



# Community Connection

ST CARTHAGES COMMUNITY CARE

Issue 1 2014

NEWSLETTER

## Who am I?

Born and educated in Adelaide, the city of churches, I trained at the Adelaide School of Arts and also at the Sydney National Arts School. I was the head teacher of Art at Broken Hill, NSW and taught there from 1967 until 1979. I have exhibited paintings and charcoal drawings since 1967 in all Australian capital cities. I am Tom Offord, artist, teacher and member of St Carthage's.



## Knitting donations

The knitting group is looking for donations of 8 ply wool, any colour will do! They also need size four needles, previously known as size 8 in the 'old' measure. If you have wool or needles that you would like to donate, please hand them to your friendly care staff or call the office for more details about the knitting group 6620 0000.



## Community Quote

"Communities are incubators of innovation and are where our can-do spirit resides. In communities lies hope and new opportunities for citizens to volunteer, celebrate, learn about their responsibilities, and take action together."

**John W Gardner**



# Community Connection

## Wishes do come true

An outing is just the thing for a break (or escape) from daily ho-hum eventfulness. An opportunity was provided for my breakaway - by courtesy of St Carthage's Community Care - on a delightful, warm, sunny day, in September last year (2013); for a *sojourn* in Byron Bay. Snacking in a beachside restaurant whilst viewing a lightly populated beach with tourists and local residents, enjoying gentle waves breaking on the shore; appearing rather inviting to those desirous for an invigorating dip.


Donna - one of St Carthage's workers - *au fait* with Byron Bay and the Northern Rivers, chauffeured me leisurely around the district, whilst providing me with comprehensive narratives: the attractions, amenities, the expensive *boutique* restaurants, the celebrities and their upscale homes, nestled in the tranquil, leafy, affluent sector of the Bay. Donna's driving skill combined with her knowledge of local history was quite a *tour de force*. Many thanks Donna for the VIP treatment. My outing was an enjoyable break from the humdrum tripping down memory lane recalling pleasant and sentimental memories, of my contemporaries from the inter-war period; many of whom have since died. And many memorable folk I have had the privilege to count among my friends. An outing is just the thing for a temporary change of scenery to alleviate the ho-hum; and refresh an appreciation for *no place like home*.

I'm very much obliged to Michelle and Carol, at St Carthage's Community Care, for their time and effort in organizing my Byron Bay sojourn; many thanks!


**Reverend Father Maximiadis**



If you have a wish, hope or desire, let one of your friendly St Carthage's care staff know so it can be added to our Wishing Tree. Like Father Max, you too can work with your coordinator and care staff to make your wish come true.

Make A Wish 

Make A Wish 

Make A Wish 

### Wish granted

On Thursday 5th September 2013, Father Max and I undertook the pleasure of granting his Eden wish. He wished to go to Byron Bay to see the whales. We sat on the beach hoping to spot a few travelling past on their way to warmer waters in the south, but no such luck.

Father and I then had lunch at Fish Heads Cafe on Main Beach overlooking the ocean. We enjoyed a beautiful lunch of fish, chips and salad, washed down with a cuppa.

After lunch we ventured back to the beach to sight a whale, but lucked out again. Father Max requested to go for a drive around Byron to take in the views, refresh his memory of the times he'd been there before and see the changes that have been made to the town since.

Father Max said he appreciated the opportunity to have his wish granted and said the day was fantastic.

On a personal note, I found the day to be very rewarding and very emotional (without being selfish) as I knew how much this trip meant to Father Max. I felt so proud and privileged to be able to support him in turning his wish into reality.

Granting a wish is a collaborative effort made between the person who made the wish, their coordinator and community care staff. On behalf of Father Max and I, thank you to St Carthage's for all of your efforts in granting this wish. I hope there are many more achieved in the future.

**Donna Smith, Community Care Worker**

### From the manager.....

I am thrilled to be able to tell you that St Carthages was successful in the most recent 2013 Commonwealth Home and Community Care (HACC) funding round. We will be providing social support, personal care and domestic assistance to older people (65 and over or 50 and over for people of Aboriginal and Torres Strait Island background) on the Far North Coast. Services will commence 3 March 2014. The next few weeks will be very busy for everyone at St Carthage's as the new service is being developed, planned and implemented. This is very exciting news as it means we will be able to provide services to many more people who are at risk of premature or inappropriate admission to long term residential care. Providing personal care, domestic assistance and social support will enable people to remain independent in their home and chosen community. These HACC services will complement our existing services and offer a seamless transition to Levels 2 and 4 Home Care services where-ever desirable, necessary and possible.

**Iris Ritt, Services Manager**



# Community Connection

## Christmas Party

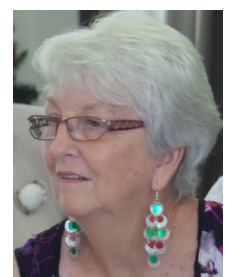
Clients, their carers and staff enjoyed another great Christmas party at the South Lismore Bowls club on the 20th December 2013.

Entertainment was fantastic and included a drumming session with Gareth from Sound Synergy. Gareth has been coming to the Senior Day Club for the past 6 months leading the Monday crew in drums and percussion sessions. Drumming produces relaxation, relieves arthritic pain, lowers blood pressure, reduces stress and creates a feeling of well being. Cheers Gareth. Boom Boom!

Carols and music were performed by Ann and the Back Up Boys, who are regular entertainers at the Club. They performed classics such as Jingle Bells and Aussie Christmas. People were singing, tapping their feet and some even got up and danced together. Our exercise Lady, Libby, took us through our paces with the Chicken Dance and The Hokey Pokey.

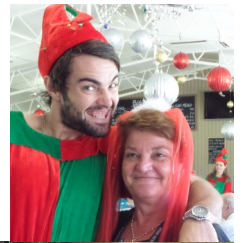
People got into the Christmas spirit with hats, shirts, and outfits. We even spotted a few Elves in amongst the crowd. The Christmas raffle included 3 large hampers full of Christmas goodies and were won by Noeline Rogers, Ellie Gava and Angelina Turcato. There were numerous lucky door prizes and everyone received Christmas gifts from Santa of a coffee mug, shampoo, conditioner and body sponge.

A great time was had by all and we look forward to this years festivities. Bring it on! Wishing you all the best for 2014 from all of us at St Carthage's and the Club.





## Christmas Party Photos





# Community Connection

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## Hypnotic Beats

St Carthage's Community Care, together with Gareth Jones from Sound Synergy are offering drum therapy for Carers. Sound Synergy is a professional drumming company that uses percussion and rhythm to uplift groups of people across all social spectrums regardless of age, gender or cultural backgrounds.

Playing percussion can free your emotions and help mental clarity. Drumming can induce deep relaxation, reduce stress and produce feelings of euphoria and well being.

If you are a carer of a frail, older person, carer of a person with dementia or a carer of a person with dementia and challenging behaviours and you'd like to be a part of this program, please contact Tracy 6620 0000. Cost is \$5 per session and includes a cuppa before the fun. All equipment is provided.



## Choc Ripple Cake

- 1 x 500ml thickened cream
  - 1 tsp caster sugar
  - 1 tsp vanilla essence
  - 1 x 250g pkt Arnott's Choc Ripple biscuits
  - Fresh raspberries, to serve
1. Beat the cream, sugar and vanilla in a bowl until firm peaks form. Spread a little of the cream mixture along a serving platter.
  2. Stand 1 biscuit upright on its edge and spread with cream mixture. Place another biscuit alongside and sandwich together. Continue layering with cream mixture and remaining biscuits to form a log.
  3. Spread the remaining cream mixture over biscuit log to cover. Place in the fridge for minimum of 6 hours to set.
  4. Top with the raspberries then slice the cake diagonally.





### Silly Stories

Our creative juices were flowing during a writing session at the club recently. The trick was to be secretive about it! Each person wrote a line of a story and passed it on to their neighbour to write the next line. Whatever was written was covered so that the story was secret until the big reveal at the end. Here is what we came up with:

Beautiful Frankenstein and smart Marlene met at the zoo. He gave her flowers and said "I love you". She said to him, "I like your washboard abs". The consequence was a wedding and the world said nothing about it.

Active Thomas and Happy Bridgette met at the pub in Casino. He gave her a packet of peanuts and said "You are so pretty". She said to him, "Me too". The consequence was that it rained and the world said that it can't talk about it.

Large Noel and screaming Jenny met in Heaven's Head. He gave her a bunch of flowers and said "Hello". She said to him "Why thank you". The consequence was that there was an explosion. The world said I wouldn't know about it.

Big Henry and funny Amalia met in Casino. He gave her an engagement ring and said "You've got great pins". She said to him "Yes I will". The consequence was that they parted and the world said good riddance about it.

Disgusting Neville and bright Clarice met at the Warrobo College. He gave her stictnen and said "I will see you tomorrow morning at Mass". She said to him "No". The consequence was that they went home alone and the world said good on you about it.

Enormous Jack and busy Gene-Lee met in China. He gave her a ring and said "Will you marry me?" She said "No". The consequence was that they danced and the world said it's terrible about it.



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## Nice to meet you

I've always read profiles of various and numerous people written up in newspapers and magazines and thought, "I wonder what my profile would contain if I ever had the chance to write one". So, here goes!

I'm Meg Burrows. A 25 year old young lady from country QLD just living her NSW dream! And by that I mean I still support QLD in the origin!

I have an amazing family circle - two very supportive, although divorced, parents, one older brother Trent, married with two amazing boys and I'm lucky enough to have met my partner Matt, who is probably the last gentleman roaming earth! I was born into an old school setting with both my parents missing the memo that having kids before 47 would work well too! I definitely count myself lucky though to be brought up the old fashioned way and would never change it for anything!

I started at St. Carthage's in late August 2013 as a Community Care Worker with a passion for helping and wanting to make a difference in people's lives. My passion for this line of work became quite obvious after dealing with my elderly father's health scare at the age of just 19 and needing to be his "right hand man". I quickly became aware of what I wanted to achieve and what career path I wanted to pursue. Although I'm only young I'm also driven and cannot wait to study and continue my journey with St. Carthage's in the Community sector and beyond!

Being a new team member at St. Carthage's has been among one of the best opportunities I've decided to accept and has seen me meet some amazing and inspiring people in just a short period. It's uplifting when you get work with people who are 110% supportive and dedicated to making a difference in people's lives!

I've had so many people asking me since I've been at St. Carthage's what makes my job so worth while and why am I always so happy! It's really simple. I've always used the saying, *"If you don't like where you are or what you do, move. You're not a tree!"* If you have dreams, strive to follow them. If you aren't happy with where you are in the present change things up and get someone to kick some positive back into your life! I think it is so important to work with an organisation that has a positive outlook and a passion. We are all blessed to be working with an organisation such as St. Carthage's that has a vision which is far beyond today.

"Don't be the tree"

**Meg Burrows, Community Care Worker**





### Farewell

Reflecting on the past four years of service with St Carthage's I would like to say a fond farewell to all of the people I have worked with.

There have been many highlights but my favourites have been supporting people to achieve their goals. These goals have varied, from walking independently without the aid of a walker or stick, to running three kilometres in a fun run! Watching people grow as they achieve steps along the way has been most rewarding. Keep up the good work! Thanks for sharing your wisdom with me, I have learned so much. I hope our paths meet again in the future. **Carissa**



### Merry Christmas

Jenny's pig Bessie enjoyed Christmas lunch a little too much this year! Thanks for the picture Jenny Law. Get well soon Bessie!



# Community Connection

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## Facts about Happiness

In recent years there have been substantial advances in the science of well-being with a vast array of new evidence as to the factors that affect happiness and ways in which we can measure happiness more accurately. We now have an opportunity to use this evidence to make better choices and to increase well being in our personal lives, homes, schools, workplaces and communities.

The research shows that we need a change of priorities, both at the societal level and as individuals. Happiness and fulfillment come less from material wealth and more from relationships; less from focusing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us.

### Facts about Happiness...

1. Economic stability has a large effect on the happiness of society, while long-term economic growth has little. Unemployment reduces happiness by as much as bereavement.
2. People's happiness can be permanently altered. Surveys show that for many people long periods of unhappiness are followed by long periods of happiness.
3. The most important external factors affecting individual happiness are human relationships. In every society, family or other close relationships are the most important, followed by relationships at work and the community. The most important internal factor is mental health. For example, if we take 34 year olds, their mental health at age 26 explains four times more of their present happiness than their income does.
4. The subjective levels of happiness which people report are well correlated with objective measures of brain activity. They are well correlated with friends' reports, with obvious causes (like unemployment) and with subsequent behaviour (like quitting a job or a marriage)
5. Doing good is one of the best ways to feel good. People who care more about others are happier than those who care less about others. When people do good, their brain becomes active in the same reward centre as where they experience other rewards.
6. People who take 8 sessions of mindfulness meditation training will on average be 20 percentage points happier one month later than a control group and have better responses in their immune system. Such training can lead to structural brain changes including increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection.





**Continued..**

7. In an experiment, individuals with a positive outlook were less likely to get flu when exposed to the virus.

8. Our happiness influences the people we know and the people they know. Research shows that the happiness of a close contact increases the chance of being happy by 15%. The happiness of a 2nd-degree contact (e.g. friend's spouse) increases it by 10% and the happiness of a 3rd-degree contact (e.g. friend of a friend of a friend) by 6%.

9. Most people think that if they become successful, then they'll be happy. But recent discoveries in psychology and neuroscience show that this formula is backward: happiness fuels success, not the other way around. When we're positive, our brains are more motivated, engaged, creative, energetic, resilient, and productive.

10. Positive emotions - like joy, interest, pride and gratitude - don't just feel good in the moment - they also affect our long term well-being. Research shows that experiencing positive emotions in a 3-to-1 ratio to negative ones leads to a tipping point beyond which we naturally become more resilient to adversity and better able to achieve things. The evidence linking an upbeat outlook to increased longevity is actually stronger than the evidence linking obesity to reduced longevity.

Although our genes influence about 50% of the variation in our personal happiness, our circumstances (like income and environment) affect only about 10%. As much as 40% is accounted for by our daily activities and the conscious choices we make. So the good news is that our actions really can make a difference.

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Check out our website: [www.stccc.org.au](http://www.stccc.org.au)



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**Contributions**

Calling all clients, volunteers and staff – do you have a story, a hobby, something that gives you a sense of freedom and pleasure? We would love to hear about it and publish your story and pictures in future editions of the newsletter. You can send your story and pictures via email, fax, post or give us a call. Here are the contact details:

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