

CONNECT

NEWSLETTER



**WHAT'S
INSIDE**

Fall risk

Spring clean

Stay strong



Chris Jones
CEO - Anglicare Tasmania

From the CEO

Welcome to the Spring edition of Connect.

You might spot some familiar faces in this edition. We wanted to shine a light on the people who support you to live independently and well at home.

On page 4 we meet Margaret, one of our valued team members who works in the Hobart area. She has some tips on how to stay strong and on your feet.

We're currently on the lookout for new team members with the right skills and values to join our home care and disability service areas. This will be very important as additional older Tasmanians receive a home care package and choose Anglicare as their provider. Hemnath and Renae (page 7) feature in this campaign.

Last month we marked Aged Care Employee Day by inviting some clients to drop into their nearest office to say "thank you". Turn to page 8 to see some photos.

Spring is the season for growth, renewal and abundance. Tasmania would have to be the best place in the world to live right now. We are so privileged to have access to vaccines to protect ourselves, our loved ones and our communities from COVID. I have encouraged all Anglicare workers to get the vaccine as soon as they become eligible. I've had my two doses now and I hope that you have, too. If you have any concerns, please talk to your GP.

May God bless you and your families.

Chris Jones, CEO

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Cover image: Peter Richards, Ravenswood Community Garden. Credit Brand Tasmania (101043).

Connie's Connections

Connie Bruckard

General Manager Home Care Services



Spring has sprung and the daffodils are out. I hope you're starting to enjoy the longer days, I know I am!

It's a perfect time to get more active and do some spring cleaning. Our Home Care cleaning team (page 6) enjoy working with you to give your home that new spring sparkle.

Recently, we welcomed growth in the number of Home Care Packages being provided. This is especially pleasing as the wait is now over for a number of clients who we support.

Thanks so much to our clients who came into the office in August for 'Aged Care Employee Day'. They were kind enough to say "thank you" in person and present certificates to our staff. It's been a tough year for everyone and it was a good opportunity to reflect on that journey.

I hope you find this month's story from COTA Tasmania on its 'Living Longer Living Stronger' program useful. COTA also has a 'Staying Strong at Home' exercise booklet that you can download from their website. If you prefer they will post you a copy.

Anglicare continues to follow Public Health advice by asking clients to sit in the back of their support worker's car when they are out and about. If this is an issue for you due to a



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medical condition call us on **1800 466 300** and let us know.

We welcome and appreciate any feedback that you have that will help us improve our services. Please call **1800 466 300** to share your thoughts.

Thank you for sharing your stories with us; we find them uplifting and encouraging. Email your photo to clientsupportconsultant@anglicare-tas.org.au

Best wishes

Connie and the Aged Care Team



Often a simple change such as a different style of walker, or the introduction of a stick, a shower chair or a personal alarm can make a real difference.



Have you ever felt at risk of a fall?

A broad range of training is provided to the Home Care Services team. Last month the focus was on preventing falls.

Home Care Services worker Margaret Muchoki has been with Anglicare for 3 years and before that she worked in a nursing home in Sydney. Connect asked her to tell us about the training and why it's so important.

"In this training we covered everything: what causes falls and how to prevent and minimise them," she said.

"Often a simple change such as a different style of walker, or the introduction of a stick, a shower chair or a personal alarm can make a real difference."

Margaret says it's understandable that people sometimes feel reluctant to make these changes.

"When we make fun of it and have a laugh together, they understand that staying safe is the most important thing," she said.

One of Margaret's clients, Nancy Levett, is 95 years old and came to Tasmania from Kenya. She still remembers a few words in Swahili, which is Margaret's first language.

"I'm so impressed with her," Margaret says. "She is very aware of the need to be careful when she is moving about. Her computer skills are amazing. She likes to do everything online, including ordering her groceries. She greets me and says goodbye in Swahili and this keeps her brain active".

What you can do to stay strong and safe:

- Make sure that your home is free of tripping hazards.
- Wear appropriate footwear. Even slippers need to be supportive.
- Make sure you include plenty of protein and calcium in your diet.
- Always have a glass of water at hand so that you don't get dehydrated.
- Get plenty of sleep.
- Vitamin D is essential for strong and healthy bones. Simple things like sitting in the sunshine to have your morning cup of tea can make a big difference. You might need to take a supplement.

If you have any concerns about a risk of a fall please call our Home Care Services Team on **1800 466 300**.

Photo: Anglicare's Margaret Muchoki and client Nancy Levett of Sandy Bay



Time for a spring clean?

Warm weather must be coming our way soon, surely?!

When it does, it will be time to throw open your windows, welcome in the sunshine and fresh air and think about a spring clean.

Our Home Care cleaning team members are trained professionals. They work with you to identify what needs doing, and they still have time for a friendly chat along the way.

Home Care Cleaners Renae Fleming and Hemnath Panday, pictured on the next page, feature in a “meet our team” promotion on our website.

Hemnath appreciates the level of training and support that Anglicare gives him.

“They are very supportive. They are always there for me to ask. They will tell you and guide you,” he says.



They are very supportive. They are always there for me to ask. They will tell you and guide you.

Hemnath Panday



Renaë says she loves that her clients appreciate what she does.

“The best thing [about my job] is that the client can stay at home and lead a normal, fulfilling life. This gives me a sense of achievement, every day.”

Follow this link on our website to meet other members of the Home Care team: www.anglicare-tas.org.au/hear-it-from-our-team/.

If you have questions about Anglicare’s cleaning services, please talk to one of our team by calling **1800 466 300**.



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Renaë Fleming



Anglicare Tas Facebook



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**

See more of Anglicare Tas on Facebook

Email or Phone

Password

Log In

Forgotten account?
or

Create New Account

Not Now

Thank you to our team

August 3 was Aged Care Employee Day. We joined with you to give thanks to our wonderful Home Care Services team.

We value our staff and we're glad that you do, too. We were thrilled when clients took the time to pop into their nearest Anglicare office to say "thank you" in the lead-up to this special day.

Del Cuthbertson (pictured top right with her husband, Phil) has been an Anglicare client for more than 10 years.

"The service is very good and the staff I have are very professional, well trained and very efficient," she said.



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1. **Back (L-R):** Anglicare's Lal Adhikar, Kellie Ann Campbell, Joy Thorp, Margaret Muchoki, Shikshya Parajuli and Chris Jones; **Front (L-R):** Anglicare's Kirsty Van Roewan, clients Phil and Del Cuthbertson and Queety Arora of Anglicare.

2. Clients Barry and Ann Dike, centre, came into our Glenorchy office. With them are **(L-R):** Sunita Banimya, Vicki Horton, Jodie Wheatley, Harjeet Dhaliwal, Chloe Barker, Rimelly Corrigan, Amanda Moffat, Mel Voss, Cheryl Robson, Surendra Kunwar and Connie Bruckard. **Front (L-R):** Kayla Archer, Nathan Osore, Melissa Flynn and Prajent Maharjan.

3. **Back (L-R):** Melissa Jory, Wendy Rattray, Meg Wilkinson, Sandy Sharm, Marita Lincoln, Stacey McCulloch and Ramandeep Kaur. **Front (L-R):** Russell Day and clients Laurie and Gaylene Kellett.



2



3

News *from the* North West



Bronwyn's encounter with the stunning whale shark was a holiday highlight.

Photo credit: Antonia Cooper

If you live on the beautiful North West Coast you may already know clinical nurses Bronwyn Menzies and Megan Turale.

You might recall from our last newsletter that Bronwyn won a Values in Action award. She received a \$500 cash prize to mark this achievement and put it towards her dream of swimming with a whale shark.

You can spot her in the top of the photo above, taken at Coral Bay, a 12-hour drive north of Perth, Western Australia.

"It was nine metres long and don't worry, it only eats plankton,"

she wrote to her colleagues. "One of the most unbelievable creatures I have ever seen, kind of like a very dim hippopotamus of the ocean!

"We were so lucky to squeeze in this trip before the COVID restrictions came back," she said. "If we can boost vaccination levels



Megan and Cassidy

in the community we will all be able to travel again soon, I hope."

Meanwhile, Megan is on a wonderful adventure of her own: parenthood. She and partner Ben are over the moon with their little boy Cassidy, who was born on 29 May. Megan is enjoying her time at home with him and says a warm hello to everyone.

Get stronger, stay active

Living Longer Living Stronger is a personalised strength and balance training program for older Tasmanians.

The program is administered by COTA Tasmania, a not-for-profit organisation representing the rights and interests of older Tasmanians.

The Living Longer Living Stronger program is available to everyone aged 50 or older and 40 or older for Aboriginal and Torres Strait Islanders.

Tailored to your needs

Each participant is assessed and provided with a strength and balance training program tailored to their individual needs.

Living Longer Living Stronger is suitable for people of all fitness levels and abilities.

Have fun and make friends

Sessions are delivered by accredited providers and instructors in a group setting to facilitate social connections.

Affordable access to strength training

The program is designed to provide affordable access to strength and balance training. Fees are capped to keep costs low and participants may also be able to access rebates through their health fund or Medicare.

Living Longer Living Stronger is now available in Hobart!

Tasmania's first accredited Living Longer Living Stronger provider is Friends Health & Fitness in Hobart. Visit the Friends Health & Fitness



and make friends

website to book your initial assessment and get started: <https://friendshealthandfitness.com.au/living-longer-living-stronger/>

Available in Launceston soon

COTA Tasmania anticipates that Living Longer Living Stronger sessions will become available in Launceston before the end of the 2021 calendar year.

What about other areas in Tasmania?

COTA Tasmania is aiming to accredit Living Longer Living Stronger instructors and providers all across Tasmania, so that strength and balance training is accessible to more Tasmanians.



Story compliments of COTA Tasmania

Prefer to stay strong from home?

COTA Tasmania also has a 'Staying Strong at Home' program brochure that features exercises that you can do at home with little or no equipment.

You can download the brochure from their website at <https://www.cotatas.org.au/programs/stayingstrong> or if you prefer a printed copy they will mail one to you. Please call COTA on **6231 3265** to request this.

Sit to Stand



Stay updated on the program roll out

Complete the expression of interest form on the COTA Tasmania website to get updates on the roll out of the Living Longer Living Stronger program: <https://www.cotatas.org.au/lls>

Supported by the Tasmanian Government

Living Longer Living Stronger is part of the Staying Strong - Health and Fitness for Older Tasmanians project, which was funded by the Healthy Tasmania Fund through the Tasmanian Government.

The purpose of the Staying Strong project is to increase the health and wellbeing of older Tasmanians through engagement in regular, affordable fitness programs that are accessible at home or through local groups.

For more information on the Staying Strong project, visit the COTA Tasmania website: <https://www.cotatas.org.au/programs/stayingstrong/>

Congratulations

Congratulations to **Amy and Frank Parratt** of Prospect on reaching their 76th wedding anniversary. The couple celebrated quietly at home with family members.

The Parratt's appreciated the bunch of flowers presented to them by Anglicare.



We'd like you to meet one of our clients, **Bev Goss**. A life-long knitter and sewer, Bev has been busy recently knitting beanies, socks and mittens for patients in the oncology ward at the Royal Hobart Hospital.

"Sometimes cancer patients need a little extra warmth," she explained. "I found out about this through my daughter, who is the president of the Inner Wheel Club, and a group of us got knitting. The hospital has enough now so we will give the balance to women and children in crisis."

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

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