



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 2, Issue 3

BI-MONTHLY NEWSLETTER

A word from the manager....

Hello everyone,

Spring has sprung, the days are getting warmer and I suspect we can safely assume a busy last quarter for 2011.

The Development Application for our purpose built respite house was approved by Lismore City Council 27 July 2011. The deadline for the submission of tenders was Friday 9 September. Our next step will be to select the builder and hope for perfect building weather conditions for the next 6 months!

The internet kiosk is now in full swing with 2 volunteers – Garry Newell and Geoff Mackie. To register your interest and place your name on a waiting list, please contact Tracy at the office.

Jane and Tracy are building the Tool Kit to use when working with people with dementia. They are currently on the lookout for old knitting and crocheting patterns – if you or your friends or family have any you are looking to get rid of, you can contact Jane or Tracy.

Congratulations to the Italian Day Club – last week marked 24 years of service to the Italian community.

Until the next Newsletter, go well.

Iris Ritt

Community Services Manager



International Theatre Company

Commedia dell'Arte is being presented again this year to the Northern Rivers region. The story is of a fugitive from the Spanish Inquisition who sailed with Christopher Columbus to the New World of America. The performance is in Italian but is presented in a way that anyone can understand. You can catch the show at the SCU Campus Central Auditorium on Thursday 15th September at 11am. Cost is free. For more information please contact Cathy Burton on 6620 3419.



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Wellness Tips we can Learn from Dogs

Never pass up the opportunity to go for a joy ride
Allow the experience of fresh air and the wind in your face to be pure ecstasy
When loved ones come home, always run to greet them
Let others know when they have invaded your territory
Take naps and stretch before rising
Run, romp and play daily
When it's in your best interests, practice obedience
Be loyal
When someone is having a bad day be silent, sit close by and nuzzle them gently
Thrive on attention and let people touch you
Avoid biting when a simple growl will do
On hot days drink lots of water and sit in the shade of a tree
When you're happy, dance around and wave your entire body
No matter how often you're scolded, don't pout. Run right back and make friends!



Proposed Knitting Circle

St Carthage's Community Care would like to start a knitting circle for anyone interested. Participants would meet once a week for a couple of hours (at a venue to be decided), have a cuppa, a chat and knit!

The knitting group would contribute to programs such as 'Wrap With Love' where squares are knitted and sewn together into rugs, then donated to community services in Australia and all over the world.

'Wrap With Love' is a not-for-profit organisation that donate thousands of blankets to people suffering from cold or trauma, including the recent Victorian bushfire victims.

Volunteers are needed for this program, so if you can knit, know someone who can, or would like to be involved in any capacity, please contact Lisa Campisi at the office on 6620 0000. Transportation for this program may also be negotiated, so give Lisa a call!



Wraps given to children from Sierra Leone

Wii-habilitation

Using the popular Nintendo game “Wii Fit” regularly could improve balance, dexterity and help prevent falls in older people, research by Dr Penelope McNulty suggests.

Exercise physiologist at Neuroscience Research Australia, Dr McNulty says there is currently a trial for the use of Wii Sports games for the older person with positive results.

Dr McNulty recalls since the trial’s inception in 2009, there have been 21 participants, “and everyone involved has gotten better”. All participants improved their functional ability as a result. “We had one gentleman who came to us who had not used one of his hands for two and a half years. Two weeks later he was able to bend his elbow to about 60 degrees.”

Wii fit encourages participants to perform exercises such as yoga poses, strength, balance and aerobic exercises.



Wii Fit is available at the Day Club. Ask about it today!



Volleyball

Volleyball has been interesting of late with teams pulling out of the C grade competition resulting in the two St Carthage’s teams playing against each other over the past few weeks. Games have been close and it’s fair to say that a lot of fun has been had by all.

Anyone interested in playing can contact Jodi at the office 6620 0000.



Cashew nut and Pear sauce

- 1/2 cup Cashew nuts
- 420g can of half pears

Place ingredients in blender and blend for 1 or 2 minutes. Use this yummy sauce with dessert instead of cream. This recipe can be replaced with other nuts and canned fruits. So start experimenting with flavour combinations!



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***

Walking with Friends



Walking with Friends is a walking group run every Tuesday at Kadina Park, Goonellabah from 10am.

If you would like to be involved you need to wear your walking shoes, a hat and bring a water bottle.

Wheelie walkers and people who can't walk long distances are encouraged to join.

This group is a Lismore Social Support run program and if you would like further information please contact Winnie or Helen on 0468 953 635.



**Northern Rivers
Community Transport**

DO YOU NEED HELP WITH SHOPPING?

Weekly Shopping Buses

For seniors, people living with a disability and for carers.

- Door to door pick up and drop off
- Room for wheelie walkers
- Some assistance with shopping
- Help with parcels to your door

BOOKINGS AND ENQUIRIES:

6628 6000



NRCT is a non profit Govt. funded organization that provides transport for seniors, people living with disabilities and carers residing in the Lismore, Kyogle and Richmond Valley Regions.