



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 2, Issue 2

BI-MONTHLY NEWSLETTER

A word from the manager...

The big news for St Carthage's is that we have embarked on our Eden Alternative journey. Early in November, 29 staff, volunteers and board members attended 3 days of Eden Alternative training. The training was inspirational. We were challenged in so many ways – the language we use, the approach we take to delivering services, the ideas we have about our elders and people with disabilities just to name a few. So what is Eden all about?

The Eden Alternative is a commitment to addressing the three plagues of loneliness, helplessness and boredom which account for the bulk of suffering among people who are left out and marginalised in our communities. St Carthage's Community Care wants to help create better lives for elders, people with disabilities, their carers and ourselves and we can do this by creating environments that nurture the human spirit as well as the body. Human beings were meant to live in a garden. A great place to live is surrounded by close and continuing contact with plants, animals and children and it is these relationships that provide everyone with the means to live a life worth living.

Everyone who participated in the training made a commitment and set themselves a 30 day goal. Mine was to create an Eden corner, and with the help of Fran and John, I have made a start. The training room wall in the office at 3 Jubilee Avenue, Goonellabah, will be the Eden wall. So far the shelves have been cleared out and Eden Alternative resources have taken up residency. We will purchase our first Eden Scrap Book and start to document our progress through the process of becoming an Eden organisation. The idea is to fill the scrapbook with pictures, letters, poems, articles and drawings that chronicle our journey towards Eden. The scrapbook will live in the Eden corner and everyone is welcome to come in, have a cuppa and browse through our Eden journey.



Iris Ritt
Community Services Manager



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The 10 Eden Principles

1. The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our Elders.
2. An Elder-centred community commits to creating a Human Habitat where life revolves around close and continuing contact with plants, animals and children. It is these relationships that provide the young and old alike with a pathway to a life worth living.
3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
4. An Elder-centred community creates opportunity to give as well as receive care. This is the antidote to helplessness.
5. An Elder-centred community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
7. Medical treatment should be the servant of genuine human caring, never its master.
8. An Elder-centred community honours its Elders by de-emphasizing top down bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.
9. Creating an Elder-centred community is a never-ending process. Human growth must never be separated from human life.
10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.

“The Eden Alternative
is a complete, principle-
centered philosophy for
culture change”



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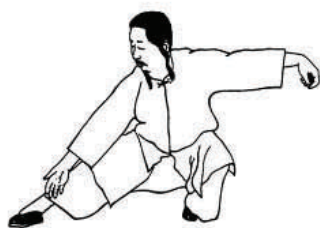
Tai Chi for Life



Tai Chi originated in China as a form of martial arts. It is now used all over the world in a variety of forms to help improve and restore balance, both within the body and the outside world.

According to traditional Chinese medicine, enhancing Qi (pronounced 'chi' and meaning life energy) has many health benefits including flexibility, balance, mobility and strength. Qi relates to all forms of life, from our own bodies and internal organs, the Qi that we absorb through food, water and air, and the practice of exercise such as Tai Chi.

The capacity to perceive the flow of Qi directly, to actually see or feel it, is something that can be cultivated through training in qigong or Tai Chi. Breathing techniques, and the practice of visualising our energy flow are ways to improve Qi perception.



Like any skill, some people are better at it than others. Even if it's not consciously cultivated or acknowledged, most of us can tell the difference between someone who has "great energy" and someone from whom we feel a "bad vibe." And most of us are able to notice, when we enter a room, whether the atmosphere seems relaxed and uplifted, or tense and heavy. Subconsciously, we are tuning into the level of Qi surrounding us.

Local Tai Chi participant, Pat Carne was asked: what are the benefits of doing tai chi? "The way it helps me in particular about walking is to not to just shuffle along. I now lift my feet up to walk. I keep better balance and I feel more graceful in my movements. I feel a certain centeredness and it's good because I am more mindful about the way I do things. I use my concentration to perform the movements of tai chi which helps my mind stay active. And of course there's the good company."



Tai Chi is available at St Matt's Community Centre on Mondays at 10am. For more information contact Carissa 6620 0000.

Free Home Power Assessment

Through the Home Power Savings Program, eligible households can save up to 20% per year on their power use. This means saving money on your power bill!

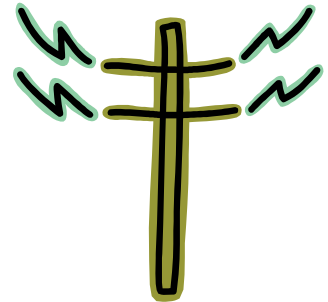
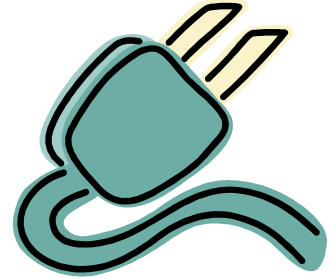
This program is available to NSW residents who hold a Pensioner Concession, Low Income Health Care or Veterans' Affairs card or are an energy utility hardship customer.

The Power Savings Kit includes:

- Stand-by saver power board
- 4 energy efficient light bulbs
- Low flow showerhead
- Shower timer
- Tap aerator
- Draught-proof strips for around the door
- Door snakes
- Personal Power Savings Action Plan

By saving power you can reduce carbon pollution which helps reduce the impact on the environment.

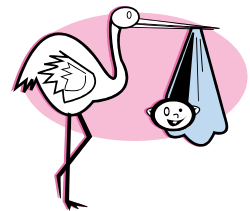
For more information or to book your FREE home power assessment call 1300 662 416.



New Arrivals

Carol Welsh is the proud grandmother of Zahlee Ellise, born on the 8th November, weighing 6 pounds 2 ounces. Zahlee is the very first grandchild for Carol and her family. Congratulations Carol . Let the spoiling begin!

We also welcome Eiliyah Shaich Yusuf, a daughter for Alicia (former Assistant Coordinator here at St Carthage's) and her husband Joseph. They welcomed Eiliyah into the world on the 13th November weighing 6 pounds 4 ounces. Both mum and bub are doing well and we congratulate the couple on the birth of their first child.



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Dates to Remember



Monday 5th December - Christmas Liturgy

Wednesday 21st December - Combined Christmas Party

Friday 16th December - Day Club closes

Monday 16th January - Day Club re-opens

Friday 23rd December - The Cottage closes

Tuesday 17th December - The Cottage re-opens

These dates are confirmed so mark them in your calendar. More details with times and locations will be available closer to the dates. Notification of these events have been sent out. Please contact the office if you require further information or in fact did not receive notification.



Just Jokes!

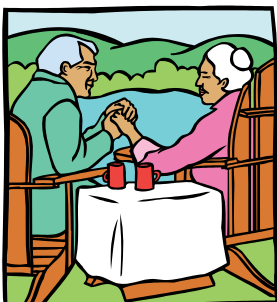
What are the odds of something happening at 12:50pm?
Ten to one.

Internet Kiosk



Two volunteers have gratefully donated their time to enable people over 50 the opportunity to be able to learn how to operate a computer. The Computer Kiosk, operating from our Jubilee St office, has been put to good use with clients coming to the kiosk on a regular basis to learn from our experts how to use computers and their programs. Students are learning everything from the basics to emails, the internet and more! If you have an interest in computers and would like to learn more contact Tracy at the office, 6620 0000, for more information.

Stress Stoppers



A man is sitting on the veranda with his wife, drinking beer.

“I love you” he says.

His wife says, “Is that you or the beer talking?”

He looks at her, “It’s me, talking to the beer.”

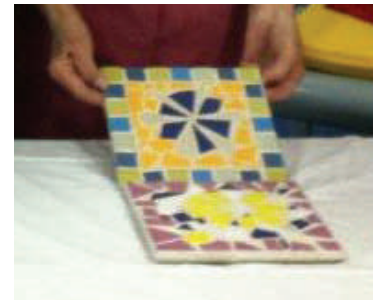
Day Club

The Tuesday Day Club have let their creative side come to fruition recently, participating in gardening and mosaic tiling activities.

Day Clubbers are currently nurturing a number of herbs and vegetables planted recently. These seeds have sprouted and are the beginning of a wonderful raised garden bed.

A small group of talented people took some ordinary tiles, smashed them up, and reorganised them to create tea pot mats. After creating borders, shifting tiles, gluing, grouting and polishing the results are nothing short of beautiful.

They are currently on show at the Day Club and the artists couldn't be more satisfied with the results.



Check out our website: www.stccc.org.au



ST CARTHAGES COMMUNITY CARE

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We provide the following services:

***Community Aged Care Packages
Extended Aged Care at Home Packages
Extended Aged Care at Home-Dementia Packages
Seniors Day Club
Respite Program
Seniors Respite Service
Breakaway Respite
Health and Wellbeing Program
Private/Brokerage Services***

Little Quiches - makes 20

2 sheets shortcrust pastry

2 eggs

1/2 cup whipped cream

1 tsp American mustard

125g ham, chopped

1 cup cheese, grated

1 Tbsp chives, chopped

Pre-heat oven, 200 C. Grease patty tray. Cut 20 circles from the pastry and line prepared patty tray.

Whisk eggs, cream and mustard in a bowl until combined.

Add ham, cheese and chives.

Spoon mixture into each pastry round. Bake for 10 minutes

