

St Carthage's Community Care



VOLUME 1 ISSUE 2

DATE: 1 JUNE 2009

ST CARTHAGE'S COMMUNITY CARE NEWSLETTER

PREPARING FOR SEASONAL INFLUENZA

Special points of interest:

- *Influenza
Vaccination*
- *Detailed
information on
Respite for Older
People Program.*
- *Food Safety*
- *Relaxation Corner*
- *Important Dates*

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Autumn is here and we are approaching the beginning of the influenza season.

Vaccination:

- Under the National Immunisation Program vaccination is provided free of charge for all people aged 65 years and over,
- St Carthage's Community Care offers vaccination free of charge to all staff.
- Vaccination helps protect against influenza and is effective in preventing pneumonia.
- Should you become ill from influenza it is important to see your G.P.
- Influenza is highly contagious.
- While the annual influenza vaccine is a matter of choice for individuals, it is important that everyone who wishes to be vaccinated is encouraged to do so.

STAFF PROFILE

Hello, my name is Fran and I am the voice on the other end of the phone, and the face at the reception counter.

I have been with St Carthage's Community Care for nearly 16 years. It has been a very interesting journey witnessing the emergence of a community care organisation.

I have very much enjoyed my last 16 years and have met very many interesting clients and staff members. It is, and has been a very good workplace to be involved with, one which puts its care of clients, and support of staff, as paramount.

Thank you to every-one I have met and

been involved with. You have greatly enhanced my life.



Details of the New Respite Service for Older People

Seniors Respite Service is funded by the Australian Government under the National Respite for Carers Program. This service will provide flexible respite to carers of frail older people, people with dementia and people with dementia and challenging behaviours in the Lismore and Richmond Valley LGAs. Respite can be provided in a number of ways and is tailored to meet the needs of the carer and the person they care for. Respite can be provided:

- In the person's own home on weekdays, evenings or weekends
- Small group activities at the Goonellabah Community Centre on Tuesdays and Thursdays from 9.30am – 2.30pm
- Cottage based day respite in small groups on Monday, Fridays and Sundays from 10am – 3pm at the Respite Cottage in Lismore
- Small group outings to access activities in Lismore, Evans Head and Casino from 10am – 2pm
- Emergency and unplanned respite is also available.

Who is eligible?

To be eligible for **Seniors Respite Service**:

The care recipient (person receiving care):

- must reside in the Lismore or Richmond Valley LGA
- must be 65 years or over (to receive the frail age service), can be under 65 with dementia
- must have an unpaid carer

How Do I Refer to this service?

- Referral can be made by telephone, fax or in person – see below for contact details
- Carers, clients and family members can contact the Respite team on 6620 0000
- Referral is made via the CIARR for service providers

How much will it cost the carer?

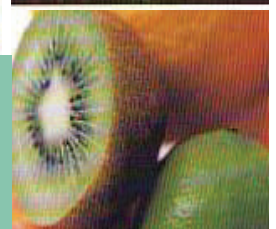
Service Type	Cost to Carers	Comments
In home respite	\$3.00 / hour	Capped at \$15.00 for more than 6
Centre based (day respite)	\$15.00	This cost covers meals and transport to and from respite
Cottage based (day respite)	\$15.00	This cost covers meals and transport to and from respite
Community Access Day Respite (small group outings)	\$20.00	This cost covers meals and transport for outings

To find out more about Seniors Respite Service and the services it offers, please contact Jodi Scott on 6620 0000.

FOOD SAFETY QUIZ—

Why not do this quiz and find out how you are going in the area of food safety? If you answer YES to ALL of the following, you are doing very well.

- I wash my hands with hot water and soap for at least 20 seconds before preparing food.
- I change or wash my dishcloths, dishmops and tea towels each day.
- I wash my hands and utensils after using them to prepare raw meat, chicken and fish and before touching other food.
- I clean out
 - my refrigerator each week
 - my freezer every three to six months.
- I throw away chipped and cracked crockery.
- I take hot take-away chicken out of the silver-lined bag before refrigerating.
- When shopping, I
 - select refrigerated food last
 - check the use-by date and look for damaged packaging
 - reject swollen or damaged cans.
- I cook raw meat within three days of buying it.
- When shopping in hot weather I wrap meat in extra paper or have a cooler in the car.
- I store raw meats so that juices won't drip onto other foods.
- I know that when chicken is properly cooked, the juices are clear.
- I know that minced meat should be cooked for at least 20 minutes.
- I know that long-life milk must be refrigerated once opened.
- When I cook soup or a casserole to freeze for next week I know to
 - divide it into small containers for quick cooling and freezing
 - label it with date and name,
 - put it in the freezer within two hours of cooking, even if it is still warm.
- I know it's OK to put food in the refrigerator if it is still warm.
- I know not to leave high-risk foods at room temperature for more than one hour.
- I know that high-risk foods left out overnight cannot be made safe by cooking.
- I know it is important to reheat food quickly, until it is steaming hot.
- I know it is best to thaw chicken in the refrigerator.
- I cook chicken or meat thawed in the microwave as soon as it is thawed.
- I know food will not keep forever in the refrigerator.



“IF IN DOUBT, THROW IT OUT”

ST CARTHAGE'S COMMUNITY CARE

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Our Website:

www.stccc.org.au

Services Include:

Community Aged Care Packages
Extended Aged Care at Home Packages
Community Partners Program
Seniors Day Club
Respite Program
Seniors Respite Service
Breakaway Respite
Private/Brokerage Services
Self Care Units

Seniors Day Club Football Competition Round 10 - Top 10

Peg McInerney	51
David Akins	49
Norah Carroll	47
Carol Welsh	46
Val Sawtell	45
Denise Tamai	45
Joan Raison	45
Glady Creighton	44
John Garbutt	43
Jess Daley	42

IMPORTANT DATES—JUNE 2009

8 June: Queens Birthday Public Holiday
Essential Services Only

14 June: First day of National Nursing
Assistants Week.

Thank you to all our wonderful
Staff for the very necessary
work they perform.

RELAXATION CORNER

STRESS STOPPERS

(Take two after meals with water)

- Never trust a man who, when left alone with a tea cosy, doesn't try it on.
- How many crime writers does it take to change a lightbulb? Only one, but it needs a really good twist at the end.
- Petrol station sign: Courteous and efficient self-service.
- Last year people won more than one billion dollars playing poker. And casinos made twenty seven billion just by being around those people.
- A garage sale is a technique for distributing the junk in your garage among other garages in your neighbourhood.

WORDS OF WISDOM

- ◆ Creativity is great, but plagiarism is faster.
- ◆ The penalty of success is to be born by the people who used to snub you.
- ◆ When your only tool is a hammer; all problems start looking like nails.
- ◆ There is no exception to the rule that every rule has an exception.
- ◆ You can learn a lot from your dog; obedience, loyalty, and the importance of turning around three times before lying down.

