

SENIORS Lifestyle



It's dental art, people



CREATING SMILES: Elias Sara of Aesthetic Denture Clinic is helping patients to regain their confidence.

AESTHETIC Denture Clinic patients have confident smiles with the life-changing outcomes the clinic offers. "Cosmetic dentures has always been a passion of mine," dental prosthetist Elias Sara said. The clinic's aim is to allow its patients to regain the confidence to speak, eat and smile without feeling self-conscious. "No matter what age group you fall into, we have a denture that provides a natural and real-

istic appearance. It's dental art." Elias's four state-of-the-art Aesthetic Denture Clinics have exacting standards to manufacture full and partial dentures including high-end cosmetic and implant dentures for his patients. "All the work undertaken is manufactured by my own laboratory which allows me to communicate intimately on the design and construction process," he said. Elias's passion for achieving

the best and most natural results for his patients has seen him travel to Germany and Switzerland to train in the manufacture of cosmetic dentures. "Recently I spent a week with a master technician from Switzerland and gained further training," Elias said. "The course covered both the clinical and laboratory aspects and it was a real privilege to have someone of such calibre providing one-on-one clinical training.

"I treat every patient from start to finish. Nobody else touches the dentures except my laboratory and everything is 100 per cent Australian owned and made. "Our patients appreciate the non-allergenic properties, the aesthetic appearance and comfort of wearing." A totally metal-free solution is also available. Go to the website www.aestheticdentures.com.au or phone 6766 9419 to book a free initial consultation.

They'll come to take you on trip

LIVERPOOL Plains Shire Council Home and Community Care (HACC) services can point seniors in the right direction for help with everyday activities and social outings. The Liverpool Plains Shire HACC has offices in Quirindi, Werris Creek and Willow Tree. The Quirindi office is open from 8.30am to 4pm Monday to Friday and offers clients an array of services including craft days, men's and ladies' luncheons, outings and several types of transport assistance. A monthly appointment bus to Tamworth runs on the third Tuesday of each month. Coordinator Kay Wheeler and assistant Maureen Harrison are only too happy to answer any service inquiries. At Werris Creek, coordinator Clare Stewart and assistant Jeanette Marr are available from 8.30am to 2.30pm, Monday to Friday. Services include men's outings, carers' group, craft group, transport assistance and an appointment bus to Tamworth that runs on the last Monday of every month. The Willow Tree office is attended by Carole Taylor and offers outings, transport and day centre activities. The Willow Tree office is open from 8am to 3pm, Monday to Wednesday. Meals on Wheels in Quirindi and Werris Creek is organised by coordinator Jeanette Marr and includes meals on a short- or long-term basis. The meal service is very flexible in terms of working in with people's needs, offering hot, chilled or frozen meals. For more information or to see if you are eligible, contact Quirindi HACC on 6746 4545, Werris Creek HACC on 6768 7505 or Willow Tree HACC on 6747 1525.

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Big milestone eaten up

WEDNESDAY was National Meals on Wheels Day which, this year, celebrated 60 years of service in Australia. Tamworth Meals on Wheels will have served the Tamworth community for 50 years this December. Meals on Wheels volunteers help many seniors and people with disabilities to receive a nutritious meal, have a short chat and check on their wellbeing.

The volunteers are a happy group who are appreciated by the management committee, the staff of Tamworth Meals on Wheels and the recipients who benefit from the regular contact and delivery of the nutritious meals. If you would like to experience the service, or become a volunteer, please call the Tamworth Meals on Wheels office on 6765 8999.



hacc
home and community care

LIVERPOOL PLAINS SHIRE



Werris Creek, Quirindi, Willow Tree Home & Community Care

Providing the following services:

- Carer support group
- Men's group
- Home visiting
- Outings
- Appointments assistance
- Health information days
- Shopping assistance
- Transport
- Wheelchair hire
- Meals on Wheels



For all enquiries please phone:

Kay Wheeler/Maureen Harrison	Quirindi HACC Service	6746 4545
Clare Stewart/Jeanette Marr	Werris Creek HACC Service	6768 7505
Carole Taylor	Willow Tree HACC Service	0417 276 390
Jeanette Marr	Quirindi Meals on Wheels	6746 4545
Jeanette Marr	Werris Creek Meals on Wheels	6768 7505

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