



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 1 Issue 3 August– October 2014

OPEN DAY TRIUMPH

On the 20th June St. Carthage's along with many aged care providers around the globe joined in opening our doors to the public to showcase not only our organisation but also those who we work closely with in the community.

There were representatives providing information and resources from [Aids Council Of NSW \(ACON\)](#), [Dementia Outreach Services](#), [Macadamia Oils of Australia](#), [Northern Rivers Community Transport](#), [Meals on Wheels](#) and [Commonwealth Respite and Carelink Centre](#) who all set up wonderful displays. Children from Lismore South Public Primary School attended and demonstrated their mosaic skills along with entertainment on the day provided by Jill and Morrie and also a Tai Chi demonstration by Wendy Taylor and her Tai Chi class.

Pam from Dementia Outreach Services spoke about keeping a healthy mind. Staff member, Peter Potter gave an excellent speech explaining how the Eden Alternative first started and how our lives are full of many significant and meaningful activities. A big thank you goes to our [MC for the day Ros Derrett](#) and [photographer Peter Derrett](#).

The day started off with a welcome by Ros and our manager Iris Ritt. Morning tea was a huge success with our hard working volunteers and community care staff helping to organise the food. Thank you to [Meals on Wheels](#) for your donation of tasty cakes for all to enjoy. Lunch was a delicious sausage sizzle with the sausages making their way to the BBQ from [Brad and Matt at Madsen Meats and Small Goods in Casino](#). Thank you to Jake Turcato, Ian Wilson and Russell Buttrum for spending the morning sizzling these to perfection.

We had three lucky door prizes drawn on the day and the winners were:

- 1st Terry Duncan
- 2nd Shirley Davis
- 3rd Eileen Gardner

A big thank you to [Macadamia Oils of Australia](#) for their donation of a beautiful hamper and artist [Garry Holmes](#) for giving us one of his incredible paintings to be used as prizes. We also thank [Mayor Jenny Dowell](#) for her support and for joining us on our Open Day.

Photos on page 8 and 9

On the 20th June St. Carthage's along with many aged care

FIDDLE WITH THIS RIDDLE

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat? (Solution on the back page)

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EDEN WISH - A STORY BY IRENE SWAN SHEARD

On 14th March, I accompanied Phyllis Nielsen and her Son Keith on a trip to Dunoon. Phyllis was born into this area and also raised her own family there. Phyllis had not been to Dunoon for 15 years and she made a wish to the St Carthage's wishing tree, to revisit the place where she had so many ties. We set out on Friday morning and we were not long out of Lismore when Phyllis started to recall the memories of her childhood.



"That is where I went to school" she told us as we passed the Modanville Public School. "That's the road where my father rode his bike for miles to the slaughter yards" and "that is the house where I lived when my children were born". We were not even at Dunoon yet but the stories were so interesting and I felt so privileged to be sharing this with Phyllis and Keith.

On arrival in Dunoon, we drove around taking in all the places that Phyllis and Keith remembered from their time living there. Some things were the same and others had changed. "That is where the tennis court used to be" said Phyllis and "when I was a child I used to stop and watch them playing and arrive home late for tea".

We stopped at Dunoon General Store for morning tea. The one place we didn't find was their old home in Dunoon. We were able to call Denis Matthews, the local historian to see if he knew where it was. He invited us into his home for tea and biscuits. Denis remembered Phyllis and her family and he and Phyllis shared many a story of the old days. They talked a lot about Duncan Currie, the founder of Dunoon.



He originally had a property called Dunoon after his birthplace in Scotland which is now called Modanville, with Dunoon now the neighbouring town. We looked at maps to try to find their old home but could not determine how to reach it.

By this time (and many cups of tea later) Phyllis and Keith were satisfied with the day and all they had experienced and it was time to head back to Lismore.

JUBILEE HOUSE OFFICIAL OPENING

After almost six years of blood, sweat and tears the purpose built respite house, now officially known as **Jubilee House**, was opened and blessed on Monday 30th June by the Most Reverend Bishop Geoffrey Jarrett DD.

Special guests included; Thomas George MP, Kevin Hogan MP, Mayor of Lismore – Councillor Jenny Dowell, Aunty Dorrie Gordon and chair of the St Carthage's Community Care care services advisory board Denys Wynn. Respite client Russell Buttrum kindly spoke about St Carthage's Community Care and the support he receives from us.

As this new world of the National Disability Insurance Scheme (NDIS) approaches, St Carthage's has a fantastic venue that we will be able to use as a "hub" to continue to provide support for people with disabilities living on the Far North Coast.



An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness ~Eden Principle 4~

At the official opening of Jubilee House, Barbara Thacker presented St. Carthage's with a hand crafted wooden plaque. Barb was looking for an activity to fill in her day when she was asked by Michelle Marchant, Home Care Coordinator, if she would like to carve a sign for the new Jubilee House at her Wood Crafters of NSW group. Barb attends this group each Friday at Summerland House Farm in Alstonville.

St. Carthage's Community Care would like to extend a big thank you to Barb and her Wood Crafter group for their generosity and beautiful craft work.



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MEANS TESTING—HOME CARE PACKAGES

If you commenced on a Home Care Package on or after 1 July 2014 you need to submit an Aged Care Fees Income Assessment to Centrelink to determine your income tested care fee. This includes clients transferring from one level of care to another.

Depending on your income, you may be asked to contribute more to the cost of your care. This extra amount is known as an 'income-tested care fee'. The Department of Human Services (Centrelink) works out the income-tested care fee based on an assessment of your financial information. The assessment does not include the value of your home or any other assets.

You cannot be asked to pay an income-tested care fee if you have a yearly income below the following:

- ♦ individual person – \$24,731.20
- ♦ member of a couple but now separated due to illness (individual income) – \$24,263.20
- ♦ member of a couple living together (combined income) – \$38,344.80.

If you have any questions please contact My Aged Care on 1800 200 422 or Centrelink on 132300.



One of our clients, Joan Martin, would like to introduce you to her first great grandchild. This is the beautiful Harper Rae. Harper is the first great grandchild for Joan and the first grandchild for Joan's son Peter and daughter in law Tracey. This is a proud moment for Joan. St. Carthage's wishes you all the best at this joyous time and we send you our congratulations on



HACC PROGRAM

The new HACC program supports older people to remain in their home. The program has capacity to assist approximately 200 clients with domestic assistance, 75 clients with personal care and numerous clients with access to social support **every week**. This equates to over 600 clients across the Far North Coast. At 1 July we counted 53 HACC clients across the Far North Coast—which means we have reached just over 10% capacity.

No wonder some of us have found it difficult to catch Lesley in the office. She has been implementing the HACC program in and around Grafton and the Tweed. Meanwhile Carol, Christina and Meg have been implementing the HACC program locally. Thank you to Lesley, Christina, Carol, Meg and the office staff for working together to get the new program up and running.

If you have a friend or family member that could benefit from the HACC program please call the office to discuss eligibility today. 1300 761 833



home and community care



St. Carthage's would like to thank Dale Pollard and Dot Ruane for sewing together the knitting groups knitted squares into beautiful blankets. A big thank you also goes out to the Wednesday Day Club for their help knitting the squares. We appreciate your work.



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FIRE SAFETY PROGRAM

SABRE PROGRAM

What is the SABRE Program? SABRE— Smoke Alarm and Battery Replacement

The Smoke Alarm and Battery Replacement (SABRE) program assists seniors and people with a disability who are vulnerable in the case of a fire because they are not able to install and/or maintain their smoke alarms.

Firefighters can visit the residence at an arranged time to install a battery-operated smoke alarm or replace existing smoke alarm batteries at no cost. The resident must supply the battery-operated smoke alarm or batteries. Firefighters can provide safety advice while visiting premises.

Eligibility

Residents who have limited domestic support (no access to family, friends or neighbour's who can assist) and are living in their own or privately rented home in Fire & Rescue NSW districts are eligible for the program. Examples are:

- ♦ frail aged people (aged over 65),
- ♦ people with disabilities,
- ♦ or people who are already receiving community assistance and services.

How can I Access the Program?

Contact 1800 151 614



The Friday boys bus group.

On July 4, the Friday boys bus group decided to go a little further than normal and have a bit of a treat. Ken B, Ken L, Malcolm, Croke, Allan and I together with our Driver, Dave and helper Terry, set off for The Hogs Breath Cafe at the beautiful seaside town of Byron Bay.

Once we were all aboard, we headed to Byron Bay, going through some scenic countryside and stopping for morning tea at a lovely picturesque park in Bangalow. Here we enjoyed a yummy fruit cake and took in the scenery.

After leaving Bangalow, we travelled part of the new Bangalow bypass to get to our destination.

Upon arriving we excitedly climbed the stairs to the restaurant. Wow what a sight, a Holden car seemed to be emerging from the wall, many celebrity signatures and colourful lights greeted us. The hostess showed us to our table overlooking the main street. The majority of us enjoyed a steak sandwich, one had fish and chips and one had a healthy salad.

What lovely people there are in the world and we'd like to express our gratitude to the wonderful management and staff of The Hog's Breath Café for their kindness and good service. Then it was time to board the bus and head for home. A wonderful day was had by all and we thank Tracy, Terry and Dave for organising a memorable trip.

Written by: Norm Martin



EVENTS CALENDAR



3rd to 10th is Healthy Bones Week

4th to 11th is Dental Health Week

11th to 17th is brain injury awareness week

22nd is Daffodil Day

24th to 30th is Hearing awareness week

27th is national Meals on Wheels Day



Prostate Cancer awareness month

Childhood Cancer awareness month

1st to 7th is Nation Asthma Week

8th to 14th is National Stroke Week

21st is World Alzheimer's Day

21st is World stay in bed Day

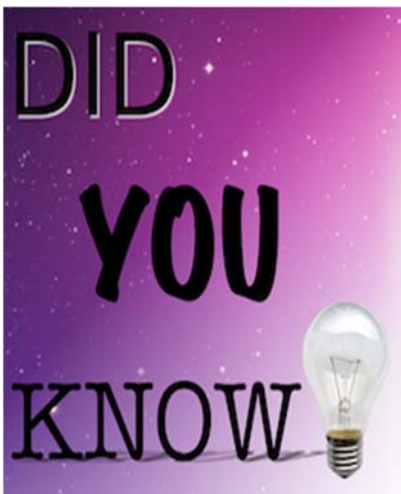


Breast Cancer awareness month

1st to 7th is Seniors Week

5th to 12th is mental Health Week

12th to 18th is Carers Week



Lemons contain more sugar than strawberries

8% of people have an extra rib

Birds need gravity to swallow

85% of plant life is found in the ocean

Most lipsticks contain fish scales

August has the highest percentage of births

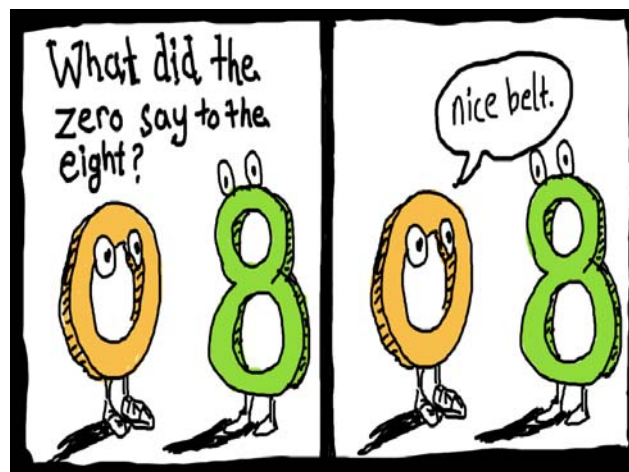
The electric chair was invented by a dentist

The tea bag was invented in 1908

M&M's chocolate gets its name from the initials of its inventors Mars and Murrie



HAPPY HOUR





St. Carthage's Open Day 20th June





Community Connection

INTERNATIONAL ITALIAN DAY



On Friday the 30th May, the Italian Day Club celebrated International Italian Day which falls on the 2nd June each year. Peter Derrett displayed his photos of Venice which were exhibited in the Channon Art Gallery. Lunch was prepared by the Day Club volunteers and was spaghetti bolognaise and frittoli. A big happy birthday to Bruna Fadelli who celebrated her 90th on this day. Thank you to everyone who came and helped celebrate and make this day a success.



St.Carthage's recently received this poem along with a beautiful card from a client. The card read, "...I thought of all the help and kindness that I have received through St. Carthage's carers and decided to pass it on to you and your staff, with many thanks for all that you do to help me..."



Blessed are they who understand
My faltering step and shaking hand

Blessed who know my ears today
Must strain to catch the things they say

Blessed are they who seem to know
My eyes are dim and my mind is slow

Blessed are they who look away
When tea spilled on the cloth that day

Blessed are they with a cheery smile
Who stopped to chat for a little while.

Blessed are those who know the way
To bring back memories of yesterday

Blessed are they who never say
You've told that story twice today

Blessed are they who make it known
That I'm loved, respected and not alone, and
Blessed are they who ease the days
Of my journey home in loving ways.

RECYCLING REVOLUTION HAS BEGUN

Introducing the Dirty Dozen: 12 recycling rules for your yellow bin

BAG THE BAG

You can now recycle plastic bags and all soft plastics including clean cling wrap, fruit and veggie bags, bubble wrap and soft packaging from toilet paper etc. Place them in our specially marked bags or a white plastic bag and tie them up.

ROADS PAVED WITH GLASS

All glass and crockery will be crushed into sand and used for road base. Pyrex, drinking glasses, crockery and window glass are now accepted in your recycling bin along with glass bottles and jars. No windscreens please.

NO STRINGS ATTACHED

String, rope and electrical cable can become tangled around the machinery, hindering the recycling process. Please do not place these items in your recycling bin.

DON'T WASH

Recyclable containers need to be empty and free of food but they don't need to be washed. Save water and elbow grease. Some recycling rules make your life easier!

CLEAN POLYSTYRENE

Clean, bagged polystyrene can now be placed recycling bin. Put it in a plastic bag and tie it up. Please no beanbag beans.

LEAVE THE LABEL

The labels on bottles and containers wash off during the recycling process. There is no need to remove them.

LOOSEN UP

Place recyclables into the bin loose, not stacked inside one another or in plastic bags.

HARDEN UP

You can place all hard plastics in your recycling bin regardless of whether they display the triangle or not. This includes plastic tableware and cutlery, toys and plant pots.

GRAB A SACHEL

Grab a Resource Recovery Collection Satchel for household batteries, reading glasses, corks, X-rays, CDs and DVDs, mobile phones and accessories, printer cartridges and small electronics such as cameras, iPods and calculators.

NO FOOD PLEASE

Food and food-spoiled containers such as pizza boxes belong in your organics bin. Please do not put them in your recycling bin.

PUT A LID ON IT

You can now leave the lids on all your recyclables. Put the lids back on your plastic bottles and containers, glass jars and bottles (including twist tops) and put them in your recycling bin.

EVERY LITTLE BIT COUNTS

Place all small plastics such as bread tags and straws in an empty milk bottle, put the lid on and place in your recycling bin. They are too small for the MRF machinery to remove on their own but are still a valuable resource.



Community Connection

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 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 [Based in Lismore for people living in Lismore and surrounding areas](#)



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 Jubilee 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 able 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](#)



STRAWBERRY BREAD

4 eggs, beaten
1 1/4 cups chopped pecans
1 1/4 cups vegetable oil
1 teaspoon baking soda
1 teaspoon salt
1 tablespoon ground cinnamon
2 cups white sugar
3 1/8 cups all-purpose flour
2 cups fresh strawberries

1. Preheat oven to 180 degrees. Butter and flour two 9 x 5 inch loaf pans.
2. Slice strawberries and place in medium-sized bowl. Sprinkle lightly with sugar, and set aside while preparing batter.
3. Combine flour, sugar, cinnamon, salt and baking soda in large bowl; mix well. Blend oil and eggs into strawberries. Add strawberry mixture to flour mixture, blending until dry ingredients are just moistened. Stir in pecans. Divide batter into pans. Bake in preheated oven until a tester inserted in the center comes out clean, 45 to 50 minutes (test each loaf separately). Let cool in pans on wire rack for 10 minutes. Turn loaves out of pans, and allow to cool before slicing.



COCONUT MACAROONS

2 Eggs separated
3/4 Cup caster sugar
3 Cups desiccated coconut

Method

Beat Egg whites in a medium bowl with an electric mixer until soft peaks form. Gradually beat in caster sugar, 1 tablespoon at a time until the sugar is dissolved. Beat in egg yolks and fold in coconut until well combined. Spoon table spoons of the coconut mixture, about 5cm apart, onto baking paper lined oven trays. Cook in a moderately slow oven, about 160C, for 20-25 mins or until macaroons are lightly browned. Cool on a tray before serving or store in an airtight container.



AUSTRALIA POST LAUNCHES MYPOST CONCESSION ACCOUNT

Australia Post is committed to helping people stay connected, especially with the ever-changing world of mail. And as your post evolves, a MyPost Concession Account helps.

5.7 million eligible Australians now have access to concession stamps and other qualifying products and services at a concession rate, through MyPost Concession Account

A MyPost Concession Account gives you benefits at Australia Post — just by showing your MyPost concession card. To get started, you'll get five free concession stamps and you will also receive a digital mailbox.

What is included?

- ♦ Free booklet of 5 concession stamps
- ♦ Ability to purchase up to 50 concession stamps per year
- ♦ Concessions on Mail Hold and Mail Redirection services
- ♦ A MyPost concession card and digital mailbox



Who is eligible?

Holders of the following Federal Government concession cards:

- ♦ Pensioner Concession Card
- ♦ Health Care Card
- ♦ Commonwealth Seniors Health Card
- ♦ Department of Veteran's Affairs Card
- ♦ Veteran's Repatriation Health Card



How to purchase concession stamps?

Concession stamps can be purchased in booklets of five stamps and up to a total of 50 stamps per year, available at any Australia Post retail outlet. To buy concession stamps, simply present your MyPost concession card in store. Most retail outlets will be able to let you know how many concession stamps you have left on your account to purchase.

How to use concession stamps?

Concession stamps can be used on small and large domestic letters only. They are not valid for parcels or international services. Concession stamps do not have a denomination. Australia Post can advise how many stamps are needed for letters.

The Digital Mailbox

As a MyPost Concession Account holder, you'll also receive your own digital mailbox, which lets you pay most bills and securely store your important documents online. This mailbox can be accessed anywhere, anytime using your iPhone, iPad or any computer with an internet connection.

Eligible customers can sign up now for MyPost Concession Account at their local Australia Post outlet,

Or download the application form from auspost.com.au/mypost





“My Aged Care” is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services. It currently consist of:

- ♦ My Aged Care website – www.myagedcare.gov.au
- ♦ A National Contact Centre - Phone 1800 200 422 between 8.00am and 8.00pm on weekdays and between 10.00am and 2.00pm on Saturdays. It is closed on Sundays and national public holidays.

Together they can provide you with information on aged care, whether for yourself, a family member, friend or someone you're caring for.



What are your hobbies? Would you like to see them showcased in the Community Connection? If so, please call Meg at the office on: 6620 0000

A big thankyou to Lyn Stalhut pictured here with her beautiful handmade pillow cases. The pillow cases were created by using counted cross stitch and candle wicking.



**Australia's
BIGGEST
MORNING
TEA**



Tracy and Joan organised an Australia's biggest morning tea during May. The event was held at the Day club in Oliver Avenue, Goonellabah and raised just over \$400 for the Cancer Council. Thank you to those who came and made the day a success.



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STAFF PROFILE— DES HARRIS

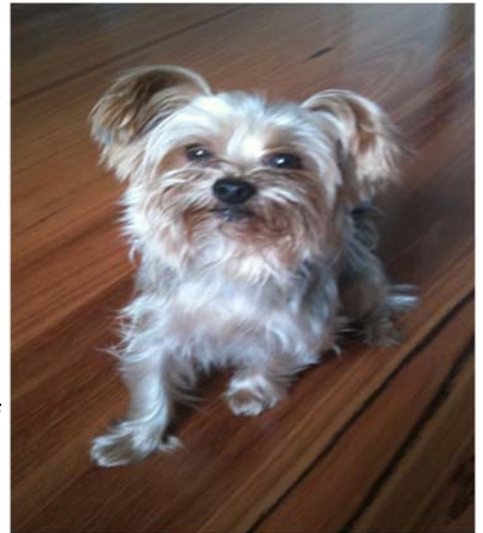
G'day, Des Harris here, volunteer bus driver on Wednesdays and sometimes at other times if needed. I have been on the job for St Carthage's for about two years – I don't really keep tabs on the time as I enjoy myself so much!

At the end of 2011 I retired and my partner, our daughter and I moved from Darwin to supervise our house being built in Bexhill. I spend my time landscaping our block and doing other volunteer work with the Indigenous Community Volunteers and at Richmond River High School. Between Cas and I we have seven grown-up children. Our last daughter is leaving home for a while, but will be back to continue her studies at Southern Cross University.

I was a public servant in both the Australian and Northern Territory public services. I spent most of my career working with regional communities in most parts of Australia, particularly Northern Australia. I was based in Canberra a lot of the time and so I had a very good understanding of how flight schedules worked and what to do when planes did not arrive. One of the most rewarding periods was spent living and working in Pirlangimpi, a remote community on the Tiwi Islands. There is a saying that if an "outsider" can last six weeks they will be able to live in a remote community for years. I was there for nine months and learnt so much about the value of friendships and people and how little money mattered in the large scheme of things.

I grew up in Junee, NSW (the home of Laurie Daley, Kerry Hemsley, Bernie Fraser and many others of note). I have moved house at least 22 times since I left Junee, but I am done now and settled in Bexhill for the long term.

Just on sunset I take Spruce (see picture) for a walk and look in wonderment at the beauty of the Northern Rivers; and smile at how lucky I am to call this home.



Riddle answer:
A corn cob



*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.*

What our clients say about us...



A client's wife told us that her husband was going into residential care. She said the staff have been loyal and gorgeous and thanked them for their wonderful care.

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.



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