



Services for Our Community

Home Library & Community Care



**CITY OF
PARRAMATTA
LIBRARIES**

Welcome

Welcome to our special City of Parramatta Libraries 'Services for Our Community' booklet for seniors, NDIS recipients and those who need some extra support at home.

You may be eligible to have books and/or food delivered to your door, or access a range of other services. We have compiled information and resources for Home Library Service, Community Care, Food Services and more.

Try some of our reading suggestions for titles that you may have missed over the years. We have items available in a range of formats and there is sure to be something of interest for everyone.

Are you reading this booklet online? Simply click on a link or a book cover to find out more information.

Happy reading,
City of Parramatta Libraries!

**Find, Follow and Discover
City of Parramatta Libraries
@parralibrary**

Keep up to date with the latest
book-related news and find out
What's Happening at your Library!

Parra Reads Blog
parrareads.parracity.nsw.gov.au

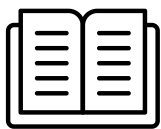
Libray Catalogue
libcat.parracity.nsw.gov.au



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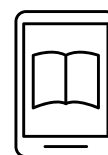
Format Icons / Legend



Standard Print



Large Print



eBook



eAudio



Talking Book on CD



DVD

Home Library Service (HLS)

Our HLS is free for residents of the City of Parramatta who are homebound and unable to visit our Libraries.

The service provides library items in a range of formats to meet your needs. Your items will be delivered and exchanged on a regular basis, either fortnightly or monthly.



Eligibility

This service is available to people who are:

- Unable to visit the library due to poor health, disability or being frail aged;
- Resident in a care facility;
- Full time carers;
- Residents who require temporary service after serious illness or injury.

Please note: Residents/carers require a doctor's certificate stating causes or reasons why they cannot access their library.

How to apply

Contact our Home Library Service Officer on 9806 5150.

What happens after you apply for membership?

We will develop a personal profile to help with selection of materials based on what you like to read, watch, and listen to. Library staff will select and package your items ready to be delivered to your home.

Already a member of the HLS?

City of Parramatta Libraries is always looking to improve their service, we would love for you/your carer to fill out the survey on the next page by circling your answers. You can then return it to the Home Library Service Officer at your next delivery, or email to: homelibrary@cityofparramatta.nsw.gov.au.

Home Library Service (HLS) Customer Survey

Name/Aged Care Home: _____

1. Are you happy with your current reading selections?

Yes No

2. If No, what genre or items would you like to receive?

Romance, Historical, Historical Romance, Mystery, Thriller,
Adventure, General Fiction, Fantasy, Horror, Classics,
Biography, Non-Fiction (list interests e.g. health, war etc.)

Other: _____

3. Are you happy with your current delivery frequency?

Yes No

4. Would you be interested in learning about accessing
eBooks and eAudiobooks? Yes No

5. Would you be interested in general technology help?

Yes No

6. If Yes, what would you like help with most?

E.g., using a computer, mobile phones, websites

Other: _____

7. Would you be interested in joining a book club if one was
available over the phone or online? Yes No

8. Do you have any other feedback about the
Home Library Service or any suggestions for purchase?

Last Thursday Book Club

This is an opportunity for people who love books to meet and discuss the chosen book of the month while enjoying a cup of tea and socialising at the same time.

The book club, which is a joint program delivered by the Community Care Team and City of Parramatta Libraries, has been running for over 12 years.

The group is looking forward to their return to a face-to-face meeting this year on the last Thursday of the month (31 March) at Parramatta Library from 10.30am-12pm, after 2 years of online meetings.

If you are a passionate reader and would like to join the group please join us at the library or for more information, ring (02) 9806 5121.



Food Services

City of Parramatta Food Services believe that good nutrition and good company is the key to keeping our minds and bodies healthy and so the team deliver several options:

- traditional Meals on Wheels service - home delivered meals;
- innovative Let's Dine Out restaurant option;
- Social Lunch Program to help those with Dementia.

To access these services you need to be receiving either NDIS or have been assessed by My Aged Care.

Should you have any further questions or would like some more information please contact us on (02) 9806 5121 or visit:

<https://www.cityofparramatta.nsw.gov.au/community-care/food-services>



Food Services

Meals on Wheels (MOW)

Our MOW service delivers meals to customers in their homes and is available to:

- frail older residents;
- people with disabilities and their carers;
- people recovering from surgery or a chronic illness.

As we age our appetite can drop away and research shows that one of the main reasons for older people being moved into residential facilitated care is malnutrition.

Our meal packs are nutritionally balanced to offer the correct proportions of protein, calcium and fats to keep ageing bodies healthy. NSW Health state the importance of eating three meals a day and maintaining your fluid intake.

Meals can be personalised to suit most dietary requirements and are culturally diverse. Customers receive delivered pre-packaged frozen meals that include a: main meal, dessert, juice.

Let's Dine Out

Customers can purchase vouchers from \$7.90 that can be redeemed at participating food venues to the value of \$15. Customers will be able to select from a variety of delicious fresh meal options for breakfast, lunch and dinner to enjoy at participating food venues in the Parramatta LGA.

Social Lunch Program

A service designed for customers living with dementia who require extra support and social interaction at meal times. Customers are matched with a Volunteer to enjoy lunch and friendly conversation together in their own home. Fees apply for customers receiving individual funding.

City of Parramatta Community Care

Our Community Care team believes that everyone has the right to a good life. But what does that mean? It is different for every individual, so in turn, it makes sense that our approach to service delivery is customised based on what you need.

Where possible, we deliver services that keep you independent and strengthen your position within the home, so you can remain independent for as long as possible. This often means helping you to help yourself. Every program and everything we do is underpinned by research to ensure we provide you with the best services possible.

Whether you are looking for National Disability Insurance Scheme (NDIS), or you are over 55, or over 50 for Aboriginal or Torres Strait Islander peoples, and want to join in activities like bus trips, yoga, line dancing, and art classes, the Over 55s Leisure & Learning service may be for you.

If you are over 65, or over 50 for Aboriginal or Torres Strait Islander peoples, and need help in the traditional Aged Care sector with help around the home, lawns and gardens, home delivered meals, social inclusion and other social support, then the Community Care team can help you.

Many of our activities are open to anyone to enjoy. There are some services that are restricted to our Local Government Area (LGA) or require you to have a My Aged Care referral or be registered with the National Disability Insurance Scheme (NDIS).

Should you have any further questions or would like some more information please contact us on (02) 9806 5121 or visit:
<https://www.cityofparramatta.nsw.gov.au/community/over-55s-activities-ageing-wellness>

Word Search Puzzle

Find all the words from the table below: across, down or diagonally.

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

Adventure	Biography	Classics
Fantasy	Historical	Horror
Mystery	Poetry	Romance
Saga	Thriller	Western

Spot the Difference Puzzle

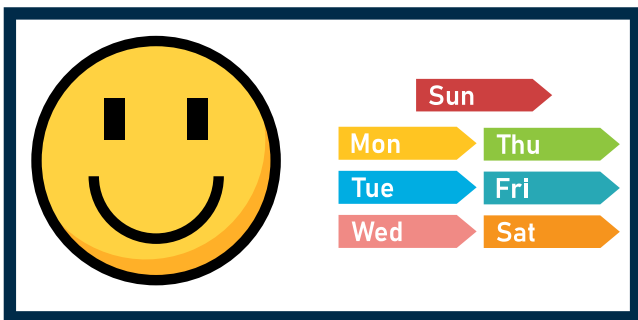
Locate and circle the ten (10) differences between the pictures.



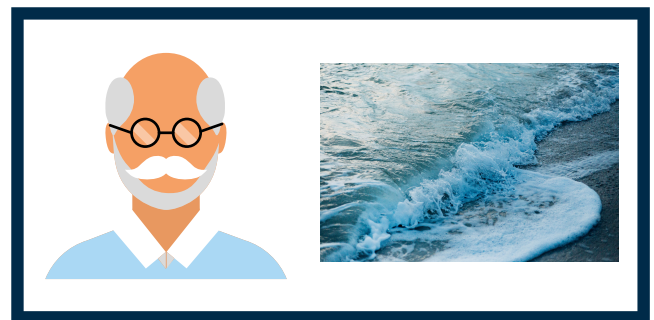
Rebus Puzzles

Solve the puzzles by sounding out the pictures from left to right to create a book, movie or television series.

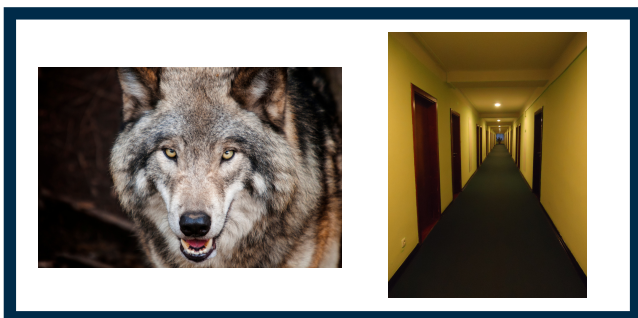
Example puzzle on the right -
Guess the Book & Movie



1. An American
1970's - 1980s TV series



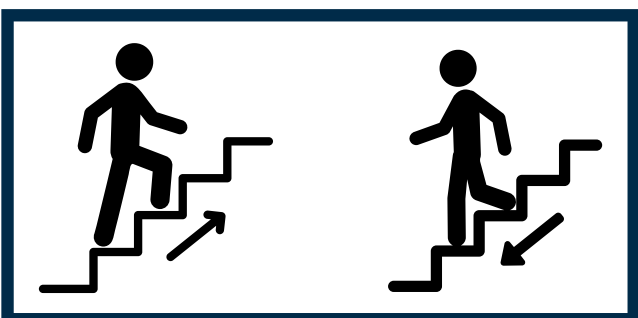
2. A classic novella & movie,
winner of a Pulitzer Prize



3. A historical fiction book, later
made into a play & TV series.



4. A romance book & movie,
set in the 1930's.



5. An English 1970s TV Show,
remade in 2010.



6. A mystery book, later made
into a movie & TV series.

Example puzzle answer - The Wizard of Oz by L. Frank Baum

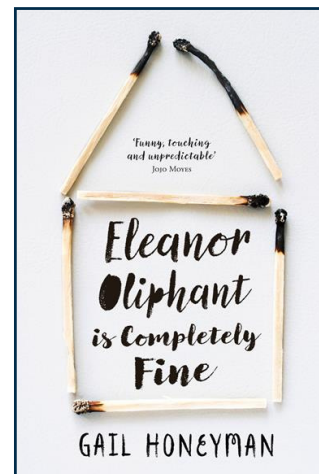
Book Review

Eleanor Oliphant is Completely Fine - Gail Honeyman

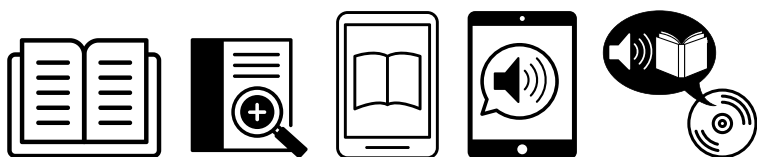
About the Book:

Eleanor Oliphant leads a simple life. She wears the same clothes to work every day, eats the same meal deal for lunch every day & buys the same two bottles of vodka to drink every weekend. Eleanor Oliphant is happy. Nothing is missing from her carefully timetabled life.

Except, sometimes, everything. One simple act of kindness is about to shatter the walls Eleanor has built around herself.



**General
Fiction**



Review by MJ Readers Book Club:

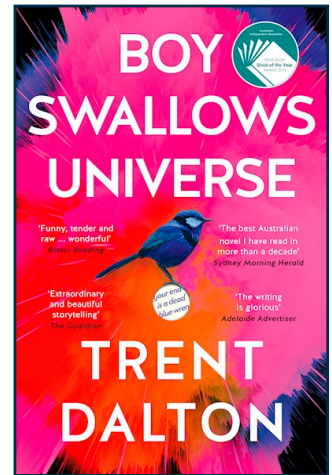
Our group thoroughly enjoyed this book. It explored such an array of emotions. At the heart was loneliness and grief but there was also tolerance, understanding, empathy, kindness, love, and acceptance. The mystery of Eleanor's plight was gently unravelled, and she grew and developed as her connections to others and their positive examples of family, love and commitment influenced her. The discovery and understanding of her past were devastating but we were left with a sense of hope for her and appreciation of how much loneliness creates a shell that can be so hard to break. It was also food for thought on how loneliness impacts people during these restricted times.

Have you read something great? We'd love to feature your reviews on our Parra Reads Blog. You can email parrareads@cityofparramatta.nsw.gov.au (or give to Library staff on your next delivery/visit).

Reading Suggestions

Boy Swallows Universe - Trent Dalton

Brisbane, 1983: A lost father, a mute brother, a mum in jail, a heroin dealer for a stepfather & a notorious crim for a babysitter. It's not as if Eli's life isn't complicated enough already. He's just trying to follow his heart, learning what it takes to be a good man, but life just keeps throwing obstacles in the way - not least of which is a legendary Brisbane drug dealer. But Eli's life is about to get a whole lot more serious. He's about to fall in love. And, oh yeah, he has to break into Boggo Road Gaol on Christmas Day, to save his mum.



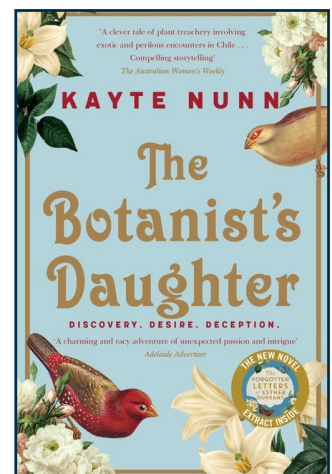
**Australian
General Fiction**



The Botanist's Daughter - Kayte Nunn

Discovery. Desire. Deception. A wondrously imagined tale of two female botanists, separated by more than a century, in a race to discover a life-saving flower . . .

In Victorian England, headstrong adventuress Elizabeth takes up her late father's quest for a rare, miraculous plant. She faces a perilous sea voyage, unforeseen dangers and treachery that threatens her entire family.



**Historical
Fiction**



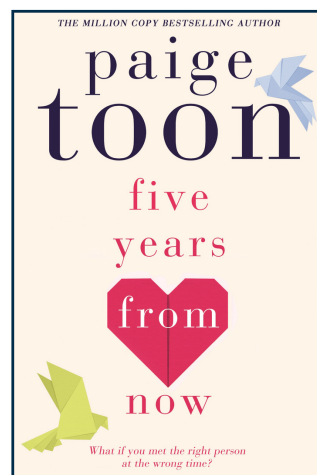
Reading Suggestions

Five Years From Now - Paige Toon

'One day, maybe five years from now, you'll look back and understand why this happened...'

Vian and Nell are thrown together at the age of five when Vian's mother and Nell's father fall in love. At first wary of each other, they soon become the best of friends.

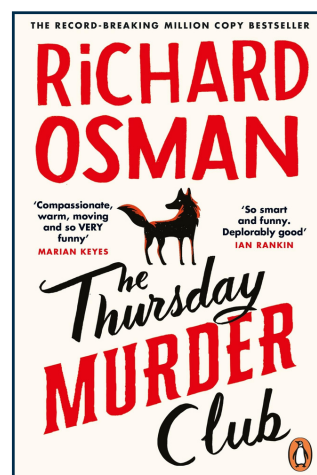
But five years later, they are torn apart and Vian moves to the other side of the world.



**Contemporary
Romance**

The Thursday Murder Club - Richard Osman

In a peaceful retirement village, four unlikely friends meet up once a week to investigate unsolved murders. But when a brutal killing takes place on their very doorstep, the Thursday Murder Club find themselves in the middle of their first live case. Elizabeth, Joyce, Ibrahim & Ron might be pushing eighty but they still have a few tricks up their sleeves. Can our unorthodox but brilliant gang catch the killer before it's too late?

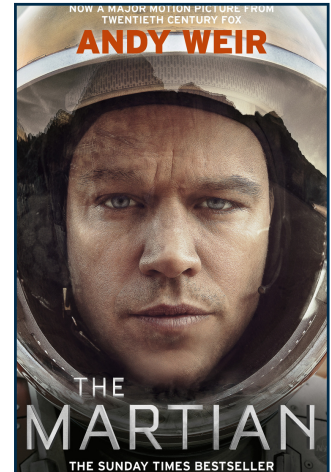


Mystery

Reading Suggestions

The Martian - Andy Weir

Mark Whitney was nearly killed by a dust storm on Mars and was abandoned by his crew who thought him dead. Now he's all alone with no way of letting Earth know he's alive, which doesn't matter because his supplies would run out before they'd get there. Either way, the environment or human error will likely kill him first. Not giving in, Mark works to survive, battling obstacle after obstacle, but will it be enough?



Science
Fiction

Crazy Rich Asians - Kevin Kwan

When New Yorker Rachel Chu agrees to spend the summer in Singapore with her boyfriend, Nicholas Young, she envisions a humble family home and quality time with the man she hopes to marry. But Nick has failed to give his girlfriend a few key details. One, that his childhood home looks like a palace; two, that he grew up riding in more private planes than cars; and three, that he just happens to be the country's most eligible bachelor.

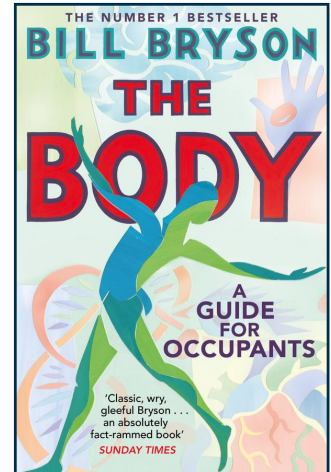
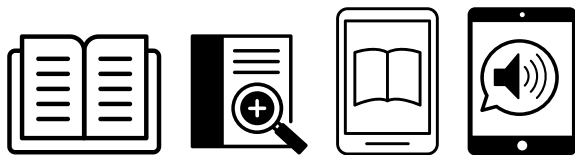


Contemporary
Fiction

Reading Suggestions

The Body - Bill Bryson

Bryson once again proves himself to be an incomparable companion as he guides us through the human body - how it functions, its remarkable ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) & irresistible Bryson-esque anecdotes, 'The Body' will lead you to a deeper understanding of the miracle that is life in general and you, in particular.

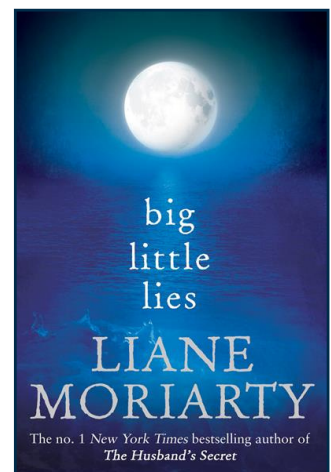


**Popular
Science**

Big Little Lies - Liane Moriarty

Follows three mothers, each at a crossroads, and their potential involvement in a riot at a school trivia night that leaves one parent dead in what appears to be a tragic accident, but which evidence shows might have been premeditated.

These three women are about to tell the little lies that can turn lethal ...

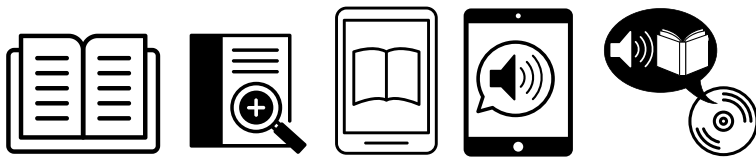


**Australian
General Fiction**

Reading Suggestions

Becoming - Michelle Obama

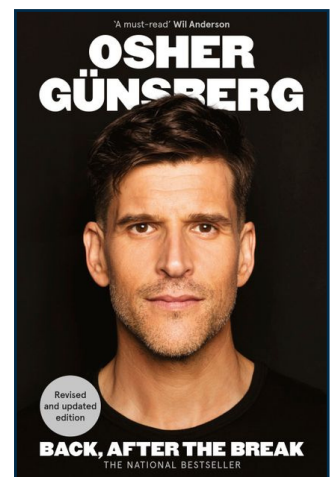
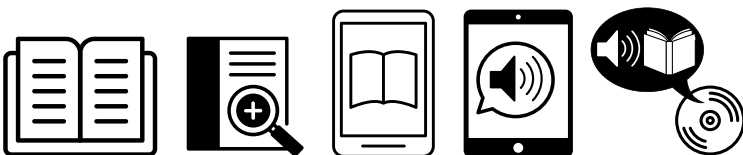
Michelle Obama invites readers into her world, chronicling the experiences that have shaped her - from her childhood in Chicago to her years as an executive balancing the demands of motherhood & work, to her time spent at the world's most famous address. With unerring honesty & lively wit, she describes her triumphs & her disappointments, both public & private, telling her full story as she has lived it - in her own words & on her own terms.



Memoir

Back, After the Break - Osher Gunsberg

It's hard to remember a time when Osher Gunsberg (or Andrew G as he was then) wasn't on TV - he's just always been there, looking at ease in the spotlight, beaming a big smile, with a questionable haircut. But while everything looks great from the outside, the real picture has not always been quite so rosy. Struggling with anxiety, panic attacks & weight issues since he was young, he tried for years to drink away the anxiety & depression. He opens up in a powerful, dark, funny & heartwrenching memoir about life, love and living with mental illness.

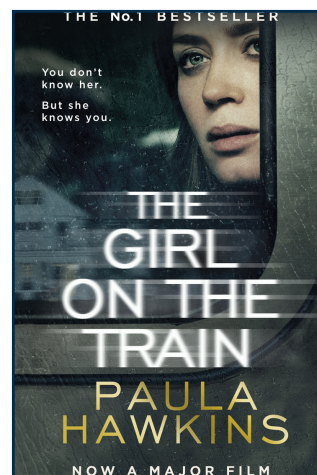


**Memoir /
Mental Illness**

Reading Suggestions

The Girl on the Train - Paula Hawkins

Rachel catches the same commuter train every morning. She knows it will wait at the same signal each time, overlooking a row of back gardens. She's even started to feel like she knows the people who live in one of the houses. 'Jess and Jason', she calls them. Their life - as she sees it - is perfect. If only Rachel could be that happy.

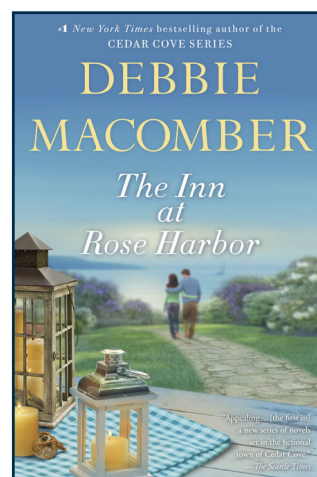


Thriller



The Inn at Rose Harbor - Debbie Macomber

Jo Marie Rose first arrives in Cedar Cove seeking a sense of peace and a fresh start. Coping with the death of her husband, she purchases a local bed-and-breakfast, the newly christened Rose Harbor Inn - ready to begin her life anew. Yet the inn holds more surprises than Jo Marie can imagine.



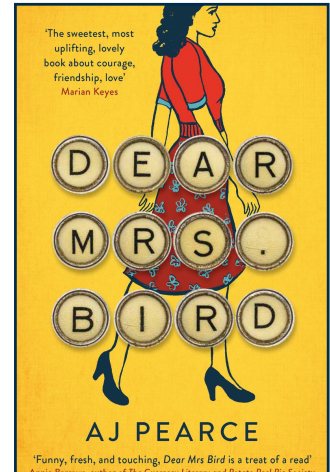
**Contemporary
Romance**



Reading Suggestions

Dear Mrs Bird - A.J. Pearce

London, 1940. Emmeline Lake and her best friend Bunty are trying to stay cheerful despite the Luftwaffe making life thoroughly annoying for everyone. Emmy dreams of becoming a Lady War Correspondent and when she spots a job advertisement in the newspaper she seizes her chance - but after a rather unfortunate misunderstanding, she finds herself typing letters for the formidable Henrietta Bird, the renowned agony aunt of *Woman's Friend* magazine.



**Historical
Fiction**



An Uncertain Heart - June Tate

Belgium, 1917.

At a military hospital in Poperinge, close to the horrors of the front line, Sister Helen Chalmers strives tirelessly to save the many injured soldiers brought in from battle. The hardships of war and the need for comfort throws Helen into the arms of the eminent surgeon Captain Richard Carson – although she knows a romance with a married man will never last.



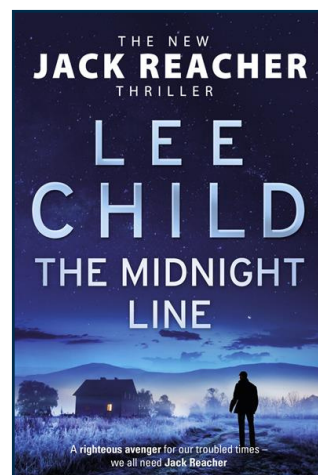
**Historical
Romance**



Reading Suggestions

The Midnight Line - Lee Child

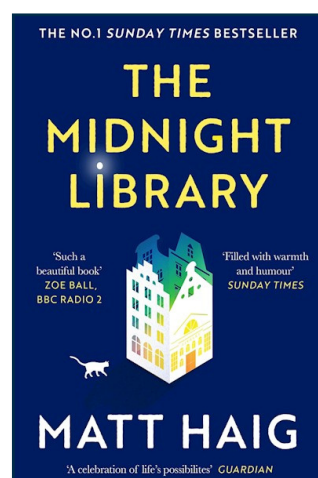
Reacher sees a West Point class ring in a pawn shop window. It's tiny. It's a woman cadet's graduation present to herself. Why would she give it up? Reacher was a West Pointer too, and he knows what she went through to get it. All he wants is to find the woman. He'll have to go through bikers, cops, crooks, and low-life muscle. If she's ok, he'll walk away. If she's not ... he'll stop at nothing.



Thriller

The Midnight Library - Matt Haig

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? Nora Seed finds herself faced with this decision.

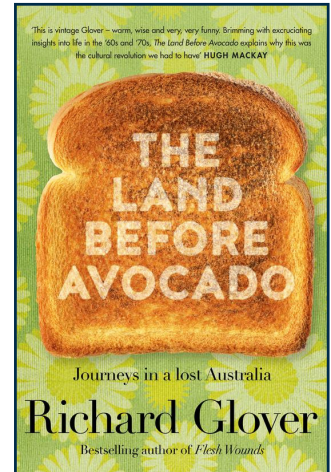


Fantasy

Reading Suggestions

The Land Before Avocado - Richard Glover

Richard Glover takes a journey to an almost unrecognisable Australia: the Australia of the late '60s and early '70s. It's a vivid portrait of a quite peculiar land: a place that is scary & weird, dangerous & incomprehensible, and now & then surprisingly appealing. It will make you laugh & cry, feel angry & inspired. And leave you wondering how bizarre things were, not so long ago. Most of all, it will make you realise just how far we've come, and how much further we can go.

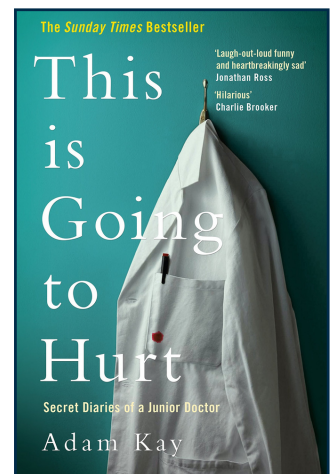


**Australian
Modern History**



This is Going to Hurt - Adam Kay

As soon as Adam Kay set foot on a hospital ward for the first time, he realized there's quite a lot they don't teach you at medical school . . . His diaries from the NHS front line - scribbled in secret after long nights, endless days and missed weekends - are hilarious, horrifying and heartbreaking by turns. 'This Is Going to Hurt' is everything you wanted to know about being a junior doctor, and more than a few things you really didn't. And yes, it may leave a scar.



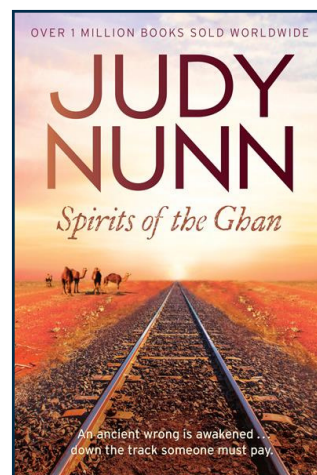
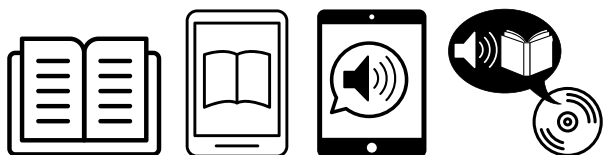
**Medical
Anecdotes**



Reading Suggestions

Spirits of the Ghan - Judy Nunn

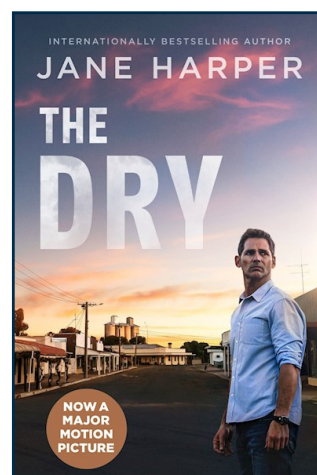
It is 2001 and as the world charges into the new Millennium, a century-old dream is about to be realised in the Red Centre of Australia: the completion of the mighty Ghan railway, a long-lived vision to create the 'backbone of the continent', a line that will finally link Adelaide with the Top End. But construction of the final leg between Alice Springs and Darwin will not be without its complications, for much of the desert it will cross is Aboriginal land.



**Australian
General Fiction**

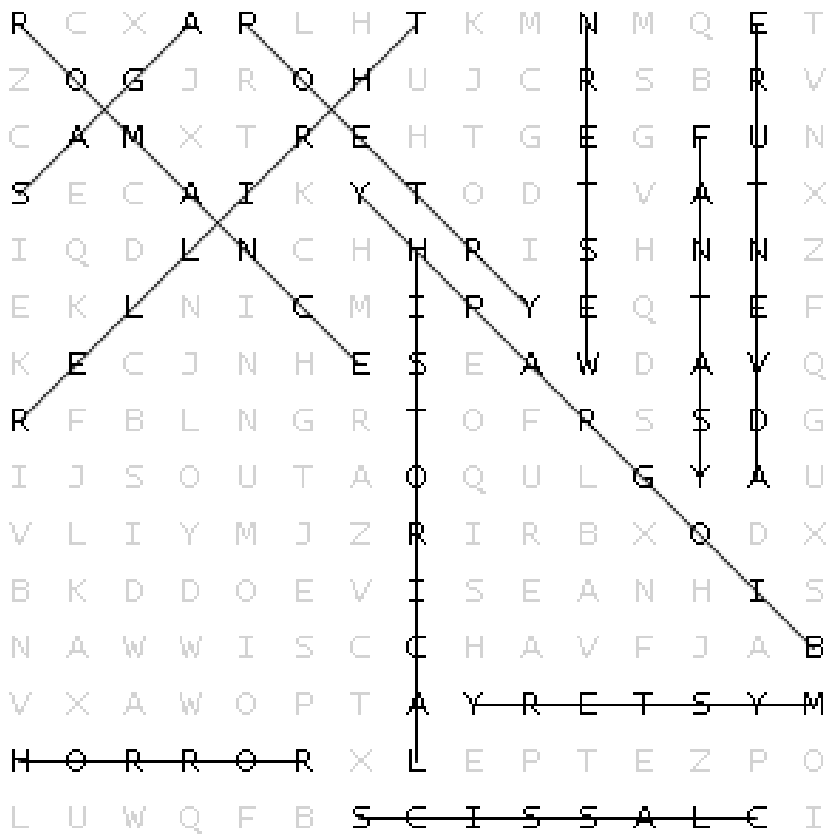
The Dry - Jane Harper

It hasn't rained in Kiewarra for two years. Tensions in the farming community become unbearable when three members of the Hadler family are discovered shot to death on their property. Everyone assumes Luke Hadler committed suicide after slaughtering his wife and six-year-old son. Federal Police investigator Aaron Falk returns to his hometown for the funerals and is unwillingly drawn into the investigation.



**Australian
Mystery**

Puzzle Answers



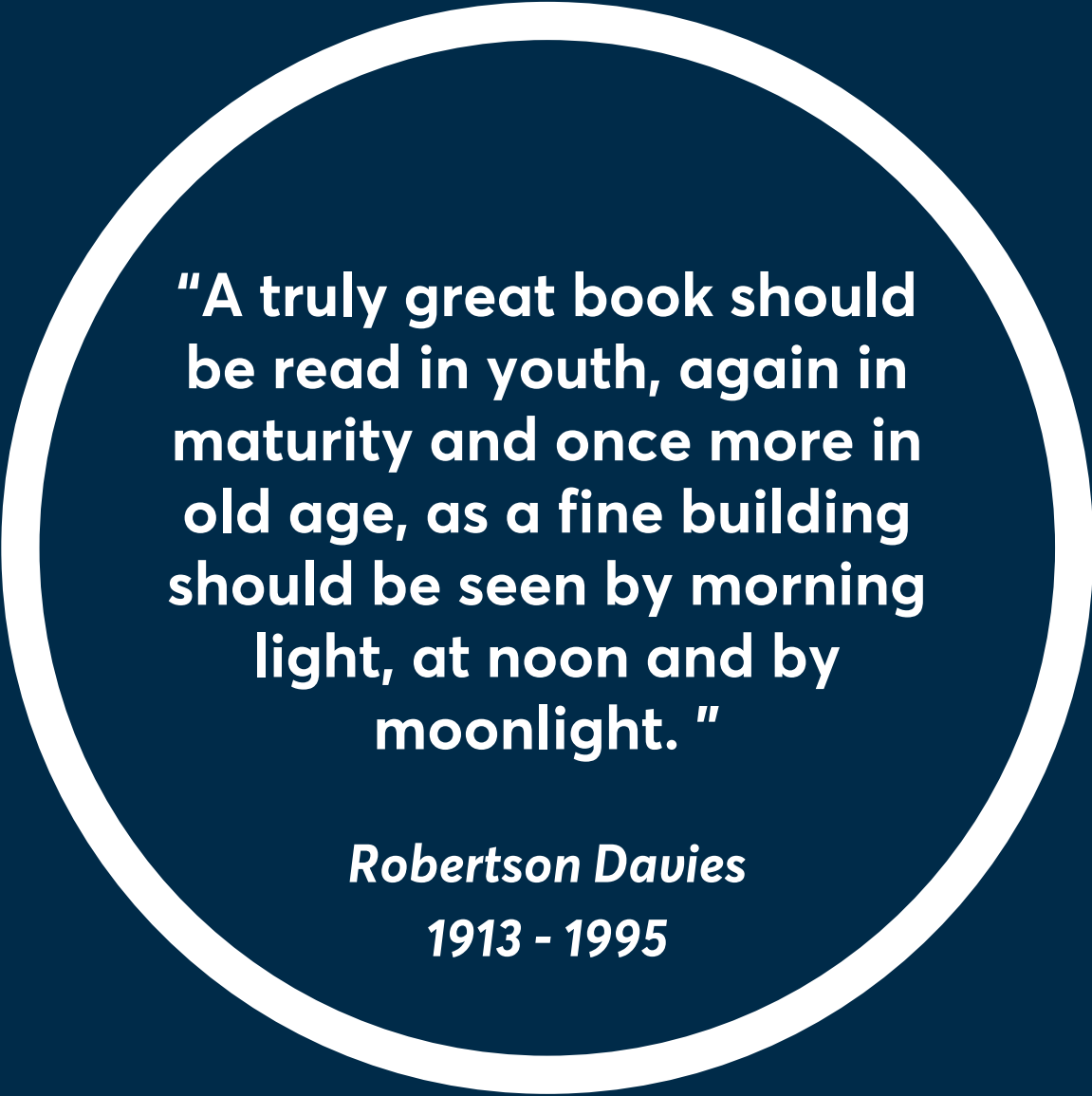
Word Search
Page 9



Spot the Difference
Page 10

Rebus Puzzles - Page 11

1 = Happy Days, 2 = The Old Man and the Sea by Ernest Hemingway,
3 = Wolf Hall by Hilary Mantel,
4 = Water for Elephants by Sara Gruen, 5 = Upstairs, Downstairs,
6 = The Mirror Crack'd from Side to Side by Agatha Christie.



**"A truly great book should
be read in youth, again in
maturity and once more in
old age, as a fine building
should be seen by morning
light, at noon and by
moonlight. "**

Robertson Davies
1913 - 1995

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