

Under The Stars

REFLECTING LIFE'S JOURNEY...

A Quarterly Publication of Southern Cross Care (Tas.) Inc.

WINTER 2020



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ADAM QUARRELL

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TWO-WAY TAXI TRUCKS

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Cover: Rosary Garden's tribute to ANZAC Day

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WINTER 2020

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FROM THE EDITOR

LIVING IN A TIME OF UNCERTAINTY

“What magic does touch create that we crave it so. That babies do not thrive without it. That the nurse who cuts tough nails and sands calluses on the elderly tells me sometimes men weep as she rubs lotion on their feet.” — Marge Piercy

Marge Piercy, an American feminist, activist, writer, poet and a keen observer of human nature penned this poem when living in Detroit. She manages to capture the critical importance of friendship, love and caring for others.

The poem and its message lie at the heart of what it means to be human and how important it is that those of you who work in aged care realise just how critical touch and caring are to those who are in your charge.

I can think of many of those I have met who work in the various Southern Cross Care facilities, who know this message and carry it with them as part of who they are. They are always there with a touch, a hand on a shoulder, a hug, a quiet word of love and compassion to residents they care for.

In this time of living in social isolation it is critical that we do not end up isolating totally those we care for and contact in all its forms is encouraged and sustained by staff and volunteers.

So with this edition of 'Under the Stars' it is with some joy and happiness that I can report on the many and varied ways staff in our facilities are doing exactly what Marge has written about, involving residents in all manner of activities,

sharing laughter and pain, bringing one another closer together, encouraging the use of technology to have as close contact as is possible with friends and family without threatening health and safety.



In this edition you can read the stories and see the many faces that reveal the juice of life is flowing strongly.

As it says on the pages of the 'Psychology Today' Australian website, 'it's timely to consider the importance of touch as the world is engulfed in an unimaginable pandemic, one where human connection is all but severed and where the most casual contact equates to potential contagion, disease, and even death.

Every continent on earth has introduced some form of community distancing to prevent the spread of a deadly virus.

Beaches are closed. Offices stand empty. Handshakes are a thing of the past. Hugs, even among family members, are frowned upon should a silent carrier spread the virus to loved ones. Even the inadvertent bumping of hands while reaching for yogurt in a supermarket is met with trepidation.

As Marge Piercy noted in her poem referenced above, "We long for the familiar, the open palm of love, its tender fingers." There are things we can do to satisfy this longing.

So keep up the good work all of you.

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Glenara Lakes Apartments

COMFORT AND CARE WITH STYLE



LOUISE SCAMBLER

ACTIVITIES APLENTY AT GLENARA LAKES

By Michael from the Leisure and Lifestyle Team at Glenara Lakes Apartments.

Well it's been a challenging time during the Pandemic and Lifestyle have been focusing on creating some sort of normality during this time for our residents with social distancing observed. Residents are given emotional support on a daily basis.

Some Group activities are continuing and residents still benefit from social interaction valuing the friendship and companionship. As we slowly move forward Music Therapy, Bingo, Meditation, Church service, Residents Meetings, Exercises, Walking Group and other activities continue in smaller groups.

Residents are enjoying the Coffee Club and Happy Hour with Music and Special Quiz competitions as a room to room. Residents continue to receive one on one with staff, phone conversations and face time with family and friends, continuing the connection with the community, some family members visit residents outside their room and chat on the phone or visit at the courtyard fence.

Card and letter correspondence is essential during this time and residents hand in their correspondence to Lifestyle who post them on a daily basis. It's so nice to see residents receive a reply with smiles from ear to ear. Knitting projects continue: at present residents are involved in knitting cushion covers and volunteers are finishing them off so that all residents can choose a cushion for their room. Residents love being involved.

As Music Therapy is so very important to our residents we continue with Guitar and Song, room to room and in the Hallways, Music at the Piano in



▲ Easter Happy Hour with Lifestyle Dee & Resident Chris, who is a great help to staff, he assists with activities and really benefits from the interaction



▲ LLO Michael with some of the correspondence with the community especially during the lockdown



▲ Brenda enjoys reading a card



▲ The wonderful cushions made by volunteers and residents



Glenara Lakes Apartments

COMFORT AND CARE WITH STYLE



LOUISE SCAMBLER

small groups, also Singalong Karaoke. Piano Accordion in the Hallways as one on one and small groups. We are now forming a Choir so by Christmas we will raise the roof at Glenara Lakes!

SPECIAL PROJECT

Peter Comas/Dementia and Memory Support: Lifestyle are working on a set of sensory boards that provide tactile stimulus for residents. In the coming months Michael (LC) will be painting specific sensory wall murals and residents will be involved in the project, this has proved to be very beneficial as it stimulates awareness of the environment in which they live.



▲ Friday Happy Hour, room to room during lockdown
Sylvia with Michael LC, enjoying punch and nibbles with smiles all round



▲ Bev Slaters celebrates her 88th Birthday with staff : Dee, Catherine and Nikola



▲ Exercise with Physio promoting residents mobility



▲ Lifestyle staff Kaye with Jenny enjoying the Sensory program



▲ One of the sensory boards that provides tactile stimulus for residents



Green Fingers

WITH ADAM QUARRELL



WELCOME TO ADAM'S GREEN FINGERS GARDENING

Saturday is the day of the week that I call my own where I get to go out with a cuppa, sit down and listen to the collective wisdom of gardeners around Tasmania as they call in with their question to Tino Carnevale on ABC local radio. Most gardeners would know Tino from Gardening Australia, but Saturdays are promised to local ABC radio and the Caterpillar Killer. It's from this perch I begin writing my first gardening column for the magazine. I'm no Tino but I love my garden and this column will be a sort of what's happening in my backyard, with its long grass, windy aspect and slopes not fit for a wheelchair.

We're living in strange times, but many people are finding solace in their gardens as we spend more and more time at home. In the last few weeks we have picked 60 kilos of apples from three small espaliered trees. Last year I picked six. That's not six kilos but six lonely apples. What changed? A range of organic methods to see if I could exterminate the little blighter called the codling moth. I painted on methylated spirits in the crevices of bark, smeared cheap Vaseline right around the trunks and posts to stop them from traveling up to the fruit from the soil and picked off any fruit which had the tell-tale signs of grubs in them. This reduced the degree of attack on the apples considerably. I also sprayed with pyrethrum occasionally to wipe out any influx of moths. Right now though it's time to pick up any fallen fruit, from whatever trees, and bin them to keep up the garden hygiene.

Our garden is also on the move as we try to make the slope fit for my wheelchair. It's a long story but our front yard is being concreted, so I have quite a few plants to transplant and rescue. As it's coming into winter I figure moving



▲ A very small part of the 60kg apple harvest



▲ Broadbeans thriving

some of these will be ok. There's a rose to prune and lift, two little hedges, one an English Box, the other a Chilean Guava, or Ugni Molinae, which has the sweetest little red berries ever.

In the backyard the winds in the last few months were strong enough to blow apart my terraced veggie area. I think the timber had probably begun to rot. It presented us with a challenge and an opportunity to make the yard work a bit better. We've recently been putting together smaller veggie boxes made from roofing iron. They're a bit over a meter square and 30 cm high. Dug into the hill a fraction they're actually easier to reach an arm across and easier for a seven year old to work in. We mixed together some soil, mushroom compost and my favourite cow manure into such a fine mix the great Peter Cundall might say you could eat it for breakfast. Into these boxes I've put broad beans, spinach, some leek seeds (a bit of an experiment on my behalf), radishes and some garlic. In one lonely little patch in



▲ A sign to help you find your way in this prolific garden



▲ An overview of the re-organised and re-built raised bed gardens

the yard the butter beans are finishing off, with their curly yellow little goodness a treat to go along and pick as I finish my cuppa tea.



Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS

HEATHER ROBINSON



MOTHER'S DAY

Mothers Day this year was very different. We had already set the table with flowers and each resident had a chocolate at their table setting. Some of the carers brightened the place up and were captured with residents.



▲ One of the beautiful Mother's Day displays



▲ Hannah and Viv (ECA's) with resident Lexie Snowball



▲ Hannah and Viv (ECA's) with resident Pat Coupe

Here to help



Moving can be a very emotional time for people of any age and having helped move my mother into AA Lord Retirement Village in 2003 I can empathise with these situations.

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Podiatry

WITH TIM PAIN (Principal of Tim Pain Podiatry)



3 REASONS TO HAVE YOUR FEET CHECKED IF YOU'RE DIABETIC

People who have diabetes have a greater risk of developing foot problems than others in the community.

Many people are aware of the severe complications that people can have due to diabetes such as foot ulcerations, gangrene and even amputation, but the road to developing such problems is a long one with many other things occurring in the stages before these major issues arise. Most of these problems can be prevented with early detection and intervention.

The three areas of risk for the feet are:



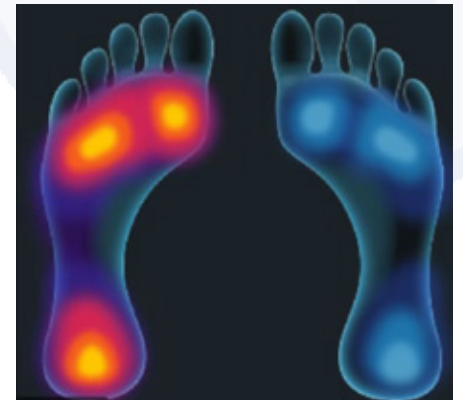
1. **Circulation:** The blood vessels in the feet are small and are a long way from the heart. These smaller blood vessels are more susceptible to any changes which can make the vessels become clogged. The changes in blood sugar levels that people with diabetes experience can cause plaques to form in blood vessels which if left unchecked can eventually lead to the blood vessel becoming completely clogged. This will result

in the tissues in the foot dying and subsequent serious complications. Other factors can also clog the vessels even more such as smoking whilst regular exercise maintains the blood vessels in a healthy state. We know smoking is bad for everyone but it is particularly bad for those people who have diabetes. Testing the circulation is a simple process that should be conducted annually to detect any changes early as possible.



2. **Loss of Feeling:** Similar to the blood vessels potentially becoming blocked with diabetes, the nerves can also begin to function abnormally. Again, any changes in blood sugar levels can result in disruption to the conduction of electrical nerve impulses which are essential for sending information about your feet to your brain via the nervous system. If this happens the nerves in the feet can stop sending important messages like pain, and pressure to the brain and this can result in people being completely unaware of their feet leading to a much greater likelihood of injury going undetected. Testing to make sure that the nerves in the feet

are working as normal should be performed annually as well, so that preventative measures can be taken against injury.



3. **Pressure Lesions:** People who have diabetes often lose some flexibility in their feet and develop thinner fat pads under their feet, the combination of these 2 factors can result in less ability of the foot joints to move and offload any areas of pressure whilst the thinner fat pad decreases shock absorption under the foot. Pressure mapping of the foot can assist in detecting any areas under the feet most prone to injury due to increased weightbearing load.

Checklist for diabetics:

- Control blood sugars
- Don't smoke
- Exercise regularly
- Wear footwear with cushioning to protect the feet
- Have your feet checked annually
- Inspect your feet regularly for any changes paying particular attention to the soles of the feet.

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Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS



HEATHER ROBINSON

ANZAC DAY

By Chrissie Divona

Brenda Hodson was delighted to be able to make our ANZAC service here at Mount Esk this year. Brenda had been very unwell prior to ANZAC Day, but she has made a remarkable recovery. Brenda was very young when she was called up and was a member of the Transport Corps during the Second World War.

Displayed in our ANZAC Service are photos of Brenda during that time, she speaks of the fear that she lived with as she drove the ambulances, to pick up the wounded soldiers from the train and other places and delivering supplies to soldiers via trucks.

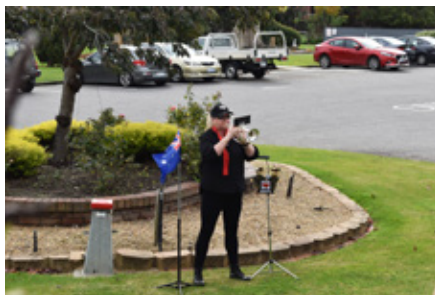
Mount Esk were so privileged to have Brenda read the Memoriam Poem during our service and she also laid the wreath. Residents told us that there was a wonderful atmosphere at our ANZAC Service. We managed to hold two services, one upstairs and one downstairs so that as many residents as possible could attend easily.



▲ Brenda Hodson



▲ Judith Thompson, Rex Rouse, Gay Sutton and Gwen Howell at ANZAC Day service



▲ Sharon Earnshaw (service employee) playing 'The Last Post' from the car park on ANZAC Day



▲ Rex Rouse and Gay Sutton at ANZAC Day service



▲ ANZAC display



▲ Easter Craft with Chrissie



▲ Lexie Snowball with her Easter basket

EASTER CRAFT

Some of our residents love doing craft work so this Easter we made baskets, complete with chocolate eggs and

bookmarks, that are always handy. If they are anything like me bookmarks keep disappearing and are never found for years.



Wine Notes

WITH DAVID JOHNSTONE (Principal of Tasmanian Wine Centre)



2020 ... TOUGH TIME BUT GOOD

“One of the most difficult vintages of the past twenty years, with COVID-19 adding to the difficulties of a cool, late ripening year. Sparkling batches are looking good and the natural acidity in the Pinot noirs should set them up for long cellaring potential. Most varieties will be lower in alcohol than usual, but flavour concentration is good from the long ripening period.”

These words came from Jeremy Dineen, the General Manager and Chief Winemaker at Josef Chromy wines when I contacted him for a brief run-down of the 2020 Tasmanian vintage.

Jeremy is well positioned to comment about the Tasmanian wine industry for as well as making all of Chromy's wine he also makes wine under contract to many grape producers from all around the State thus giving him a unique perspective of the industry. Even though it was a tough year for the grape producers the earlier released white, floral wines should be fruity with concentrated flavours. A delight in store for us all.

Some regions had more than enough rain and as a result there was a resultant build-up of Botrytis cinerea a parasitic fungus that will attack a lot of fruits but it is both a curse and in some cases a plus for grape producers. In the case of being a curse Botrytis can devastate a vineyard extremely quickly with crops becoming mouldy and unsuitable for normal table wine production.

The other side of the coin is that if the producer is lucky with the weather and there is some drier weather after rain they may be able to produce a rich and concentrated sweet white wine. Notable wines such as the great Sauternes of France and sweet white wines of the Mosel and other areas in Germany result. Some Tasmanian



▲ Josef Chromy Wines cellar door entrance view

producers have made some delicious Botrytis wines and they are usually sold with the word Botrytis on the label. We are lucky in Tasmania in the sense that we can buy Botrytis wines, usually sold in half bottles at competitive prices. If you have not tried this style of wine, then you are in for a treat if you do. Taste with desserts, pates and just about anything you like or as some people would prefer, just drink it on its own.

But back to the 2020 vintage. When I spoke with Bec Duffy from Holm Oak vineyard in the northern region of the western Tamar Valley her comments concurred with Jeremy Dineen's summary of the vintage. Bec added that her Holm Oak wines were well balanced and showing good intensity, especially her Chardonnay. Greg Melick from Pressing Matters vineyard in the Coal River Valley also agreed with the above comments that 2020 was a late vintage and he was impressed with the Rieslings he has produced this year. His Pinot Noir will be well balanced with acidity and concentration.

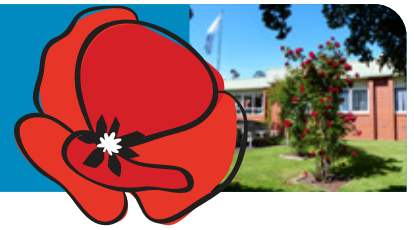
Claude Radenti from the Freycinet Vineyard reported that the east coast was in severe drought leading into the 2020 season although there was some relieving rain in September. However overall spring weather was the coolest since 2006 and gusty westerly winds in November and December had an adverse effect on flowering vines that lead to a 30 to 40% yield reduction. The period from January to March was the coolest since 2011 causing the fruit ripeness to be delayed by up to ten days. Late rains in February and March were welcomed and did not cause any harm. Claude's summary follows "Overall it was a tough season due to the drought and cooler conditions. Vines struggled and yields were down but overall wine quality is excellent. Pinot Noir is a standout with remarkable intensity of colour and flavour due to low yield from smaller berry and bunch sizes. Other standouts were Chardonnay, Riesling and Sauvignon Blanc."

Good 2020 tasting.



Rosary Gardens

GARDENS IN A CENTRAL LOCATION



ANN BINGHAM

FLAG RAISING FOR ANZAC

Due to the Coronavirus, we could not have our traditional ANZAC service. However, on Friday afternoon 24th of April, the day before ANZAC Day, Rosary Gardens held a small flag raising ceremony to acknowledge ANZAC. Our lovely gardener/maintenance man Matthew raised the flag to the half-mast position, as the residents and other staff members looked on from the widows of the multi-purpose room. Playing the Last Post whilst the flag was being raised, Ann Bingham our Facility Manager conducted the service and gave a warm welcoming speech. Our catering staff member Clare led and beautifully sang the National Anthem "Advance Australia Fair", which everyone enjoyed singing along.

We had five veterans present at the service, John Dalton who was in the Royal Australian Navy, as an acting leading electrical mechanic from 1953 to 1959.

Kenneth Campbell (Max) was in the National Service in the Australian Army for two years, from 1969 to 1971, following his father's footsteps, who served in the Australian Army in the Second World War.

Robert Woods (Bob) was in the National Service in the Australian Army for two years, from 1956 to 1958. Also following his father's footsteps, who served in the Australian Army in the Second World War.

June O'Neil Pratt was in the Australian Army, as Corporal June Harris. Her role was to look after the female personnel and she served for six years from 1942 to 1948.

Finally, Court Hobday who was in the UK Navy and was a Naval officer and Navigator.



▲ The ANZAC wreath

We streamed a video clip of YouTube a new remix "Ground control to Captain Tom", which was originally written by the Beatles for their Sgt Peppers Lonely Heart Band album. The song is an aspiration and very uplifting featuring a 99 year old Army veteran, Captain Tom Moore. He is from the UK and wanted to walk 100 laps around his garden before turning 100 years of age to fundraise for the NHS (National Health Service). The National Health Service is the publicly funded healthcare system in England, and one of the four National Health Service systems in the United

Kingdom. Captain Tom initially wanted to raise only one thousand pounds, but he made such an emotional impact on everyone that donations topped 50 million pounds. If you don't already know about Captain Tom, please look him up – what an amazing gentleman. We really enjoyed the music video clip – it's an encouragement and inspiration to all staff and residents.

Some elements of the traditional Rosary Gardens ANZAC service remained, as we ended with drinking traditional rum and milk, followed by a game of Bingo!



Rosary Gardens

GARDENS IN A CENTRAL LOCATION



ANN BINGHAM



▲ Former RAN Electrician John Dalton



▲ Former corporal in the Australian Army during WW2, June O'Neill Pratt



▲ Former Australian Army member Robert (Bob) Woods



▲ Court Hobday who was a Naval Officer and Navigator in the RN



▲ Former member of the Australian Army Kenneth (Max) Campbell

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Rosary Gardens

GARDENS IN A CENTRAL LOCATION



ANN BINGHAM

LETTERS, CARDS AND ARTWORK FROM CHILDREN

Rosary Gardens residents recently received a lovely surprise – a beautiful envelope arrived at our facility, addressed to them.

It was full of cards, letters and artwork from the students of St Finn Barr's Catholic School, Mowbray. The students had posted their warm wishes and thoughts to everyone at the nursing home stating concern for their happiness and hoped the letters would help if they were missing their families.

That same afternoon, residents made 'Thank You' cards to post back to the children.

We have also received notes, drawings and photos from two young local boys, Ollie and Lochie wanting residents to know they are thinking of them. They have become pen pals with our resident Patricia Burgess.

There have been smiles all round from residents and staff at these kind gestures.



▲ Patricia Burgess with a letter and picture of her new pen pals



▲ Nita Burdon

OVERCOMING THE IT BARRIER

Lifestyle staff have been encouraging residents and families at Rosary Gardens to try skyping, to stay in touch through these long weeks of isolation.

This has been very beneficial for those who decided to leap into the skypiverse with their families, lots of laughs and it's great to see residents smile and laugh when they see their families through a computer monitor.

Joseph Xiberras has never used a computer but with the help from lifestyle staff he spoke to his family and, as an added bonus he could see his daughters.

Others have also become regular Skype users these past few weeks with regular chats with family and having a great laugh when they had afternoon tea together while on Skype.



▲ Joseph Xiberras skyping



Book Review

WITH PAT FLANAGAN



1956 THE YEAR AUSTRALIA WELCOMED THE WORLD

Nick Richardson

Many things happened in Australia in 1956 that still impact upon our lives, TV arrived, Maralinga Nuclear tests, the Melbourne Olympic Games and Barry Humphries comic masterpiece *Edna Everidge* was born (in a sketch offering her house as a billet for the athletes at the time the authorities were seeking 30,000 such places). Pokies were legalised in NSW. Less well known was the arrival of the first political refugees (3,000 Hungarians) and an attempt at international diplomacy when Prime Minister Menzies tried unsuccessfully to negotiate a reversal of the nationalisation of the Suez Canal.

The Olympics had been sought since 1948. The bid was led by various Melbourne businessmen (several were former Olympic athletes) and the Melbourne City Council. The planning committee faced innumerable challenges. Some were political, the White Australia policy which caused a big debate over whether Japanese could compete (exemptions were finally granted), cultural (where could they find chefs to prepare the food other nations wanted in the end Asian athletes were told to bring their spices they may need in their food). There was the lack of resources (the Olympic Relay carrying the flame from Cairns to Melbourne was initially planned on the only available map, a fuel company road map).

Prior to 1956 TV had been discussed for some years. There were many opinions about its value. Prime Minister Menzies was personally opposed believing it was not cultural and radios ability to speak directly to the nation; the County Party was opposed feeling it would only benefit a select group in the big cities.

Others had personal reasons, Harold Holt's father managed a suburban picture theatre. However enthusiasts supported by newspaper proprietors finally won through and TV began broadcasting by the middle of the year.

Maralinga was the second series of nuclear tests (they were to test the trigger for a hydrogen bomb). They first had been held four years earlier at a site off the West Australian coast. Despite the promises of politicians radioactive dust had drifted over major cities in Eastern Australia (and even been identified in New Zealand). At that time one man, Walter MacDougal, had been appointed to see if they were any aboriginal people in the area and also to move them out of danger. He was given little support (it took three years before he had his own vehicle) but he strove to achieve his objective. A fortnight before the Maralinga tests he was given an assistant. When MacDougal attempted to publish (in the Adelaide newspaper) his ideas on how the aboriginals were being mistreated in the process a senior bureaucrat wrote that MacDougal "... had a lamentable lack of balance in his outlook in that he is apparently placing the affairs of a handful of natives above those of the British Commonwealth of Nations". In December the WA Parliament began an enquiry into the tests and how it affected the aborigines (there were to be five such enquiries in the years to come)

A month before the Olympics were due to start there was an uprising in Hungary against the communist rule imposed by Russia at the end of World War II. At first it was peaceful then after a week the Russian army came in with bloody reprisals. Tens of thousands fled. Australia agreed to take



3,000 refugees who started to arrive in December. At the same time Britain and France had sent a military force to Egypt to seize back the Suez Canal. World opinion was divided on both issues. Several countries refused to come to the Olympics in protest; some newly independent countries backed Egypt and consequently a supportive Indonesia refused to let British planes refuel in their country.

The Olympic Games were a great success. Authorities initially worried that the crowds, in this Cold War era, might be hostile but on the first day the great Russian runner Vladimir Kuts won the 10,000 meters and the crowds cheered him. Crowds remained friendly and supportive. The hostility arose in the men's water polo final where Hungary (the World champions) meet Russia in a brutal battle that left the pool stained red with blood. Australia won 13 golds and three new channels had TV cameras there (whilst ensuring no other media outlet had a moving camera).



Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR



HEATHER CURRANT

AINSLIE LOW HEAD

By Maree Youl

During the COVID-19 lockdown we have had to scratch our heads and be as inventive as possible with our activities, so happily our list looks endless.

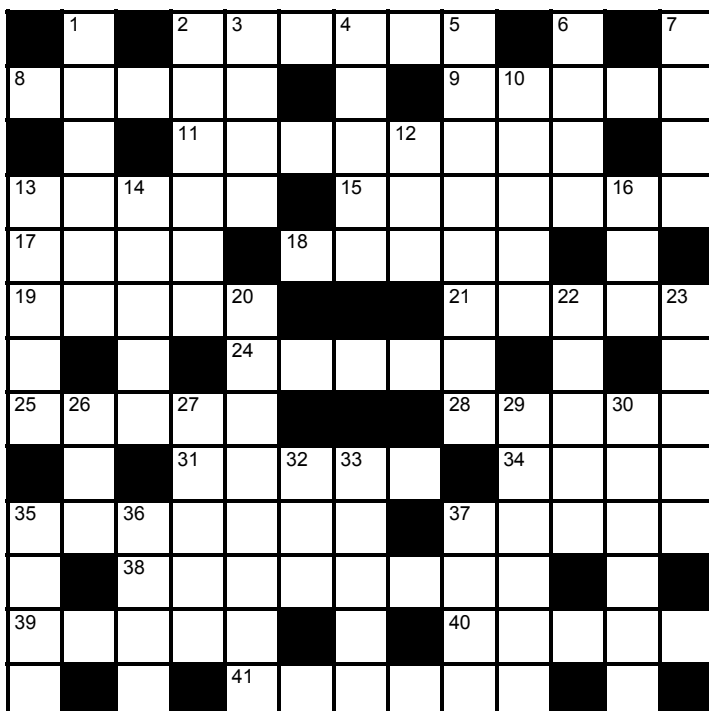
It includes things such as art, bingo, bible readings, our usual movie club, craft (ways with wool, diamond dotters and table decorating), newspaper readings and reminiscing as a small group activity, plus many more.

We have also been taking advantage of our tranquillity garden to visit (at a socially responsible distance!) with family members through the fence or just to enjoy the walk and the perfumes of different plants and shrubs. We have also been taking residents to our dining room to visit with families through the windows and making sure they have a phone with them so that family can ring up and talk to them.



▲ Staff doing the YMCA on our Dance Day Friday

PUZZLE SCC Crossword No. 39



ACROSS

- 2 Slumbering
- 8 Concise
- 9 Kingdom
- 11 Dregs
- 13 Occur again
- 15 Missives
- 17 German river
- 18 Measuring instrument
- 19 Yields
- 21 Inferior divinity
- 24 Bitterly pungent
- 25 Small fish
- 28 Satisfies fully
- 31 Magical
- 34 Notch
- 35 Venerated
- 37 Kilns for hops-drying
- 38 Making possible
- 39 Fold in cloth
- 40 Yields
- 41 Whirlpools

DOWN

- 1 Go back
- 2 Guarantee
- 3 Prophet
- 4 Banishment
- 5 Feigns
- 6 Destiny
- 7 Little devils
- 10 Vestibule
- 12 Encountered
- 13 Sways to and fro
- 14 Tree
- 16 Sharp blow
- 20 Soak
- 22 Small children
- 23 Those entertaining
- 26 Filled pastry
- 27 Sphere of action
- 29 Proverbs
- 30 Meal course
- 32 Beak
- 33 Lazed
- 35 Deeply engrossed
- 36 Turn away
- 37 Single occasion



Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR



HEATHER CURRANT



▲ Gloria Sutherland-MacLeod and Kaye Whitehead enjoying the YMCA concert



▲ Just some of the table decorations made for ANZAC Day

ANZAC Day was so different this year, we all made decorations before the day and held our service over the PA system, all those who heard it said it was lovely.

One of the best activities is when we took advantage of a set of drums that were left here by our musical therapist, plus one more I bought from a store in Launceston. The drums were set up in the tranquillity garden and we took small groups out to let themselves go and have a bash. One resident even sang along to the tune he was drumming, all who had a go were smiling and laughing, it was such fun.

Another highlight activity has been Dance Day Friday, an idea that came from Heather and Nicole. Staff dressed up to perform two songs and you can imagine what they looked like. We sang to 'Loco-motion' first sung by Grand Funk Railroad in 1964, Carole King in 1980 and then the one most remember, Kylie Minogue in 1987.

Then next it was The Village People and their single YMCA. it was an unforgettable video from 1978 when the tune was the International Single of the Year.



▲ Angela Johnson and Margaret Judd making the ANZAC Day table decorations



▲ Marjorie Brown

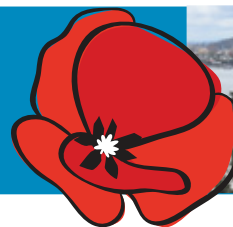


▲ Loui Gaetani



Guilford Young Grove

MAGIC VIEWS OF THE DERWENT RIVER



DENISE WALSH



▲ Denise Walshe reading and Laree Triffett in the background



▲ ANZAC wreath decorated by residents

ANZAC MEMORIAL SERVICE

Pastoral Care, Laree Triffett

On Friday 24th April we held a small ANZAC service at Guilford Young Grove.

Due to COVID-19 restrictions we could not extend our service to the wider community or share this important event with Sandown as we normally would. However this small and intimate service still captured the essence and meaning of ANZAC Day.

Over the week proceeding this special day we were privileged to hear stories from our residents recalling the strength, valour and loss of our brave men and woman of that time.

Thank you to our resident's for participating in this moving ceremony and for making the valuable connection to our heroes' and our Nation's History.

Lest We Forget.



▲ Resident David Gifford laying the wreath



Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS



HEATHER ROBINSON

MENS GROUP

Our Men's group meet regularly and have a beer, a chat and always a bag of chips. It's always got music, lots of stories and a welcome chat to one another. Just now and again they allow one of the female LLO's to join them, we feel so privileged!!



▲ Mens Group enjoying a beer

LADIES GROUP

During this time of social distancing our ladies decided to meet on the deck, complete with wine and music and plenty of things to chat about. To top it off it was a beautiful day, sunny and warm and so pleasant on the deck



▲ May Crawford Ladies Group on the deck

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OUR FIRST DISCO AT MOUNT ESK

It looks like we have a real hit on our hands. We held our first mixed disco come relation and mindfulness event and it was a great success. In fact it was so good that we will be holding more.

Residents chose some of the music which ranged from popular dance music to much quieter and more reflective pieces. We would close our eyes and listen or if the dance music was on we would clap or sing and just relax and listen to the tunes we love.



▲ Disco after tea



Sandown Apartments

PRIME LOCATION AMONGST THE GARDENS



LESLEIGH JENKINS

BUBBLES DAY

If you have ever watched as kids work out how to use a bubble blower and are suddenly entranced by the floating circles of water and detergent that float through the air, carried hither and thither by the whims of the breeze, it's no wonder that as we all get a bit older that fascination returns. You can see the wonder in the eyes of everyone in these images.

Teresa Larkin, Ed Barrenger, Patricia Kennedy-Ripon and Maggie Kay all smiling on Bubbles day!

BANANAS IN PAJAMAS CAME TO VISIT

B1 and B2 (aka LLO Liz and PC Laree) making people smile, it's not hard when you are dressed up as B1 and B2, always up to something.



▲ Resident Maggie Kay watching as the magic bubbles float by



▲ Resident Teresa Larkin having a whale of a time with the bubbles



▲ Resident Ed Barrenger loving the magic floating bubbles



▲ Patricia Kennedy-Ripon entranced by the bubbles



▲ Tom Fox looking unsure as to what will happen next when B1 and B2 come calling (aka LLO Liz and PC Laree)



▲ John Madison and Carolyn Peter about to enjoy lunch, not sure what mischief B1 and B2 are up to



Rosary Gardens

GARDENS IN A CENTRAL LOCATION



ANN BINGHAM

GARDENING AT ROSARY GARDENS

By Lisa Flakemore

While enjoying the last of the warm Autumn days, a group of residents chose to plant daffodil bulbs and pansies in raised garden beds in the court yards.

As each bulb was planted a marker with their name was placed beside it so as it grows they can watch its progress.

Many stories of gardening triumphs and mishaps were told as we planted out the garden beds.



▲ Muriel Jones (Fluffy)



▲ Carol Webb and Linda Flynn

ROSARY GARDENS POP-UP SHOP

Since we have been in our protective lockdown due to the COVID-19 pandemic the Rosary Gardens Volunteer Kiosk has been closed, meaning the Tuesday Kiosk Trolley and personal visits to the Kiosk haven't been able to take place. External trips have also been put on hold meaning that our residents have been missing out on the shopping experience and being able to purchase small treats. With visits from family and friends also severely limited, it has meant that people were missing out on those little items that make life a bit more enjoyable.

Rosary Gardens staff have taken the initiative to create our very own "pop-up" shop to try and fill that need. As soon as word got out that we were planning this, we had enquiries from residents in all corners of the facility! Our opening was so popular, we had people lined up almost to the ramp whilst still maintaining their social distance. The activity generated a lot of fun, laughter and comment with the most popular



▲ The 'Pop-up' shop in action, socially distanced

items being chocolate. This week we have expanded the service to include a trolley going around the units to allow those folk unable to easily get to the foyer shop to make purchases.

The Pop-up shop is currently running from 11am until midday on Tuesday and Friday each week. Residents were happy to have their choice of goodies and we have now been able to expand our product lines to include specific items residents asked us to make available for purchase – this has included everything from more chocolate, drinks to butter menthols and have made suggestions for what they would like to purchase. The idea is not to make a profit from



▲ Greg Wiggins shopping

this exercise, but to try and provide for a need and some additional (socially-distant) contact during a time which is quite trying on all of our emotions.



Fairway Rise Lifestyle Village

THE CLUBHOUSE VILLAGE NEWS



LISA POTTER

ANZAC DAY AT FAIRWAY RISE

By Deb Hill

ANZAC Day was very different this year at Fairway Rise Village, but thanks to the organising by Jenny Whitty and the generous offer to play the Last Post by saxophonist Ken Monk we heard the haunting notes drift over the village homes, it was even heard up in the aged care facility.

Ken located himself at a couple of different spots around the village so that all residents could enjoy this special moment.



▲ L to R: Ken Monk on Saxophone and resident Jenny Whitty with the Australian flag

ST PATRICKS DAY

Due to the Coronavirus restrictions the planned St Patrick's Day Pie and Guinness night at Fairway Rise Lifestyle Village was cancelled. However, thanks to some creative thinking by the village Social Committee and some very keen leprechauns, this became a "meals on wheels" event and the meals (steak & guinness, pie, coleslaw and potato) were home delivered to those residents who had booked for the event, much to their delight.



▲ Delivery Leprechauns – L to R: Patsy Kropp, Janine Carr, Helen Matthews, Julie Bullen and Janet Hegarty

A VERY GENEROUS ACT

A very welcome good news story! Robert and Vivian Barnes, residents of Fairway Rise Lifestyle Village, recently farewelled their caravan after donating it to a bushfire victim in Mallacoota, Victoria who had lost everything he owned except his car.

The van was towed from here to Victoria by the Rev. Dennis Quinn of St. Marks Church Bellerive. All expenses were covered by Bush Church Aid. Recently a card was received from the recipient expressing his thanks.



▲ L to R: Rev. Dennis Quinn, Vivian Barnes and Robert Barnes



Springhaven

VIEWS FROM A BUSHLAND SETTING

CAROL JOSEPH



▲ An overview of Springhaven with the Rosny Hill bush to the right



▲ Not even a year since these shrubs and plants have been planted



▲ A Camellia is just one of the many thousands of shrubs and trees planted around the site

SPRINGHAVEN UPDATE

By Carol Joseph

Carol Joseph who was Village Manager at Springhaven, has moved up to become Acting Executive Manager Retirement Villages and Major Projects. Congratulations Carol!

We expect that the final stage of completion of 36 townhouses should be at handover stage from Fairbrother in early June, followed by landscaping and planting of hundreds more shrubs and trees in the gardens around each townhouse and along the streets.

Residents should be able to start moving in from mid-July and that phase should be complete by mid-August.

The central garden area is about 80% complete, with giant boulders that came from somewhere down the Channel and are a critical part of that project. Pathways are being built, soil moved in and then finally trees and shrubs and orchard trees and also vegie beds installed and planted.

The area will be a delight, a central place to stroll, enjoy nature, with seats and places to rest and contemplate life and the world around you.

Completion of that will have an immediate effect on the whole project. Once finalised and fully occupied there should be about 150 people living here so it will be time to get organisations

like indoor bowls club, social clubs and other activities using the central hub building started.

If the social club here turns out anything like its counterpart over the road at Fairway Rise Lifestyle Village it will be active and very social, especially on Friday and/or Saturday evenings.

I spoke to one of the new residents when I was taking these photos and she told me she loves living here and that her home is beautifully built and she has been pleasantly surprised that one of the village managers is always checking to see that everything is working properly and she isn't having any unforeseen problems. She loves that level of care.



Fairway Rise Lifestyle Village

THE CLUBHOUSE VILLAGE NEWS



LISA POTTER

COMMUNITY GARDEN

By Ian Lyons – Residents Committee member in charge of the community garden.

We have about 36 garden bed sections of various sizes and heights. A lot of winter vegies are in at the moment with some beds resting. Thankfully there are not many weeds at the moment!

On the outside of our vermin proof fence, we have a herb garden available to anyone in the village.

We have a pretty big range, including a bay tree, coriander, thyme, rosemary, and mint with lemon trees, passionfruit and kiwi fruit.

We also have a worm farm run by Dale Ewington who keeps us all supplied with worm juice to help our gardens, for that we are very thankful.



▲ Very healthy vegie crops coming on including silverbeet



▲ A superb bay tree and a very healthy passionfruit vine line this pathway



▲ It's Autumn and the beds are resting, well quite a few, as you can see it's always a battle to keep the birds away

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Yaraandoo

PICTURESQUE VIEWS OF THE COAST



JUDY HOSKINS

ACTIVITIES APLENTY AT YARAANDOO

By Maria Barnard

We have had to be as inventive as possible during this tough time of coping with COVID-19, but even that lockdown has not stopped us from having as much fun as is possible.

While we haven't been allowed to have family and friends as visitors or entertainers come and keep us company as we normally would, our residents have been busy with window family visits, video calling families and



▲ Brian Halpin and family having a window visit



▲ Janice Taylor chatting online



▲ Resident Barb Taylor talking to relatives



▲ LLO Tammy operating the very popular coffee cart



▲ Jan Horler also talking to family



▲ Resident Carol Staples getting ready for a great game of balloon badminton



Yaraandoo

PICTURESQUE VIEWS OF THE COAST



JUDY HOSKINS



▲ Ben Wallis playing checkers

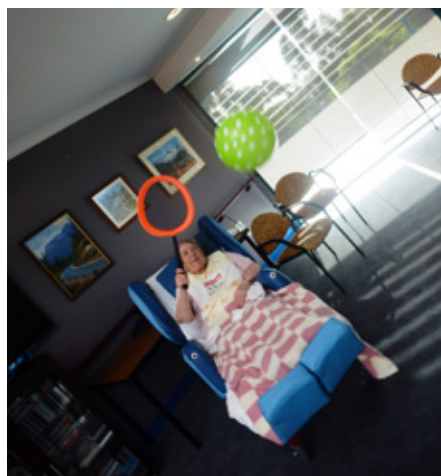


▲ Scrabble with Patsy Soden, Robyn Duniam, Brian Halpin and Janice Taylor

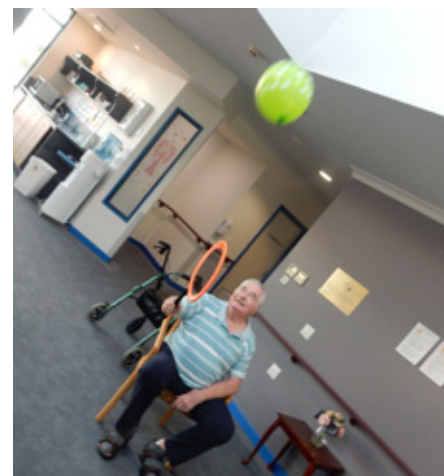
friends, gardening, playing board games, bingo, our popular coffee cart, cooking, sing-a-longs, our active knitting group, men's group and lots more fun activities. The residents have been kept busy and active throughout the lockdown with lots of fun and laughter throughout the home.

BADMINTON

Residents are playing badminton weekly with giant bats and balloons. Lots of fun and laughter had especially if they hit a staff member with a balloon.



▲ Carol Staples playing badminton



▲ Brian Halpin enjoying badminton



▲ Group exercise class



Yaraandoo

PICTURESQUE VIEWS OF THE COAST



JUDY HOSKINS

ANZAC DAY SERVICE

Maria Barnard held a different kind of ANZAC Day service with the residents on the day. Due to restrictions our normal representatives couldn't join us but we were able to have our own service in the dining room with social distancing in place. Resident Brian Halpin read a poem and laid the wreath with Sylvia Smith LLO. It was a lovely service and enjoyed by all.

We can tell you that this lockdown has not stopped us from having fun and lots of it.

EASTER BUNNY

It was so good when the Easter Bunny made a special COVID-19 visit to bring all our staff and residents an Easter egg. It's marvellous how a bit of chocolate lifts your spirits. I (who knows who 'I' was?) was the Easter Bunny and Maria was my sidekick who made sure I didn't fall over beds, wheelchairs or trolleys.



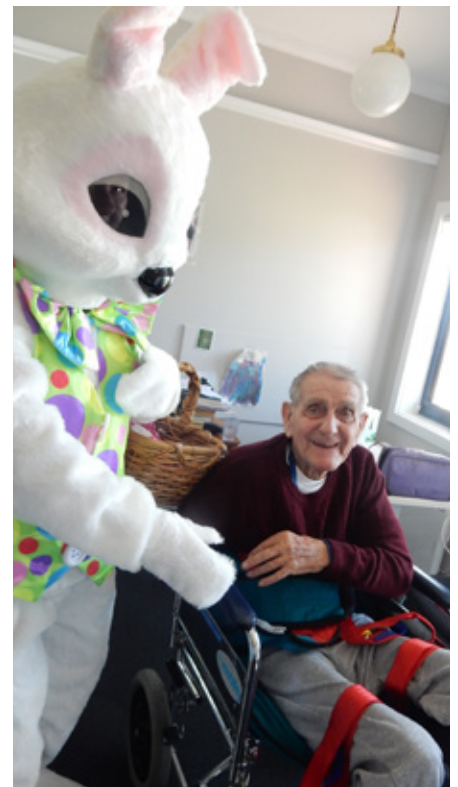
▲ Resident Brian Halpin read a poem and laid the wreath with the help of LLO Sylvia Smith



▲ Resident Judith Dodd with her Easter egg firmly held ready to enjoy later



▲ Resident Robyn Duniam receiving her Easter Day chocolate egg



▲ Resident Lawrence Redman with a big smile on his face, thinking of what is to come



Glenara Lakes Villas

LIFESTYLE BY THE LAKE



LEE-ANN PATTERSON

GLENARA LAKES DEVELOPMENT

By Lee-ann Patterson

It's exciting times at Glenara Lakes with Stage 4 of our development now completed. With our new residents moving in and landscaping taking shape, it's a hive of busyness!

This stage of the development has seen 6 new villas added to the already 20 villas built over a period of 14 months. A total of 26 villas and 40 new residents who have welcomed the activities provided, the friendships of other residents and their new environments in which they have come to enjoy.

I wish to make special mention to our architects, 6ty Degrees and to Robin and Alex Groves from Groves Constructions for their hard work and support given during the entire development build. Robin and Alex have been instrumental in ensuring that each villa was built to the highest of quality and have been on site each day to assist any of our residents with questions or concerns. My absolute thanks to them both – it has been a great joy to work beside them.

The landscaping of the final stage has been placed into the hands of our Garden Team and with the assistance of Ben Foon Landscaper, overseen by Glenara Lakes Garden and Maintenance Supervisor Rob Clarke, the works are progressing extremely well and to a high standard. The Team are enthusiastic to be taking a leading hand in this stage of the development and look forward to producing a quality, eye catching area. My thanks, as always, to my hard working team for all the additional effort expended on the project and to Ben (who used to work as part of that team before starting his own business) – a true team effort.

The first 3 stages of the development are looking fantastic! Gardens are taking shape, and the gardens, shrubs and lawns are projecting a fantastic arena of colour. It's wonderful to see the residents out on the gorgeous autumn days enjoying some exercise in their gardens, especially in our current times.

All of Glenara Lakes Village are looking forward to welcoming our newest residents at the earliest possibility and the entire Glenara Lakes Team look forward to supporting them in their new homes.



▲ Newly planted shrubs and gardens



▲ When 12 months old the new shrubs and gardens make a big difference



▲ The finished homes at Glenara Lakes Lifestyle Village in Launceston



A BEAUTIFUL DAY IN THE NEIGHBOURHOOD

There hasn't been a great deal on at the cinema but the most recent film I saw was called *A Beautiful Day in the Neighbourhood*. The film is about the American children's television presenter, some say icon in the US, Mr Fred Rogers. Mr Rogers is played by Tom Hanks, and the other lead character, journalist Lloyd Vogel, is played by Matthew Rhys. The film focuses on how Lloyd goes about writing an article on the life of Mr Rogers and the ensuing back and forth as Lloyd tackles who Fred is and who Lloyd himself becomes.

At this stage I'll say openly that I had no idea who Mr Rogers was, but on a previous trip to the cinema I'd watched the trailer and thought it would be good to see. The film is a dramatized account, based around an actual article written in the late 1990s on Mr Rogers. The name of the journalist and his storyline is fictionalised but the producers have kept faith in the overall story about Mr Rogers, with Tom Hanks acting a spookily close rendition of the real Fred himself.

Lloyd, the journo, isn't keen. Lloyd is used to more serious writing and doesn't want to take on the task of interviewing a children's celebrity. After an initial meeting with Mr Rogers, Lloyd is taken aback by Mr Rogers' persona and you are left wondering, as Lloyd is, whether Mr Rogers is real, or if he is acting the part for a kids' TV show, with its whimsical array of puppets and toys and his particular, some might say unusual way of interacting with the world. You also question whether Mr Rogers might be completely barking mad. The film becomes a tale of two people: Mr Rogers and his world of children's television and the character of the journalist whose trouble with his father become weaved into how Mr



▲ Tom Hanks plays Mr Fred Rogers

Rogers sees the world, acknowledging the hardship and difficulties of life, but seeing them as overcome by love, compassion and dealing with one's own anger and failings.

Mr Rogers is a complicated character in this film, and I suspect in life, but there's something about this film which is very careful, studied and nuanced. Throughout the film, the camera focuses onto the smallest of details: Mr Rogers' face, his breathing, the toy-scaled villages and their colours, the tram rolling along, the puppets and their old weathered faces. It also contrasts the silence of Mr Rogers in his television studio and the music which sways and chatters like children's songs tend to do. The theme song for Mr Rogers continually reels you in gently with the tune which still has me singing, "Will you be mine, will you be mine, and will you be my neighbour?"

Everything about this film is done with an authenticity which steals your heart away, which tells a story in a way that questions but then celebrates what life is all about, love. The one thing about this film is you need several boxes of tissues to watch it. No one comes out of the dark without the obvious trail of tears being shed, mostly out of joy.



▲ Mr Fred Rogers



▲ Tom Hanks acting a spookily close rendition



AA Lord (West Hobart)

COSMOPOLITAN LIVING

CAROL JOSEPH

ANZAC NEWS FROM THE AA LORD RETIREMENT VILLAGE

The regulations regarding social distancing during the Coronavirus Pandemic has caused much scratching of heads whilst trying to come up with an innovative way to honour and pay tribute to our ANZACS. In true Aussie fashion all hurdles were overcome because the community responded magnificently to all of the frontline suggestions.

For example, some residents gathered at the Hill Street entrance and shone many different lights to acknowledge all of our volunteer workers. Some had torches, some battery operated candles. Quite a number of cars acknowledged us as they drove past with a good, hard toot of the horn.

ANZAC Day was also observed in a different way from our usual tradition. At 11.00am, and observing social distancing, some residents gathered around the lawns surrounding the barbeque area. There were flags flying and wreaths placed in appropriate positions on the wall of the barbeque.

Those who were unable to be present opened their windows wide and listened to the Last Post played loudly and proudly. Then a minutes silence was observed. The ceremony concluded with the Reveille, windows closed and residents returned home.

Many residents have taken up the idea of placing a bear in their windows. Bears of all shapes and sizes have appeared and they have certainly achieved the ultimate goal, which was to put a smile on as many people's faces as possible.

Couples can often be seen sitting outside, enjoying a cuppa, a chat and a good dose of sunshine. The virus has caused concern and anxiety to us all, but with patience and the observation of all of the regulations we will be able to return to our normal way of living much sooner.

Let us all continue to look after each other.



▲ Resident's Teddy Bears bring smiles to faces during times of isolation



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How Sweet it is

WITH JUDITH SWEET



MUM'S DATE SCONES

Winter days can be brightened a little with a tasty treat and a nice hot cuppa. I'm sure you'll enjoy these date scones. The dates soften in the liquid so don't need to be chopped. The result is a caramel coloured mixture as the softened dates permeate the entire scone.

I've always loved mum's date scones but there wasn't an exact recipe so I've developed this one which is pretty close to the way mum's looked and tasted. I sometimes make this mixture into two rounds, rather like a damper, and mark into wedges prior to cooking. I mix together a teaspoon of sugar and a quarter teaspoon of cinnamon and sprinkle that over the top of the damper-like rounds.

Ingredients:

- 3 cups self-raising flour
- pinch salt
- half a teaspoon ground cinnamon
- 70 grams (scant half cup) light brown sugar
- 250 grams pitted dates (they don't need to be chopped)
- 1 cup milk
- 1 egg
- 1 teaspoon vanilla essence
- 65 grams butter
- a little extra flour for cutting out

Method:

- Firstly, place the dates and the milk in a medium sized saucepan and heat until just simmering. Cook for 5 minutes then remove from the heat and allow it to cool whilst preparing the remaining ingredients.
- Preheat the oven to 220°C.
- Select a baking tray and lightly flour it if it is not a non-stick tray. Select a scone cutter approximately 5cm diameter.
- Place the flour, salt, cinnamon and sugar into a mixing bowl and combine well.
- Add the butter to the date mixture and stir well. The heat of the mixture will melt the butter and the stirring will 'break down' the dates.

- Add the vanilla and the egg to the cooled date, milk and butter mixture. (It doesn't need to be totally cold)
- Make a well in the centre of the flour mixture and cut in the milk mixture with a flat bladed knife until all the ingredients are combined. The dates will colour the mixture to a caramel colour whilst still having pieces of date distributed throughout the mixture.
- Turn the mixture onto a lightly floured bench and knead gently and lightly into a slab just a little more than 1cm deep.
- Using a sharp scone cutter cut out the scones as close together as possible and place them close together onto the tray. Re-roll any leftovers and repeat until all the dough is used.
- This mixture will make approximately 18 scones or 2 damper-like rounds.
- Brush the top lightly with milk if you wish and place into the preheated oven.
- You may need to turn the tray once during the cooking time.
- They take just 12 minutes in my oven. The damper-like rounds may take a few more minutes to cook.
- Check if they are cooked by taking a scone from the centre of the tray and break it open.
- Place the hot scones onto a clean towel and cover.
- Serve fresh, split and spread with butter.



Mary's Grange Apartments

EMBRACING THE DERWENT ESTUARY



MARCVAN IMPE

COMMUNITY INVOLVEMENT IN MOTHER'S DAY

By Margaret Wynter

Rachel from the Leisure and Lifestyle Team suggested that it would be lovely for residents to have something to nurture during this time of isolation and thinking further we decided to see if we could get some involvement from the local Tarooma community.

Through the Tarooma Good Karma Network I asked if the people could pot up some succulents and easy care plants as gifts for residents for Mother's Day and happily the community responded with enthusiasm. Over the last week plants were delivered to the front door; plants in pots, in teacups, in old boots, Kokedama balls. Some with beautiful calligraphy tags others with tags made by children plus cards and beautifully coloured bookmarks. Some of the pots were decorated with shells and sea glass from our local foreshore.

We were given some absolutely delightful painted rocks which were joyfully received and caused much laughter; also two beautiful cyclamen and gift bags. We spent a morning adding ribbons and bows to the pots. There were enough for all our ladies with some to spare. Residents were very touched that the Tarooma community had done this for them.

The two beautiful white cyclamen and two gift bags and the Kokedama balls were used in a lucky draw held throughout the day to keep the excitement going. The planted shoes and boots we have put on a table outside the main dining room for all to see and smile at, they are getting so many comments.

COVID-19 has meant not only residents but staff have also felt isolated and alone as we deal with the emotional fall out of this horrible virus. The kind folk of the Tarooma Good Karma Network have helped lift the morale not only of residents but staff too and they have our heartfelt thanks.



▲ Succulents for Mother's Day



▲ Happy rocks for Mother's Day gifts



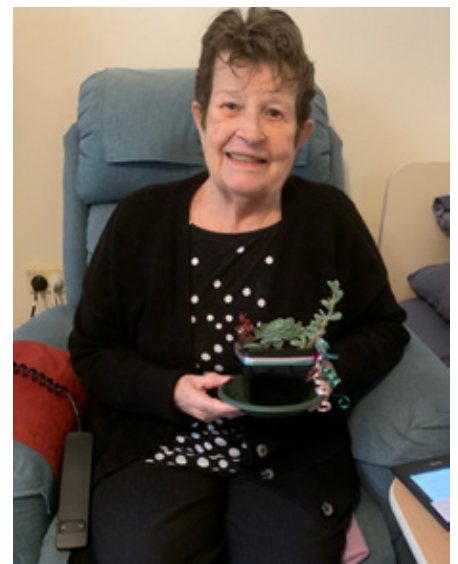
▲ Mrs Joy Goodman with her gift



▲ Mrs Peacock received her gift



▲ Mrs Hunt with her gift



▲ Mrs Holland received her gift



Mary's Grange Apartments

EMBRACING THE DERWENT ESTUARY



MARCVAN IMPE

FINDING PLEASURE IN SMALL THINGS

By Margaret Wynter

During the restrictions that have been put in place because of COVID-19 both staff and residents have found that we are taking time to find pleasure in small things.

We gathered some colourful autumn leaves delighting in the bright colours and residents used them to make some simple but bright collages.

The activity was readily accessible to many of our residents and those that participated enriched their own lives by indulging in a colourful activity and enriched the lives of those around them when their collages were put on display.



▲ Mrs Hetty Wilson with her collage



▲ Miss Iris Lane creating her collage

“Part of life is to plant trees that other people will sit under.”

Warren Buffet

When you make a bequest to Southern Cross Care you will be contributing to the quality of life of your friends, neighbours and the community. We will make sure that your gift is used responsibly to build a caring future.



Southern Cross Care (Tas) Inc.

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Project Facility

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Please debit my MasterCard / BankCard or Visa Credit Card

Card Number

Exp. Date

Name

Donations of \$2 and over are tax deductible.

Thank You!



Mary's Grange Apartments

EMBRACING THE DERWENT ESTUARY

MARCVAN IMPE



MUSIC FOR OUR TIME

By Margaret Wynter

One realisation that has come out of restrictions for COVID-19 is that things do not have to be perfect to be appreciated and enjoyed.

With entertainers not coming to our facility, two staff members have had to step into the breach. We are lucky enough to have a very competent musician on staff Jarod O'Malley, who works in our catering department. He was able to perform a concert for residents and will do another this month. Jarod played his saxophone in various gardens throughout the facility so that residents from different units could see and hear him play yet keep safe distance.

Another staff member has a go playing the ukulele for residents. Margaret Wynter LLO does not play well nor does she sing well but that too can be an advantage as residents sing all the louder and with more enthusiasm in an effort to drown out Margaret's attempts. These sessions are relaxing and fun and requested by residents.

Sometimes we have fun playing and singing along to tunes in very small groups and enhance the experience by playing in the garden while enjoying the autumn sunshine.

Other times the songs are on an individual level, with songs being chosen for the residents such as singing traditional Scottish songs for a lady from Scotland or English pub sing along songs for a lady from England.

None of the singing or the playing are perfect but the memories and reminiscence that come from residents during these sessions give them a sense of belonging, of feeling valued as others listen to stories and memories that are shared.



▲ Jarod O'Malley playing to residents in the Fitzpatrick Garden



▲ Mrs Fay Willey and Mrs Kathleen Meaghan listening to Jarod from their balcony



▲ Impromptu Ukulele sing-along in the garden



▲ Mrs Margaret (Ann) Peacock enjoying Jarods concert



ACTIVITY REPORT WINTER 2020

By John Prichard

Just prior to Easter this year the current President of the International Alliance of Catholic Knights (IACK), Brother George McCluskey (Knights of Saint George) wrote a letter to all Catholic knights around the world. While the letter was written in Scotland nearly two months ago, its message of hope rings true as we are still in the wonderful Easter season of hope, and we, in Australia are slowly emerging from the restrictive shackles and concern caused by the Coronavirus. Copied below right are salient excerpts from that letter that are pertinent to all people of faith.



**KNIGHTS OF THE
SOUTHERN CROSS
TASMANIA**
CHRISTIAN DEEDS
AND SERVICE
INSPIRED BY
OUR CATHOLIC FAITH
AND FRATERNITY



MEMBERSHIP ENQUIRIES
Southern Tasmania

John Prichard
0466 016 299

North West Tasmania

Justin Maguire
(03) 6435 1323

I am sure that since the founding of the Alliance in 1979, no President has sat down to write his Easter message in the circumstances we find ourselves in at present.

In my own country of Scotland, we are in total lockdown with no one able to leave the house except for essential reasons and even our churches are closed to the public. We have not had a public celebration of the Mass since the Solemnity of St Joseph on 19th March... I know that throughout our world all of you will be experiencing similar circumstances.

So, we could be forgiven for worrying during these [worrying] days and being fearful for the future. In fact, I was thinking that this must have been how the disciples felt during that Passover in Jerusalem over 2000 years ago. Our Lord had just been crucified and buried and it must have seemed that all hope was gone. All that had gone before seemed ended and there was no light at the end of the tunnel. But as we know, that was all to change on the third day.

On that Easter Sunday morning Our Lord fulfilled his covenant to us and arose from the dead bringing real hope to our world. And that hope is what sustains us during these days of crisis. The hope that in prayer we will come through this ordeal and be renewed at the end. The hope that during this time, those that we love will be protected and guarded from harm and the hope that light will be indeed at the end of the tunnel.

But for us as Catholics and Christians, we have more than hope. Because of those events in Judea 2 millennium ago, we have trust; trust that God is by our side today and will be in the future. And it is that trust and hope that allow[ed] us to celebrate the great Feast of Easter because we know that the risen Lord is with us, by our side, and in every step we take. The promise of eternal life which we have been given fulfils and strengthens us during this time of trial.

Let us put our trust, hope and faith in God as we awake [from this Corona virus slumber].



Birthdays & Anniversaries

60TH WEDDING ANNIVERSARY

Joy Neal, a resident at Yaraandoo and her husband Glenn, a local farmer celebrated their 60th wedding anniversary in COVID-19 style using our tablet to facetime each other.

Glenn told me he was pretty sad the other day as he saw visitors going into Yaraandoo and he couldn't go. He had been organised to have his required flu vaccine, but then missed that opportunity and has been waiting until the flu shots arrive at the Yolla pharmacy. As soon as he has had the shot he will be in the front door of Yaraandoo like a shot to see his wife Joy.

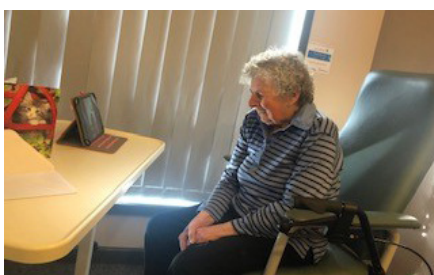
Glenn and Joy met when she was transferred as a teacher to the Yolla Primary School and they both played badminton at the local club. Glenn had one farm in those early days and later bought a second one. Those are now both run by his two sons while his daughter lives and works in Hobart, working in the Education Department, 'at a senior level' says Glenn.

"It was tough having our anniversary on the phone and it's even tougher waiting for my flu shot so I can go and visit Joy again. I live on my own in the original farmhouse and it's big, so I rattle around it on my own, and that's not much fun sometimes."

Both Glenn and Joy are very much looking forward to when they can see and hug each other again.



▲ Joy and Glenn on their wedding day 60 years ago



▲ Joy facetimeing with Glenn on their big day, with Glenn miles away at home

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54 Paterson Street

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GOVERNMENT STIMULUS PACKAGE – WHAT THIS MAY MEAN FOR YOU

On Sunday 22 March 2020, the Commonwealth Government released the second stage of its economic plan to support the economic impact of the Coronavirus. The economic support package includes:

- Support for households including casuals, sole-traders, retirees and those on income support
- Assistance for businesses to keep people in a job
- Regulatory protection and financial support for businesses to stay in business

Outlined below is the summary of some of the key measures announced. Full details of all measures can be found by accessing the Australian Government Treasury website.

Early access to superannuation

A temporary arrangement will be introduced to allow certain individuals who are significantly affected by the Coronavirus, to access their retirement savings. Eligible individuals will be able to access up to \$10,000 of their preserved superannuation in the 2019/20 income year and up to \$10,000 in the 2020/21 income year (approx. 3 months from 1 July 2020).

Eligibility requirements

To qualify for early release, the individual must satisfy any one or more of the following requirements:

- Be unemployed; or
- Be eligible to receive a Jobseeker payment, Youth allowance for job seekers, Parenting payment (which includes the single and partnered payments), Special benefit or Farm household allowance; or
- on or after 1 January 2020 was made redundant; or working hours were reduced by 20 per cent or more; or
- if a sole trader — business was suspended or there was a reduction in turnover of 20 per cent or more.

This payment will be a tax-free payment regardless of individuals age and will not affect Centrelink or Veterans' Affairs payments.

Temporary reduction in superannuation minimum drawdown requirements

The Government is temporarily reducing superannuation minimum drawdown requirements for account-based income streams and similar products by 50 per cent for the 2019/20 and 2020/21 income years.

Income support and additional payments to support households

Income support for individuals – Over the next 6 months, the Government is temporarily expanding eligibility to income support payments and introducing new payments,

Coronavirus supplement. The rate of the new supplement is \$550 per fortnight and it will be paid automatically (from 27 April) with the person's ordinary fortnightly entitlement. This will be paid to both, existing and new recipients of Jobseeker payment, Youth allowance for job seekers, Parenting payment, Farm household allowance and Special benefit.

The Government confirmed that anyone who is eligible for the Coronavirus supplement will receive the full rate of the supplement of \$550 per fortnight.

The usual waiting periods such as the Ordinary one week waiting period, the Liquid assets waiting period will be waived for new applicants. In addition, the assets test will not be applied when determining entitlement to Jobseeker payment, Youth allowance for job seekers and Parenting Payment for 6 months.

The Income test, Income maintenance period and Compensation preclusion periods will continue to apply. Payments to support households – The Government is providing two separate \$750 payments to eligible social security, veteran and other income support recipients and eligible concession card holders. The first payment is due to be made from late March 2020 and the second payment will be made from 10 July 2020.

Please speak to your adviser on how this can help you.

Source: Lifespan

Should you have any questions or need further information please do not hesitate to contact us on 03 6337 7777. Shireen Diez of Camerons Financial Solutions Pty Ltd is an authorised representative of Lifespan Financial Planning AFSL 229892. The information in this article is general in nature. It does not consider your financial circumstances and objectives. You should consider talking to a financial adviser before making a financial decision.

Do you need help building a secure financial future?

Our Financial Planning Services are tailored to suit each clients individual needs, and we work with you to understand your financial and lifestyle goals. We specialise in providing our clients with sound advice and ongoing support, and work with them to provide long term strategies to meet their goals.

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Sandown Apartments

PRIME LOCATION AMONGST THE GARDENS



LESLEIGH JENKINS

OUTDOOR CONCERT

Our socially distanced window concert with Fiddle and Squeeze.

If we can't have a concert inside! We decided we will have a concert outside! So instead of everyone trooping outside we thought we would put the players well and truly socially distanced outside and keep our residents inside where it was warm and cosy. Our performers are known as Fiddle and Squeeze, obviously because one plays the fiddle and the other the accordion. This time they showed how versatile they are, playing the fiddle, guitar, accordion and banjo. The group are well known on the folk music circuit, regularly playing at folk concerts and getting people up and dancing around a maypole.

Our residents enjoyed the concert from the comfort of the McDermott wing, while Fiddle and Squeeze played from the courtyard with our mic and speaker set up and everybody loved it.

FUN WITH MIRRORS AFTERNOON

Dressing up is a favourite pastime for many, even though they may not want to admit it or let their inhibitions lapse. We all had fun, asking the mirror, mirror on the wall, who is the best looking of all! We will leave that judgement up to you as our mirror was very polite and didn't suggest



▲ Fiddle and Squeeze making music outside the McDermott room



▲ The appreciative indoor audience

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Sandown Apartments

PRIME LOCATION AMONGST THE GARDENS



LESLEIGH JENKINS

for one moment that any image it saw was any better or worse than any other.

Our Maintenance expert Glenn thought he would see if he was a handsome bloke, Hilda Deegan and Ev Harper also tried their luck with the mirror.

INDOOR BOWLS

Even though many of our residents are physically challenged by the actions required to play indoor bowls, we still get out the carpet and get into action. Some sit in chairs and have a go, others try all sorts of innovative delivery positions, it really doesn't matter; it's all about getting into the moment and having fun, even for those who just come to watch.



▲ Resident Ev Harper, 'Mirror mirror on the wall, I think I scrub up pretty well!'



▲ Resident Hilda Deegan



▲ Glenn the maintenance man

Lindisfarne Service Centre & Tyrepower



Fairway Rise Residents Collect and Return

10% Discount off labour

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Full range of tyres – wheel alignments

Locally owned and operated by Martin and Carolyn – It's the little things that count



Sandown Apartments

PRIME LOCATION AMONGST THE GARDENS



LESLEIGH JENKINS



▲ We caught bowler Lyn Seidel relaxed and happy with her score at bowls!!



▲ The bowling group in action



▲ Maria Van Riet – showing off a care package that her family sent her while in lockdown!



▲ Ruth Thomson



▲ Barbara Calvert



▲ Ev Harper

SOLUTION

SCC Crossword No. 39

R	A	S	L	E	E	P	F	I	
T	E	R	S	E	X		R	E	A
C		S	E	D	I	M	E	N	T
R	E	C	U	R		L	E	T	T
O	D	E	R		M	E	T	E	R
C	E	D	E	S			N	Y	M
K		A		A	C	R	I	D	I
S	P	R	A	T		S	A	T	E
	I		R	U	N	I	C		D
R	E	V	E	R	E	D		O	A
A		E	N	A	B	L	I	N	G
P	L	E	A	T		E		C	E
T		R		E	D	D	I	E	S



▲ Socially distanced craft group hard at work



Sandown Apartments

PRIME LOCATION AMONGST THE GARDENS



LESLEIGH JENKINS

THE CRAFT CLUB

Socially distanced craft group hard at work at Sandown, making awesome flowers for Mother's Day.

RESIDENT PORTRAITS

At Sandown, while lock down is in place, we decided to try something new, we bought some of those tiny LED lights on a wire and constructed our own photography studio spot, complete with foil backing.

Every Wednesday we are doing our activity called Fun Photos, it involves playing with light and different effects and then sending the resultant images to the resident's families. We have had a lot of fun and think they have come out well!

We had wonderful feedback from families that included responses like these: 'Thanks so much for sending us this image, it's so lovely to see Mum looking so happy,' 'Thank you Liz, this is very much appreciated by our family,' and 'Thanks Liz these are very much appreciated, keep well and keep smiling.'



▲ Sandown Resident Marcus and his wife Kate



▲ Ruth Thomson



▲ Betty Rigney



▲ Gordon Mason



▲ Kath Johnson



▲ Tom Fox

CORONAVIRUS

COVID-19

MESSAGES OF THANKS



LESA KERSTAN

Facility Manager at Fairway Rise Apartments

What a challenging time we have all been facing with the restrictions of COVID-19. I think that we can all agree that we would have never

imagined that so many of us would be restricted in our daily lives and spending time with the people that we love in our lives.

This has been very challenging for our lovely residents, their families, our staff and wonderful volunteers.

We have made the best of these times with communicating in different ways through Skype, Face Time, bedroom windows and whatever other ingenious ways that we could think of. There have been many modified activities, hall way bingo is a new favourite. There are lots of happy pictures in the newsletter and in the facility to see the fun that we have had.

We have continued to have happy hour and the regular ice-creams, high teas etc. just smaller number and a different way of doing things. Social distancing is certainly a word we have all come to know well.

Whilst this has been a very challenging time for us we have had to follow all of the Public Health Unit directives the State and Federal government directives and all of the residents and their loved ones have been very tolerant and many compliments have arrived to support us all. For that we are very thankful. It is a big shout out to our staff that have adapted to a different way and the extraordinary efforts they have gone to keep all of the residents in touch with their families.

We are looking forward to fewer restrictions and when we are advised of these we will be able to communicate those to you. So happier times ahead and we are looking forward to visitors returning and seeing the happy smiles of our residents when they see their loved ones in person again.



ANN BINGHAM

Facility Manager at Rosary Gardens

I am really proud of how everyone who works here at Rosary Gardens has adjusted to try and make the best of a situation that is really not ideal. Our

residents are absolutely amazing, I don't know whether it is their generation and the difficulties they have faced in their lives that makes them so resilient, but for the most part they have been really understanding and accepting of the need for the restrictions.

I have even had a few who don't want our doors to reopen just yet! It has been so very hard on family and friends though, who have been unable to visit. Where we can, we have set up "window visits" where visitors can come to the window and call their loved one on the phone to see them while they chat.

It has been hard on staff as well, most of us are only going from home to work and back again – I had completely overlooked the recent relaxation of the rules where you could have 1-2 visitors at your house and have sent visitors away and declined visits to friend's houses. I know that many others are doing the same as none of us want to put our residents at risk, and we are so focused on the Aged Care restrictions that we haven't even considered that it was a choice.

So far we are all doing well – we're fit and healthy, with no new COVID-19 cases for some weeks, we see some light at the end of the tunnel. (Written on May 20th)

One thing that is really important for us is the new directive from the Tasmanian Government that ANY visitors to ANY aged care facility from 1 May 2020 must show evidence of receiving their flu vaccination prior to being able to enter on their first visit

We look forward to welcoming you all again when we can, in the meantime, please take care and stay safe.

CONGRATULATIONS

Staff 12 Month Anniversary

It is now 12 months since the following staff members joined the Southern Cross Care team in providing devoted service and care to our residents and clients. Thank you for being part of our team and we look forward to many years where you continue to help our residents enjoy a happy, satisfying and rewarding lifestyle.

AINSLIE

Aashma Chapagain Dhakal	08/04/2019	Extended Care Assistant
Tiarna Peart	08/04/2019	Registered Nurse

HOME CARE

Nnenna Esomeju	20/05/2019	Personal Carer
Eileen O'Neill	24/05/2019	Personal Carer
Vicki Beattie	24/05/2019	Personal Carer
Irene Maxwell	24/05/2019	Personal Carer
Rosalie Cornish	24/06/2019	Personal Carer
Quirina Graham	24/05/2019	Personal Carer
Tracey Cook	24/05/2019	Personal Carer
Nerelyn Whitehouse	24/06/2019	Registered Nurse

FAIRWAY RISE

Kaushila Kadel Poudel	23/04/2019	Extended Care Assistant
Apsara Ghimire	23/04/2019	Extended Care Assistant
Sonu Thapa	23/04/2019	Extended Care Assistant
Dinusha Wijewardena	23/04/2019	Service Employee
Madhav Prasad Paudel	23/04/2019	Service Employee
Emma Muskett	28/05/2019	Enrolled Nurse
Rupinder Kaur	28/05/2019	Enrolled Nurse
Nathan Costelloe	17/06/2019	Maintenance

GLENARA LAKES

Kabita Pandey	01/04/2019	Extended Care Assistant
Nicole Madden	08/04/2019	Clinical Care Coordinator
Kim Costello	08/04/2019	Extended Care Assistant
Lesley Scolyer	08/04/2019	Administrative Assistant
Adam Hawkins	22/04/2019	Extended Care Assistant
Lorene Apted	22/04/2019	Extended Care Assistant
Holly Vanderzwan	20/05/2019	Extended Care Assistant
Adebimpe Omolola Olawoagbo	20/05/2019	Enrolled Nurse
Amanda Crawford	23/05/2019	Service Employee
Kristie Marshall	03/06/2019	Extended Care Assistant
Sarah Arnold	17/06/2019	Extended Care Assistant

GUILFORD YOUNG GROVE

Nawaraj Tiwari	08/04/2019	Service Employee
Maya Shrestha	20/05/2019	Registered Nurse
Manju Niraula	17/06/2019	Extended Care Assistant

MARY'S GRANGE

Michelle Escader	29/4/2019	Extended Care Assistant
Sabitra Katuwal Sitoula	29/4/2019	Service Employee
Nishan Shungana	13/5/2019	Service Employee
Hasanjeet Kaur	13/5/2019	Service Employee
Barish Basel	10/6/2019	Service Employee

MOUNT ESK

Debra Hawkins	22/04/2019	Enrolled Nurse
Christopher Rigby	06/05/2019	Extended Care Assistant

ROSARY GARDENS

Jodie Carter	10/06/2019	Registered Nurse
Kabindra Karmacharya	19/06/2019	Service Employee
Rabin Silwal	19/06/2019	Service Employee

SANDOWN

Lesleigh Jenkins	06/05/2019	Facility Manager
Liang Zhao	20/05/2019	Enrolled Nurse
Sweetie Shrestha	17/06/2019	Extended Care Assistant
Selina Kharel	17/06/2019	Extended Care Assistant
Sikshya Subedi	17/06/2019	Extended Care Assistant
Anju Rai	17/06/2019	Extended Care Assistant
Tenille Johnstone	17/06/2019	Service Employee

YARAANDOO

Elizabeth Reiter	01/04/2019	Extended Care Assistant
Lucy Reid	01/04/2019	Extended Care Assistant
Gina Alderson	08/04/2019	Enrolled Nurse
Jennifer Ritchie	01/04/2019	Extended Care Assistant
Leanne Watts	24/06/2019	Administrative Assistant



Southern Cross Care (Tas) Inc. provides the most comprehensive range of facilities and services throughout Tasmania. Major regions have a range of facilities complimented by our community care service that provides home care support for our clients.



WE HAVE AN OPTION FOR YOU

List of Facilities and Services at Southern Cross Care (Tas.) Inc

Facilities	Address	Independent	Residential
AA Lord Homes	131 Hill Street, West Hobart 7000	84 units	-
Ainslie Launceston	5 Waveney Street, Sth Launceston 7249	60 units/10 rooms	-
Ainslie Low Head	196-244 Low Head Rd, Low Head 7253	34 units	69 places
Ainslie Westbury	87 Meander Valley Rd, Westbury 7303	6 units	-
Fairway Rise	1 Toogood Drive, Lindisfarne 7015	106 units/apartments	-
	2 Toogood Drive, Lindisfarne 7015	-	91 places
Glenara Lakes	390 Hobart Road, Youngtown 7249	101 villas	88 places
Guilford Young Grove	13 St Canice Avenue, Sandy Bay 7005	38 units	56 places
Mary's Grange	5 Grange Avenue, Tarooma 7053	-	105 places
Grange Villas	26 Channel Hwy Tarooma	36 apartments/villas	-
Mount Esk	38 Station Road, St Leonards 7250	-	75 places
Rosary Gardens	85 Creek Road, New Town 7008	-	94 places
Sandown Village	Southerwood Drive, Lwr Sandy Bay 7005	34 villas	69 places
Saint Canice	15 St Canice Avenue, Sandy Bay 7005	64 units/apartments	-
Springhaven	38 Gordons Hill Road, Lindisfarne 7015	Under Construction	-
Tarooma Villas	100 Channel Highway, Tarooma 7053	13 units	-
Yaraandoo	1A Cardigan Street, Somerset 7322	10 units	82 places

Home Care Packages Level 1 – 4 are available statewide. Our offices are located at:

South – 85 Creek Road, New Town – (03) 6146 1850

North – 196 - 244 Low Head Road, Low Head & 390 Hobart Road, Youngtown – (03) 6382 4907

North West – 29 Wragg Street, Somerset & 81A Gunn Street, Devonport – (03) 6435 0340

State Administration Office – (03) 6146 1800

Residential Enquiries Officer (South) – (03) 6146 1802

Residential Enquiries Officer (North) – (03) 6343 0240

Southern Villas Co-ordinator – (03) 6216 7160

Northern Villas Co-ordinator – (03) 6344 7911