

Under the Stars

SOUTHERN CROSS CARE TASMANIA COMMUNITY & LIFESTYLE MAGAZINE

EDITION 1 APRIL 2022

Positively
enjoying life



Leading the way in dementia care

Sense of community in lifestyle villages

Home care packages explained



Our Services

Southern Cross Care is Tasmania's largest not-for-profit aged care provider dedicated to delivering flexible health and lifestyle services to suit you and the people you love.

We are a wholly Tasmanian provider and one of the state's largest employers with over 1,300 full and part time employees. Our range of services are designed to make you feel right at home.



Supporting independent living across Tasmania with lifestyle village communities, perfectly designed for those who want to get the maximum out of life, with the minimum of worries.



Helping people to stay independent at home by providing personal and clinical services, and helping you to remain connected to your community with transport and social outing assistance.



Providing Residential Care in a safe and nurturing environment with a professional care team including 24/7 on-site nurses, professional chefs, allied health staff and activity coordinators.

Welcome to Southern Cross Care (Tas.) Inc. Under The Stars publication, created to showcase the important stories of our residents and highlight the passion, creativity and care our staff show every day.

We hope you enjoy it!

Cover: Yaraandoo resident Robert Tyrrell celebrates his 103rd birthday

Cover Photo Credit: Rodney Braithwaite © The Advocate/ACM



Southern Cross Care
(Tas.) Inc.

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Welcome to our first edition of Under the Stars for 2022



When the Tasmanian borders reopened in December last year, we were ready for the challenges ahead.

With surge staffing and a concise outbreak management plan we are able to successfully negotiate the inevitable appearance of Covid into some of residential facilities. During these times we can never underestimate the outstanding efforts of our valued employees who went above and beyond to ensure they and their residents remained safe and protected. We continue to be vigilant, alert and ready to adapt to changing environments.

Thank you to all families and friends for completing important health and safety measures when checking into our facilities. We act as a community when we protect ourselves and each other.

In this edition of Under the Stars we have a special feature on Montessori. This initiative has changed the lives of many of our residents currently living with dementia or cognitive impairment. Southern Cross Care Tas is leading the way with this gentle and proven model of approach, and we are seeing positive changes in our residents and clients who live with dementia. It is a joy to witness.

Montessori is in two of our facilities, Fairway Rise and Rivulet, with Yaraandoo next to adopt the environment and principles. You will be hearing more about this wonderful project in future editions of Under the Stars.

Robyn Boyd

Chief Executive Officer

Montessori and quality of life for our residents living with dementia

Southern Cross Care Tasmania is the first aged care provider in Tasmania to introduce Montessori method of care to residents.



Montessori for dementia and cognitive impairment, focuses on supporting both the person and the environment, which is adapted to support memory loss and independence.

Montessori environments help people re-learn skills associated with daily activities such as gardening, getting ready to go out and setting a table for dinner. Staff trained in Montessori methods breakdown the tasks and together with memory cues and repetition, people are enabled to function at their highest level.

We understand we cannot change the often-devastating effects of memory loss, but by embracing Montessori principles we can make a positive change for our

residents living with dementia.

Southern Cross Care Tasmania is working closely with Anne Kelly, Director of Montessori Consulting in Australia.

“Through the Montessori method, people living with dementia can make meaningful contributions to their community and engage in meaningful activities. It has been a privilege to work with the team at Southern Cross Care who have really embraced this program to the benefit of those who need this help the most.”

Recently Southern Cross Care has successfully implemented the renowned Montessori method of care to its Rivulet and Fairway Rise aged care facilities in Southern Tasmania.

Quotes from care staff at Fairway Rise speak volumes of the success of this wonderful and supportive environment.

“The changes in their (residents living with dementia) behaviours are positive and beautiful to observe.”

“It is heart-warming to see residents receiving the Montessori model of care with so much happiness and satisfaction on their faces.”

Yaraandoo in the state’s Northwest is currently undergoing training and will be the third Southern Cross Care facility to embrace the Montessori care principle.

A word from the Chair

Stephen Shirley



Southern Cross Care (Tas) Inc took a major step forward in December last year by adopting a new Constitution or set of Rules which will govern Southern Cross Care in Tasmania.

The Knights of the Southern Cross, who founded Southern Cross Care 50 years ago this year have shown great foresight to ensure that Board members are primarily recruited based on the skills and experience they can bring to the board table and further improve the decision making of the Board to make Southern Cross Care the best organisation it can be.

This decision by the Knights is momentous because the Knights have entrusted to the Board the responsibility to ensure that the Catholic ethos on which they established Southern Cross Care on 22 October 1972 remains the guiding ethos for the continued operations of Southern Cross Care.

It is this very Catholic ethos of acknowledging that all human life is sacred and unique at all stages of living and dying that forms the basis of Southern Cross Care's existence as the provider of care to the aged that it is.

Following the adoption of the new Constitution, we asked people to express their interest in joining Southern Cross Care's Board and I am pleased to advise that many people of talent sought to join and from this talented group, the Board chose four people to join the Board. They are Ms Alayne Baker, Ms Judith Fishlock, Mr Bob Gozzi and Mr Tony Wyatt. These new board members complement the skills of the existing board members and have knowledge and experience in Human Resources, Industrial Relations, Aged

Care Service Delivery, Pharmacy, Business Improvement and Financial Management. This brings the Board membership to 10. I welcome each of these new members to the Southern Cross Care Board.

Following the Royal Commission and during the response to the COVID-19 pandemic it has become increasingly obvious that the delivery of high quality residential aged care in particular, has become a more demanding and onerous vocation.

The people who entrust themselves or their loved ones to our care rightly wish to ensure that highest possible standard of care is provided every day. In this, they share Southern Cross Care's focus. Compliments may not flow as readily as concerns are expressed but from the feedback I receive, I am confident that the overwhelming good that Southern Cross Care does across residential care, home care and in retirement living, is appreciated.

Southern Cross Care supports the current claim in the Fairwork Commission for an increase in the wages paid to employees in aged care. Since all of the payment Southern Cross Care receives for the services it delivers comes primarily from the Australian Government with some direct contribution from residents and clients a key requirement for the increases in wages is for the Australian Government to commit to fully fund the increase.

Southern Cross Care would encourage the catchup to be paid immediately rather than be phased in over time.

In recognition of 50 years of service in 2022, Southern Cross Care will be commemorating its 50th anniversary during Southern Cross Care week in October.

Finally, I wish to acknowledge the recently retired President of the Knights of the Southern Cross in Tasmania, Mr John Pritchard. John has guided the state branch of the Knights over many years and most recently supported Southern Cross Care in making it possible to have a fully skills based board. John's encouragement and support of Southern Cross Care will be missed.

Stephen Shirley

Chair of Southern Cross Care
(Tas) Inc Board

Relationships and Real Community

It is a proven fact that people are happier and more satisfied when they have a greater sense of community belonging.

The 2020 Age Well Study findings (released January 2021) specifically focus on the happiness and life satisfaction of residents in retirement communities and reinforce the effects of happiness on multiple areas of health. Feelings of optimism and resilience are strengthened when part of a vibrant community.



Lifestyle Village Executive Lee-Ann Patterson with Glenara Lakes resident Pat Nobes.

My team and I love our 'job' (although it doesn't feel like a 'job'!) from the time of enquiry through to seeing you live in the village of your choice, everything we do is driven by the needs of our residents. We are in the business of inspiring our residents to feel safe, supported and happy. We really feel a part of Village life and have made many incredible friendships. Often it is our residents that inspire us, which makes working in this area an absolute gift.

Whether you're a couple or a single person, living in one of our Villages means you can always enjoy the company of like-minded people if you choose, and still enjoy peace and solitude of your own dwelling. Or if you like, your home becomes the venue for social gatherings with other residents which can often involve wine, antipasto platters and late nights!

I think what you notice the most, is the genuine care everyone has for each other. A helping hand, someone to talk to, a thoughtful act of kindness are always in plentiful supply in our Lifestyle Villages.

I like to think our residents have more reasons to be happy when they live in our Villages. They certainly have a lot of fun!

Lee-Ann Patterson

Executive Manager Retirement Living

Saint Canice

St Patricks Day Celebrations

The Irish sure know how to have fun and so do the residents! A fantastic lunch was had, including delicious apple crumbles made with apples grown in our very own garden.



The three Mount Canice 'Irish Musketeers'
L-R Graeme Triffitt, George Strickland and Ian Batt

Special thanks to Father Denis for the Irish blessings and grace, all those individuals who contributed their time and talent and all of the members of the Residents Committee.

Our thanks go to Anne also for the quiz, which she had so much fun composing for us. The winner of the quiz was Facility Manager Paula, who has taken possession of the ERNI trophy, (*Extraordinary Reward for Notional Intelligence*) until St Patrick's day 2023!

The Talented Craft Club

Every Wednesday morning you'll find likeminded and talented ladies gather for coffee, craft and the odd cackle!

In late 2021 Kate Domeney, the Residents' Committee Chair, asked the Craft Group if they would consider knitting scarves to assist Rotary in their 2022 mission of assistance to the homeless. The scarves will be a part of Personal Care Kits put together by Rotary in partnership with other donor organisations.

The Craft Group of course, said "Yes". Since then, it has been a never-ending knitting of a beautiful range of scarves, beanies and blankets by the Craft group. Absolutely top notch!



Some (but not all) of the amazing St Canice Craft Club members



Marie Manton

Glenara Lakes

A celebration of the female kind

What a great introduction to the Inaugural International Women's Day breakfast held recently at Glenara Lakes!

On Monday 7 March, residents joined together for breakfast to celebrate the theme of this year's International Women's Day. This years theme was #BreakTheBias

Guest speaker Debbie Smith from Neighbourhood Houses, reiterated her message around gender equality and socioeconomic equality.

She also talked about the cost of domestic violence on society. Debbie was very experienced and informative on the

subjects shared.

A trivia quiz, raffles, lucky door prizes and guest gifts were all part of this successful event and residents are looking forward to International Women's Day next year!



Ainslie House

Did someone say Barbeque?

Over 20 Residents enjoyed the gourmet BBQ and salads during BBQ day celebrations

There was much socialising and laughter to be had on such a lovely day. It seems SCC has a 'Team BBQ' ready for the next edition of Master Chef!

The BBQ was held in the large dining room with Ainslie's amazing views of the city and river for all to enjoy.



Kellie Woodall, Jim Stewart and Michele Viney.



Grange Villas

Street Party

One of our Grange residents Chris Maddison recently celebrated her 80th and for COVID safety they decided to have a Street Party. The sun was shining, the food was plentiful, and beverages flowed. A great day was had by all.



Chris (second from the left) celebrates her special birthday with great friends in glorious weather



Meet Board Member and Knight of the Southern Cross, John Shelverton

John has been a valuable and long-standing Board member of Southern Cross Care Tasmania for over 25 years.



He is also a Knight of the Southern Cross since 1993. We sat down to chat to John about his varied and successful career and what inspires him to commit to the Board for such a generous time.

The Shelverton surname is well recognised in Tasmania amongst the Catholic community, tell us a bit about your family history.

My dad Bernard was the eldest male in the Shelverton clan. He lived in Warwick Street, where the Mazda dealership is now.

Dad studied for the priesthood at St Patrick's in Sydney for four years, until ill health resulted in damaged vocal cords, therefore he was unable to continue at the seminary. Later on in life he unfortunately lost full use of his vocal cords.

After leaving the seminary, Dad met and married Mollie Tulloch, a dairy farmer's

daughter from Springfield - went on to have 2 children - John (myself) and my brother Michael (who is a master mariner living in Hong Kong).

How did you start your career?

I always wanted to work in agriculture. My first job for four years was working at a dairy farm in Huonville, where I met my wife, Jill.

After four years on the dairy farm, we moved into town, and I got a job at Mayne Nickless (now Armaguard) as a payroll cashier. I used to handle millions of pounds every week. I worked there for three years and then moved to the Hobart Mercury in the sales department for a couple of years.

In 1964 I landed a job as a rates officer at Kingborough Council and spent eight years there, moving to Deloraine Council as Deputy Council Clerk and then to Housing Tasmania as Land Development Officer. I was there for 25 years and was really happy, it was a great place to work, great Directors. Exciting opportunities too. We generated a lot of income from property rentals and my department handled a lot of real estate sales and purchases including the very successful acquisition of land at Huntingfield, Kingston.

When the Government downsized the public service the total scenery changed. I was in my late 50's then and waited for the opportunity to obtain a redundancy which subsequently occurred in 1998.

After a few months resting I applied for and was awarded the Property Officers position at the Glenorchy City Council. I retired from that position on 1st July 2009

And your family?

Jill and I have 5 boys, we now have 10 grandkids and 6 of them are girls so that makes Jill happy!

What are the major changes you have seen in the industry during your time on the Board?

When I first came on the Board, Southern Cross just taken over the aged care section of St John's Park. This was subsequently renamed Rosary Gardens. I have seen that site develop to what it is today.

I told myself I was only going to be on the board for 3 years, but I became totally invested – and interested in aged care. I developed a deep respect for the elderly and like to see good things for them.

What is it about SCC Tas that you are most proud of?

We have evolved into the leading aged care provider in Tasmania.

Notwithstanding the ups and downs and challenges – they are reality. Its how we address those challenges.

We must look after staff and most importantly look after residents so their quality of life is the best it can be.

I hear we are expanding Board numbers with some new non-executive directors, what excites you about this?

New blood is new ideas and gives the board more flexibility regarding performance. Specific skill levels can contribute in meaningful ways for the betterment of strategy and decision making. I'm certainly not the youngest board member anymore!

We need a succession plan to help cement the future which is why we are expanding our Board.

The Aged Care sector is going through significant change and we need to be better situated to meet those challenges

What are the challenges SCC Tas faces in the future?

It always comes back to developing quality staff and maintaining them.

Training is also important. We need to stay ahead in a constantly changing landscape

What's your secret to a long and happy life?

Good genes! Being sensible about your lifestyle and proactive about your health. I always remember the words of the Serenity Prayer "To accept the things I cannot change; courage to change the things that I can; and the wisdom to know the difference.

What other activities have you been involved in?

Consistent with young men of my generation, I enlisted in the Army Reserve and served for 32 years when retirement age of 55 caught up with me. I attained the rank of Warrant Officer Class 2; my Corps was Royal Australian Artillery.

What are you looking forward to?

I am really looking forward to the redevelopment of Mary's Grange – because it has always been an icon in the Catholic community.

Having been at the opening of the original building I am happy to see it come alive again and emerge as a contemporary option for retirement living.

How do I access a Home & Community service package?

Finding the right support at the right time can be confusing and daunting. Our experienced support team will help you to review the many options you have and guide you on your journey to remain independent and connected to the things that you value most.

Southern Cross Care delivers Home & Community Services packages under the Consumer Directed Care model. This model recognises that each person is unique. It offers flexible, self-selected personalised support where and when you need it, to stay independent and remain in the comfort of your own home.

This model of care gives care recipients choice, flexibility, and control over:

- the types of services they receive
- how services are provided
- who provides services and when they are provided.

Types of packages



Home Care Package (HCP)

Southern Cross Care is an approved provider of Australian Government HCP's. These packages support care recipients living in their own home to maintain their independence through individually planned and co-ordinated packages.

Veterans Home Care

Veterans Home Care services are specifically for veteran's who would benefit from some help with everyday living.

Commonwealth Home Support Program

Low-level support to provide flexible respite for older people so that their carers can take a break.

Private Fee for Service

Above and beyond what is covered in a Government supported package and can be booked on demand regardless of whether you have a supported package or not.



Package Levels

There are 4 levels of Home Care Packages. From Level 1 for Basic Care Needs to Level 4 for High Care Needs.

The levels are:

- Level 1 — Basic Care Needs
- Level 2 — Low Care Needs
- Level 3 — Intermediate Care Needs
- Level 4 — High Care Needs.

Our Support Coordinator will work with you to choose the services that best suit you and help you get the best out of your home care package.

National Priority System

There is a lot of demand for these packages. You may need to wait for a while before a package becomes available.

We prioritise people that have been approved for a package on the National Priority System, based on:

- their assessed priority for home care (either medium or high priority)
- the date of their approval.

You can choose to be assigned an interim package while you wait for a package at your approved level. This means you can start receiving some of your services sooner.

As soon as your full package becomes available we will let you know and automatically upgrade your package to the approved level.

What can I use the package for?

- personal care, such as help with showering and hygiene
- communication support, such as help with using a phone or hearing aids
- dietary support, such as help with nutrition and preparing meals
- skin care, such as bandages and dressings
- continence care, such as disposable pads, commode chairs, and bedpans
- mobility support, such as crutches, handrails, wheelchairs, and bed rails
- support services, such as cleaning, gardening, and transport
- social support, such as help to take part in social activities out in the community and access emergency services
- care management, such as reviewing agreements and making sure services are suitable
- clinical care, such as nursing, medication management, podiatry, physiotherapy and hearing services
- home maintenance, such as replacing tap washers and changing smoke alarm batteries
- minor home modifications, such as easy access taps, shower hose or bath rails.

Working out the Cost

At the first meeting with our Support Coordinator, fees and charges for each of these services will be discussed. Together you can develop your plan and the package budget, which includes the cost of all your services.

An individualised package budget sets out the funds available in a person's package and how you will spend the funds. It states the funds provided by the Australian Government and how this money is used on services to meet your goals and care needs. It lists income and planned spending, and may include an amount for emergencies and unplanned services.

Your monthly statements show the funds available in your package, how the funds are being spent, and the amount of unspent funds.

Income-Tested Care Fee

Some people are required to pay a contribution for their services, depending on their income. This extra amount is known as an Income-Tested Care Fee and is determined by the Australian Government.

Centrelink works out the Income-Tested Care Fee based on an assessment of your financial situation. Please note that if you are a member of a couple, half of your combined income is considered in determining your income-tested care fee, regardless of which partner earns the income.

The assessment does not include the value of your home or any other assets.

You can only be asked to pay an Income-Tested Care Fee if you have a yearly income above the aged care pension.

There are annual and lifetime caps that apply to the Income-Tested Care Fee. Once these caps are reached, you cannot be asked to pay any more Income-Tested Care Fees.

For additional information and exact thresholds please go to the Department of Social Services website myagedcare.gov.au

Supplements

In addition to Home Care Package funds, there are some additional funds available to people who are living with dementia, are oxygen dependent, or require enteral feeding. There is a Veterans Supplement for veterans with an accepted mental health condition. Your Support Coordinator can assist you with supplement funding options and advise your funding eligibility.

The first step is to make the call, then we can guide you along the way.

Southern Cross Care Home and Community Services have offices in Devonport, Launceston and Hobart phone 1300 389 574.

Hello Devonport!

Always a warm welcome to all who visit the Home & Community Devonport office at 69 Best Street.



Pictured here from left to right are Anne, Sharon and Leah

Feel right at home.



Living has never felt so good.

If you are dreaming of carefree living with more fun to be had, including the option of hotel style services its time to call us.

UNITS & VILLAS NOW AVAILABLE

Please email enquiries@scctas.org.au or call Lee-Ann Patterson on 0448 894 758.



Southern Cross Care
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scctas.org.au

Ainslie Low Head

Residents Story

Margaret Head



Margaret reflects on her very interesting career in podiatry, business, crayfish and dairy farming!

I was a podiatrist; I went straight from school when I was 15. In those days you didn't have to attend Uni.- you did an apprenticeship, and I went to TAFE at night to get my qualification. I worked as a Podiatrist from 1951 to 1956. My husband and I bought a general store in George Town which we ran for 7 years. We then bought a fishing boat and fished for Crayfish in the Bass Strait, I sometimes went out on the boat to help my husband (Geoff). During this time, we lived on Flinders Island for a while. We then bought a dairy farm at Caveside and after we retired from farming, we went to St Helens to live until we moved back to George Town.

I had my first son (David) in 1958 and our second son Laurence in 1963. My son David died in 2021. Both my sons helped on the farm. I have 4 grandsons, 3 great granddaughters and 1 great grandson.

I love playing all sorts of card games (poker, crib, canasta), I love crosswords especially cryptic crosswords. When I was younger, I used to love playing golf and ballroom dancing.

I haven't been overseas, but I have been everywhere in Australia. We travelled Australia in our motor home. The only place I haven't been is the Simpson Desert. I spent a lot of time on my husband's cray boat in the Bass Strait around Flinders and Clark Islands.

Team Ainslie acting up!

Our talented staff performed a pantomime for our residents in late December.



Residents ready for the performance

It was a lot of fun as you can imagine!
Pictured here are the audience in readiness
for the huge array of talent to come.



Ready for the limelight, Prisca Green (EN) –
Snow White and Pam Archer (ECA) – Rabbit.

STAFF SPOTLIGHT



Beth Crane
Carer/Services

I have been at Ainslie Low Head for 15 years. I started as a carer and worked for most of my time here in that role. Approx two years ago, I made the shift into the laundry, but I still do a caring shift once per fortnight.

I currently work in the laundry dealing with residents' linen, clothing etc. I enjoy interacting with the residents when I am putting their laundry away in the rooms.

I love working with the residents. Over my time at Ainslie, I have known a lot of the residents coming in as I grew up with them in our local town.

I always enjoy coming to work. I have a great relationship with my colleagues and management. Ainslie is a good place to work. I absolutely loved my surprise 70th birthday celebrations my colleagues organised for me.

I have 1 son, Robbie and 7 grandchildren and 7 great grandchildren – that keeps me busy!

In my spare time, I enjoy cooking for my family. My absolute favourite food is Chinese.

Fairway Rise

Residents Story

Betty Fry



Betty in her room filled with love

I have lived here for 2 years now. I have 2 daughters and a son (who sadly passed away due to a sudden heart attack) I have 6 grandchildren, 19 great grandchildren and I will turn 88 in July.

I hadn't been here long and they asked me to be Resident President. I have fractured my spine a couple of times and felt I couldn't continue after a year, I was in a lot of pain but I did finish my one year term.

My husband John came from Scottsdale and liked to dance before I met him – he would get on the outside of the dance floor and show off, that's how I noticed him! I used to be very social and into crafts and go to the gym three times a week.

My daughters Lee and Kristy have helped me set up a stall here to raise money for little extras for the residents like craft materials and crafting tools.

Every 3 months, we set up the stall in the café, residents love it.

Lee buys little things residents love for their rooms or crafting items. She is also holds a commercial license and is a wonderful cook so she makes cakes and slices to sell. The stall helps people who are room bound and can't get out as much.

All stall items are donated or brought and a small margin put on top. Some are regifts, everything is new or like new.

Kristy my other daughter makes and donates things for the stall too, she made 18 bears to put under the easter tree this year.

What is left over is still displayed in my room known as – Bettys Gift Shop!

I represented the Shining Lights Team at this years relay for life – did laps of Fairway Rise to raise \$360. I'm organising a group to do it next year!

Who would you invite to dinner? Eddie Maguire from Who Wants to be a Millionaire – if you watch him closely he has a wicked sense of humour. I think he would be interesting man to have a conversation with. Plus Meryl Streep and Robert De Niro (Robert would sit next to me and Eddie can sit further down a bit).

Words of advice? Always be happy – if you can't say something nice about someone – don't say anything at all.

Apology



Jenny Aske (in front) with her great pal Betty

The last edition of Under The Stars (Dec 2021) mistakenly published the wrong photo for Fairway Rise friend and resident Jenny Askey. Jenny passed suddenly recently. She was much loved and we would like to amend the error with this photo in her honour.

Easter Giving Tree

Another wonderful initiative to help others from the residents at Fairway Rise. The Easter giving tree taking practical and thoughtful donations for the Hobarts Women's Shelter.



STAFF SPOTLIGHT



Karen Goldsmith Servery Team

I have been at Southern Cross for two and a half years.

I used to work at the Royal Hobart Hospital for seven years as hospital aid. I worked in many departments, ICU, Psychology Ward and Emergency.

I took some time off after working at the hospital, it was time for a change. It can be very emotionally exhausting. I do enjoy working in aged care, because you have time to develop a rapport with residents and families. I enjoy seeing them every day and working with my daughter who also works in the servery. In fact, I'm not known as Karen I'm known here as 'Natalie's Mum'

I also have two lovely sons Aaron and Sam and two lovely grandchildren Ivy & Ryan.

Time flies, I can't believe my children are grown up and I have grandchildren!

Who would you invite to dinner?

Robin Williams and Sean Connery. I'd be happy not to invite anyone else. I'd just sit in the middle between them!

Guilford Young Grove

Residents Story

Jim (James) Hughes



Jim Hughes, the king of Bingo calling at GYG!

I grew up in several different places through out Australia until aged 12 then I moved to Boyer Tasmania.

I was a fitter and turner and did a trade apprenticeship, while studying at engineering diploma at Hobart Technical College. I then worked as an engineer for Humes Limited – who makes the pipes for the Hydro Tasmania.

I have 4 children – 2 boys 2 girls – Tony, Nina, Heather and John.

Now I like to spend my time relaxing, reading books and doing SUDOKU. However back 'in the day' I loved bike riding, bushwalking and making toys for kids.

I have traveled through out the Eastern and the Snowy mountains Australia and also the pacific to Samoa (by boat).

Guilford Young Grove is an enjoyable place to live. It's fun getting to know the staff and the resident's plus I also like to help out if needed and make a good Bingo caller!

Dorothy Stokell turns 100!

Valentines Day paled into insignificance when Dorothy celebrated her 100th Birthday on the 14 February this year.

A sumptuous cake, afternoon tea and music supplied by talented resident June Fizelle helped make it a day to remember.



Even a magnificent cake cannot compare to Dorothy who stole the show celebrating a century of being fabulous!

The perfect arrangement



Phyllis Lambert

A great way to spend a Friday morning!
Residents and staff member Janine made floral arrangements to put on the dining room tables. This was a most enjoyable activity with residents contributing to decorations in the dining room.



Rhona Winter & Janine

STAFF SPOTLIGHT



Anup Shrestha Services

I have worked for Southern Cross for more than 3 years, starting at Mary's Grange then moving through out the company, Rivulet, Rosary, Sandown – before settling at Guilford Young Grove.

I don't have any children yet, but we are planning to have them in the future!

The staff at GYG are friendly and co operative. I enjoy spending time with the residents, it is my favourite part of the day.

My hobbies when younger were tennis and soccer, but I now enjoy reading biographies and fiction.

My favourite food is Nepalese chicken dumplings.

In the future I would like to go to university to train to be a Nurse or Physiotherapist.

Rivulet

Residents Story

Judith Marsh



Judith attending to garden duties

I was born in Sydney and later enjoyed working as a nurse. I have five children. My hobbies and interests are knitting, gardening, looking after my pot plants and reading. I like to be useful and try and help where I can. I have travelled to Vietnam, Singapore, New Zealand and around most parts of Australia. The things I like the most about living at Rivulet are my beautiful room, and that Rivulet nursing home is so close to South Hobart, the post office, and shops. I also really like the garden and the greenery.

Resident Judy and staff member Amanda contributed greatly with colouring, cutting, and assisting everyone with the feathers for our angel wings initiative. Photos of our wonderful staff will be taken in front of the wings and posted on our Instagram site in recognition of their wonderful commitment to our residents. #teamsctas

STAFF SPOTLIGHT



Amanda Chambers

Carer

My name is Amanda Chambers and I have worked at the Rivulet site for fourteen years. I work as a carer during the week and on weekends as an Leisure and Lifestyle Officer.

My job involves supporting residents with their daily care and pursuing their individual interests. I have a budgie, named Missy Moo. The thing I enjoy the most about working at Rivulet is seeing the residents comfortable and happy in their home, doing things they enjoy. My hidden talent is that I used to be a line dancer. I also enjoy crocheting. My favourite food is anything Italian.



Amanda and Judith team up as our Southern Cross Care Angels

Rosary Gardens

Father Bob Celebrates 75 years in the profession!



Br Barry Parker, Fr Bernie Graham (Rector), Fr Bob, Fr Guy and Fr Abilio Correia Guterres at the community chapel Glenorchy.

Father Bob as he is fondly known is our Catholic Priest resident at Rosary Gardens. He is from a religious community called the Salesians.

Father Bob was born in Malta, living through the war in Malta in 1939/44. He came to Australia when he was 18 years old, the second child out of 13 children.

He has a degree in Theology and Philosophy and has worked around Australia joining the priesthood in 1956. Father Bob can read literature in six different languages enjoys gardening and painting and church services.

One day if he had the chance, he would like to try hang gliding! His birthday is 4 days before Christmas he has been at Rosary Gardens coming up to 3 years.

The photo was taken at a special mass at Glenorchy Community Chapel which was followed by anniversary celebrations with friends and family at Dominic community hall.

STAFF SPOTLIGHT



Manisha Gurung Carer

My Name is Manisha Gurung. I'm one of the Extended Care Assistant and Leisure and Lifestyle Officer at Rosary Gardens. I have been working in here for about 18 months. I'm originally from Pokhara, Nepal and I have been living in Australia for last 5 years. I live here with my husband but miss my family and hope to travel again when it is safer to do so. It really feels amazing to work in Rosary Gardens especially my work colleagues they are all fantastic and supportive. Life as an aged care worker here has been really fun and fulfilling. It gives me such a pleasure and satisfaction that those little things that we do for our residents have a positive impact in the quality of their life. It is very satisfying that I'm able to care for people who need it the most. And not to forget the love, laugh and bond that I share with them.

Glenara Lakes

Residents Story

Allen Jordan



Allen reminisces in his room surrounded by wonderful memories and photographs

I have been at Glenara for 11 months now. I came with my beautiful wife Brighta, sadly I lost her only three months ago, but the support here is very good. I'm glad we came.

I was a Manager at French's Pine World for 12 years, and used to drive into work from a 1300 acre farm in Liffey. So life was pretty busy.

I met my beautiful wife and we had four

children together, girl, boy, girl, boy.

I was a good Dad getting three of my children jobs at Frenches Pine World – my eldest son in fact went on to Manage Frenches for three years after I left. Then Gunns brought it.

Brighta was diagnosed with coeliac when she was 46 and then 28 years ago diagnosed with coronins, 21 years ago diagnosed with full body myocytes. Then they told her the disease could severely handicap her to bedridden within three years – well she went on ok for another 21 years, which is amazing really.

We have 8 grand daughters and 2 grandsons – 6 still living in Tassie, 2 on the mainland.

I'm a Carlton supporter but at the time of this interview am reading a book about Gary Ablett, which seems confusing!

Both my boys played for North Launceston and Bracknell – our family likes AFL and Fords. At one point I counted 20 Fords in the family including the tractors! I always remember watching the NTFA final in a Model Ford.

Glenara is a great place, Heather leads the place and Phoebe and Adam are great.

Who would you invite for dinner?

Well that's interesting. A boys night I think with Slim Dusty, Robin Gray, Alex Jesaulenko and Bob Menzies.

Harmony Week

This year, Harmony week was celebrated from Monday 21 to Sunday 27 March. It is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community.

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Australia is one of the most successful multicultural countries in the world and we celebrated this with the residents.



Raylee Cooper (L) and Yvonne Hennessy (R) proudly show the many hands and origins of Glenara residents and carers

STAFF SPOTLIGHT



Adam Hawkins Roster Clerk

I have been at Glenara for 3 years as an ECA (extended care assistant) now I am a Roster Clerk. My background is in hospitality, I am very much a people person and love building a bond with the residents. No two days are the same.

My mother also works at Glenara as an ECA, it's great working with her, we are very close and work well together.

I live next door to my 2 nieces Lydia and Isla. I adore them and they love coming over to visit. They sometimes come in and visit the residents and they bring so much joy.

I'm a bit of a foodie - like trying out new restaurants, wining and dining. Although I'm a Taswegian I still love travelling around Tasmania and weekends away with my partner.

Who would you invite to dinner? Rebel Wilson, Pink, Brooke McClymet (Aus country singer) my mother, my partner Ben and the two boys Henry & Jake the Cavoodles!

Sandown Apartments

Residents Story

Esme Birkett



Esme living life to the full at 101

Esme was born in Sydney 25 March 1921 and grew up in Hobart attending Hobart High School.

She then performed secretarial work for 40 + years in a solicitor's office.

Esme married her husband Gordon in 1941 at St James Anglican Church in Newtown and went on to have two children John and Kathryn. She was involved in the Primary School PTA as a treasurer.

Esme now has 4 grandchildren and 9 great grandchildren.

Esme loved dogs and had a dog named Nicky who was a special friend for many years, followed by Rosey the family dog and then Laddie who was the family dog for 20 years.

Esme enjoyed playing social tennis and hockey.

Due to an accident in 1960 Esme's husband Gordon passed and she re married Jack Rosier.

Esme decided to travel the world visiting Scotland, China, Canada, and her favourite place, Paris.

She was 85 years old when she finished her travels overseas.

In a wonderful celebration, Esme just celebrated her 101st Birthday on the 25th of March with her family who visit her regularly.

She likes to spend her days at Sandown with family and friends chatting, listening to concerts jazz music and old-time music, and reminiscing of past experiences.

Esme also likes to join in on the Balloon Bash activity, hand massages and having her nails painted. Esme is participating in The Centenarian Portrait Project by Teenagers.

The project promotes intergenerational friendships and celebrates life at 100.

Esme will have her portrait in an exhibition in June 2022 and the portrait will be gifted to her by the artist post the exhibition. What a fabulous painting to have!

Happy retirement Jennie!

Jennifer Sturzaker had a Farewell Afternoon Tea with the residents on Thursday 17 of March, during St Patrick's Day celebrations. Jennie was a dedicated staff member working in the servery at Sandown where she developed great relationships with both staff and the residents. We will miss you Jennie!



So long Jennie we wish you all the best!

St Patricks Day

The residents at Sandown had a fun afternoon tea for Saint Patrick's Day. Some of the residents decorated the biscuits for the afternoon tea and certificates were awarded to the three best dressed on the day.



Best dressed ladies Irene (left) and Kay (right)

STAFF SPOTLIGHT



Emily Parsons Leisure & Lifestyle Officer

Emily grew up in Victoria and moved to Tasmania when she was 14. After finishing school, Emily worked at Purity for 17 years working across retail, administration and systems.

Emily joined Southern Cross Care as an Extended Care Assistant (ECA) in 2008. She was drawn to working in the aged care sector after her grandparents passed away. Emily enjoyed their company and saw this as an opportunity to re-connect with older people. She also has a caring nature and a strong desire to help others.

After working as an ECA for some time, Emily was approached to join the Leisure and Lifestyle team. Emily enjoys this aspect of caring for residents as it gives her more opportunities to make people happy and have a laugh. She also believes that it adds a new dimension to the care that she can deliver as LLO team members often form deeper connections with residents.

Emily has a 10-year-old son and enjoys playing netball and basketball. She loves to watch Tennis, especially the Australian Open, and the AFL (she's a Richmond supporter).

Yaraandoo

Residents Story

Robert Tyrrell



Robert celebrates the big day with family and friends

Robert celebrated a significant Birthday recently. On 14 March he turned 103!

When Australia declared entry into World War II on September 3, 1939, Robert was a young man of 20.

Robert was volunteering at the light horse camp at Mona Vale, an historic country house at Ross, and was accepted into the army that same day along with six other young men from Wynyard.

Robert went on to serve in Libya, North Africa, Greece, Crete, Ceylon, Syria and Israel before returning to Australia in 1941 to transfer to the Royal Australian Air Force.

He served the rest of the war with the RAAF in England, where he finished as a flying officer. Robert is one of the last WWII on the Coast.

Robert became a policeman in Queensland on his return to Australia, married Doris in 1951, and went on to have six children who now live all over the world.

Roberts family and friends enjoyed the celebration, including sons David, Peter and Chris, who travelled from Perth, Sydney and even Africa for the special occasion.

He is a firm favourite with the team at Yaraandoo, having been a much loved resident for over 6 years.

Good old fashioned dating advice

Who needs the internet when all you need is some common sense when finding a partner!



Bette Stevens

STAFF SPOTLIGHT



Dawn Lutze



Beryl McDonald



Doug Francombe
Gardener

I've been at Yaraandoo for four and a half years. Before that I used to work in labour hire company driving trucks for Hardings . I have four sons and like farming and used to play footy for Yolla on the NW Coast

Even though I'm comfortable on the computer and can sit in an office, I look out the window and think –I should be outside!

I get job satisfaction working here, can see the results of my hard work every day and I like to help the residents.

Record-keeping is really important which can sometimes take me away from the actual doing of things but in today's world we need records to protect ourselves.

I believe every resident deserves equality and equal share and there is an opportunity for clinical and maintenance teams to work even closer together for positive outcomes.

Which famous people would you invite for dinner? Scott Morrison, Richard Colebeck, Jacquie Lambie, Carl Sandiland and Vladimir Putin. *(Editors note: Maybe you should also invite security guards Doug!)*

Mount Esk

Residents Story

Richard (Jack) Hall



Richard (Jack) Hall

Jack was born 10 December 1922 and he will turn 100 this year!

He went to school at Tunbridge and grew up there on a farm.

When war broke out Jack was granted an Exemption Permit eliminating Jack from Combat, as he was greatly needed to provide services at home on his farm, for the war effort.

But Jack had different ideas and he and his mate decided to sign each other Fathers signatures. Much to their families horror.

After signing up and away at training it all looked very different to what Jack had

anticipated. There were not enough guns to train the soldiers (Diggers) so they were given broom sticks as guns for their training.

The soldiers (Diggers) were meant to be issued 2 pair of boots with their uniform but instead they were given 1 pair and had to wait for the second pair when one of their comrades died and they would take their boots from them.

Jack was in training here in Australia for two years, firstly in Brighton and then Mona Vale. Jack was then in service for 2 and a half years. He was away on the American Cargo Ship called the Felix Hathaway for 27 days out to sea. The Cargo ship carried 3000 soldiers all they had to eat was one meal a day which consisted of a small amount of porridge and 1 round of bread.

Jack speaks of being awarded a Dutch Cross for his bravery. He was sent into the middle of an enemy's line to perform a bayonet job. Jack was 2 days late returning to his own regiment, his comrades thought him dead! On his return he was greeted with huge hugs and kisses from his comrades, they were elated that Jack had returned. Jack has many tormenting memories of those years away at war.

Jack married Molly 4 years after returning from service, Jack speaks of Molly lovingly. Stating she was a wonderful woman, very talented. Jack had 69 happy years with Molly, and now finds himself here at Mount Esk where we now have the privilege of loving and caring for him.

Day in the Park

A group of us on a lovely Autumn day took a trip to Myrtle Park for fish and chips. We sat by the river whilst eating our lunch enjoying the surrounds and listening to the running water of the river. Very peaceful.



Leslie Savage with Chrissie Divona



R-L: Janine Broadhurst, Myrna Boyer, David Heckscher and Leslie Savage.

STAFF SPOTLIGHT



Sadhana (Sandy) Bhandari Clinical Care Coordinator

I started at Mount Esk in January. I love the staff here they are really warm and friendly.

I am originally from Nepal but have been in Australia for 4 years. In Tasmania for 2 years. I do love Tasmania, such a beautiful place, quiet and so much green.

I strive every day to see happiness in the residents faces – they have stories about their life, and I like to listen carefully.

I have been registered nurse for 3 years, and passionate about aged care.

My culture allows all family to live together – extended families from great grandparents to babies and we have a very close connection to family. I hope I can bring that connection of family here to Mt Esk.

Although I can't see my grandparents every day working with the residents is a blessing and reminds me of home.

Who would you invite to dinner?

Mother Theresa, Florence Nightingale, Brad Pitt (he can sit next Mother Theresa) Barrack and Michelle Obama!

Our Values



Integrity



Respect



Compassion



In the Spirit of Christ and in the tradition of the Catholic Faith, we value:

Integrity. We look for the good in all people and recognise the contribution of individuals as we work together. We demonstrate honesty and trustworthiness in all that we do. We are conscientious and ethical in our decision making and take responsibility for our own actions.

Respect. We believe in the sanctity of life and that each life is unique and has special individual worth and dignity. We recognise and respect individuality and diversity.

We treat all people with courtesy and respect regardless of gender, ethnic background, religious belief or economic circumstances. We manage our resources wisely to minimise the impact on the environment.

Compassion. We respond willingly and positively to help meet the needs of those around us. We promote a sense of belonging and community. We demonstrate and foster empathy and sensitivity towards residents, clients, their families, our colleagues and the whole community.

Feel right at home.

Everyone deserves a break now and then.

Respite Care supports you and your carer by giving you both an opportunity to take a short break and the time and space to do things independently

Respite Care in a Southern Cross Care home is also a great way to get a feel for life in a home if you are considering moving into one in the future. While in Respite Care you will receive the same level of high-quality, individualised and tailored care that our residents receive from our professional care team. This includes access to 24/7 on-site nurses, professional chefs, allied health staff and leisure & lifestyle teams.

You can access Respite Care for a few hours, a few days, or longer – depending on your needs, eligibility, and what services are available in your area. It can be accessed in your home, out in the community, or in a residential care home.

Call Southern Cross Care on 6146 1800 for more information.



Southern Cross Care
(Tas.) Inc.

Word search: Gemstones

TOPAZ
EMERALD
KUNZITE
AQUAMARINE
ONYX
AZURITE
CITRINE
SAPPHIRE
AMETHYST
JASPER
DIAMOND
PEARL
RUBY
GARNET
TANZANITE
PERIDOT
JADE
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A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

Brain Teasers

1. Powers of Two

How many people is “two pairs of twins twice”?

2. Mind Boggler

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

3. Lateral Thinking

I am taken from a mine and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

PUZZLE SOLUTIONS – SEE NEXT PAGE

Southern Cross Care Locations

SOUTHERN CROSS CARE HOUSE

Southern Cross Care (Tas) Inc
85 Creek Road, New Town
Phone: 03 6146 1800

RESIDENTIAL AGED CARE FACILITIES

Guilford Young Grove
13 St Canice Avenue, Sandy Bay
Phone: 03 6225 1025

Sandown Apartments
Southerwood Drive
Lower Sandy Bay
Phone: 03 6216 7100

Rivulet
14 Gore Street, South Hobart
Phone: 03 6221 2200

Rosary Gardens
85 Creek Road, New Town
Phone: 03 6144 5200

Glenara Lakes
390 Hobart Road, Youngtown
Phone: 03 6343 6777

Ainslie – Low Head
196-244 Low Head Road
Low Head
Phone: 03 6382 1477

Yaraandoo
1A Cardigan Street, Somerset
Phone: 03 6435 1010

Mount Esk
38 Station Road, St Leonards
Phone: 03 6339 1205

Fairway Rise
2 Toogood Drive, Lindisfarne
Phone: 03 6246 7200

HOME & COMMUNITY CARE

South
85 Creek Road, New Town
North
3 Pattisons Avenue, Youngtown

North-West
69 Best Street, Devonport
Call 1300 389 574

INDEPENDENT LIVING VILLAGES

AA Lord Lifestyle Village
131 Hill Street, West Hobart
Phone: 03 6282 5400

Fairway Rise Lifestyle Village
1 Toogood Drive, Lindisfarne
Phone: 03 6282 5400

Springhaven Lifestyle Village
1 Kirkham Drive, Lindisfarne
Phone: 03 6282 5410

Sandown Lifestyle Village
Southerwood Drive
Lower Sandy Bay
Phone: 03 6225 0216

St Canice Lifestyle Village
15 St Canice Avenue, Sandy Bay
Phone: 03 6225 0216

Guilford Young Grove Village
13 St Canice Avenue, Sandy Bay
Phone: 03 6225 0216

Grange Villas
26 Channel Highway, Tarooma
Phone: 03 6225 0216

Tarooma Villas
100 Channel Highway, Tarooma
Phone: 03 6225 0216

Glenara Lakes Lifestyle Village
390 Hobart Road, Youngtown
Phone: 03 6344 7911

Ainslie House and Chalet Lifestyle Village
5 Waveney Street
South Launceston
Phone: 03 6344 7911

Ainslie House Westbury
87 Meander Valley Road
Westbury
Phone: 03 6344 7911

Ainslie Low Head Lifestyle Village
196-224 Low Head Road
Low Head
Phone: 03 6344 7911

Yaraandoo Lifestyle Village
27 Wragg Street, Somerset
Phone: 03 6344 7911

PUZZLE SOLUTIONS

1. POWERS OF TWO

Eight. It looks like there are four multiples of two in the phrase: "two," "pairs," "twins," and "twice," leading some folks to guess $2^4 = 16$ people. But a twin is only one person. A classic riddle.

2. MIND BOGLER

The number 8

3. LATERAL THINKING

Pencil lead



Feel right at home.

Southern Cross Care (Tas.) Inc.

85 Creek Road, New Town Tasmania 7008
PO Box 815, Moonah TAS 7009

E. enquiries@scctas.org.au
P. 03 6146 1800

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