

# CONNECT

NEWSLETTER

ISSUE  
**6**



WHAT'S  
**INSIDE**

Smoke  
alarms  
save lives.

Carers  
need to relax  
and refuel.

A positive  
outlook  
at any age.



CHRIS JONES  
CEO - Anglicare Tasmania

## Message *from the* CEO

Welcome to the December issue of the Connect newsletter.

This year has been like no other, and our Home Care team has been there for you every step of the way.

We appreciate the trust you've placed in us during these difficult months. It's been a pleasure and a privilege to support you, and your safety and wellbeing continues to be our first priority.

In this issue you'll read about the need for carers to care for themselves, the life-saving potential of having a working smoke alarm in your home and the value of a positive outlook at any age.

These stories highlight the importance of staying connected—particularly as we enter the festive season. This year our Christmas Appeal invites Tasmanians to come together and share the message of hope and practical support. May God bless you and your families this Christmas and I look forward to continuing our conversation in the New Year.

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**Did you know** that you don't need an account with Facebook to look at the Anglicare Tas Facebook page and keep up to date with the news we share? **Simply go to the page and when it asks you to Log In or Create New Account, select Not Now**

# Connie's connections

CONNIE BRUCKARD  
General Manager Home Care Services



Welcome to the December 2020 edition of Connect. What a year it has been. We have all had to adapt in so many ways to manage the significant impacts on and changes to the way we live our lives.

We are delighted that things have settled in Victoria and that people are beginning to move around the country. Being able to see your loved ones face-to-face will no doubt be all the sweeter.

We want to extend our appreciation to you for entrusting us with your care. Your independence, safety and wellbeing has remained our focus and despite having to do things a little differently, we have all managed. Your feedback has been very generous and we hope you will continue to keep us posted on your views about our service.

Our staff are to be congratulated for being so professional and diligent while also managing the difficulties many of them faced at home from partners losing jobs, children home-schooling and everything in between. We know you appreciate their efforts because you have told us.

The calendar we've created for you is a little different this time. It features scenery from all around Tasmania and is our acknowledgement that you were not out and about as much this year. We wanted to bring some of Tasmania to you. The jams are a local treat from the family-run Westerway Raspberry Farm as it was important to us that we could put something back into the local economy.

The professional development of our teams remains a strong focus for 2021. Along with your calendar and jam, you will find a copy of your team's training calendar which details the training that will be delivered during the course of the year.

We have included some more photos of staff and clients in this edition. It's so lovely to see people getting out and about and enjoying the warmer weather. Keep sharing your stories with us, we love hearing from you.

***From all of us at Anglicare,  
we wish you and yours the very  
best during this holiday season.***

Connie and the Aged Care Team

# Smoke alarms save lives

## The Tasmania Fire Service responds to more than 350 house fires each year.

House fires can occur at any time of the year and for a variety of reasons, such as a faulty electric blanket, when clothing is placed too close to a wood heater or even something as simple as a build-up of crumbs in your toaster!

Of particular concern to the Tasmania Fire Service is the incorrect use of the wheat-filled heat packs (also known as wheat bags) that are commonly used to manage pain. If these packs are overheated in the microwave, used to warm bedding or stored before being cooled down, they can easily catch fire. A Tasmanian coroner recommends people immediately stop using wheat packs if you do not have instructions for them, after several of the bags were found to have caused a fatal house fire in the State's south last year.

Anglicare's General Manager Home Care Services Connie Bruckard said the overriding message from recent staff training sessions with the Tasmania Fire Service was that smoke alarms DO save lives.

*"You cannot become a client of Anglicare until we visit your home and make sure that you have a working smoke alarm in place," she says. "One of our new clients, Kerrie, generously agreed to share her story with readers and we encourage you to share this important safety message with your own family and friends."*

### Kerrie's story

*"I'd been renovating my house and hadn't got around to replacing the smoke alarm," Kerrie explains. "The prompt from Anglicare at my home safety check forced me into getting one straight away and I was thrilled to start my weekly cleaning service."*

*It was only a month later early one morning that Kerrie woke to a "screaming" alarm and a house filled with dense smoke from her wood heater. Her little terrier Scooter was barking frantically.*



**Kerrie and Scooter are safe and sound and so thankful for their working smoke alarm!**

*"I knew to stay low and get air into the house via the windows and the air conditioner," she said.*

*"I had to crawl using my walker, which was a real challenge. Once I knew Scooter was all right I didn't worry too much about him - he can't get much closer to the ground than he is already!"*

*"There's a chance I may not be sitting here today, if it wasn't for Anglicare," said Kerrie.*

With this scary incident now behind her, Kerrie loves heading into the weekend with a pristine house. She describes Anglicare staff Trista, Ella and Sushmita as "fabulous company".

## Would you like more information?

You can find information on fire safety in your home, including fact sheets on smoke alarms and the use of wheat bags, on the Tasmania Fire Service website:

**[fire.tas.gov.au/HomeFireSafety](https://fire.tas.gov.au/HomeFireSafety)**

If you use Facebook, go to '**TasmaniaFireService**' to watch some short and informative videos.

If you would like some printed information, please contact Anglicare on **1800 466 300**.

**DIAL 000 IN AN EMERGENCY**

## Agnes Hogan

No doubt one of the secrets to a long and healthy life is physical activity. Agnes impressed her Anglicare worker when she mentioned she had walked the 3 kilometres (which includes a steep hill) to pick up some chicken for a curry she was preparing. At age 100, Agnes loves shopping, cooking and keeping busy in her garden.



## Ted & Gillian

The supermarkets may not have started with the Christmas decorations but Ted and Gillian Evans are already onto it! They have been collecting decorations for around five years and love to go all out with their display.



## Edward Rainbird

Edward put a huge smile on Sushmita's face when he presented her with these gorgeous fresh flowers he had prepared from his garden. Sushmita told us it made her day. How lovely!

## George Howard

There's nothing like a bit of a road trip and when scenic Richmond is the destination, it's an extra bonus. George enjoyed morning tea at the bakery where he caught up with an old pal for a chat and then a leisurely wander around the green. *George said: "It was so nice to be out and about in the sunshine."*



## Jo Furmiger

Meet Jo, pictured here with a painting she did herself of a tree on her property. Jo enjoys many little visitors to her home – a few cockatoos, turbo hens, ducks and a chicken. Jo feeds them all. There are also the 'night people' – the wallabies and possums that she leaves bananas and scraps out for. Jo is a nature lover with many trees on her property – she even has names for some of them. She considers animals and trees as part of the family, she cares so much for them. Jo has recently welcomed a human member of the family.



## Pat & Tony Yeo

Pat and Tony Yeo have been married for over 28 years and Tony is Pat's best model! Knitting since she was seven years old, Pat is expert level as evidenced by the fine knitwear they sport in this photo.



**Derek and Olive Hindle, with primary carer and daughter Rosemary Stossich.**

# Carers need to relax and refuel

Did you know that there are 85,500 people caring for a family member or friend in Tasmania?

Caring can be both physically and emotionally demanding, and everyone benefits when a carer is able to take regular breaks.

We'd like to introduce you to Rosemary Stossich, who is the primary carer for her parents Olive and Derek Hindle, of Blackmans Bay. She receives vital back-up from her brother and from Anglicare.

Olive's level 3 home care package includes assistance with showering, the administration of eye drops several times each day and a two-hour outing on Fridays. Anglicare also helps Derek with gardening and cleaning and has arranged the recent purchase of a lift chair and walker.

Time-out from her caring role enables Rosemary to enjoy walks with her husband and their dog, relax over a cuppa with friends,

prepare for the arrival of grandchild number 5 and continue working as a support worker at a local women's shelter.

*"Anglicare's home care services have given me my days back," she says.*

*"I live fairly close by but the constant coming and going was taking its toll. Now I've got time to relax and refuel and that's important for my mental health.*

*"My advice to anyone in a similar situation is to realise that you can't do everything on your own. It's essential that you reach out to a home care services provider like Anglicare - and other family members if you can - for support," said Rosemary.*

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## Would you like more information?

Anglicare's Home Care services, telephone **1800 466 300**.

Care2Serve-Carer Gateway is the practical support arm of Carers Tasmania.

There are great hints and tips on their website, **care2serve.com.au**, and they welcome telephone enquiries on **1800 422 737**.

Care2Serve can put you in touch with support groups in your area.

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## Top tips for carers

### 5 quick anti-stress exercises you can try right now

Try these exercises to help you relax anytime, anywhere.

#### 1. Seven breaths

Take 7 breaths, exhaling for longer than you inhale. Count '1' as you inhale. Then as you exhale, count '2, 3, 4' and so on up to 7.

#### 2. Subtle soften

Notice how you are holding your body and concentrate on relaxing one part.

For example, are your shoulders or jaw tense or stiff? Relax them. Feel your muscles easing.

#### 3. One OK thought

Think of something that makes you feel happy, safe, fulfilled or appreciated.

Let the thought stay in your mind, and take a moment to believe and enjoy it.

#### 4. 5-4-3-2-1

Take a moment and find:

*Five things you can see*

*Four things you can touch*

*Three things you can hear*

*Two things you can smell*

*One thing you can taste.*

#### 5. Name it

Find a pen and paper. Write down a word or 2 to describe the emotion you're feeling right now.

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## Anglicare's Snapshot Newsletter

If you would like to read more about how Anglicare is working to make a positive difference for Tasmanians, you can subscribe to Snapshot, our monthly newsletter which arrives by email. Register at **anglicare-tas.org.au/snapshot-newsletter**

# A positive outlook at any age

We'd like you to meet Jasmin, one of the youngest members of our Home Care Services team and Bev, a tech-savvy client who lives in Somerset, and see what they have in common.

Jasmin Fitzgerald is a highly regarded member of Anglicare's cleaning team. At just 17, she has found her niche supporting older Tasmanians to stay in their own homes.

On finishing year 10 and with bakery experience already under her belt, Jasmin knew she wanted to find employment straight away. She enjoys cleaning at home, so professional cleaning was a natural choice.

Jasmin doesn't come from a big family but has always been very close to her grandparents: *"When my granddad nearly passed away I decided not to take life for granted and to try and help other people where I can," she explains.*

*"I just love my job," she says. "The best part is the people I support, in fact I have come to think of them as my friends. I love cleaning their homes and brightening their day—and it makes me feel good about myself at the same time."*

Jasmin supports around 20 clients across the Hobart area. One recently took the time to call the Anglicare service centre to pass on the following

compliment: *"Jasmin is an efficient, enthusiastic worker who works well with such grace."*

While obviously very happy in her current role, Jasmin is interested in obtaining a qualification in aged care support further down the track.

## Bev surprises herself with new skills

Eighty-one-year-old client Bev McLaren is a wonderful role model for life-long learning. She has gained new skills that help her stay in touch with the people she cares about. They also help her to manage essential tasks from home.

Bev and her husband Neil live in Somerset and have two daughters and three sons. One daughter lives in George Town and another lives close by and is always willing to help out. The three sons all live interstate, but Bev catches up with them regularly on Messenger Video.

Bev recommends Facebook to anyone of any age: *"It keeps you up-to-date and you learn so much, even little things like what you can do with bicarb soda!" she said. "I'm not good at remembering things - I have never been good with dates - so I do need to keep looking back at things, but I manage."*

Bev says she used to travel to Wynyard to pay her rates bill, but can now do it online on her iPad.

**Bev McLaren's new skills help her keep connected with loved ones.**



*"I didn't think that was something I would ever be able to learn - it shows that I've still got a bit of my brain left!" she says. "I was at the hospital recently and the receptionist told me she couldn't believe I was 81 and I had the brain of an 18-year-old - I made sure to tell my kids that."*

Bev has used Anglicare's services since moving to Somerset from Havenview five-and-a-half years ago.

*"Michelle is lovely; she helps me with showering and cooks some meals that we can have over the weekend," she says. "I have another worker, Sue,*

*who helps me with showering and the housework and she is lovely, too."*

Bev loves being at home. She is looking forward to the better weather and to Neil getting back out into their garden: *"He's really let it go and everything is dying!" she says. "We also have a beautiful fur baby, Milo, who we love very much and he keeps us amused and happy."*



## Right around Tasmania, Anglicare is here to support your independence and wellbeing.

As the years roll by in life, things change and sometimes a little help is welcome. You want to continue living independently in your home, in your community. So we bring you friendly, reliable people for the day to day tasks and a dedicated team of clinically trained professionals to support your health. Contact us to discover how an Anglicare home care package can work for you.

Your life. Your wellbeing. Your independence.

1800 466 300  
anglicare-tas.org.au





# Anglicare's Pastoral Care Services.

## Walking beside you during the difficult times.

Anglicare offers social, emotional and spiritual care through our Pastoral Care service.

*"We want to be a caring presence for the people we support," said Margaret Savage from our Pastoral Care team. "We are also here, at any time, for family members."*

Pastoral care can be especially helpful if you are feeling overwhelmed, grieving or facing a difficult decision. Many people find that simply having someone available to listen makes a huge difference.

*"Through pastoral care we walk beside you. It's about giving you the opportunity to work through the big questions - about life, death, faith, your hopes and fears. Through this, we hope you will find an inner peace," said Margaret.*

Our Pastoral Care team can also arrange visits to or from your local church or place of worship.

If you or your family member would like to access this service, please speak with your care manager.

1800 466 300  
anglicare-tas.org.au

