.

The legal age for straight sex is 16, unless the person is in the care/custody of the older person, in which case it is 18.

Only licensed electricians may change a light bulb.

It is illegal to wear hot pink pants after midday Sunday.

You must have a neck to knee swimsuit in order to swim at Brighton Beach.

Until the Port Arthur Killings it was legal to own an AK-47 but not legal to be gay

[And for those that love chocolate.....](#)

Groundbreaking Research Highlights Myriad Health Benefits Of Flavanol-rich Cocoa, Study By Mars, Incorporated Scientists And Researchers Worldwide

Research has demonstrated that consumption of naturally occurring compounds in cocoa can lead to a range of circulatory health benefits including the first observed brain and cardiovascular blood flow improvements, according to research published in the latest issue of the Journal of Cardiovascular Pharmacology, in a supplement that focuses on the potential health benefits of flavanol-rich cocoa.

Previous studies have demonstrated that the consumption of flavanol-rich cocoa can improve blood vessel function and may even reduce the formation of damaging clots. This new, published research extends these findings by showing that the regular consumption of flavanol-rich cocoa can lead to improved blood flow in menopausal women with elevated cholesterol, as well as reporting for the first time that the increase in blood flow following flavanol-rich cocoa consumption can also be observed in the brain.

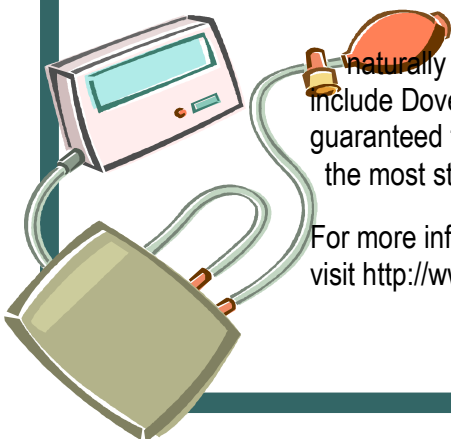
Brain blood flow in the elderly and young adults: Two independent studies, one in a healthy elderly population and another in young healthy women, demonstrate that the consumption of flavanol-rich cocoa can increase blood flow to the brain. This work, the first of its kind with cocoa, suggests that this cocoa may have promising effects on cognitive performance - particularly promising because decreased brain blood flow is associated with dementia and deterioration in brain function.

* Blood flow in postmenopausal women: Scientists found that the regular consumption of flavanol-rich cocoa resulted in a significant increase in blood flow in hypercholesterolemic postmenopausal women, suggesting that this cocoa may improve vascular function in this population with higher cardiovascular risk.

* Different flavanols have different functions: Flavanol-rich cocoa has previously been shown to decrease the potential for formation of blood clots. In this new investigation, researchers coupled studies of platelet function in humans with in vitro studies with highly purified flavanols from cocoa. The results of these studies support that cocoa flavanols may have beneficial effects on platelets, and report for the first time that certain flavanols and flavanol-rich cocoa itself may also reduce the cascade of events that can lead to vascular damage.

Scientists at Mars, Incorporated developed a patented process called Co coapro® that helps retain consistent level of cocoa flavanols that occur naturally in cocoa beans. Mars products that are made with the Co coapro process include Dove® Dark Chocolate and CocoaVia®, a new line of heart healthy snacks that are guaranteed to contain at least 100 mg of cocoa flavanols per serving. Co coapro cocoa is the most studied cocoa in the world in terms of health impact.

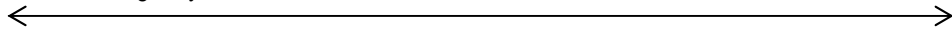
For more information on the many research studies on cocoa flavanols, visit <http://www.cocoapro.com>





FINANCIAL SERVICES:

Emergency relief has had it tough because incoming funding was delayed (over eight weeks), this has had an impact on cliental and referrals to DCD and Pat Ryan's Faith Christian Fellowship Truck (food hampers) have been huge. We have had some donations of clothes and food coming through, the food was great! we used it all in one week because of the predicament we were in with emergency relief. The clothes will be kept on the premises and allotted to agency's and cliental..



ADMINISTRATION:

Programs and more programs, for some reason funding applications and re-applications all seemed to arrive around the same time, this resulted in having 9 all due around the same time....always a challenge :)



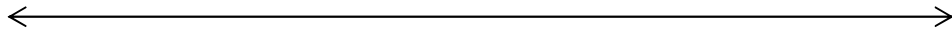
CHILDREN'S SERVICES:

FDC

Rhonda and Susanna are settling into their new roles and look forward to having another person assisting them 2.5 days per week. We 'd like to extend out thanks to all Share and Care staff who have been so patient with us and made our transition less stressful than we anticipated.

Child Care

Staff are under pressure with getting their heads around quality assurance. Some changes have been identified, so we are having a busy bee on 10th September from 9.30am. Susanna and families eagerly await the arrival of the EFTPOS machine



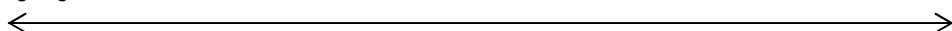
WOMEN'S REFUGES:

WAMINDA

The refuge has been relatively quiet this month, so Jeni, Rachel (Social Work Student) and Dianne have made use of the time and attended the Pat Giles Refuge in Joondalup, it's always good to catch up with our metro refuges to swap ideas, after we finished the visit we all attended the Joondalup Family Court, this was particularly beneficial to Jeni as she is still attending court as an advocate for clients applying for Violence Restraining Orders. Great news for the refuge is Gisela, Rebecca (Narrogin) and myself will be attending a conference on Victims of Crime 2006 "Positive Ways, An Indigenous Say" in September more info next month

DJOOKANKA

The in house training at the refuge is still being well received by both Narrogin and Northam staff with one more workshop in September. We have been lucky in employing three new staff members, Maria as Child Support Worker, Collen as Outreach Assistant and Nuressa as casual Child Support and Support Worker, we all look forward to working together



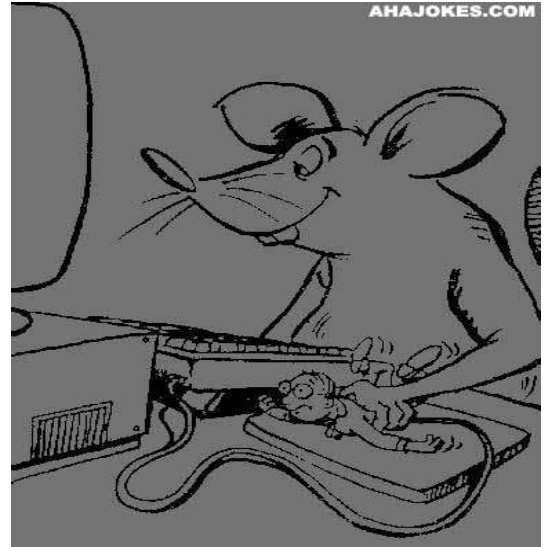
HOME SUPPORT SERVICES:

ARDINA IS WELL ENSCONCED ON THE BUS NOW AND TREVOR PROVIDING SOCIAL SUPPORT TO THE MEN'S GROUP IN NORTHAM, WUNDOWIE, BAKERS HILL AND CLACKLINE AND HE IS ORGANIZING AN OUTING FOR THE NEAR FUTURE.

DOCKERS SUPPORTERS OVER THE MOON AT THE WEEKEND VICTORY (ESPECIALLY KYLIE WITH COMMISERATIONS TO MARK)

REPLACEMENT LEASED CAR ARRIVED. ALL COMMUNITY SUPPORT WORKERS HAVE NOW COMPLETED MEDICATION TRAINING. NEARLY ALL COMMUNITY AGED CARE PACKAGES FILLED.

SOMETIMES A PICTURE IS WORTH A THOUSAND WORDS.....



DIGITAL CAMERA FOR SALE TO HELP PAY MEDICAL BILLS

FOR SALE BY OWNER

Complete set of Encyclopedia Britannica.

45 volumes.

Excellent condition.

\$1,000.00 or best offer.

No longer needed.

Got married last weekend.

Wife knows everything.



BOARD OF MANAGEMENT & GOVERNANCE

What is the role of governance?

In the aftermath of every "non-profit mismanagement" news story is the question: Why didn't the Board do something? Yet the boards of various notorious corporate and NFP's did not do any less than many non-profit boards. The reality is that many non-profit boards are ineffective in their governing function. Only when gross mismanagement occurs does a failure at governance come to the fore.

The overlooked reason is that the prevailing "team" model for the relationship between boards of directors and their staff is only half of the story. "Team" members are understood to bring different skills and play different roles to support and build the organization, working toward common goals. But while board members should and do act as supporters and builders, **they have another role** to play as questioners and monitors of the organization. As part of the team, the board stands with their well-intentioned organization as it operates in a demanding world. **In contrast, in their governing role, the board must stand outside the organization and hold it accountable to the public interest.**

Both these roles--supporting and governing--are critical to effective work by non-profit organizations. Rather than try to eliminate the contradictions and tensions of their governance role, good boards find techniques for strengthening their independence and creatively using this tension for the good of the organization and the purpose it was created to serve.

What is governance?

The two roles of support and governance encompass different tasks. In the role of supporters board members strive to ensure the success of the organization. Boards may raise money, bring contacts and clout to the organization, provide special skills such as in law or accounting, and act as ambassadors to the community. The many books, articles and seminars on the subject testify to the emphasis on helping boards help--on strengthening organizations by means of board assistance.



The governance role, on the other hand, has as its goal protection of the public interest. Governance responsibilities for boards include selecting the top executive (the Chief Executive Officer) and assessing his or her performance, reviewing and authorizing plans and commitments, ensuring compliance with legal and contract requirements, and evaluating the organization's work.

Both of these board roles are distinguished from that of management, the province of the Chief Executive Officer on behalf of the Board.

SHARE & CARE COMMUNITY SERVICES GROUP INC.

WELCOME TO THE NEWEST TEAM MEMBERS:

Ashley	Childcare
Dianne	Childcare
Susan	Childcare
Nuressa	Narrogin Refuge-Casual
Maria	Narrogin Refuge-Child Support Worker
Colleen	Narrogin Refuge-Outreach Support

AND CONGRATULATIONS TO:

John from our Home Support Services and;
Amanda from our Child Care Services
For successfully passing through their 3 month trial period.

S & C Mission Statement

Share and Care's mission is to lead communities in Support, Education and Advisory Services.

Values:

- Recognition of the communities rights to equitably access information and services;
- Sensitive to the needs of those from cultural and linguistically diverse communities and special needs;
- Recognition and appreciation of the diverse skills and values our employees bring to the services delivered;
- Provision of philanthropic opportunities;
- Development and maintenance of complimentary relationships across all sectors;
- Recognition and appreciation of the skills brought by the Board of Management that ensures transparency, accountability, good governance and leadership for the Organisation;
- Operate on the best practice models, ensuring delivery of services to the communities are always of the highest standards.

**To acknowledge and encourage
the continued passion from all who contribute to the Organisation**