

CONNECT

NEWSLETTER



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From the CEO

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

Thank you to everyone who contributed to our Winter Appeal. We received a very generous response from our parish partners and the general community. If you are struggling with the cost of living yourself, you are not alone. Anglicare's financial counselling service is free, friendly and confidential. The number to call is **1800 007 007**.

As Ellen explains on the next page, we received a very good report card from an audit carried out recently by the Aged Care Quality and Safety Commission. Thank you to all of you who took part.

This issue is full of client stories. It's been my privilege to have known Fay Reeve (page 4) for many years. Barbara Lake (page 6) talks about the importance of creativity in her life, and Elizabeth (page 12) shares her tips for ageing well and the value of kindness.

Team member Natasha (page 11) was a very worthy winner of a Values in Action award this year.

Share your favourite recipes with our team and know you will be helping other clients to boost their health and wellbeing (page 8).

With best wishes to you and your families,

Chris Jones, CEO

Cover image: New Holland Honeyeater

Meeting all the national standards for aged care!

Anglicare's Aged Care Services were audited last month by the Aged Care Quality and Safety Commission.

The auditors spoke with team members about policies and procedures that relate to their work.

They also spoke with clients and assessed our services against a national set of standards.

Thank you very much to those who participated. We really appreciate the time you spent on this task; your input was extremely valuable.

Team members were commended for the way in which they communicated regularly with clients and responded to their changing needs; showed respect and kindness to clients while encouraging them to be independent; their understanding of Anglicare's policies and procedures and their commitment to client safety. We were also commended for the training we provide our team, and that our clients feel comfortable and supported to provide feedback.

I'm very proud of the way our team members responded to the audit, and the way they care for older Tasmanians every day. Thank you for showing them respect and goodwill in return.

You can find the performance report on our website, www.anglicare-tas.org.au, under 'Aged and Home Care Services'.



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

New Pet Policy on its way

I'm excited to let you know that we are currently finalising a new Pet Policy. We're confident that it will make things easier for you and your pets and our team members, too. In the meantime, here's a picture of my beloved Ray. He's watching this space!

With best wishes as we spring into Spring,

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



Ellen's greyhound Ray is watching out for our new Pet Policy.



Picture courtesy David Bellamy, The Advocate

Congratulations, Fay

Fay Reeve (96) of Wynyard was recognised in this year's King's Birthday Honours List and became a Member of the Order of Australia.

"It was such a shock when I first got a phone call from the Governor-General's office back in March," she recalls. "I was very apprehensive about it. Then I got a letter explaining it all and now I can put the letters AM after my name!"

Fay and her young family were living at Boat Harbour in 1962 when she was invited to set up and lead a group of Girl Guides in the local area. Over the years she rose up the ranks to become Division Commissioner, with responsibility for the North West and West Coasts and King Island.

In 1965 Fay joined the St John Ambulance Brigade, taking on roles from private to

superintendent, and as a supervisor of first aid training. In 1976 she won the individual title at the national St John Ambulance first aid championships. In 1999 she was invested as a Dame of Grace of the Order of St John.

Fay previously served as a board member of the North West Regional Hospital and as chair of the Wynyard Tulip Festival. She is a recipient of the highest award in Rotary, the Paul Harris Award, and was inducted into the Tasmanian Honour Roll of Women in 2005.

Fay cooks her own meals and does the laundry and ironing, but she appreciates the assistance she receives from Anglicare with cleaning tasks and gardening: "Everyone is



Seniors Week is coming up

There's sure to be something of interest for everyone during Seniors Week (14-20 October).

Each year Council on the Ageing (Tasmania) presents a jam-packed calendar of activities around the State for Seniors Week.

The theme for this year's event is 'Connecting generations.'

Look out for a program this month at your nearest library, post office or Service Tasmania outlets. They will also be available at a variety of community organisations and shops.

You can find details online at <https://cotatas.org.au/programs/seniorsweek/>. Your care worker can assist you if you have difficulties.

If you have any enquiries about Seniors Week or would like to be sent a printed program, please contact Bob Catchpole at COTA on (03) 6231 3265 or email robertc@cotatas.org.au



I've hardly stopped since, I've been so busy," she laughs. "It keeps me out of mischief and off the streets!



fantastic, they're all very friendly, polite and respectful," she said.

Fay's days are full. She attends meetings for Girl Guides and her local historical society, devours library books and oversees her garden.

Life has become even busier since she received her award. "I've hardly stopped since, I've been so busy," she laughs. "It keeps me out of mischief and off the streets! I turned 96 in August - how did that happen?"





A lifetime of creativity

Barbara Lake (71) has been resourceful and creative from a very early age. The approach she takes to crafting reflects her broader philosophy on life.

"Doing things with our hands was a family trait," she explained. "When I was a little girl I wanted pretty clothes but we couldn't afford them, so I made clothes for my dolls instead. I was very satisfied with that."

Barbara showcases her creativity in the unit she shares on Hobart's eastern shore with her partner and their beloved Maltese-Shi Tzu terrier, Millie. It's filled with paintings, dolls, finely-drawn ornaments and lace-work made with both bobbins and needles. She is a member of the Australian Lace Guild and one of few people practicing this craft in Tasmania.

Barbara took up doll-making after she lost all her childhood dolls in a house fire.

"It takes around 12 months to make a doll," she said. "You start off by pouring a mould, then you cut out the eyes and the mouth and between fingers and toes. It's very delicate work. After you paint the doll you make its clothes, including socks and shoes."

Barbara worked in administration and reception at Millington's Funeral Home on Hobart's eastern shore for almost 20 years. "It was an interesting job and



Barbara invented the stitching that features in the crocheted jumper she is wearing. This is her treasured Millie.



Barbara holds one of the many dolls she's created over the years.

I met a lot of interesting people," she reflected. Today she enjoys spending time at her family property on the Tasman Peninsula and lunching with friends.

Barbara has a chronic pain condition that means she can't knit and sew as she used to. Nevertheless she continues to take delight in lace-making and experimenting with new designs for crocheted garments.

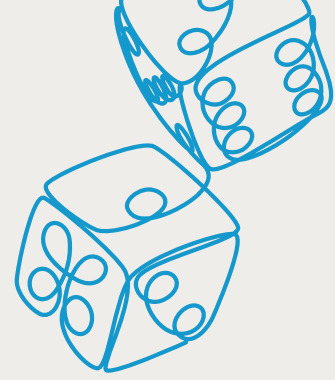


I like doing things that make me think. I just get on with things - whatever life throws at me.



"I tend to do things a little differently to other people," she said. "Early on I taught myself to crochet one-handed, which is a little odd, and I'm still making up new stitches. I've always liked a challenge. I'll play around with something until I work it out. I like doing things that make me think. I just get on with things - whatever life throws at me."

Know your odds

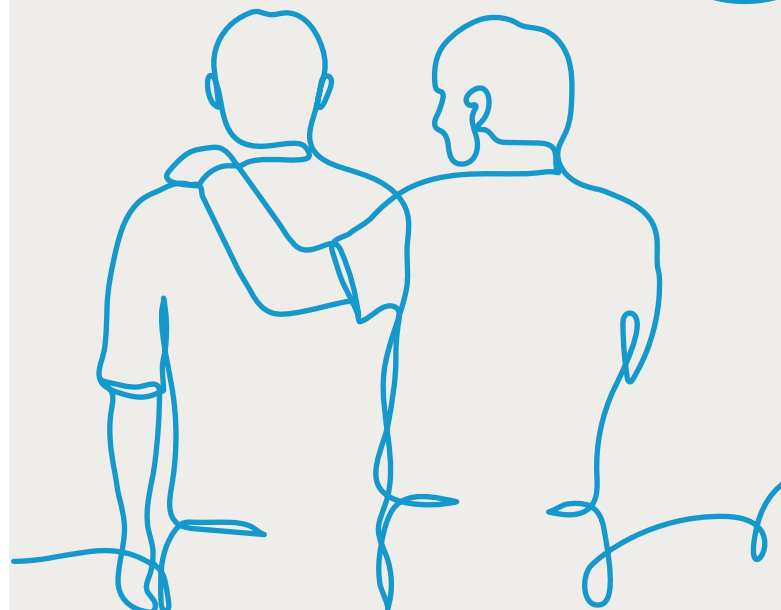


Anglicare is proud to present Gamble Aware Month in September.

We will host a performance by a theatre group whose members have lived experience of gambling harm and special events for people who support someone with an addiction.

We will also continue to raise awareness about the harms associated with gambling on poker machines. We're certain that reforms announced by the Tasmanian government - the introduction of a universal poker machine card - will provide benefits to everyone, including recreational gamblers and community members who don't gamble at all.

Find out more information on our website, www.anglicare-tas.org.au/GambleAwareMonth





Food for thought

Good food and nutrition (and adequate hydration) is vital as we age. It keeps our bodies strong and our minds alert.

We all need inspiration in the kitchen from time to time, so we are compiling a list of nutritious, easy to prepare dishes that our workers can draw upon.

Do you have a favourite recipe that you'd like to share with other readers? It could be a soup, main course, dessert or a tasty treat.

Please provide it to your care worker or email homecaresupport@anglicare-tas.org.au. We will collate everyone's contributions and make them available to our team

members. We may also publish them here from time to time.

In the meantime, look to the next page for an easy-to-prepare recipe that uses seasonal produce. It's light, fresh and hearty and it's easy to adapt to suit your taste. You could add different vegetables (capsicum and broccoli, for example), cooked chicken or canned beans. This version serves four people. Any leftovers can be re-heated in the microwave, and they also freeze well.

Spring Vegetable Lasagna*

Ingredients

30g butter
¼ cup plain flour
1 ½ cups milk
1 bunch asparagus, trimmed and thickly sliced
2 zucchini, cut into ribbons
2 brown onions, trimmed and cut into 8cm lengths
1 bunch spinach (or young silverbeet)
Around 10 dried instant lasagna sheets
1 cup frozen peas
250g fresh ricotta
2 tomatoes, thinly sliced (the roma variety works well)
2/3 cup chopped fresh basil leaves
1 cup grated cheddar cheese
Extra basil leaves to serve



Method

Step 1 - preheat oven

Preheat to 200 degrees C or 180 degrees C if your oven is fan-forced.

Step 2 - make a white sauce

Melt butter in a small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly for 3 minutes or until sauce boils and thickens. Remove from the heat and season with salt and pepper.

Step 3 - prepare your veggies

Bring a medium saucepan of water to the boil. Add asparagus, zucchini and onion. Boil for 2 minutes. Remove with a slotted spoon and drain it on paper towel. Add spinach to the pan and cook for 1 minute or until wilted. Remove with slotted spoon and squeeze out excess moisture when it's cool enough to handle. Roughly chop.

Step 4 - build your layers


Cover the base of an 8-cup capacity ovenproof dish with 2/3 cup of the white sauce. Make a layer of lasagna sheets. Layer the asparagus mixture, peas and 1/3 of the ricotta. Repeat these layers twice. Top with the remaining lasagna sheets and remaining white sauce. Arrange the tomato slices and basil leaves on top. Sprinkle with the cheddar cheese.

Step 5 - into the oven

Bake for 45 minutes or until golden and the pasta is tender. Serve with the extra basil leaves.

**This recipe was sourced from the Taste.com.au website.*





It's important that your family and health care professionals understand what you want when it comes to your end-of-life care.

What is an advance care directive?

This process is called 'advance care planning'. It typically involves conversations about the medical treatment you do and do not wish to have.

The next step is to formalise an 'advance care directive'. This is the name given to the document that records your wishes. It will be referred to in the event that you become unable to communicate your wishes yourself.

It's important that you keep the original document in an easy-to-find place in your

home. You should give copies to your family and your medical team, and Anglicare as your care provider.

There is further information on the Tasmanian government website under 'planning and decisions about end of life'. This includes an advance care directive form that you can download. Our team can also help.

We encourage you to seek professional legal, medical or financial advice before you take any action.

Meet Natasha

Home Care Worker Natasha was the winner of the 'Respect' category in the 2024 Values in Action Awards.

These awards are the highest accolade for employees working across all service areas.

Connect asked Natasha a few questions about herself and her job.

What do you enjoy most about your job?

There is lots to enjoy about the role but I think the best thing is knowing you are providing meaningful support that keeps people healthy and happy in their own homes.

What do you like to do in your time outside of work?

I like to knit blankets and grow plants (they seem to multiply in my house very quickly!) I also like to spend time with my family and have coffee with my best friend.

Do you have a favourite childhood

memory? Fishing and motorbike riding with my Dad; camping by the beach with my parents and Nan.



Natasha and her son on holiday in Queensland.

Tell us about a hobby you've recently taken

up. Doing Parkrun with my 11- year-old son. He beats me by about 20 minutes but is always cheering me on at the finish line.

Let's talk about incontinence



More than 5 million Australians experience the involuntary loss of bladder and/or bowel control, known as incontinence.

Incontinence is a common condition, although it's not an inevitable part of ageing. With the right help, it can be better managed, treated and sometimes even cured.

Anyone can call the National Continence Helpline on **1800 33 00 66** to speak with a Nurse Continence Specialist for free and confidential advice. Talking to your doctor is also a good starting point.

Please feel comfortable about talking with a member of your Anglicare care team about this issue if it is relevant to you. We can assist you with information and referrals.

The website www.continence.org.au includes some video animations and a podcast to listen to.

Try a little kindness

Elizabeth (93) of Hobart thinks deeply about the challenges and changes that come with ageing.

She finds her short term memory loss frustrating, but something she is learning to live with.

"I have always relied on my brain," she explained. "I completed three years of a medical degree before moving into developmental psychology and then into teacher training."

Elizabeth lists kindness as the most important attribute someone can have.

"I think I've become kinder, more tolerant and more patient as I've got older," she said. "I've had a long life and it's been a good life. I've lived overseas, I brought up my children in South America ... and my parents were kind. I have great-grandchildren now - and my family is my joy."



Elizabeth shares these tips to ageing well:

1. It's essential to drink water - hydration is so important for the body.
2. Work on your balance, both physical and mental. It will help you to prevent a fall. Practicing yoga and meditation can help.
3. Cultivate a sense of humour - old age is ridiculous!
4. Recognise that old age can also sometimes be cruel. It's very important to find a way to deal with pain - ignoring it doesn't work.
5. Be considerate to the people who are supporting you. Encourage them to sit down and rest, or make themselves a cup of tea.
6. Be grateful for your life.
7. If you don't have your own family, try and acquire one!
8. Practice patience.
9. Make allowances for people. Everyone is different, and none of us are perfect.
10. Treasure the animals you've had throughout your life (and now if you are lucky enough to still have them.)

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