



# Community Connection

## ST CARTHAGES COMMUNITY CARE

Volume 1, Issue 1

BI - MONTHLY NEWSLETTER

### New Respite House

St Carthage's respite services for people with disabilities received an enormous boost this week with news that Ageing, Disability and Home Care, Department of Human Services approved our request for additional funding to build a purpose built respite house. Carers, clients and any interested stakeholders are invited

to participate in a focus group to provide valuable input and feedback into the proposed project. For further information, please contact Jodi Scott on 6620 0000.



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### Humour as Therapy

I recently went to the Hammond Dementia Care Conference in Sydney. There were speakers from all parts of the globe – England, America , Japan and Australia. My favourite workshop was with Dr Peter Spitzer AKA Dr Fruit Loop – Chairman & Medical Director of The Humour Foundation NSW. Humour as part of dementia care is being seriously researched in the 3 year SMILE study currently underway in Sydney. The role and rationale of humour as a positive intervention will be explored – jest for the fun of it. I look forward to the results of this study. In the mean time I will try to add a little humour to my client's day whenever I visit them. All participants were guaranteed to leave with a smile, so be prepared to see some really BIG smiles around.

Jane Cornish EACH & EACH-D Coordinator



### Walking Works

Since starting here at St Carthage's only a few months ago, I have embarked on a range of well being programs including one that gets clients out walking each week.

To begin the program, clients participated in a quick "Up & Go" test where they got out of their chair, walked 3 metres and returned to their chair. This test was timed using a stop watch.

I must admit, I didn't think I would see any improvements using this simple test, but the results were amazing!

Each and every one of the clients tested made improvements, ranging from a few seconds to a massive 10.4 seconds improvement! It's amazing what a little walking once a week can do to the vitality of a person.

Here is what Betty Byrne thinks about the walking program, "I feel very good about it and I really enjoy it. I look forward to Mondays"

So, there's the proof everyone. Walking works! Get out of the house, take in some fresh air and get moving!

Carissa Perry, Health and Well Being Program Officer



"I FEEL VERY GOOD ABOUT IT AND I REALLY ENJOY IT. I LOOK FORWARD TO MONDAYS"  
**BETTY BYRNE**  
COMMENTS ON BEING PART OF THE WALKING PROGRAM

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## Money Makes a Difference

During the month of May, St Carthage's Community Care was involved in a number of charity events raising money for the Cancer Council of Australia.

Staff participated in the Relay for Life, taking turns to walk the team baton around the rugby field at the local University.

Staff braved the cold conditions and kept the baton on the oval for the whole night! It was a tiring challenge but well worthwhile as money raised

through sponsorship came to a total of \$500. What an effort!

The Day Club played host for Australia's Biggest Morning Tea where staff brought in delicious food from home to share and the tea was flowing. Money raised during the morning came to \$278.

The Cancer Council is now \$778 better off thanks to those who helped organize the events and those that supported it with cash. Congratulations everyone all round!



## Basic Foot Care

We have available to borrow a DVD which targets foot care.

It is a step-by-step instructional DVD which shows the basic measures you can take to care for your feet as well as ways to combat and manage common foot problems.

It covers topics such as cleaning, drying and moisturising feet, trimming toenails and checking feet for problems. It also

explains common foot problems such as callous, corns and ingrown toenails, and ways to manage them .

The foot care DVD then explains when foot problems should be taken to the podiatrist for further treatment.

Basic Foot Care will be shown at the Day Clubs and anyone interested in viewing it can contact the office to coordinate screening times.



Basic Foot Care

## Health Advisory Council Seeks Your Views

Posted: 21 May, 2010

The North Coast Area Health Service Advisory Council (NC-AHAC) is calling on the community to 'have a greater say' in the planning, delivery and evaluation of local health services.

NC-AHAC would like to hear from interested individuals and community organisations about how they receive and use health related information, and how they can be more effectively engaged.

Over the next few months the NC-AHAC will be working with North Coast Area Health Service (NCAHS) Community Participation Unit to conduct a number of web-based surveys.

Hazel Bridgett, NC-AHAC Chair said we are looking for North Coast residents with internet access to participate in a series of short surveys.

The NC-AHAC is encouraging the community to sign up for the surveys by completing the first survey, which can be found at:

[www.ncahs.nsw.gov.au/participation](http://www.ncahs.nsw.gov.au/participation).

Community members who would like to be involved but do not have access to email can still participate; those people will need to register by contacting the Community Participation Unit on 02 6588 2915 so they can receive the surveys in the mail.

Ms Bridgett said Health reform is currently a hot topic across the North Coast and local communities want to be informed.

Why are bananas never lonely?



Because they hang around in bunches!

## Who is St Carthage?

St. Carthage, whose name is also given as Mochuda, was born of a good family, in what is now County Kerry, Ireland, about the year 555. He spent his youth as a swineherd near Castlemaine, and became a monk in a neighbouring monastery under the guidance of St. Carthage the Elder, subsequently receiving priest's orders. In 580 he determined to lead a hermit's life, and he built a cell at Kiltallagh, where his fame soon attracted pilgrims. After a few years the jealousy of two neighbouring bishops forced him to quit his hermitage, and he proceeded on a visit to Bangor, where he spent a year. On the advice of St. Comgall he returned to Kerry and founded churches at Kilcarragh and Kilfeighney. He then visited Waterford, Clonfert-molua (Kyle), and Lynally, whence, on the recommendation of St. Colman Elo, he settled at Rahan, near Tullamore, in the present King's County.

St. Carthage founded his monastery of Rahan about 590, and soon had hundred of disciples. He was consecrated Abbot-Bishop of the Fercal district, and composed a rule for his monks, an Irish metrical poem of 580 lines, divided into nine separate sections — one of the most interesting literary relics of the early Irish Church. Numerous miracles are also recorded to him. At length, Blathmaic, a Meathian prince, instigated by the neighbouring monks, ordered St. Carthage to leave Rahan. This expulsion of the saint and eight hundred of his community took place at Eastertide of the year 635. Journeying by Saigher, Roscrea, Cashel, and Ardfinnan, St. Carthage at length came to the banks of the River Blackwater, where he was given a foundation by the Prince of the Decies, and thus sprang up the episcopal city of *Lios-mor*, or Lismore, County Waterford.

Great as was the fame of Rahan, it was completely eclipsed by that of Lisemore, although St. Carthage lived less than two years at his new foundation. He spent the last eighteen months of his life in contemplation and prayer, in a cave near the present St. Carthage's Well. When at the point of death, he summoned his monks and gave them his farewell exhortation and blessing. Fortified by the Body of Christ he died on the 14th of May, 637, on which day his feast is celebrated as first Bishop and Patron of Lismore. Short as was St. Carthage's stay in Lismore, he left an ineffaceable impress of his labours in a famous abbey, cathedral, and infant university, but more so in the shining example of an austere and blameless life. Purity was his transcendent virtue, and to guard it he practised the severest penances.

Grattan-Flood, W. (1908). "St. Carthage". In *The Catholic Encyclopedia*. New York: Robert Appleton Company.



“St. Carthage at length came to the banks of the River Blackwater, where he was given a foundation by the Prince of the Decies, and thus sprang up the episcopal city of *Lios-mor*, or Lismore“

## Seniors Day Clubs Update

As we all know, Joan and the wonderful volunteers have worked tirelessly to ensure the Day Club continues to run smoothly. A big thank you to Tracy, John

and the volunteers for their efforts during this time – it has been greatly appreciated!



Joan has been on holiday



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"I never apologise.  
I'm sorry, but that's  
just the way I am"  
- Homer J Simpson

**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**

A **Justice of the Peace** is someone who witnesses documentation. We have two JP's in our organization, Connie Faber our Office Manager and Lynn Wallace one of our Community Care Workers. To have Connie or Lynn witness your documents, you can contact the office 6620 0000 to arrange a suitable time.

### Access to the Internet Now Available through the Internet Kiosk

If you are interested in learning how to use the internet, contact the office, 6620 0000, to organize a time. One-on-one lessons are available with our computer guru Andy.



Get connected for **FREE** with your local **Broadband for Seniors** internet kiosk

Your new Broadband for Seniors kiosk gives you the opportunity to discover how the web can play a great part in helping you to stay in touch with friends and family, along with offering access to the wealth of information available online. This is your chance to find out what all the excitement is about.

The kiosk features two computers with broadband access for use by older members of our local community. **We are also providing training, so beginners are very welcome!**

Be the first to solve this Sudoku correctly to win a prize! Get thinking!

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