



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 1 Issue 4 November to January 2014/2015

Russell Visits AgQuip

Russell had a wish that he wanted to visit the biggest agricultural display in Australia – Ag Quip, at Gunnedah, NSW. Being such a big event, accommodation was down the road a bit in Tamworth, and a great little caravan park was where they laid their weary heads and had breakfast together.

At Ag Quip there were trucks (Russell's favourite), Headers, Loaders and Tractors for as far as the eye could see. The event organisers, Fairfax Media, were helpful in showing the guys a great time. They got to see the Tamworth Golden Guitar, a Darlic called Dwater and lots of fun stuff on their three day road trip.

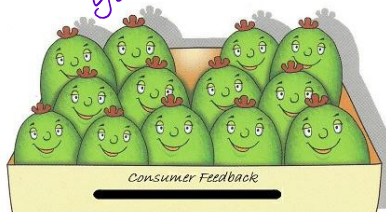
Russell thinks our Eden Wishing Tree is a great idea, as it has helped him to enjoy the things he can't always do on his own.

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Tell us what
you think ...



- ♦ Two Clients recently gave feedback saying they were very impressed with our home visit to discuss their goals and our subsequent follow up. They were both looking forward to becoming a part of St Carthage's.
- ♦ 'The days I spend at the Day Club are always enjoyed, always friendly and helpful. The outings we have are looked forward to and the morning tea and lunch – YUM. I have been going to the Day Club for a number of years and would be lonely without those days.'

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Vandalism Brings Community Together



It took more than two years of devoted team work to build the garden. It took less than a day to destroy it. Some time between 8.30pm Saturday 13 September and 8.30pm Sunday 14 September a person or people entered the rear of the Seniors Day Club run by St Carthage's Community Care and wrecked the outdoor garden. Dozens of plants were strewn about, a terracotta pot was smashed, a \$1000 shed bought just six months ago was ruined and a worm farm and compost system had been emptied on to the ground. The damage was quickly cleaned up on Tuesday morning in a couple of hours.



By far the worst thing for St Carthage's respite co-ordinator Jodi Scott and Seniors Officer Tracy Clement, was the fact that the people responsible for the destruction were ignorant of the story behind the garden. Its first seed was sown two-and-a-half years ago with a \$1000 grant from Lismore City Council. Students from South Lismore Public School joined with the senior citizens who use the day club on regular gardening days.



"We focus on creating human habitats with older people by enabling close and continuous contact with animals, plants and children," Ms Scott said. She said she was heartbroken by the mess, as were the seniors who went on an outing on Monday so they didn't have to look out and see the destruction. "To turn around and see it yesterday was devastating. "To see that much destruction when you knew there'd been so much love and care in getting the garden to where it was. The clients and children built such beautiful relationships."

The garden has cost \$3500, but the time and effort put into it was so much more. "We can always raise money again. At least we'll still have the memories and the relationships that were formed. Those bonds won't be broken," she said. "I'd like whoever did it to come up to the day club and get to know some of the clients and some of the students and see the time and effort they put into that. Only then may they understand the true value of what that garden meant."



"To see that much destruction when you knew there'd been so much love and care getting the garden to where it was. The clients and children built such beautiful relationships."



Iris, Michelle and Geoff recently attended the 2014 National ACSA Conference: Coming of Age - Redefining Ageing.

LIKE, SHARE, COMMENT

We have exciting news to share! We have entered the world of social media and are now proud to announce that we have a Facebook page.

In order for us to keep everyone up to date with our latest work, stories from people in the community, and some helpful health tips, visit us at www.facebook.com/stcccorg or search St Carthage's Community Care on Facebook. And if you like what you see, please share with your friends.



Clients, Volunteers and staff enjoyed a special occasion celebrating 27 years for the Italian Seniors Day Club.

An extra special congratulations to Ellie and Silvina who have been volunteering at the Day Club from the very beginning.

Thank you ladies!!!



INVOICING AND PAYMENTS

Invoicing for services is processed monthly. For example November invoices are sent out in the first week of December. There are 3 ways to make a payment.

DIRECT TRANSFER

You can request a letter from us to provide to your bank with the monthly or fortnightly amount to pay and the bank will arrange payments to be deducted from your account (some banks may charge a fee). You can also arrange direct transfer through internet banking. An invoice will not be sent if paying by this method.

CHEQUE

Please cut off the bottom part of the invoice and return it with the cheque. If a receipt is required please note this and one will be sent out to you.

IN PERSON

Visit the office to pay by cash or cheque.

If you have an enquiry about your account contact Carolyn at the office on 6620 0000

PARKING: SAFETY FIRST

Did you know that the parking spots at the front of the office are reserved especially for visitors, clients and community care workers. They are the safest place to park cars even if people are popping into the office for a very brief moment to drop something off or pay a bill. People come and go from the office all day and the entrance way is probably the most dangerous spot to stop or park. A car parked at the entrance creates a very serious hazard for people exiting the building. Imagine a person using a wheelie walker exiting the building and needing to make their way around a parked vehicle. Traffic moving through the area may not see the person emerge from behind the parked car. Our aim is to keep everyone safe. Please park in the parking spots.

Don't forget the 15km/per hour speed limit in St Matthews, the Office area and at Jubilee house.

Pictured below is Ruth Thompson at the Spring Morning tea.



The first day of Spring was beautiful! Community Care workers organised a 'first day of Spring' morning tea for after the Tai Chi class. Everyone brought flowers from their gardens for the table. There were cake and biscuits and cups of tea for all to share.

[illegible]

Attempting something new each day helps, such as taking a new route to the shops or even brushing your teeth with a different hand. Learn a language or how to use the computer, anything that stretches your brain's cognitive capacities. Find something you enjoy, and it will be fun as well as beneficial.

VOLUNTEERING

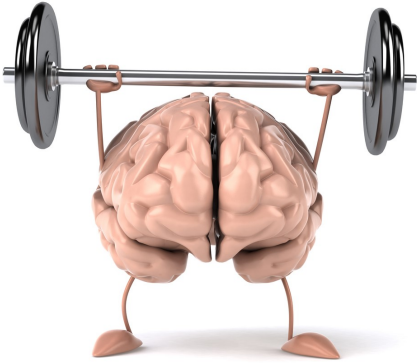
A man with white hair and glasses, wearing a blue button-down shirt, is standing at a brick counter. He is using a metal spatula to flip or move round, flat items (possibly pancakes or waffles) cooking on a griddle. The counter is made of brick and has a stainless steel top. A sign on the wall behind him lists menu items and prices. A container of white sauce is visible on the counter to the right.

If you are interested in information about becoming a valuable volunteer member of our organisation contact Jeremy on 02 6620 000 for more information.



Community Connection

Sudoku Solver



Check correct answer
on last page

	7					8		
			2		4			
		6					3	
			5					6
9		8			2		4	
	5			3		9		
		2		8			6	
	6		9			7		1
4					3			

CONGRATULATIONS CAMERON!!!!

We are so proud of young
Cameron for winning the
discus for the region. He will
be traveling to Sydney
Olympic Park to compete in a
month.

Go get 'em!



Events Calendar



Changing the face of men's health month

Lung Awareness month

11 Remembrance Day

14 World Diabetes Day

17 to 23 National Skin Cancer Action Week

17 to 23 Antibiotic Awareness week

3 National Disability Day

5 International Volunteers Day

17 Client Christmas Party

25 Christmas Day

26 Boxing Day

31 New Years Eve

1 New Years Day

26 Australia Day



Happy New Year
2015



Happy Hour



The Hawaiian alphabet has 12 letters

A cat has 32 Muscles in each ear

The first telephone book, made in 1878, contained 50 names

The first English dictionary was written in 1755

The \$ sign was introduced in 1788

M*A*S*H stood for 'Mobile Army Surgical Hospital'

Monopoly is the most played board game in the world

Rubber bands last longer when kept refrigerated

Camels can drink 94 litres of water in less than 3 minutes

Topolino is the name for Mickey Mouse in Italy

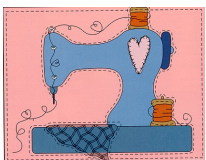
CONSUMER DIRECTED CARE AND HOME CARE PACKAGES

A Home Care Package is a coordinated package of services tailored to meet a person's specific needs. A Home Care Package can assist a person to stay at home as long as possible and offer choice and flexibility in the way care and support is provided. On 1 July 2015 all new and existing packages will be delivered on a Consumer Directed Care (CDC) basis. CDC is a way of delivering services that allows consumers and their carers to have greater control over their own lives by allowing them to make choices about the types of care and services they access and the delivery of those services, including who will deliver the services and when.

Council On The Aging (COTA) NSW will be delivering a peer education program on CDC in home care, which will be available across NSW in 2015. Peer educators will speak to community groups, or groups of future or current consumers of home care services who will be transitioning to CDC. The peer education sessions aim to increase the skills and knowledge of consumers so that they may maintain control of their own life by making the most of CDC and be active partners in their own health care and support needs through working with their service provider to achieve their support goals. Sessions will run for about an hour and be supported by resources developed specifically for this purpose by "Homecare Today".

St Carthage's will be hosting 3 peer education sessions in February 2015 for clients and carers to attend. This will provide opportunities to discuss questions in relation to the transition to CDC.

Please contact us on 6620 0000 to express your interest in attending and to discuss transport and respite options.



CONTRIBUTIONS FOR THE NEWSLETTER

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. Check the back of the newsletter for our contact details.



RUM BALLS

Ingredients

- 1 packet crushed sweet biscuits (arrowroot or nice)
- 1 cup coconut
- 1 tin condensed milk
- 2 tbsp. cocoa powder
- 4 tbsp. rum

extra coconut for rolling

Directions

1. Combine ingredients in a bowl and mix!!!
2. Spoon mixture into damp hands and shape into balls.
3. Roll balls in coconut and store in an airtight container



St Carthage's Client Christmas Party

Date: Wednesday 17th December

Time: Starting at 10:00am

Venue: South Lismore Bowling Club

Cost: \$25 per person (includes a \$5 gift)

Christmas Closures

~Jubilee House~

Closed from Sunday 21 December 2014 reopens Tuesday 6 January 2015. For further information please call the office and speak to one of the Respite Team.

~Seniors Day Club~

Closed from Monday 22 December 2014 reopening Monday 12 January 2015. For further information please call the office to speak to Tracy or Joan.

~Jubilee Avenue Office~

Closed Wednesday 17 December for the client Christmas party. The office will also be closed on Wednesday 24 (from 12 midday), Thursday 25, Friday 26 December and Thursday 1 January 2015. For more information please call the office

PLANNING FOR YOUR FUTURE

The following information was taken from the Capacity Toolkit and Capacity Factsheet to be found at http://www.diversityservices.justice.nsw.gov.au/divserv/ds_capacity_tool.html.

CAPACITY

The ability to make your own decisions is called “capacity”. When you have “capacity” you can make your own decisions about things that happen in your life.

These might be small decisions that you make every day, like what to eat or who you want to see. Or they might be bigger decisions like where you live, buying a car or whether you need to have an operation.

What can I do if I am unhappy about the decisions made about my capacity?

Help is available if you are unhappy about the decisions made about your capacity because:

- ♦ the person assessing you isn’t using the capacity assessment principles properly or
- ♦ you feel you can make a decision when someone else thinks that you can’t.

You can get help by talking to the Guardianship Tribunal:

Phone: (02) 9555 8500

Toll free: 1800 463 928

Website: www.gt.nsw.gov.au

You will find a copy of the Capacity Toolkit and a Factsheet on the internet at: www.lawlink.nsw.gov.au/diversityservices

POWERS OF ATTORNEY

Many people plan ahead and appoint a person with power of attorney to manage their financial decisions, such as buying or selling property or operating bank accounts. There are two types of power of attorney.

General Power of Attorney is made so that someone can make financial decisions on behalf of a person when they are absent, or if they simply prefer another person to make those decisions for them. For example, if a person is overseas and needs someone else to sell their house or pay their bills. It could also apply if a person couldn’t physically get to the bank to operate their own account.

Enduring Power of Attorney appoints someone to begin, or continue, to make decisions for a person when they no longer have the capacity to make their own decisions about their financial affairs. A general power of attorney will not continue when a person loses capacity unless this is stated in the document, and the document is properly made as an enduring power of attorney.

ENDURING GUARDIANSHIP

When a person makes an enduring guardianship appointment (in an enduring guardianship document) they are choosing someone to make personal and health decisions on their behalf if they lose capacity at some time in the future.

Such decisions include, how and where the person lives, decisions about support services, who the person might want to see and when, and any medical and dental treatment decisions.



WATERMELON AND FETA SALAD WITH LEMON DRESSING

750g piece watermelon, peeled, deseeded and cut

100g (1 cup) walnut halves

200g Greek-style feta , cut into small cubes

1 cup parsley leaves

1 bunch fresh mint, thinly sliced

2 spring onions, trimmed, thinly sliced crossways

Lemon dressing

60ml (1/4 cup) light olive oil

2 tablespoons fresh lemon juice

2 teaspoons brown sugar

Salt and freshly ground black pepper

Combine all ingredients in a large salad bowl.

Lightly drizzle the lemon dressing over the salad.

Toss when ready to serve.



SPRING TIME PUNCH



1 punnet strawberries, sliced

1 large orange, sliced thinly

1 mango, skinned and sliced thinly

1 peach cut into thin wedges

750ml lemonade

600ml ginger ale

1 litre orange juice

Combine sliced fruit in a large jug.

Pour in lemonade, ginger ale and orange juice. Stir with a spoon.

Serve with ice cubes in a tall glass.

ST CARTHAGE'S FUNDED SERVICES

Home Care Packages – Level 2

Home Care packages are individually planned and coordinated packages of care (case managed) tailored to assist people to live independently at home [Far North Coast](#)

Home Care Packages – Level 4

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

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

For carers of frail older people, people with dementia and people with dementia and challenging behaviours. 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 [Far North Coast](#)

Internet Kiosk for older people

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



Jessie's Kayaking Adventure

We had the pleasure of helping Jessie achieve a wish he had made this year. He told staff members that he had always wanted to go on a boat.

After a bit of talking and investigating we happened to speak to Blue Sky Kayaking. They were kind enough to work something out for Jessie, Hayden, and a couple of workers to have a paddle in Ballina.

What was supposed to be an hour turned into three hours of pure fun. Jessie said it was so much fun, he would love to go again or to have a chance to ride on a fishing trawler in the ocean.



THE DOFF N' DONNER

The Doff N' Donner is a unique device that allows you to easily 'don' (put on) and 'doff' (take off) compression socks and stockings. Its unique 'toroid' shape conforms to the shape of the garment rather than the garment being stretched to it. This allows the compression garments to roll over bandages, freshly lotioned or wet limbs and dressings. The Doff N' Donner is perfect for both self-donning and support worker use. Doff N' Donner comes in two parts: the Doff N' Donner itself and the Donning Cone.

Doff N' Donner is a 'toroid' or 'doughnut' shaped soft device, filled with a leak proof fluid, that allows you to quickly and easily guide a compression garment over your leg. The toroid is light weight and easy to use.

The **Donning Cone** acts as a loading device and makes it easy to roll stockings on to the Doff N' Donner. This device suctions to most smooth surfaces by moving the small metal handle, situated on the bottom, back and forth. The best surfaces to use are tiles, lino, bench tops and glass.



Benefits of Doff N' Donner

- ◆ Improves ease of donning (putting on) and removal for increased compliance.
- ◆ Helps clients with limited dexterity and fits almost anyone.
- ◆ Extends life of the compression garments - no more ladders or ripping.
- ◆ Glides compression garments over wounds to prevent discomfort.
- ◆ Works with all styles of compression garments.
- ◆ May be used for self-donning or for caregiver use.

HACC PROGRAM

Is it your goal to stay in your own home as you enter your twilight years and do you require some basic assistance to meet that goal? Do you live anywhere in the Far North Coast of New South Wales? The Home and Community Care (HACC) Program may be able to assist you.

Our HACC program is a basic home assistance program funded by the Department of Social Services to provide personal care, domestic assistance and/or social support to people across the Far North Coast.

Do you care for someone who requires your assistance to remain in their own home? Our HACC program may also be able to assist you with your caring role.

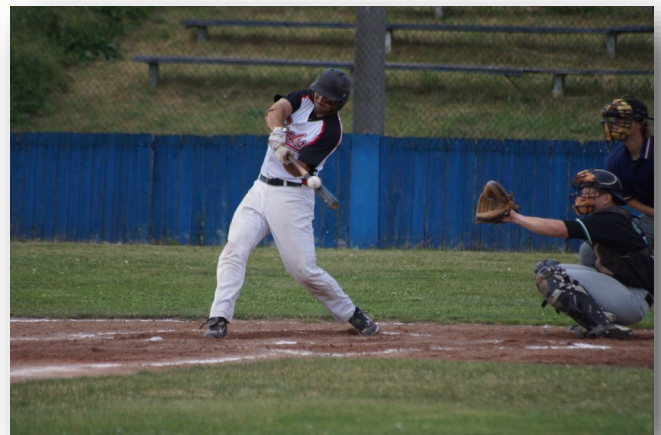
If you would like to know more about our HACC program and how we may be able to assist you, contact Jenny or Jeremy on 6620 0000.

SPORTS REPORT



Jakes love and talent of Baseball has seen him travel overseas and play for the Ducks, an Austrian Baseball team. While playing for the Ducks Jake was lucky enough to travel throughout Europe with his team.

Featured in these photos is Jake. Jake has been a Community Care Worker at St Carthage's for 7 years and has been playing Baseball for 11 years. Jake works alongside Jodi, Heidi and Roland in the Respite Team.



INTERNATIONAL DAY OF PEOPLE WITH A DISABILITY

December 3 is International Day of People with Disability. A day that celebrates progress in breaking down barriers, opening doors, and realising an inclusive society for all. Disability organisations, businesses, governments and the community come together at events across the country to mark

the occasion and celebrate the achievements of people with disability.

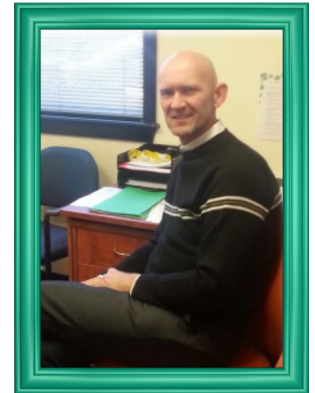
The National Disability Awards at Parliament House recognise outstanding work of individuals and organisations that improve the lives of people with disability.

Wearing the IDPwD ribbon, joining an online conversation, nominating someone for a National Disability Award, or attending or hosting an event are some of the ways you can get involved. International Day of People with Disability is an opportunity for the community to make positive changes to the lives of millions of Australians.



STAFF PROFILES

Welcome to Jeremy our new Social Support Officer for the Far North Coast region, Jeremy. He originally hails from Leeds, West Yorkshire, United Kingdom, but moved to Australia in 2002. We are now lucky enough to have the pleasure of working with Jeremy in his new role! We wish you all the best as you start your new role.



Welcome to Linda! Our new Administration Officer. Linda has joined Jenny in our rostering department here at the Jubilee Avenue Office. We wish you luck with starting your new role and look forward to seeing Linda around the office!



Meet Reinhard! Our Volunteer bus driver, activity and kitchen assistant at the Senior's Day Club. Reinhard is known for his computer wizardry and great sense of humour.



Would you like the Community Connection emailed to you?
If yes—please send an e-mail to Carolyn at:
comcare@stcarthages.org.au and your email address will be added to the list.



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