

CONNECT

NEWSLETTER



**WHAT'S
INSIDE**

Keeping
your cool

Safety
at home

Eating
well

CONNECT

NEWSLETTER



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From the CEO

Welcome to the Summer edition of **Connect**.

2023 has been a milestone year for Anglicare as we celebrate 40 years of serving the community. You can watch videos about our history in the About Us section of our website www.anglicare-tas.org.au

Safety is a strong theme in this issue. There are tips about staying safe in warmer weather (p.4), in the event of bushfire (p.4) and around your home.

It's also a pleasure to introduce client Peter Attrill (on p.6) and one of our friendly scheduling team members, Ash (p.10).

Anglicare values your feedback about the quality of the services you receive. I invite you to consider being part of the Participants Advisory Council (PAC) in your region. We hold regular meetings with PAC to talk about what's working well and where things can be improved. To find out more, please speak to our team.

Connect is your newsletter. You are welcome to submit ideas or artwork. Thank you to Shirley Porter for allowing us to share her special Christmas poem on p.12.

May God bless you and your families this Christmas.

Chris Jones, CEO



Ellen Nicholson,
General Manager
Aged Care
Services

In 2023 we expanded our services, grew our team and focused on improving the way we support you. We're looking forward to 2024!

With the New Year just around the corner, we hope you like the 2024 calendar included with this newsletter. It's full to the brim with information about services and activities that will help to boost your health and wellbeing and strengthen your community connections.

If there have been any changes in your situation recently, please let us know so that we can take a fresh look at the support that will be most useful to you. This could include if you've had a fall, a hospital visit or changed your medications with your GP. Your care manager

is the best person to start with, but you can also provide information to your support worker and feel confident that this information will be passed on.

Training is always a strong focus for us. At Anglicare we value the diversity that exists in our workforce and in our client base. We want everyone to feel seen, heard and valued for who they are. In December our staff will participate in 'rainbow of difference' training which is about helping us to be an inclusive service for people from the LGBTIQ community. I look forward to sharing what we learn with you in the New Year.

Happy Christmas and a wonderful New Year to you and your families.

With best wishes,

**Ellen Nicholson, General Manager
Aged Care Services.**

Are you a CHSP client?

If you are a client with the Commonwealth Home Support program and feel like you may need additional services in your home call My Aged Care to discuss your care needs on **1800 200 422**. The Contact Centre is open 8am to 8pm weekdays and 10am to 2pm Saturday.



Visit our feedback page on our website. Use your mobile phone to scan this QR code to get there. Ask your worker if you need assistance.



Staying sun-safe

It's easy for older people to become dehydrated when temperatures rise.

Our team is trained to look out for you - but there are things that you and your family members can do to protect yourselves this summer.

- Look out for the signs of heat stress. These include lethargy, confusion, dizziness, head aches, less frequent toileting than usual and of course, thirst. Make sure you have water within reach at all times.
- Create cool, well-ventilated rooms in your house that are easy for you to access.
- Wear light-coloured, loose clothing.
- Consider a tepid shower or sponge bath if you're feeling overheated.
- Always wear a hat and sunscreen if you're outside - and seek out a shady, breezy spot where you can.
- Make sure your food is well-refrigerated.

Are you bushfire-ready?

It's important to clean up around your yard and in your gutters so that there's no flammable waste close to your home.

Have you prepared your 5 Minute Bushfire Plan? You can find this on the Tasmania Fire Service website at www.fire.tas.gov.au The TFS advises that leaving early is always the safest option.

If you prefer printed material, please contact us on **1800 466 300** and we will mail it out to you.



A safe home environment

We want your home environment to be safe for you and your visitors. This includes our workers – and your beloved pets!

We'd like to support you to stay at home as long as possible. Even the aftermath of a fall can be managed in some circumstances. Here's a quick checklist for preventing a fall:

- Ask your doctor or a member of our nursing team about having your blood pressure checked and whether you might need to take a calcium and/or vitamin D supplement.
- Are you wearing supportive footwear around your home? Are there rugs or other trip hazards?
- Are you staying as mobile and active as possible? This, in combination with eating well, will help to keep your bones and muscles strong. There are lots of seated exercises that you can do, and you may need to consider other devices such as a walker and shower chair.
- A personal alarm will provide valuable peace of mind for you and your family members – and practical help in the event of an emergency.



It's important that your home provides a safe working environment for our team members.

Your Anglicare service

Our team members feel privileged to be invited into your homes. At the same time, Anglicare is required by law to provide them with a safe working environment.

Even your pet can become a tripping hazard – particularly if they become over-excited with a new visitor or they have a fear of vacuum cleaners! For this reason, we ask that your pet be contained in a separate room or on a lead or a leash for the duration of your service. (We make an exception for

photo shoots, as you can see with gorgeous Jack Russell Josephine on the next page!)

Thank you for your understanding. As always, please reach out to your care manager if you have any questions or concerns. And if you would like to share a photo of your pet in a future edition of **Connect** – be they big, small, furry or feathered – please send your photo to clientsupportconsultant@anglicare-tas.org.au



"

It was the eighth edition (Sydney to Hobart yacht race), still in its early days. I went with Jock Muir, so I learned from the master.

Peter Attrill

"

Peter Attrill relaxes in his Howrah home with his devoted companion Josephine.

Fair winds for Peter

At nearly 94, Anglicare client Peter Attrill's life so far has been filled with sailing honours, overseas adventures and a close-knit family.

Peter was born on King Island where his parents were farmers. His house in Howrah is surrounded by a large garden that goes down to the high watermark. It's the perfect place to watch the Sydney to Hobart yachts come in. A veteran of five Sydney to Hobart yacht races himself, Peter takes a keen interest in activities on the river and in particular the finishing stages of the major races.

Peter built his own home in 1957 and it has expanded over the years to include a waterside cabin. With four children, 10 grandchildren and six great-grandchildren, it gets regular use.

Peter says he inherited his love of sailing from his grandfather and father.

"We grew up in Glenorchy and our nearest club was the Austins Ferry Yacht Club. It was never a goal of mine to represent Australia. In our first year of competing I think my brother and I either came last or second last in every race, but by the time I was in my early 20s I was winning and I thought maybe I could have a go."

Peter represented Australia in sailing at the 1952 Olympic Games held in Helsinki, Finland. "I didn't do very well - I was just a home town boy without much experience," he recalls.

Nevertheless, it was only the second time that Australia had been represented in an Olympic sailing regatta and Peter was the first Tasmanian to participate in one. That same year he competed in his first Sydney to Hobart race: "It was the eighth edition, still in its early days. I went with Jock Muir, so I learned from the master," he said.



Peter sails in a regatta with his grand-daughter.

"My wife was a nurse - and she had wings on her feet. We went to Europe together at least four times, including two trips to Italy. I love practicing languages, particularly Italian and German. It's been enormously helpful in some funny situations at train stations and youth hostels."

In September, Peter was presented with the Barranjoey Pin at the Royal Yacht Club of Tasmania in recognition of his sailing achievements. As a life member of the Bellerive Yacht Club, he enjoys a weekly catch up there with friends.



I support the
poker machine card.
Simple as.

A universal gambling card: Simple as

We invite you to support our poker machine advocacy.

In September 2022, the Tasmanian Government committed to implementing a universal player card gambling system for poker machines by December 2024.

This will deliver on recommendations made by the Tasmanian Liquor and Gambling Commission after extensive research and consultation.

"It's a reasonable reform that will reduce harm with minimal impact on people who gamble recreationally," explains the coordinator of Anglicare's Social Action and Research Centre Mary Bennett. "It gives people control over how much they spend and lose."

In 2022-23, Tasmanians lost \$189.6 million gambling on poker machines. We know that poker machines are concentrated in disadvantaged communities.

"The number of people who contacted the Gamblers Help service run by Anglicare over the same period increased by 33%, and they are telling us that they need this card," said Mary.

How you can help

Let your local MP know that you want to see this new system delivered on time, and as promised. There is a form on our website that you can use. Visit anglicare-tas.org.au/email-your-local-mp/ to find more detail and the full report, **Simple As**. You may choose to telephone or write them a letter instead. Any support you give is very much appreciated.

Spread the word

Anglicare is ready to welcome new clients into our service.

Do you know anyone living in the Launceston area, including the Tamar Valley, or Hobart's northern suburbs who would benefit from an in-home care service?

We have support workers and cleaners available to take on new clients who live in these areas. If you know of anyone, please ask them to give us a ring on **1800 466 300**, to get put straight through to a member of the friendly Aged Care team.



This image is taken from a television advertisement we ran this year to advertise our in-home care service. Many of our clients are excellent cooks.

Meet Ash

Ashish (Ash) is a Senior Scheduling Coordinator who works with clients and team members living on the North West Coast.



Ash schedules clients' services in the North West of the State.

What do you enjoy most about the role?

I enjoy the challenge of orchestrating schedules and seeing the team's efforts come together seamlessly. It's like conducting a well-choreographed dance of productivity!

Are there also challenges? The main challenge lies in balancing priorities and unexpected changes. Juggling conflicting schedules and adapting to unforeseen circumstances requires constant flexibility and quick decision-making. It's a dynamic puzzle to solve daily.

What do you like to do in your time outside of work? I enjoy swimming, exploring new hiking trails and experimenting with cooking exotic dishes. It's all about finding a balance between relaxation and a dash of adventure.

Where is your 'happy place'? My happy place is in the realm of good conversation, where ideas flow and perspectives intertwine: a space where connection and understanding thrive.

What are your best childhood memories?

Building forts, chasing fireflies, and the pure joy of ice cream on a sunny day. Those moments are etched inside the nostalgia vault.

Cancelling your supports

We would really appreciate it if you are able to call us a day ahead if you need to cancel a support visit. If you are not at home when we visit this will trigger a process which may result in a welfare check and the police needing to enter your home. Cancelling in advance allows us to provide supports to other clients who require our care. Thank you, we are grateful for your understanding.



Are you eating well at home?

...but it can be challenging especially as the cost of groceries continues to rise.

Last month our team members completed a compulsory training module on food and nutrition. It was a good reminder for all of us about the basics of healthy eating, and it will help us to support your particular needs. Foods that are high in protein become especially important as we age. These foods include meat, fish, poultry, eggs, yoghurt, beans, tofu and nuts. Try to include some at every meal. If you're struggling to eat as much as you used to or you notice that you are losing weight, it is worth mentioning this to your GP. They can refer you to see a dietitian.

As the cost of food rises, we know that there are some people who will

struggle to access food. If you need help to access food, Ask Izzy and Find Help Tas are good places to start. If you are finding these difficult to use, try asking your home care worker for support. If your needs are urgent, talk to your care manager.

If you'd like to read more about eating well, here are some links:

- Appetite for Life resources – health.tas.gov.au/campaigns/healthy-ageing/eating-well/supporting-older-people-eat-well/appetite-life
- Diabetes resources (from Diabetes Australia) – diabetesaustralia.com.au/diabetes-fact-sheets/

"To us a child is born"

This beautiful poem is reproduced with the permission of Anglicare client Shirley Porter, who lives in the South of the State. It is included in a volume of poetry published by Shirley titled **The Holy Spirit and Me**.

There was a baby in a manger,
In Bethlehem, it's true,
Jesus, child of promise
God's gift to me and you

Christmas day throughout the world
Carols gladly sung,
Family, love and peace on earth
All are there in God's sweet Son

As we gather round the Christmas tree
Gifts of love to freely share,
Think first, of God's great gift to us
One, far beyond compare

To us my friends a child is born
To us a Son is given
The Prince of Peace, our Mighty God,
Our Christmas gift from Heaven.



FROM LITTLE THINGS, BIG THINGS GROW

Together we can make Christmas special.
1800 243 232 | anglicare-tas.org.au/donate



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