



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 1 Issue 2

A WISH SUCCESSFULLY GRANTED!

Hello,

I am Mimi Fusarelli, a carer for my husband Paolo who has dementia. I was born and raised in the Philippines. The 26th January 2014 "Australia Day" was one of my greatest days in this country. On this day, I took my citizenship oath to become an Australian Citizen.

To become an Australian citizen is a big opportunity for me and I would just like to say "Many Thanks" to St Carthage's Community Care for the "RESPITE" provided to us.

My appreciation also to Commonwealth Respite and Carelink Centre for organising transport for me through your organisation. Irene transported me to Tweed Heads to complete my citizenship test and has given me moral support.

Thank you also to Ingrid who looked after Paolo on this day. Then to Karina, who took care of Paolo during my Citizenship oath taking.

I was very happy that Paolo was able to witness me in the ceremony.

St Carthage's support has contributed to my success of becoming an Australian

Citizen. Once again,

Thank you very much....

Mimi Fusarelli



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KNITTING DONATIONS

A massive thank you to Arida Healy on her large contribution of wool to the knitting group.

If you have any 8ply wool or size 4 needles and you would like to make a donation, please hand them to our friendly care staff or into the office. For details on knitting group times please call 6620 0000

DID YOU KNOW ON THIS DAY IN...

- May 4th 1494– Christopher Columbus discovered Jamaica
- May 20th 1932– Amelia Earhart was the first woman to fly solo across the Atlantic
- June 12th 1898– The Philippines declared their independence from Spain
- June 28th 1919– The signing of the Treaty of Versailles formally ended World War I



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FROM THE MANAGER

St Carthage's Community Care recently had the great honour of meeting with Federal Member for Page Kevin Hogan which was reported in the Northern Star on 22 April 2014. Unfortunately the Northern Star got our name wrong. Below is an extract from the article and we have taken the liberty of correcting our name.

*ABOUT 30 people will gain employment with **St.Carthage's Community Care** in **Goonellabah** thanks to a \$1.38 million federal government grant.*

The aged care provider will now be able to expand services across the North Coast as a result of the government's investment in the national Home and Community Care program.

Respite coordinator Jodi Scott worked hard to prepare a submission for the grant.

"I think one of the good things we do here is lots of needs analysis, so we identify where there's an unmet need or gap in community services," she said.

"We had a small bucket of money under the HACC program for centre-based day respite for frail older people, but there was a big need for supporting people in their own homes for domestic assistance and personal care. We also had a little bucket of money for social support.

"So it was about expanding that and being able to offer the full continuum of care for someone to remain in their home independently as long as they can."

Federal member for Page Kevin Hogan, who pushed for the grant's approval, was on hand to congratulate the aged care provider's staff and volunteers.

"What I can sell is the organisation that's applied and this organisation is obviously a very easy one to sell," he said.

"They have a good name in the community and they provide a good service in the community now already.

"And as Jodi said, this whole application was to fill a gap that needed to be filled for our community. "Here, statistically, we're older than the rest of the country."



From left to right: Geoff Costello (CEO), Kevin Hogan (MP), Jodi Scott (Respite Coordinator) and Iris Ritt (Community Services Manager)

St.Carthage's Community Care chief executive Geoff Costello said the grant would ensure the continuation of services enabling elderly people to retain their independence.

We are very excited to be providing social support, personal care and domestic assistance to older people on the Far North Coast.

If you would like any further information about the new HACC services (domestic assistance, personal care and social support) please don't hesitate to contact Lesley on 02 6620 0000

Iris Ritt

ST.CARTHAGE'S WELCOMES A NEW PROGRAM

St Carthage's was successful in the most recent 2013 Commonwealth Home and Community Care (HACC) funding round and will receive \$1.38m.

We have commenced 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 commenced 1 March 2014. The next few weeks will be very busy for many staff as the new service is being developed, planned and implemented.

home and community care

Funded by the Australian Government
Department of Social Services

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 compliment our existing services and offer a seamless transition to Levels 2 and 4 Home Care services where-ever desirable, necessary and possible.

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."

- Margaret Mead

Details of all successful applicants are posted on the Department of Social

Services website : www.dss.gov.au/agedcare

"History will be kind to me for I intend to write it." -Winston Churchill

HISTORIC TALES

CLIVE'S RECOLLECTIONS

Clive's grandfather George was on the "Wollongbar" ship that was washed ashore onto the Byron Bay beach during a severe storm on the 14th May 1921. Clive remembers when he was a small boy, his grandfather telling him about that specific day and that his grandfather was all dressed up in his best suit travelling to Sydney to see his family. He told Clive about helping the people onboard to shore. The bones of the "Wollongbar" can still be seen today on Byron Bay beach and is now known as, "The Wreck". This is a popular surfing spot for all.



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GET READY TO MEET THE NEW STAFF...

We have just completed our biggest Community Care Worker recruitment campaign in the history of the organisation. It has been an extremely competitive process. The applicants were of a very high caliber. Most impressively, applicants who successfully made it through the interview process, are excited about the organisations Eden journey. We even had one of our expert clients, Kevin Reed, join in on our group information sessions!

Here are some interesting statistics:

- * 152 applications
- * 49 shortlisted for information sessions
- * 26 shortlisted for interview
- * 17 people offered contracts



AMY— COMMUNITY CARE

Hi, I'm Amy!

I live in casino with my partner and my son. Adding to the mix is our dog (who is more like a horse), a cat called Crash, and 3 crazy galahs.

I studied midwifery, and I am passionate about helping people and having great relationships with those around me. I love to cook, and can often be found at midnight, in my kitchen trying to recreate recipes that I've dreamt about.

I'm eager to learn and cannot wait to start forming relationships within my daily work tasks. If you see me out and about don't be shy, say HI!

RICHELLE— RESPITE

Hi, I'm Richelle!

I previously lived in Bonalbo up until 2002. We then moved just outside of Lismore to Caniaba on a 400 acre property.

I enjoyed sports while growing up and as I get older I still have that passion. I completed a diploma in Child Care after 18 months studying.

I've experienced life in the work force and have learnt a lot about myself and also the importance of the needs other people have.

I feel everyone has a wealth of knowledge, listening is the key to applying yourself and that building skills and working/communicating with others harmoniously has a positive outcome.



We stock the 1 litre pump bottle of Macadamia Professional Lotion, which usually retails for \$25. We sell it for \$13 a bottle (which is cost price) to our clients, staff and volunteers. If you would like a bottle please contact Carolyn at the office 6620 0000

THE IMPORTANCE OF RESPITE FOR CARERS

As the primary carer you are the most important person in your loved ones care. When taking care of someone it is important to consider your own health and wellbeing. No one should have to do it alone. Respite can give the carer the rest and relaxation needed to keep supporting your loved ones at home. Respite can be taken for many different reasons which may included an emergency or becoming unwell and physically unable to care for your loved one or it may be as simple as attending an event.

It is a good idea to plan ahead for respite. Forward planning allows the carer the opportunity to organise a holiday, catch up with family and friends or to just stay at home to relax or catch up with those pesky jobs that keep getting put off because you have no time.



St Carthage's recommends that Carers register their loved ones with Commonwealth Respite and Carelink Centre so that the family are known and your information is on file in case of an emergency.

Commonwealth Respite and Carelink Centre is a great source of all respite information and provides a single point of contact for the general public, service providers, general practitioners and other health professionals for information on community, aged and disability services and carer support. The Centre can also assist with information about costs for services, assessment processes and eligibility criteria.

Commonwealth Respite and Carelink Centre -Far North Coast

Free call* 1800 052 222

Calls from mobiles are charged at mobile rate

Australian Government and United Protestant Association of NSW Ltd Activity

St Carthage's provides flexibility in respite, anything from an hour to overnight respite, day club and social groups. You the carer, are the glue that holds everything together. Without you loved ones would not be able to stay in their own homes. Respite is not a luxury it is a necessity. Do not forget to take time. You are important and you deserve it

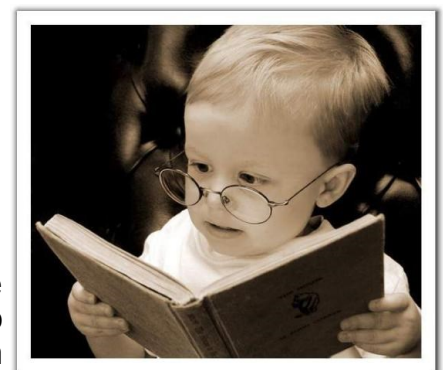
Carer Courses

Available to family carers and friends directly involved in the care or support of a person with dementia.

Topics include:

- ♦ The Nature of Dementia
- ♦ Effective Communication
- ♦ Activities
- ♦ Understanding and Responding to Behaviours
- ♦ The Impact of Dementia
- ♦ Community Services
- ♦ Planning Ahead
- ♦ Understanding grief and transition to care.

For more information on course dates please refer to the Education and Training page at fightdementia.org.au. To register for a Carer Course please contact the Education Team on (02) 9805 0100 or email.



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CLIENT CORNER



Rose holding one of her paintings.

Rose Akins is a delightful 93 year old lady who lives on her own in Casino. Rose took up painting as a hobby when she was a spring chicken of 50 and has many examples of her work hanging in her home.

Rose is now attending a painting group that meets each Wednesday at the Casino Showground, thanks to Stella, one of our community care workers, who found out about the group and asked Rose if she would like to go. It was a definite “yes” from Rose, so now our care workers assist with transport to and from the painting group each Wednesday.

According to Rose's daughter Lyn, Rose absolutely loves being part of the group as she has always painted on her own and has never been able to find a group in Casino to paint with. Lyn also said that Rose, like many of our elders, gets lonely and the painting group is the perfect anecdote to alleviate the loneliness for Rose.

Cookies and Cream Slice

350g OREO Original Cookies
80g Butter
375g Philadelphia Cream Cheese softened
½ cup caster sugar
1 teaspoon vanilla
1 cup cream
3 teaspoons gelatin, dissolved in ¼ cup boiling water
200g white chocolate, melted (I use Nestle Milky Bar)
Strawberries for decoration and extra OREO cookies broken for decoration if desired (I never do this, the slice doesn't last long enough to be decorated!)

- Place 250g of the OREO cookies in a food processor and process into fine crumbs. Add the butter and process to combine. Press into a lined 18 x 28cm slice pan and chill.
- Beat the Philly, sugar and vanilla with electric mixer till smooth, then beat in the cream. Stir through the gelatin and white chocolate.
- Roughly chop the remaining cookies and stir through the filling then pour over the OREO cookie base. Refrigerate 3 hours or until set. Cut into triangles and decorate. Serve immediately.
- I usually buy 250g of the normal OREO and then get the OREO mini's to put in the cream cheese filling instead of having to chop them (up to you).

Enjoy !!!



PEOPLE WHO love TO EAT
are always
the best people
-Julia Child



HAPPY HOUR

2 elderly men sitting on a bench seat

The one man says to the other:
"my wife said whatcha going to do today?"

He said: "nothing"

His wife said: "you said that yesterday"

And the man answered: "well, I wasn't finished!"



Did you hear about the race between the lettuce and the tomato?

The lettuce was a "head" and the tomato was trying to "ketchup"!



? DID YOU KNOW ?
?

If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Banging your head against a wall uses 150 calories an hour.

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

Pearls melt in vinegar.

UPCOMING EVENTS /DATES



May 6th is World Asthma Day

May 12th to 18th is National Volunteer Week

May 16th Friday celebrate the power of volunteering at the Lismore Volunteer Expo at Lismore City Library from 10am to 3pm. It's free!

May 22nd Thursday Australia's Biggest Morning Tea at 10am at the Day Club (27 Oliver Avenue, Goonellabah). There will be entertainment & raffles.



June is Bowel Cancer Awareness month

June 15th is World Elder Abuse Awareness Day

June 21st Saturday come to the Lismore CBD for the Lantern parade.



July 13th to 19th is National Diabetes Week

July 27th Sunday enjoy Opera At the Channon now in it's 17th year the 2014 Event promises to bring you A Feast of Food, Wine & Song!



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WINTER IS UPON US



Winter warming tips

Take it down a notch

In the cooler months, set the thermostat between 18 °C and 20 °C. Every 1°C higher could increase heating energy usage by up to 10% more.



Rug up

Pop on an extra jumper and at night and throw on an extra blanket instead of turning the heater up.

Shut the doors and save

In rooms not being used, turn off the heating and shut the doors. While out, turn the heat down to save energy.

Layer up

Although you might think that big winter jumpers are the way to go, wearing layers of thin clothes will keep you warmer as they trap body heat



WHAT IS INFLUENZA?

Commonly known as 'the flu', influenza is a highly contagious disease that can be serious, debilitating and affect the whole body. The flu is caused by a particular group of viruses and is spread by infected people coughing or sneezing as well as from surfaces contaminated by respiratory secretions. Even laughing, talking and breathing can disperse the flu virus. But it's no laughing matter. Influenza can cause serious illness, particularly in people with underlying medical conditions, older adults, pregnant women and young children. Many people confuse the common cold with influenza; however, colds are much less severe.



BRRRR!!!
It's COLD OUT!!!

Flu Symptoms include:

- fever (often high)
- chills
- severe cough
- headaches
- muscle aches and pains
- sore throat
- children's symptoms may also include nausea, vomiting and diarrhoea.

Are you interested in a flu shot?

Head down to your local chemist, doctors surgery or health care professional who can provide advice about current flu vaccinations.



CARE FOR PEOPLE WITH A DISABILITY

Caring for a person with a disability at home is a difficult task and can become overwhelming at times. Each day brings new challenges as the caregiver copes with changing levels of ability and new patterns of behaviour. Research has shown that caregivers themselves often are at increased risk for depression and illness, especially if they do not receive adequate support from family, friends, and the community.

One of the biggest struggles caregivers face is dealing with the difficult behaviours of the person being cared for. Dressing, bathing, eating, and living often become difficult to manage for both the person with the disability and the caregiver. Due to the nature of the caring role, self-care is something that a lot of carers tend to neglect or forget. Common reasons for this include lack of time, tiredness, feelings of guilt, as well as carers not perceiving self-care to be a high priority.



It is important to remember that if we don't look after ourselves, you will be unable to provide the best level of care for the person we are caring for. Caring for ourselves can start with just a few minutes. And here are some ideas to help with starting down the path of self-care:

Have a plan

Spend a few minutes to develop a plan for the day. Even though those plans go array, it gives you an idea and some goals for the day. It offers a sense of control and empowerment.

Take a break

This is easier said than done when faced with what seems like a momentous load of work to do. Stop, breathe, eyes closed and imagine a peaceful place, even for a minute. Relax all the muscles in your face. Take another deep breath and move forward with the day.

Exercise

Some exercise can be done right in the home. In a perfect world we would be able to go for a walk or go to the gym, but in the caring role we learn to be creative.

Respite

Respite comes in many forms. It can include a worker providing in home respite to care for your loved one, to a day out doing things in the community with a community care worker, to your loved one coming and staying in our beautiful respite home right here at St. Carthage's.

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St Carthage's provides support and assistance to older people, people with disabilities (including children from 5 years of age) and their carers. Our funded services include:

Home Care Packages – Level 2 and Level 4

Home Care packages are individually planned and coordinated packages of care (case managed) tailored to assist people to live independently at home [Lismore, Casino, Kyogle, Nimbin and surrounding villages](#)

Domestic Assistance

Domestic assistance includes assistance with cleaning, dishwashing, clothes washing and ironing and unaccompanied shopping [Far North Coast](#)



Personal Care

Personal care provides assistance with daily self-care tasks including eating, bathing, toileting, dressing, grooming, getting in/out of bed and moving about the home [Far North Coast](#)

Social Support

Social support activities aim to assist people to participate in community life and includes visiting services, telephone based monitoring services and assisting people with shopping and other related activities [Far North Coast](#)

Seniors Day Club

The Seniors Day Club provides Centre Based Day Respite for older people residing in their own homes. Clients are offered the opportunity to participate in a recreational and leisure activity program [Lismore and Casino](#)



Seniors Overnight and Flexible Respite Service

This respite service is for carers of frail older people, people with dementia and people with dementia and challenging behaviours. Respite can be provided at the community centre, in the persons own home (day, evening or overnight) or out of home (in small groups, day, evening or overnight) [Lismore and Richmond Valley](#)

Respite for carers of adults with disabilities

This service provides respite for carers by supporting adults with disabilities out of home and overnight. Support is available for 1 to 5 consecutive nights at a time. People accessing the service are encouraged and supported to participate in activities within their community [Lismore](#)

Respite for carers of children and young people

This service caters for children with disabilities from the age of 5 to 17. We provide support to children aged 5 and over out of home, overnight and in groups offering opportunities to socialise together and participate in activities within their community [Lismore](#)



Flexible Respite Packages for people with disabilities

This respite service is individually tailored to meet the needs of the person with a disability and their carer. Respite can be provided at the respite house, in the persons own home or out of home (in small groups, day, evening or overnight) [Lismore](#)

Private/Brokerage Services

Individuals and organisations in the community are eligible to purchase private home care and other support services including respite [Lismore and Richmond Valley](#)

Internet Kiosk for older people

The kiosk features three computers with broadband access. Training is provided by qualified volunteers on using a computer and surfing the internet [Lismore](#)



WARMING OUR BELLIES

CHICKEN & CORN SOUP

- 20g butter
- 2 garlic cloves, finely chopped
- 5 chicken thigh fillets, trimmed and sliced
- 1 litre chicken stock
- 2 x 420g cans creamed corn
- 2 x 125g cans corn kernels, drained
- 1 tablespoon brown sugar
- 1/4 cup sour cream
- salt and cracked black pepper
- 1/3 cup chopped coriander leaves



METHOD

Melt the butter in a large saucepan over medium heat. Add the garlic and cook for 1 minute, then add the chicken and cook for 3-4 minutes. Stir in the stock, creamed corn, corn kernels and sugar. Bring to the boil then simmer for 15 minutes or until the chicken is very tender and you are happy with the consistency. Remove from the heat and stir through the sour cream, salt and pepper. Top with the coriander and serve.

Soup is a lot like a family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavour.
~Marge Kennedy~

SLIPPERS WITH SOUL

Size No. 7 Needles

4 Ply worsted yarn

Cast on 5 sts.

Knit 6 rows.

Next Row: Increase in 2nd stitch of each row until you have 22 stitches on the needle.

Next Row: Increase in each stitch to 44 sts.

Next Row:

Knit 2, Purl 2 for 6 inches.

Next Row:

Knit 2 together across giving you 22 sts.

Next Row: Decrease in 2nd stitch at beginning of every row until you have 5 sts.

Knit 6 rows.

Cast off, fold in half and sew the K2, P2 sides together and the 5 sts on top together to form strap.

Decorate with button if desired.



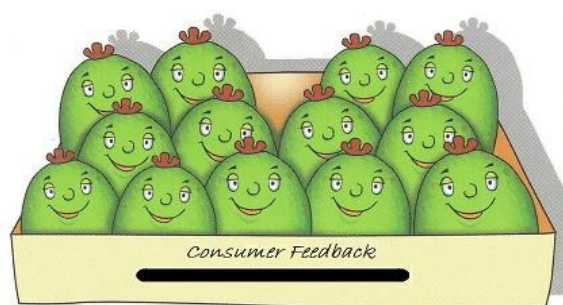
STAFF PROFILE



Hello Everyone! I am Heidi Burton, the Children's Respite Program Officer. I started working at St Carthage's in August of 2013. Prior to coming to St Carthage's, I was a School and Family Liaison Counsellor in the Wagga Wagga Diocese. I worked full time at a High School and a Primary School. My husband was transferred to the Northern Rivers by Department of Education, and so here we are, in God's own country.

I am originally from Washington State in the USA. I worked for Kids in Crisis for several years as a counsellor and case manager. I also owned a photography studio and travelled around the world taking commercial and portrait photographs. I became a passionate activist for helping kids in need. This is something that my husband and I still partake in. We have been heavily involved with FoodBank NSW. As well as developing breakfast programmes at a couple of schools, and helping schools support fruit breaks so that no child goes without. Our ultimate dream is to have a community garden for those in need.

I have two children, a cattle dog pup, and a bevy of chooks on 8 acres in the Eltham area. Just getting ready to plough and start a very large veggie garden. We may add a cow or two in the future. I love making soap, cooking, and canning. Mostly, I love teaching my kids things I learned from growing up on a farm with my parents.



Recently we received some feedback by a new client on our 'Tell us what you think' form: "I was speaking to a new client that just received a package. She advised that she spoke to a lot of families about which service provider she should choose and they all told her that St.Carthage's was by far the best choice."

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.



Would you like the Community Connection emailed to you?

If yes—please send an email to comcare@stcarthages.org.au and your email address will be added to the list.

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