

We're excited to share some important updates and highlights from AMCS. Here's a snapshot of what's been happening.



Lynette Glasbrenner: An Inspiring Support Worker's Journey of Resilience

My journey at AMCS began in 2022. After a challenging and traumatic year in 2020 where I lost both my parents, I made a courageous decision to quit my job, switch careers, and pursue studies as a mature aged student. Completing my Cert III in Individual Support - Ageing was my way of offering the support my parents couldn't accept. It hasn't been easy, but witnessing the positive impact I can make and helping my clients continue living in their own homes is what drives me. I can honestly say it's the most rewarding job I've ever had.

We're proud to celebrate **40 years of care, support, and empowerment**. Our journey wouldn't be possible without our dedicated team, clients like you, and everyone who has been a part of AMCS over the years. Thank you for your ongoing trust and support. Together, we've achieved remarkable things, and we're geared up for many more years of care, support, and empowerment!



During **Volunteer Appreciation Week**, we celebrated exceptional volunteers who make a difference. From a trip to the Great Ocean Road Chocolaterie & Ice Creamery for our Geelong volunteers to a gathering at Yarraville Community Centre, we expressed gratitude for their dedication. They embody #TheChangeMakers theme of National Volunteer Week.

Our Carers Support Program has been a source of joy and connection for seniors. Delightful day trips filled with good food, music, and dancing have provided wonderful moments for our participants. Additionally, recent discussions on Carers' Social Emotional well-being were successful, thanks to Dr. Thanuja Ranatunga emphasizing self-care and Mr. Alfie Ciriarco providing valuable advice on preventing injuries and falls.



Are you or someone you know seeking companionship and meaningful group meetings? Our Sunshine Social Support Group (SSG) is the perfect opportunity for Home Care Package clients to connect and engage in fun activities. Every Tuesday at Glengala Hall, we gather for a day of connection, laughter, and a delicious delivered lunch. Spread the word and share this incredible opportunity with those who may benefit. Contact Ewa at ewa.lenartowicz@amcservices.org.au or call 0424 139 029 for more information.

AMCS is ready to assist you through our Jobs Victoria Employment Services. We offer resume support, training enrollment assistance, six months of post-placement support, and job search guidance. If you're a Victoria resident seeking employment in the Melbourne Metropolitan area, contact our AMCS Employment Team at Rohan.Weeraratne@amcservices.org.au.



Preventing Falls in Older Adults: Reducing Risks and Ensuring Safety



Falls are a major risk for older individuals, with rates ranging from 30% to 40% annually. They are the leading cause of injury-related hospitalizations in people aged 65 and over, accounting for 14% of emergency department visits. Risk factors include age, chronic conditions, medications, impaired balance, and reduced muscle strength. Promptly seek medical attention after a fall, and inform your Care Advisor for further assistance and referrals to minimize future risks.