



DECEMBER 2024

CONNECT

NEWSLETTER

**SUMMER
ISSUE**



**WHAT'S
INSIDE**

Meet Lucy

Keep cool

Take care



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From the CEO

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

We know that many Tasmanians are struggling to make ends meet as we head into the festive season.

Anglicare's Christmas Appeal (page 12) enables us to deliver gifts of practical support to individuals and families across the State who are engaged with our services.

We are very grateful that Anglicare has been selected again to receive funds from the ABC Giving Tree Appeal. We will use them to purchase food vouchers and food for hampers, and back-to-school supplies such as backpacks, clothing, lunch boxes and drink bottles.

This edition includes tips for heading into the New Year with your finances in good shape (page 6) and the importance of self-care for your family members (page 7).

This edition also includes seasonal information that's designed to keep you safe in the warmer weather (pages 5 and 12).

Our Social Action and Research Centre (SARC) team released three reports in October and November (pages 8-9). The urgent need for more affordable, safe and appropriate homes for all Tasmanians is a common thread.

May God bless you and your families this Christmas and I look forward to speaking with you again in the New Year.

Chris Jones, CEO

Front cover: Shutterstock



Ellen Nicholson,
General Manager
Aged Care Services

Hello and welcome to the last issue of **Connect** for 2024.

Our service is underpinned by a policy called Wellness and Reablement. It's a new model that we are training our team members to understand and use in their day-to-day work.

At its core, it directs us to do tasks **with** you, rather than for you. It recognises that you will have a better quality of life if you perform daily tasks independently for as long as possible - and it's our role to support you to do this.

Our team completes regular training modules on a range of topics, from good nutrition to spotting the signs of elder abuse. I'd love to hear if there are any topics that you think would help our team members to develop professionally and also improve your service. Please send your suggestions to clientsupport@anglicare-tas.org.au

At Anglicare we are committed to protecting your privacy. We follow laws and regulations and have implemented technology and security standards to ensure your information is kept safe.

You can find more information at anglicare-tas.org.au/privacy-policy.

The Federal Government's Support at Home program is due to be introduced from 1 July next year. It will replace the current Home Care Package program and the Short-term Restorative Care program.

We don't have all the details ourselves as yet but when we do we will share them with you and support your transfer to the new program. The government has said that no person will be worse off than they are today.

Best wishes for a lovely Christmas and New Year,

**Ellen Nicholson, General Manager
Aged 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.



1

Introducing Lucy

A dip into the life of Lucy Watchorn (100, of Warrane) reveals a joie de vivre and commitment to service.

Born in Sorell in 1924, Lucy was the youngest of nine children in her family and experienced a country childhood. She left school at the age of 15 to become a nurse's aide at Miss Kingston's Nursing Home in Bellerive.

When war broke out, she contributed to the effort by working at the Henry Jones canning and jam factory and afterwards, when there was a shortage of men, as a tram conductress.

Lucy was accomplished in badminton and ten-pin bowling, and loved travelling on the ship, the Princess of Tasmania for regular visits to Queensland. She was a familiar face at 'trash and treasure' markets around Hobart and threw lively parties at her home.

Employed in the hospitality industry for most of her working life, Lucy spent 25 years at the Royal Hobart Hospital, where staff put



She fibbed about her age to keep working well past her retirement age.

Chris, Lucy's daughter



in special orders for the cakes, scones and sandwiches she made.

"She fibbed about her age to keep working well past her retirement age," daughter Chris told guests at Lucy's birthday celebrations in March.



1. This photo of Sir Donald Bradman has a prominent spot in Lucy's lounge room.

2. This photo was taken at Lucy's birthday celebrations back in March.

After eventually retiring, Lucy volunteered with the Royal Hobart Hospital Ladies Auxiliary and later joined Probus and Legacy. She still organises monthly outings and luncheons for members of the Eastern Shore Legacy group, a role she's held over the past 18 years that has earned her the honorary title of 'Travel Officer'.

Lucy is supported at home with a cleaning service provided by Anglicare. Her daughter visits frequently from Melbourne and she is much-loved 'Nanny Joy' to both grandchildren and great-grandchildren.

She appreciates the company of Dickie Boy, a chatty blue budgie given to her by a close friend and neighbour.

While she likes watching English films, international cricket is Lucy's real passion: "Don Bradman has been my idol since I was a child," she explained. "He was a wonderful player and a handsome man - only Steve Smith comes close these days!"

Turning up the heat

Older people are vulnerable to dehydration when temperatures rise.

Our team will certainly look out for you when we are in your home, but there are things that you and your family members can do to protect yourselves this summer.

- Look out for signs of heat stress. Of course there's thirst, but lethargy, confusion, dizziness or headaches all point to dehydration, too. It's important to sip water regularly through the day.
- Is there a cool, well-ventilated room in your house that's easy to access?
- Choose clothing that is light-coloured and loose.
- If you're feeling over-heated, a tepid shower or sponge bath may help.
- Stay inside as much as possible. If you have to go outside, seek out a shady spot and always wear a hat and sunscreen.
- Make sure your food is well-refrigerated.



A financial health-check

How do your finances look as you head into the New Year?

Brett Morris can assist you to apply for a no-interest loan if you live in Southern Tasmania.



The cost of living is challenging for all Tasmanians, and being on a low and/or fixed income can make life very difficult.

Anglicare's financial counsellors operate the [National Debt Helpline](#) in Tasmania.

You don't have to be carrying debt to access the service; just keen to make your dollars go further. A financial counsellor will support you to develop a budget (or tweak an existing one) and get you on track to regaining control of your finances.

Contact them on the free-call number [1800 007 007](#). Their advice is professional, confidential - and FREE!

If you need to purchase essential household goods in the New Year, a no-interest loan from NILS Tasmania might be the answer.

Anglicare has two NILS volunteers sitting within its financial counselling teams in the North and South, Brett Morris (pictured above) and Trevor Hurst. They can help you to apply for a loan either in person or over the phone. You can call them on Anglicare Tasmania's general number, [1800 243 232](#).

You can also check the NILS website, ([nilstasmania.org.au](#)) to determine your eligibility and see what items and services are covered.

As a guide, people can borrow up to \$2,000 to purchase items such as washing machines and heat pumps, and cover expenses associated with running a car, council rates and rental bonds, and dental and medical services.

Useful contacts

Advocacy Tasmania
1800 005 131
[advocacytasmania.org.au](#)

**Older Persons
Advocacy Network**
1800 700 600
[opan.org.au](#)

**Council of Older Persons
Tasmania (COTA)**
(03) 6231 3265
[cotatas.org.au](#)

Tasmania Legal Aid
1300 366 611
[legalaid.tas.gov.au](#)

Elder Abuse Hotline
Freecall 1800 441 169
[elderabuse.tas.gov.au](#)

**FindHelpTas community
services directory**
[findhelptas.org.au](#)

Taking good care

It's important that the family members who care for you also have time to care for themselves.

Everyone's circumstances are different, says Operations Manager Sharon Scarlett.

"Some carers are balancing their caring responsibilities with employment and parenting. Carers can also be young people who are still completing their education," she said.

"Whatever their circumstances, they need time to rest and relax so that their batteries can re-charge.

"They need to stay in touch with their friends and participate in activities and hobbies that bring them joy and fulfilment. These are the building blocks for good mental health."

What you can do

Start a conversation with your family members about how you can support them to take time out for themselves.

Encourage them to take a look at the Carers Tasmania website, carerstas.org - it's jam-packed with personal stories, resources and events. There is also a dedicated section for young carers. Carers Tasmania can also be contacted by phone: [03 6144 3700](tel:0361443700).

Carers Tasmania offers a service called Carer Gateway, which provides tailored support, counselling, respite and emergency support.

Talk to your care manager if you think you might be eligible for additional hours of care from Anglicare that could provide respite to a family member.

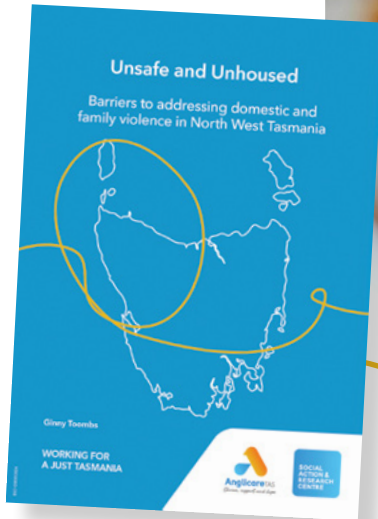


Whatever their circumstances, they need time to rest and relax.

Sharon Scarlett



Spending time in nature will re-charge your carer's batteries.



Ginny Toombs, the author of the Unsafe and Unhoused report. Picture courtesy David Bellamy, The Advocate

Towards a fairer Tasmania

Anglicare's vision is for a Tasmania where no person is left behind.

This quarter our Social Action and Research Centre (SARC) team released three new reports that urge governments to take action that will improve people's lives.

Unsafe and Unhoused focused on the domestic and family violence emergency on the North West Coast. It called on the Tasmanian government to make this region a priority when allocating funding that will come from a national \$4.7 million plan to boost frontline supports over the next five years.

"The lack of safe and affordable housing, including crisis accommodation and

permanent homes, is one of the greatest barriers," said report author, Policy and Advocacy Officer Ginny Toombs. "If people have housing options they have greater opportunity to leave abusive situations and access help and support."

Stretched Too Far called for more help for Tasmanian families trying to shield their children from the effects of financial hardship.

It highlighted the importance of ensuring all families have suitable and secure housing, nutritious and affordable food and access to medical care. It revealed that care-givers are



SARC Policy and Advocacy Officer Kristy Cope (left) was joined by Senior Program Manager for Resilience and Wellbeing Lynne Watson at a media launch for the **Stretched Too Far** report



Children’s experiences in the first years of life affect the physical architecture of the developing brain.

Policy and Advocacy Officer Kristy Cope

not eating so that their children can eat, and not seeing a doctor for medical care. “Children’s experiences in the first years of life affect the physical architecture of the developing brain,” said report author, Policy and Advocacy Officer Kristy Cope. “It’s so important to have programs and policies in place that address financial hardship and the level of stress on families.”

A third report, **More Houses Needed**, used data gathered by Anglicare’s statewide Housing Connect service over its first three months of operation (July to September).



It showed that the number of people needing social housing continues to grow.

“We call on the Tasmanian Government to urgently increase its investment in long-term social housing so that people don’t have to wait as long for the accommodation they need,” said SARC Coordinator Mary Bennett. “It’s essential that individuals and families can move into safe and affordable housing sooner.”

You can find these and other reports from our Social Action and Research Centre on the SARC page of our website, anglicare-tas.org.au

A Polish Christmas

Justyna is a Senior Client Support Consultant based in our Hobart office. She shares her family's Christmas traditions and a festive recipe handed down from her grandmother.



"Christmas is a magical time for the Home Care team – it's when we pause and catch up with each other and share small gifts," she says. "Our team members represent cultures from all over the world. We enjoy sharing traditions and stories and food is always a hot topic!"

"I was born and raised in Poland, and I'm incredibly proud of my heritage. Christmas is the most beloved holiday in Poland. The festivities start on Christmas Eve (we call it *Wigilia*). Tradition says we can't sit down to eat until the first star appears in the sky, honouring the Star of Bethlehem that guided the three wise men. The whole day is spent cooking, but no one can touch the food until the feast begins. Luckily, December's short days mean we don't have to wait too long!"

Tradition calls for 12 meatless dishes to be served, symbolising the 12 Apostles and the

months of the year. They include influences from Jewish, German and Lithuanian cuisines, reflecting Poland's multicultural history.

"Our family favourite is pierogi, or Polish dumplings," said Justyna. "The classic fillings for Christmas include sauerkraut and mushrooms, but my children have always preferred them, stuffed with potato and cheese (pierogi ruskie). My Granny's pierogi recipe is my little Christmas gift to you."

Pierogi ruskie

Ingredients

For the dough:

- 1 kg of all-purpose flour
- 1 large egg
- 1.5 - 2 cups of tap hot water
- 1/2 teaspoon salt

For the filling:

- 1 kg of large potatoes, peeled and boiled until tender (in salty water - 0.5 table spoon of salt in a pot)
- 1.5 - 2 tubs (750g - 1000g) of white creamed cottage cheese
- 1 large onion, finely chopped
- Salt and pepper to taste

For serving:

- Butter for frying
- Sour cream (optional)
- Chopped fresh herbs or finely chopped, fried onion.



Method

Prepare the dough: In a large mixing bowl, combine flour and salt. Add the egg and hot water. Mix until the dough comes together. Knead the dough on a lightly floured surface for about 5-7 minutes until smooth and elastic. You might need to add more flour as you go.

Prepare the filling: Mash the cooked potatoes in a large bowl until smooth. In a small pan, sauté the onion in butter until golden and fragrant. Add to the potatoes. Mix in the cottage cheese and season the filling with salt and pepper to taste. Set aside to cool.

Assemble the pierogi: Roll out the dough on a floured surface to about 2 - 3 mm thickness. Use a round cutter (about 7-8 cm in diameter) to cut out circles. Place a small spoonful of filling in the centre of each circle. Fold the dough over the filling to form a half-moon shape. Press the edges firmly together, sealing them with your fingers or a fork.

Cook the pierogi: Bring a large pot of salted water to a boil. Drop the pierogi into the boiling water in batches (avoid overcrowding). Cook until they float to the surface, then let them boil for 2-3 minutes longer. Remove with a slotted spoon and place them on a tray to cool slightly.

Optional frying: Heat a skillet with butter over medium heat. Fry the boiled pierogi until golden and crispy on both sides OR you can put the pierogi in the oven. I always put a tiny bit of butter on each dumpling.

Serve: Serve warm with a dollop of sour cream and a sprinkle of fresh herbs. Dad loves pierogi with fried onion on top.





We've heard it's going to be a hot, wet summer.

Are you bushfire-ready?

Vegetation grows quickly in these conditions. It's important to take away flammable waste from around your home and keep your gutters clear.

It's essential that you make a Bushfire Plan and that your family members are on board with it.

Go to the Tasmania Fire Service website at fire.tas.gov.au to find a template you can use for your plan. If you'd prefer some printed material, please contact us on [1800 466 300](tel:1800466300) and we will mail it out to you.

Remember, **the safest option is always to leave early**. Have a small bag packed and

easy to grab with a change of clothing and essential paperwork in it.

Know where your nearest safe place is and how to get there.

We recommend you listen to ABC Radio for emergency warnings and information.

Downloading the TasAlert app onto your mobile phone can also keep you up-to-date. Your home care worker will be happy to help you to do that and show you how it works.

Always phone [000](tel:000) in an emergency.



AnglicareTAS
Christmas Appeal
2024



Help us
help Tasmanians
in need this Christmas

1800 243 232 | anglicare-tas.org.au/donate



1800 243 232
anglicare-tas.org.au

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