



Community Connection

ST CARTHAGES COMMUNITY CARE

Volume 1, Issue 3

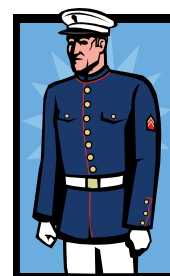
BI-MONTHLY NEWSLETTER

Dress Code

You might have noticed something different about the way we look. We are implementing our new Dress Code Policy which gives staff the choice in what they wear to work. What this means is that people will dress professionally and appropriately for the work that needs to be undertaken. The organisation takes occupational health and safety very seriously and this will influence the style of dress that people choose to wear.

In our respite services, staff have not worn uniforms for many years and this is something we have adopted in the rest of our service areas.

Some of us might look different out of uniform. However some things will stay the same. All of us will continue to live up to the very high standards of service delivery we set for ourselves and that includes announcing who we are when we enter your home and displaying our identification card anytime someone requests to see it.



Positive Ageing Grant

Recently, St Carthage's Community Care applied for a Positive Ageing Grant and was successful in gaining \$5000 to establish a program that encourages inter-generational relationships.

The program will involve students studying Italian from St John's College Woodlawn meeting with our clients attending the Italian Seniors Day Club. Students will assist clients to create and record Personal Life History booklets. This program will give the clients an opportunity to be stimulated by conversations with the younger generation in the language that is most familiar to them as well as reminiscing past events in their lives. Students will have the opportunity to read and converse in the language that they are studying.

My life is your life - La mia vita è la tua vita

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The Last Post



Do you know the beginnings of the haunting song “The Last Post”? Reportedly, it all began in 1862 during the American Civil War, where Union Army Captain Robert Ellicombe was with his men near Harrison’s Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land.

During the night, the Captain heard the moans of a soldier who lay severely wounded on the field. Not knowing which Army the soldier was from, the Captain decided to risk his life and bring the stricken soldier back for medical attention. Crawling on his stomach through the gunfire the captain reached the soldier and dragged him toward his camp. When he finally reached his own lines, he discovered it was actually a Confederate soldier, and the soldier was dead.

Captain Ellicombe lit a lantern and saw that the face of the soldier was that of his own son. The boy had been studying music in the south when war broke out and enlisted in the

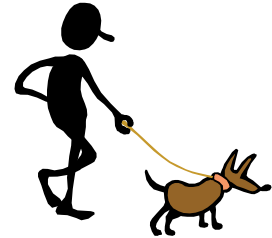
Confederate Army without telling his father.

The following morning the Captain asked permission to give his son a full military burial, despite his enemy status. His request was partially granted. He had asked for a group of Army band members play a funeral dirge for his son at the funeral. The request was turned down but out of respect for the father they did allow one musician.

The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of his dead son’s uniform.

The haunting melody played at his funeral is what we now know as “The Last Post”.





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

The walkathon has been completed, but not the way it was planned. Initially, the idea was to walk from Lismore Australia to Lismore Ireland covering 16,991 km's in the process. Did we get there? Sadly, no. There were quite a few hiccups along the way and this caused some headaches.

Firstly, there was the incident where one of the pedometers, being used to keep track of the kilometers covered, accidentally fell off the walkers belt and into the toilet! Another dropped onto the road and was smashed by a car. There were numerous times where the pedometers reset themselves and kilometers already walked were lost for good.

In the end, the decision was made to put all participants names into a hat and draw out the winner of the mystery prize - a bottle of perfume and lip gloss valued at \$70 and kindly donated by the Goonellabah Pharmacy. The name drawn was Lyn Hudson. Congratulations Lyn!

There were a lot of positive comments made during the walkathon including that it was a good opportunity to see how much (or little) people were doing during a regular day at work. Some also liked wearing the pedometer as it prompted them to find time to do more than they would normally do. One participant has bought her own (more high tech) pedometer and another has taken to walking everyday, rain, hail or shine!

Well done to everyone who participated and keep up the good work!

Carissa Perry Health and Well Being Program Officer



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Saint Mary MacKillop

Mary MacKillop was Canonised on October 17 at St Peter's Basilica, Rome. Pope Benedict XVI proclaimed Mary's sainthood during the Canonisation Mass. Over 8000 pilgrims from Australia and New Zealand attended the ceremony.

The Church does not make a saint – it recognises a saint. Canonisation is the act by which the Holy Father declares in a definitive and solemn way that a Catholic Christian is actually in the glory of heaven, intercedes for us before the Lord and is to be publicly venerated by the whole Church.

Canonisation is a double statement – about the life of the person and also about the faith of the people who are alive at this moment. They are as much a part of the canonisation as the person who is being recognised.

The two ladies at the centre of the Mary MacKillop story have previously both suffered cancer and were told by their respective doctors to go home and wait to die because there was nothing that could be done for either of them. Their cancers were incurable.

Both were given relics of Mary MacKillop's clothing and joined the Sisters of St Joseph in prayer after hearing this news from their doctors. Both are now cancer free and, it is believed, beat cancer through the miracle of prayer.

Their miracles have formed the basis for Mary's canonisation and we can now claim an Australian as a Saint.

Feedback

Recently, a daughter of one of our clients passed on some feedback. She commented, "Thank you. I've really noticed the difference in Mum's anxiety levels since you started providing service. You're obviously doing some good things." Congratulations to our Community Care Workers providing high quality care for all of our valued clients.

If you have feedback for any of our services, positive or negative, please contact the office 6620 0000.



Casino Social Support Program

UnitingCare Ageing offers a Social Support Program to older people and aged elders in the community. Their service can provide a companion who can supply help with paperwork or letter writing, social company, meal assistance, shopping, banking or attending appointments.

This service is aimed at enabling clients to be more independent in the home and can help alleviate the risk of permanent care.

Eligible persons can be provided up to 5 hours of assistance per week.

For more information on this service contact:

Barbara Collins - 02 6662 8920

Shopping Assistance

Woolworths Casino can offer shopping assistance to those in need. Assistance can be for pushing the trolley, reaching high items, finding items etc. To arrange assistance with your shopping phone the store manager, Jamie Olive - 6662 3233

Telecross

Red Cross provides a free service called Telecross. This service is for those in the community living alone and is used to reassure and confirm that they are safe and well.

It runs 365 days a year throughout Australia and has been operating for over 20 years.

Mostly aimed at older people, people with disabilities or younger clients who are medically dependent may be eligible. Red Cross can also provide temporary services, and is aimed at keeping people independent at home.

For more information, or if you'd like to become a volunteer, call the local Lismore Red Cross centre: 02 6622 0788, to arrange a home visit and assessment.



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Art Corner



This is a picture of a “Love Monster” drawn by one of our talented clients Nicky. Nicky wanted to contribute to our newsletter.

Nicky describes this as a friendly girl monster who sends love to everyone.

Well done Nicky!

If you, or anyone else you know, has something they would like to contribute to the next issue please contact Carissa at the office 6620 0000



I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.

Dark Chocolate Good for the Heart

An American study has revealed that older women who eat dark chocolate once or twice a week could be lowering their risk of heart failure by a third, yet those who eat it every day saw no benefit.

Dieticians confirmed eating too much dark chocolate is unhealthy because it contains high levels of sugar and fat that can cause weight gain. But chocolate also contains high concentration of compounds called flavonoids, which can lower blood pressure and protect against heart disease.

One or two servings of 19-30grams of dark chocolate containing as much as 75% cocoa can be of benefit. The antioxidants in chocolate can also be found in fruits and vegetables - which don't come with the saturated fat and high calories that chocolate does.



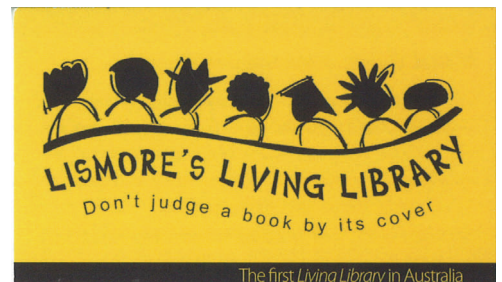
Lismore's Living Library

What is it? The *Living Library* is a collection of 'living books' - people with special stories to share. The *Living Library* is open on the first Friday of each month in the Lismore Library from 11am-2pm. This Library works exactly like a regular library, only that the 'books' are living breathing people with different life stories to share.

When you come to one of the Living Library sessions you will find a variety of books available and a different group each session. The librarian introduces reader and book to each other and both go to a reading booth for a half-hour chat.

Selections include: An adoptee, Catholic Nun, Farmer, Policewoman, Transplant recipient plus many, many more.

For more information about the Living Library please phone: 6621 2464



Teach an Old Dog New Tricks

Australians of middle age or older should use their brains or "lose it" as keeping the brain active is important, according to Canadian author Dr Norman Doidge. The author of the book, *The Brain that Changes Itself*, says that we should think of our brains as something resilient that can grow new abilities until the day we die.

"Thinking of the brain as a thing that wears out in the second half of life is the worst thing we can do. It does atrophy, or waste away, but when you start using it you not only get the language skill, you sharpen other skills."

Separate evidence from other studies, presented at the Alzheimers's Association International Conference, supports the association of physical activity and certain dietary elements (tea, vitamin D) with possibly maintaining cognitive ability and reducing dementia risk in older adults.

"Research has pointed us toward a number of factors, the strongest being reducing cardiovascular risk factors" Dr William Theis, chief medical and scientific officer at the Alzheimer's Association.

For more information contact Alzheimer's Australia - 02 6254 4233





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Easy Oven Baked Risotto

Ingredients:

2 cups Arborio rice
5 cups boiling water
20g chicken stock cubes, crumbled
3 tbsp margarine
3 cups sliced mushrooms
2 cups baby spinach leaves
1/2 cup finely grated parmesan
cheese
2 tbsp chopped chives

Method:

1) Combine rice, water, stock cubes, margarine and mushrooms into a large oven proof dish. Cover tightly with lid.

2) Bake in a hot oven (200°C) for 30 minutes or until rice is tender. Stir through spinach leaves, parmesan and chives.

