



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 1, Issue 2

BI-MONTHLY NEWSLETTER

Welcome new members of staff!

St Carthage's has the pleasure of welcoming a number of new staff to the organisation including Alicia Gibbs, Assistant Coordinator to the Each program.

St Carthage's Community Care adopted me four weeks ago as the new Assistant Co-ordinator and as the new girl on the block I've had my arm twisted to write a profile on myself.

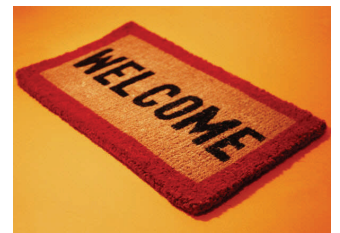
Coming from a background in counselling and fundraising I'm excited to be starting out in the aged care sector.

I'm originally from Sydney (you could call me a "northern beaches girl") and have been volunteering in a farming community in Israel for the last six months with my fiancée Joseph, as well as exploring the amazing sights and culture. When we got back to Australia in May we couldn't get used to the city again, so we followed our dream of living in the Northern Rivers area and have settled in Lennox Head for now. Hopefully one day soon I'll get to practice some of the farming skills I learnt!

All this, and our wedding next month, I seem to be starting lots of new adventures at once. I'm looking forward to things settling down for summer so I can get back into some of my favourite things, like surfing and yoga.

Meanwhile, I hope I get a chance to meet you all very soon.

Alicia Gibbs EACH Assistant Coordinator



Alicia Gibbs

We also welcome to the organisation Andy Ridd, who has been a volunteer with the Day Club in recent years and has decided to join the pay role as a Community Care Worker. We welcome Glenn Hayllar, he too has joined us as a Community Care Worker.

We extend a very warm welcome to you all and hope that you gain many wonderful experiences here at St Carthage's Community Care.

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Walk-a-thon.....Every Step Counts!

St Carthage's Community Care members of staff are embarking on a walk-a-thon expedition!

Staff are participating in a virtual walk from Lismore Australia to Lismore Ireland, walking almost 17,000 kilometers in an effort to improve their fitness and health.

Teams will be competing for bragging rights by wearing a pedometer and pledging 30 minutes exercise everyday. The team that collects the 16,991 kilometers it takes to get to Ireland will win a healthy lunch

provided by the losing teams!

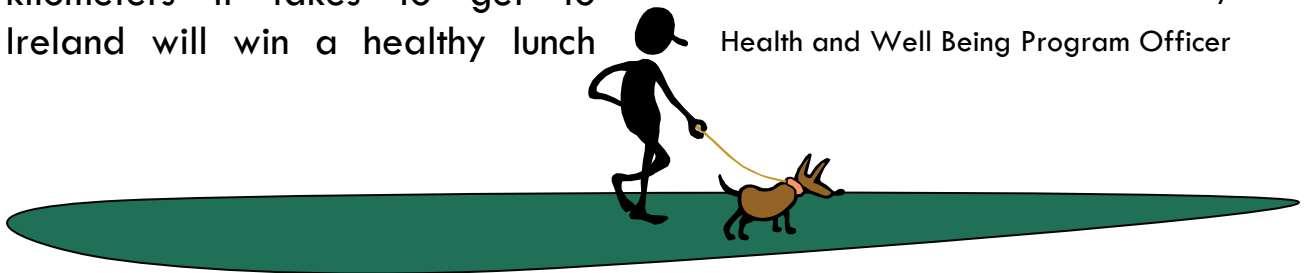
By using pedometers, individuals can keep tally of the amount of walking they do during the day and add it to their teams progress each week.

The individual who contributes the most kilometers will be the recipient of a mystery prize, so encourage all of our members of staff to get out into the fresh air and get moving.

Every step counts!

Carissa Perry

Health and Well Being Program Officer



Retired

It is with great sadness that we inform everyone of two retirees this month.

Kurt Fischer, one of our longest serving employees, has decided to call it a day after almost 15 years here at St Carthage's Community Care.

Anne McRae has also decided that it is time to retire after 13 years of caring service as a Community Care Worker.

We wish both of these wonderful people all the best in their futures

as retirees. We will certainly notice the absence of their presence in the halls of St Carthage's, especially after such consistent service over the years.

It is also with sadness that we report Belinda Magarry has resigned from the Respite service. We wish Belinda much luck as she pursues other avenues and opportunities.

Good Luck!



Recognise a Stroke FAST

Each day in Australia around 165 people suffer a stroke. Many face a future of rehabilitation and some form of disability.

A stroke occurs when the supply of blood to the brain is disrupted due to a blood clot or because the artery bursts or breaks. Without blood flow, the brain is starved of oxygen. Brain cells in the affected area start to die within the hour.

A number of common factors increase the risk of stroke including high blood pressure, high cholesterol, an irregular heartbeat and diabetes. Getting these health problems checked and monitored regularly can greatly decrease the chance of having a stroke.

Exercise, a healthy weight, diet and seeing your doctor for health concerns are important to reduce the risk.

Stroke is a medical emergency and the faster you act, the greater the chance of recovery. By using the FAST method, you can help to determine if someone has had a stroke by performing this quick test:



Recognising a stroke FAST

- **FACE** – Check their face. Can the person smile? Has their mouth or eye drooped?
- **ARMS** – Can they lift both arms?
- **SPEECH** – Is their speech slurred? Do they understand what you say?
- **TIME** – Time is critical. Act FAST and call 000.

For information see www.strokefoundation.com or call StrokeLine on 1800 787 653.



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Day Club News

What a beautiful time of the year to get out and about, visiting the fantastic region we live in.

The Senior Day Club participants have been doing just that. Over the past couple of months we have been lucky enough to visit a number of gorgeous places on the Far North Coast such as Evans Head, local parks, The Channon, Ballina and Byron Bay. We even spent a cosy Christmas

in July at the Cawongla Cafe and enjoyed a beautiful spring day at the Brunswick Hotel.

Thanks also to our fantastic entertainers; The Happy Singers, Anne Saul and Paul and Lorette Knight, we've been singing merrily through the winter months. We even ventured out to the Workers' Club to see the Theatre Royale show, which was certainly a day to remember.



Happy Birthday

Happy Birthday to Peter Mason, a member of the Respite team at the cottage, who turns a BIG 5-0 this month. Congratulations on making the half century Peter!

Fran has gone Overseas

Our wonderful administrative assistant, Fran Punch has departed for a six week adventure overseas.

A member of her family is getting married in England and Fran is attending the wedding as well as seeing the sights, including Paris France.

Whilst on her holiday break, our newest employee, Sheila

Taylor has taken over the reigns as administrative assistant, looking after the office in Fran's absence. Please be patient while Sheila learns the ropes! Sheila will then take on the role of Community Care Worker when Fran returns. Welcome to you Sheila!

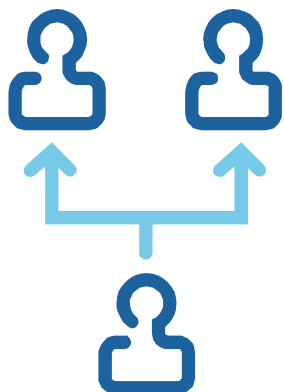


Commonwealth Respite and Carelink Centres

Commonwealth Respite and Carelink Centres are information centres for older people, people with disabilities and those who provide care and services. Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia.

You can contact your nearest Commonwealth Respite and Carelink Centre by phoning 1800 052 222 which is a free call from most phones (mobiles are charged). Or TTY 1800 555 677 then asking for the above phone number.

When you contact a Commonwealth Respite and Carelink Centre the staff will discuss your situation with you and give you information about the local services available or those you may benefit from. However, if you would like to search for services in your area yourself, you can use the online resources available at: www9.health.gov.au/ccsd



Your Link to Living Independently Freecall™ 1800 052 222 * Calls from mobile phones are charged at applicable rates

Client Survey

St Carthage's Community Care is currently reviewing the organisation and the way care is handled. We have included with this edition of the newsletter a survey for clients and/or their advocates.

Our aim is to find out how well the organization is running and areas where improvements can be made. This survey should only take a few minutes and all answers are confidential.

Your feedback is essential for our organisation to be able to delivery quality care and service to all of our clients. Please take the time to fill it in and return it to the office by Monday 20th September.



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Do Not Call Register

Do you receive unwanted phone calls from pesky telemarketers? There is a way to control the amount of calls you receive.

Registering on the Do Not Call Register will not stop all telemarketing calls to your number, as some organisations operating in the public interest are exempt for example market researchers, but can greatly reduce the calls you do receive.

Under the Do Not Call Register Act 2006, telemarketers can check their calling lists against the register. If a telemarketer calls a number on the register, they may be in breach of the Act, and may face penalties.

Registration is valid for three years and you can re-register at any time.

There are three ways to register;

Online: www.donotcall.gov.au

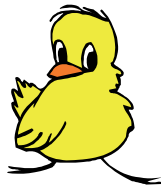
Phone: 1300 792 958

Post: PO Box 42, North Melbourne, VIC, 3051.

For more information contact **Emily** at the office.



Why did the chicken cross the beach?



To get to the other tide!

Community Gardens

Located on Brewster St (next to the tennis courts), the community gardens have a range of avenues being pursued at the moment including raised garden beds for planting, and fruit and vegetable patches. There is a small cement footpath for walking on if you'd like to visit and there is usually someone working on the gardens on most days. This is a work in progress and will gradually expand over time to become a massive garden complex!

Anyone interested in visiting the gardens can contact Carissa at the office, 6620 0000, and she will gladly escort you for a walk through the gardens!



Red Shirt Day

Very soon, you will see a great many people wearing Red every Friday. The reason; Australians who support our troops used to be called the 'silent majority.'

Many Australians, like you, me and all our friends, simply want to recognize that the vast majority of Australians support our troops.

Our idea of showing solidarity and support for our troops with dignity and respect starts this Friday and continues each and every Friday until the troops all come home, sending a deafening message that every red-blooded Australian who supports our men and women afar, will wear something red.

The first thing a soldier says when asked 'What can we do to make things better for you?' is 'We need your support and your prayers.'



Older People and Depression

beyondblue's research shows that it is a commonly-held view among people of all ages - including older people - that as we age, we experience accumulative losses and that it is normal for people to become depressed as they reach later life.

Additionally, some people consider depression to be a weakness of character and not a health problem, so they don't talk about how they're feeling.

Older people are not necessarily more prone to depression than other age groups, but there are certain risk factors in late life that can greatly increase people's chances of developing depression, including an increase in physical health problems, chronic pain, side effects from medications, social isolation, admission to hospital, anniversaries.

The most important message about depression and older people is that **depression is not a normal part of ageing**. Depression is a common health problem and with the right treatment, most people recover from depression.

If you feel that you or someone you know may be at risk of depression, call the *beyondblue* info line 1300 22 4636.





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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
Internet Kiosk***

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

Be the first to solve this Sudoku correctly to win a prize! Get thinking!
The winner of last issue's Sudoku was Jodi Scott. Congratulations!

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