



# Community Connection

## ST CARTHAGE'S COMMUNITY CARE

### February 2015

#### *Happy New Year everyone*

A new year is always a special time. It's a sign for new beginnings, new hopes and dreams and to say goodbye to what came before, for bygones to be bygones and an opportunity to say yes to some new opportunities and take on some new adventures.

Last year certainly had its challenges and celebrations. We welcomed 34 new staff members and 8 volunteers. We also said goodbye to 18 staff and 7 volunteers. We celebrated some amazing anniversaries with 5 staff achieving 10 years of service, 1 person achieving 15 years and yet another reaching 21 years with the organisation.

We began our preparations in earnest for Consumer Directed Care and the National Disability Insurance Scheme. In January 2014 we began providing respite for people with disabilities and older people in the new purpose built Jubilee House. We began providing Home and Community Care services across the far north coast from Tweed Heads to Grafton.

One of our most momentous milestones was achieving 5 of the 10 Eden Principles. At the end of October Sally and Cathy from Eden in Oz and NZ came to St Carthage's for our very first Eden Registry visit. They reviewed the Eden Principles 2, 3, 4, 5 and 10.

This is what they said about us on their Facebook page:

- ⇒ *We have witnessed the real impact of the Eden Alternative through the three transformations of culture change across in-home, disability and aged services.*
- ⇒ *Jubilee House provides support for elders, young people and anyone in between who needs a home away from home.*
- ⇒ *In talking with the people who stayed for 3-5 days, Jubilee House provides them with the opportunity to have fun and to do things that they wouldn't normally be able to do.*
- ⇒ *The best news is that St Carthage's has been successful in achieving recognition in each of these five Eden Principles.*
- ⇒ *A first for this community care, respite and disability service in NSW and Australia.*
- ⇒ *We congratulate the wonderful Eden team who are passionate and committed to making a difference in many ways for their community.*

I hope you're ready for 2015 because it is certain to be as exciting and significant as 2014. I'm looking forward to a successful year, no matter what comes our way. *Iris*

# C H R I S T M A S P A R T Y

2014

We celebrated the Festive Season with a Christmas Party on Wednesday 17th December 2014 at South Lismore Bowling Club. It was a hot day outside but with the air conditioner on it didn't stop any of us enjoying ourselves.





The talents of “Anne and The Band” played many foot stomping songs which inspired us to hit the dance floor!



## Raffle Prize Winners

1st prize to Antionetta

2nd and 3rd prize to husband and wife duo, Eddie and Mavis



There were Elves, Angels, Santa’s helpers around to help make your day enjoyable and memorable.

# CHILDRENS CHRISTMAS PARTY

2014

Here are some happy snaps from the day!

There were lots of smiles and laughter at the Children's Respite Service Family Christmas BBQ. Clients and their families enjoyed a scrumptious feast prepared and cooked by staff.



Children enjoyed lots of fun activities and a visit from Santa.



# A Boy and His Dog



Adding some spontaneity to a school vacation day, Hayden decided that he really wanted to spend the day with his family dog, Kiara, a 6 month old, Maltese cross.

With Kiara buckled into her harness and seat belts firmly fastened, they went for a drive taking in many of the

beautiful sites of the Northern Rivers.

A stop in Brunswick Heads, the shoes came off and fun in the sand was had by all at the beach. Hayden and Kiara had an amazing day together, promoting an important relationship between a boy and his dog.



## *A Walk Around Australia...Who Wants to Join In??*

The Senior Day Club is doing the “walk around Australia” challenge and would like you to join in the challenge. You don’t even leave the area you live in!

### *How Do We Do It?*

You count your steps or the distance in kilometres or use a pedometer. For example; if you walk to the shops or take the dog for a walk, you can count each step or know how many kilometres the trip is.

Once a week ring through with your steps or tell us your kilometres.

We tally the steps into kilometres or the kilometres into steps, 1,312 steps =1 kilometre

The first town we are walking to is Ballina – 26.6 kilometres away, which will take around 34,908 steps. I will be writing to many Mayor’s along the way to find out about their town.

If anyone wishes to join in on this epic adventure please call the office on 1300 761 833 and tally sheets with further information will be sent to you.

# CONGRATULATIONS AUNTY DOROTHY

## Lismore 2015 Australia Day Awards

The winners of the Lismore 2015 Australia Day Awards were announced on Tuesday, 27 January 2015. Our very own St Carthage's Community Care Advisory Board member, Rev. Dorothy Harris-Gordon received the Debra Rhodes Aboriginal Citizen of the Year Award.

*When not offering her services as a pastor with the Uniting Church, or as a chaplain at both Lismore Base and St Vincents Private Hospital, Dorothy can be found helping out at the Lismore Soup Kitchen or assisting families by delivering and picking up school children. She served as the ground-breaking first Indigenous female chaplain at Grafton Gaol for over a decade and is on call to assist the most needy members of our community at any time of the day or night.*

Mayor Jenny Dowell and Australia Day Ambassador Clyde Campbell did the honours, presenting awards to the 10 Australia Day Award winners.

Mayor Jenny Dowell said the winners demonstrated that Lismore was a caring community with dedicated people who give their time in order to improve the lives of others.

"Our winners this year have all given selflessly of their time in one way or another to benefit our community and make it a great place to live," Mayor Dowell said.

"My congratulations go to each of the winners and also to the nominees, all of whom are deserving of our thanks."



### Travel Time between Clients Homes for Community Care Workers

Busy times are ahead as we prepare for the implementation of Consumer Directed Care (CDC) in July 2015.

In the next few weeks we will be working on adding travel

time between clients for our community care workers. This will probably mean changes to your current rostered times.

We will be contacting clients who will be affected by these changes, once this process is completed.



*Take Control –  
Your Life,  
Your Choice*

*Work Together,  
You and Your  
Care Provider*

*Wishes for  
Lifestyle  
and Support  
Respected*

*Information  
and Assistance*

*Peer Group  
Sessions*

**Making the most  
of Consumer  
Directed Care  
(CDC)**



**Open to Clients,  
Carers and Nominated Advocates**

There have been a number of changes made to the way government subsidised Home Care is delivered.

From July 2015 all home care packages to support people in their own home will be delivered under a consumer directed care framework.

These changes give consumers more choice on the services and support available to assist and remain independent in their own home.

Find out how you can have greater choice and control over the support you receive with your CDC Home Care Packages.

St Carthage's Community Care would like to invite you to one of the free information sessions.

**When:** Monday 16 February 2015  
**Time:** Session 1 – 10.00am  
Session 2 – 2.00pm  
**Where:** St Matthew's Community  
Centre  
3 Jubilee Avenue  
Goonellabah NSW 2480

**When:** Tuesday 17 February 2015  
**Time:** 10.00am  
**Where:** Southern Cross Care  
62 Centre Street  
Casino NSW 2470

**RSVP:** by Thursday 12 February  
2015 by contacting the office on  
1300 761 833.

Light Refreshments will be provided



# The Wishing Tree

*You are invited to put a leaf on our Wishing Tree.*

You can help us with the creation of our ever growing Eden Wishing Tree and accompanying stories.

We are committed to creating opportunities for you to make a wish, something that is meaningful or special to you. The decision is yours and the possibilities are endless.

- ☞ Do you have hobbies or interests you no longer pursue?
- ☞ Is there anything you did in the past you miss or reminisce about?
- ☞ Any special dreams or simply something you would like to do?

Please talk to any staff member at St Carthage's about your wish, so together we can explore ways for you to achieve your wish and help to nourish the Eden Wishing Tree.

Once we have your wish a leaf will be attached to the huge tree painted in our foyer.



Once you have achieved your “wish”, a flower will be added to your leaf, representing the blossoming of the wish.

With your consent, photos will be taken and a short story will be added to our **Eden Wish Journal**, your story may even be used on the Eden in Oz website.

Let's work together to “water and feed” the wishing tree.



# Community Sector Ball 2014



St Carthage's nominations for the Community Sector Awards showed how incredibly valuable and integral volunteers are staff are in our community.

The nominees included David (pictured left), Richelle (pictured below left), Anne, the Disability and Respite Service Team, the

Home Care Team, Belinda, Donna, Jenny L, Terry, Peter P and the organisation as a whole.

A big thank you to Heidi (pictured far right) for her work in pulling together the nominations. Congratulations to all the nominees, you are awesome.



## A Generous Donation...a VERY BIG THANK YOU

St Carthage's would like to thank the very generous person (you know who you are) who gave a donation to assist with the purchasing of new cushions for the Senior Day Club.





## A Testimonial

I'd like to express some thoughts regarding my practical contacts and observations of St. Carthage's Home Care services. I'd hope that others, much the same as myself, first consider the internal staff who organize the services and, secondly, the external staff who perform the services; both of whom are inextricable.

Firstly, there are the 'invisible' internal staff behind the scenes: Iris, Michelle, Jodi, Carol, et al., who administer and regulate St. Carthage's – on occasions, amid the unenviable task, of juggling unexpected duty roster alterations; perhaps with the aid of packets of Aspirin to boot! – to ensure its uninterrupted, ball-bearing-like; mechanical regularity.

Secondly, the external staff; the carers who are on the front line of service-delivery; come rain or shine; viz: Donna, Sue, Debra, *et al.*, who arrive at my door – like a breath of fresh air – with clockwork regularity, to perform the various tasks, cheerfully, with efficiency and; prior to leaving ask: "Is there anything else I can do before I leave?"

I'm very much obliged to those behind the scenes and those on the front lines; many thanks. I do hope that others, like myself, don't treat those on the front lines as 'mobile energy sources,' or those behind the scenes to be pre-occupied with 'trivial complaints'. I hope others might care to share my view that St. Carthage's Home Care Services; are a privilege rather than a right.

I regard the St. Carthage's Home Care Services as the *crème de la crème*, of the available home care services, that (in my personal experience) meet standards that deserve state accreditation [that's if they haven't already been accredited]; for their luxury five-star services.

Rev. Father Maximiadis.

# NSW Seniors Week

Saturday 14 March - Sunday 22 March 2015

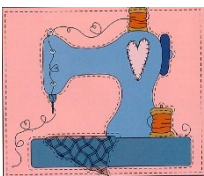
NSW Seniors Week is an annual NSW Government campaign and the largest celebration for people over 60 in the southern hemisphere.

It is also for people aged 50 and older who have a lifelong disability or people who are of Aboriginal or Torres Strait Islander descent.

The theme for NSW Seniors Week is *Be inspired*. The theme is about encouraging greater effort, enthusiasm, or creativity with focus on creative activities that celebrate self expression.

With hundreds of free or specially discounted events held for seniors across the state, there is something for everyone to enjoy.

As many NSW Seniors Week events are organised by councils, you may also find it useful to visit your local council.



## CONTRIBUTIONS FOR THE NEWSLETTER

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 our 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.

## STAFF PROFILES

## Community Connection

Hi, My name is Jessey and I work at Jubilee House. I live in Lennox Head, am 33yrs old but stopped counting at 25!

I love music and creating art. I paint abstract landscapes. I would like to live in the country.

I have never been to prison. I like to help people and enjoy working in the community sector.



Hi, I'm Michelle and I have enjoyed working with my colleagues at St Carthage's Community Care for the past 10 years. The Home Care team consists of about 60 staff and 200 clients.

I live near the river at Woodburn and am lucky enough to spend a lot of my spare time fishing and crabbing in the local waterways.

My hobbies include collecting antique keys and reading, and my next big project is to try my hand at Lead Lighting.

Between us, my partner and I have 4 gorgeous girls, 3 son in laws, 2 very precious grandsons and a dog who thinks she is the boss of everyone.

We are planning a couple of trips next year. One to Glen Lyon Dam for a week of fishing and sitting by the camp fire in April and a trip to Cairns in July to see the beautiful top end. I also turn 50 in 2015 so who knows where else I will end up!



This is my favourite holiday destination! Can you guess where it is?

First to call me with the correct answer wins a St Carthage's water bottle and gets to showcase their favourite holiday destination for the next newsletter.

### **St Carthage's Community Care**

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