

Under the Stars

SOUTHERN CROSS CARE TASMANIA COMMUNITY & LIFESTYLE MAGAZINE

EDITION 2 AUGUST 2022

A warming Winter



Montessori success at Glenara Lakes

Having a ball at Mount Esk

Launch of new scctas.org.au website

Inaugural Presentation Sisters luncheon



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 1,100 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: May Crawford and Mt Esk
Facility Manager Nicole Raj



Southern Cross Care
(Tas.) Inc.

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Welcome to our second edition of Under the Stars for 2022



Aged Care is about personal experience and consumer voice, and when the Royal Commission set down the principles for reform, they centred around this fact. Southern Cross Care has worked hard to distil guiding principles around our duties as leading provider of aged care services in Tasmania.

We are seeing positive outcomes from business initiatives, have made continuous improvement the foundation of decision making and have solid strategies in place for realisation of future goals.

The theme of positivity runs through this edition of Under the Stars.

From the joy on residents faces at the Mt Esk Winter Ball to our deserving Ken Lowrie bursary recipients, you are sure to enjoy a good read of our Winter Edition of Under the Stars.

Robyn Boyd

Chief Executive Officer

Presentation Sisters Luncheon



On a sunny Wednesday in April the Presentation Sisters were invited to the annual luncheon at State Office hosted by CEO Robyn Boyd and the Executive team.

There has long been an association between the Presentation Sisters and Southern Cross Care. This dates back to 1982 when the first Presentation Sisters, Sr Martha O'Shea and Sr Peter Phillips, experienced residential care in Nazareth House (now Mount Esk). Sr Cecily Kirkham was the first Sister to move into a Lifestyle Village. She lived at AA Lord Retirement Village, during which time she set up the Chapel and the Pastoral Care program at Rosary Gardens. If you visit Springhaven Lifestyle Village, you'll notice a street named Kirkham Drive, after Sr Cecily.

In more recent times, the Sisters have dedicated themselves to pastoral work, supporting immigrants, refugees and the marginalised in society.

The luncheon was full of chatter and reminiscing. The Sisters left with gifts of Coal Valley chocolate to fuel them through the Winter months.



Sister Gabrielle Morgan and Sister Elizabeth Vagg

Ken Lowrie bursary award update

The Lowrie Award started back in 2012 as a way of assisting staff to fund further professional development.

The award is named after Ken Lowrie, a previous board member and Knight of the Southern Cross. Meet some of our deserving Ken Lowrie Bursary Recipients of 2021.



Harleen Sidhu

Finance Officer

How did you feel when you heard the news that you are one of the recipients of the Bursary award last year? While attending the ceremony, my name was announced, I was surprised and overwhelmed by the recognition.

What did you receive? I received a scholarship of \$1000 towards my Certified Public Accountant studies.

Where are you now with your study? I am in my first year of studying to be a Certified Public Accountant (CPA) to serve the wider community. I am now preparing for my exam this coming October.

Could you tell us your career path at Southern Cross Care? I have learned a lot from my leaders at Southern Cross Care and I envision to be a leader myself with the experience and knowledge to help make a change.

Being a recipient, how can you encourage other staff to have a career growth? There is no secret to this, I believe hard work, focus and dedication is the key which ultimately gets followed by recognition and rewards.



Charmaine Carter

Deputy Executive Manager
Residential Care (South)

How did you feel when you heard the news that you are one of the recipients of the Bursary award last year? I didn't expect to receive a bursary award, I nearly fell off my chair and lost my sunglasses off my head!

What did you receive as a gift? A financial contribution toward study of my choice.

Where are you now with your study?

Due to a promotion and Covid lockdown responsibilities I haven't commenced; however have enrolled to study in the new year.

Could you tell us your career path that you have envisioned at Southern Cross Care?

I started my career in aged care at the young age of sixteen. From there, I studied to become a Registered Nurse. Since commencing with Southern Cross Care as a Clinical Care Coordinator, Facility Manager and Director of Nursing, my career focus is on remaining within residential aged care sector.

It is one of the greatest privileges in life to care for the elderly. I love being able to make a difference, and my focus will always be on high quality care, no matter where my career takes me.

Being a recipient, how can you encourage other staff to have a career growth?

It is important to mentor staff and provide learning opportunities for career progression.

Ken Lowrie bursary award update



Aleena Ghimire
Deputy Director of Nursing

How did you feel when you heard the news that you are one of the recipients of the bursary award last year? I was surprised when my Manager entered my office with the Bursary award certificate in my name. I didn't expect I would be named as an award recipient.

What did you receive? I feel very grateful to receive some financial contributions towards my study.

Where are you now with your study? I have not enrolled yet but I am planning to enrol at end of this year.

Could you tell us your career path at Southern Cross Care? I started my career in age care when I came to Australia. I started my journey with Southern Cross Care as a Registered Nurse. It has been nearly two years working with Southern Cross Care. It is one of the greatest privileges in my life to be the part of this organisation where your hard work is recognised. Regarding my career development, I got an opportunity to step up to Acting Clinical Coordinator after six months of my journey with Southern Cross Care. I am currently working as Deputy Director of Nursing at Southern Cross Care focusing my career in residential age care. I feel very grateful to provide the care to our residents.

Being a recipient, how can you encourage other staff to have a career growth?

It is important to choose your career path in something you are interested in. Hardwork and dedication is necessary for success.



Sharon Richards

Home & Community Care Support Coordinator

I have been in the aged care and disability sector for over 36 years working in many different aged care facilities and disability services working in supported accommodation along with community. At 18 years of age my very first job was working at the Royal Derwent Hospital under the mental health system. I spent 7 years at Royal Derwent with many sad and happy stories as memories.

I now have been with Southern Cross Care Home & Community Services for 12 months enjoying supporting all of the clients I meet every day.

How did you feel when you heard the news that you are one of the recipients of the bursary award last year? At the time when the awards were given, I was unaware of

my nomination for this Bursary Award.

I was requested to transport several other staff members to the awards. At the time I did not really want to go as the Community Office was having pizza for lunch!

I arrived at the awards ceremony held at Fairway Rise. During the section for Leadership and Management, I was sitting just listening when my name was called. I was shocked when I heard my name being called.

I sat straight up, stood up and looked at the SCC managers behind me who nodded yes! I walked up in shock and accepted my certificate. It was certainly a surprise.

What did you receive? I received a certificate with \$1000 to use towards my training course. I did in the beginning want to complete a Level IV in Leadership and Management but several months later I accepted to upgrade to complete the Diploma instead.

Where are you now with your study? I have commenced the Diploma in Leadership and have enjoyed completing every assignment so far, and have passed each assignment with full marks. I am hoping in the future with Southern Cross Care, once I complete this Diploma in Leadership and Management, that it may assist with changing roles to incorporate the Leadership and Management skills I will learn.

I believe I am successful because I always stick to my beliefs and values. I always strive to do my best and ask for assistance from other members of the team when I need to.

Springhaven



Age no barrier to fitness!

Sprightly Springhaven resident Brian Palmer, took part in the well-known Hobart City to Casino Fun Run, held in May. 85-year-old Brian did a lot of training leading up to the event and did a marvellous job on the day coming in at 126 out of the 152 entries for the 7 km walk. Well done, Brian!



The team to beat

Many residents at Springhaven enjoy a social game of indoor bowls every Tuesday (morning and afternoon groups) in the Chalet. Here is a lovely photo of the afternoon group who thoroughly enjoy taking part.



The best part of golf

The Springhaven Putting Green is relatively new to the village thank you to Paul Howe (in the striped top) taking this under his wing and spending many hours prepping the green for all to enjoy. Residents will take a break over the winter after finishing the season with a championship event that was attended by many of the residents. There is always lots of fun and laughter as the line up of keen putters try for "a hole in one". When in season the hole in one recipient is rewarded with a delicious garden tomato!

Fairway Rise

A word from the residents

We at the Fairway Rise Lifestyle Village say hello to all and are happy to provide an update of life in our wonderful village.

Life is very busy again as we try to leave Covid behind us.

Our activities are varied with the craft group meeting weekly to make lovely cards and the knitters keeping busy with their needles.

The Ukulele group entertains both village and aged care residents with their music and sing-a-longs which is most appreciated.

Our bowls group play all year long and another pennant is underway. Bowls can get very competitive but with lots of laughs. We also have a dedicated group of Tai Chi participants who meet each week and another group who play Canasta.

All residents are most welcome to join in and enjoy any of these activities.

Our Social Committee is very active with organised outings and functions, and these are well attended. The Easter brunch along with our Anzac Day BBQ held in our clubhouse were most enjoyable with lots of goodies and yummy food. Our most recent event was a very successful soup and sandwich night at our weekly 'Friday Forum'.

We, the residents, feel very lucky to live in our great village and we thank Lisa and Shereelyn for helping make it so.

Australian Champion in the village! Bruce Johnson

Many of you know Bruce, who with his wife Mary live in the apartments. But, did you know Bruce is an Australian Champion rifle shooter!



He started shooting with the Nubeena Rifle Club in 1952-3 before transferring to the T.C.Simpson Rifle Range at Pontville before retiring in 2018.

Bruce has been a member of the Tasmanian Rifle Team 36 times competing in every State and Territory of Australia. He has represented Australia seven times either as a shooter or coach.

In 1972 Empire Match in New Zealand, Australia won, with Bruce top scoring.

In 1974 Empire Match Australia V British Empire Countries in England Bruce top scored for Australia in 2 matches. Mary also travelled to England and Canada with the team.

In 1995 Bruce was coach of Australia in New Zealand – Australia defeated the USA for the first time since 1988.

Bruce has won 'The Mercury' Stars of Sport in 1969 and 1972. He has won the Tasmanian Queen's Prize 3 times and won a total of 45 Queen's Badges from every State in Australia.

Bruce & Mary have attended many rifle shooting prize meetings travelling to a host of interesting Australian towns in their caravan.

AA Lord

A tribute to those who served

On ANZAC Day this year a celebration was held in the community hall at Lawrenny Court to enable those who could not attend the public dawn service. They gathered to show respect for those who gave their lives and fought selflessly for our freedom and to protect those left behind.

This service was organised by members of the AA Lord Residents' Committee and joined by approximately 24 residents of Lawrenny Court.

Our Chairperson, Mrs Ann Stanfield was unable to host the ANZAC Day service. It was opened by Mrs Maureen Cooper, our Vice Chairperson, assisted by other members of our Committee.

The Ode for ANZAC Day was recited by the entire congregation, followed by a welcome from Maureen.

For many, ANZAC Day brings back not only sad memories, but also some very happy, grateful ones. Residents celebrated in thanksgiving for the many blessings obtained through the generosity of those who fought for us, as well as the wonderful life we are now privileged to lead in peace for the future.

Paul Williams, on behalf of the committee and residents, placed a wreath at the altar. It was a very special ANZAC Day service for Paul, who proudly wore his dad's medals.



Committee member Mr Paul Williams, residents Mrs Gwen Webb and Mr Ken Burke proudly wearing their special medals

This was followed by a beautiful reflection from an extract of a letter from the grandfather of committee member Sue Lamprell's daughter-in-law, which had been sent by him to the Australian War Memorial. It was a very moving reflection followed by the song "He Was Only 19".

The service concluded with the national anthem, after which, guests joined in a morning tea and ANZAC biscuits. A very meaningful service was enjoyed by all.

*Poppy Poppy what do you say
Wear me on ANZAC Day
Poppy Poppy what do you tell
Many soldiers in battle fell*

*Poppy Poppy what should we know
That peace on Earth
Should grow, grow, grow*

Grange Villas

What really matters

The monthly Grange residents meeting now includes a 'Life Matters' talk by a resident.



In this edition of Under the Stars we feature Marlene Lette and some of her wonderful presentation on 'Life Matters'.

Sixty-eight years ago my husband (Don) and I were married and left for London aboard the Italian ship 'Roma'. Having lived a very sheltered life, we were overcome when we called into Ceylon (now Sri Lanka) to see such poverty.

While the ship went through the Suez Canal a group of us went by car to Cairo to see the old city and rode camels right up to the pyramids. When we arrived in London we found work and looked around England, Scotland, Wales and Ireland...(for a while by bicycle) and then we bought a motor scooter which took us wherever we wanted to go.

Two Wheels

We bought a little motor scooter pre-loved, quite cheap but sturdy. We practised riding on the street With taxis, cars and buses.

Down the Strand without a tremor Into the Mall beside the Palace with Queen Victoria "not amused" as we rounded the roundabout.

We are 'Londoners' on our brave little scooter! Londoners riding young and free!

I hold tight to my love... I am safe and warm...

Before returning home to Tasmania we spent about 6 weeks touring, on the scooter, to many countries on the continent. Those were days I will always treasure. We had a happy life together in Hobart where Don worked for the ABC and I taught speech and drama at Fahan school. Sadly Don was diagnosed with Parkinsons and Vascular Dementia and died soon after his 75th birthday. I moved to The Grange Villas among wonderfully caring residents. Our son and daughter planted a white flowering cherry tree in my garden, which I can see, all the time, through my window. I called it Don's tree.

Don's Tree

*Upon the cherry tree there hang.
Soft petals white as snow.*

*Beside my window, as I gaze
Mild breezes make the petals blow.*

*The tree is in my garden bed,
a symbol of a life we knew.*

*That life has gone but through its leaves.
The tree breathes passion strong and true.*

I ponder on the years ahead

*How long will I watch the blossoms fair?
Their blooms will reach toward the light as
witness of love always there.*

Sandown Village



Autumn Luncheon

On Friday 20th May we held a very successful 'Autumn Luncheon'. A beautiful 2 course lunch provided by our chefs at Southern Cross. The guest speaker was Dr Ben Arthur, a marine biologist and ecologist, currently working with the C.S.I.R.O. Very informative and a great day for socialising!



St Canice

Fashionably Charitable

At a coffee morning on 10th May, The Saint Canice “Knit Kat” craft group handed over seventy knitted scarves to Heather Chong, the District Governor of Rotary Tasmania, and Una Hobday, the Chairman of the Rotary Conference Organising Committee. Heather and Una were delighted to receive the scarves, which will form part of Rotary’s 2022 project of preparing Care Kits for the Homeless.

The Coffee Morning, complete with scones, jam and cream, was enjoyed immensely by all. It was also the back-drop for a raffle and stall run by the craft group, to raise funds to ensure there is always plenty of wool for the knitters to knit up a storm on behalf of charities, nursing homes and the like. The fundraiser was a great success, with \$1,000 raised, thanks to the never-ending generosity of the residents of our village.

The knitted goods not sold on the stall, i.e. beanies, scarves, mittens and rugs, will be distributed amongst the Women’s Shelter, the Whittle Ward, Bethlehem House and the City Mission.



Heather Chong, The District Governor of Rotary Tasmania modelling one of the gorgeous donated scarves pictured here with Una Hobday, The Chairman of the Rotary Conference Organising Committee.



The Craft Group Ladies in the fifth photo from far left to right are Catherine Lynch, Christine Strickland, Shea Henderson, Margaret Fletcher, Marie Manton, Elke Hunter, Lyn Fisher, Susan Coutts and Marjorie Brennan. Missing on the day of photo Judy Elliss and Helga Dreiling. Right: 70 beautiful scarves donated.

Glenara Lakes

There's no business like show business!

Forget Broadway, forget London's West End, we have it all here at Glenara Lakes with our very own star performers!

On May 7th "Saturday Night Live 2022" took to the stage with a super evening of entertainment with Denis Smith as emcee.

The first part of the program began with a delightful duet from Doreen and Norm Warburton, also a solo from Doreen. This was followed by Alex Coull regaling us with humorous bush verses – oh, what a memory he has! Then Pat O'Bryan, who plays the piano so beautifully, treated us to a mixture of classical music as well as some popular pieces.

After interval, audience expectations were rewarded with "A Fruity Melodrama" performed by Glenara Lakes Players directed by Patricia Mason who spent many, many hours putting the production together. The colourful, musical opening "Putting on the Ritz" set the scene for the characters to develop and where every player was a star, but, I'd still like to know what Baggs the Butler had in his hip flask!!

Congratulations and well done to everyone!

Thank you to Norm for filming the proceedings and a big thank you to the residents who supported us.





Knights of the Southern Cross Tasmania

Christian deeds and service guided by the strength and shield of our Catholic faith and fraternity



The Order of the Knights of the Southern Cross in Australia, the founders of Southern Cross Care, are affiliated with the International Alliance of Catholic Knights (IACK), which consists of fifteen Orders in many countries. The objectives of each of the Orders are roughly similar: mutual help among their members and charitable works in their wider societies, even to national levels.

The original purpose of some of the Orders was to counteract unjust discrimination against Catholics. As this became less of a problem, the Orders were able to take on a more positive role in society. This article tells of some of the newer members of the International Alliance which are less well known than are Orders such as the Knights of the Southern Cross and the Knights of Columbus.

The Knights of Marshall, founded in Ghana in 1926, are named after Sir James Marshall, a highly respected senior law officer and later Chief Justice and prominent catholic layman. The Order has a sister organisation, the Ladies of Marshall, founded for the same purpose but with their own organisational structure. The Order has since expanded to Liberia, Benin, Togo, Sierra Leone, Burkina Faso and Cote d'Ivoire. It also has some members in the United Kingdom.

The Knights of Saint Mulumba originated in Nigeria in 1953. Saint Mulumba was a victim of the slaughter of Christians in Uganda in 1886. Its foundation was prompted by the



need for an organisation to provide the same sense of brotherhood for Catholic men who might be attracted to the various secret societies that existed in Nigeria at the time. It has since spread to Uganda and Cameroun.

The Knights of Saint Peter Claver were founded in the United States in 1909. Their ladies' auxiliary began in 1922. They are the oldest and largest Black Catholic lay-led organisation still in existence. They have openly opposed racial segregation since 1939. Among their activities is disaster relief and works for environmental health and justice for citizens of poor communities. They are named after Saint Peter Claver, who ministered to African slaves in Colombia. Among their notable members was Ralph Metcalfe, American track and field Olympian.

There are a several more Orders which for the sake of brevity will have to await another article.

Steve Coleman

Chairman of the Burnie, Somerset
Wynyard Branch, KOSC

A helping hand in your own home



Home & Community Services at Southern Cross Care has one purpose – to provide care and support to those that need it, from the comfort of their own home.

Southern Cross Care knows that choosing the right care is a big decision and each person is unique with different needs and requests. Our experienced, friendly support team will help you to review the many options you have and guide you on your journey to remain independent and happy in your own home. Southern Cross Care are all about connections and finding the support worker who is not only the right fit but also enriches your life.

“All my support workers at Southern Cross Care are so lovely, kind and caring and I thoroughly enjoy their company. One of my regular support workers loves to sing as she works, so we put music on while she cleans and I do my exercises and we both sing along together”

We tailor a package that meets your needs and budget and are passionate about your wellbeing. You are sure to develop a genuine, trusting relationship with your carers, who help you navigate your way comfortably and happily through everyday life.



Veterans, ...did you know you can still receive DVA benefits and services PLUS Home Care Package funding with Southern Cross Care Tasmania.

Keep your familiar and favourite careers when you implement the additional funding. It's seamless and easy as our team can manage all of the paperwork and set up an additional tailor made home care package for you.

What a great way to top up your service options from a few hours a day or week to 24/7 care.

Access services such as:

- Companionship
- Personal care and hygiene
- Medication reminders
- Staying active
- Grocery shopping
- Housekeeping
- Meal preparation and nutrition

- Social activities and connection
- Transportation and errands
- Hobbies and passions
- Cognitive engagement
- Meaningful activities
- Respite care and more

A friendly Support Coordinator can make a time to visit you to discuss.

Call 1300 389 574 or email enquiries@scctas.org.au



Kaycee from our Launceston office looking lovely as she mans the pop up at Prospect Vale Market Place at the end of last month. There will be more pop ups coming your way – make sure you stop and say hello!

Ainslie Low Head

Resident Story

Freda Coleman



Freda Coleman and Maree Youl
(Leisure & Lifestyle Officer in dress up!)

I spent my teenage years in Launceston and when I married, I moved to Beauty Point with my husband and then we moved to George Town. I have lived in George Town for more than fifty years.

When I was 14, I worked in a shop eight and a half hours a day for four and a half days a week for a pound a week. My second job was at Kelsall and Kemp as a weaver and then at Coats and Patons on drover and spinning machines. I then had a break from working when I had my children.

I went back to work cleaning at Comalco and then at Star of the Sea School. I have many good memories of the Nuns that used to teach there.

I finally started working at Ainslie in the kitchen in the original building that was near the beach. I then moved up the hill to the current site where I finished my working life. I was at Ainslie for twenty years and have wonderful memories of the staff I worked with and the residents I served. The stories I could tell.

I used to enjoy all sorts of sport when I was young- Darts, Bowls, Netball.

I enjoyed gardening, I had a big vegetable garden. I used to do a bit of knitting and I like reading and crosswords.

I have five sons, one of my sons died of Cancer, and one daughter. I am very close with all my children, we have good relationships. My daughter is my rock.

I have fifteen grandchildren and fifteen great grandchildren.

I have travelled to America, Japan, Hong Kong and Singapore with my husband and have made lifetime friends along the way. We spent three months travelling around Australia. When my children were young the whole family would go camping at Eddystone Point during Cray season.

Volunteers Day Celebrations

National Volunteer Week is Australia's largest annual celebration of volunteering and is normally held in May. Volunteering brings people together; it builds communities and creates a better society for everyone. With the ongoing impacts of

the pandemic in aged care, our volunteers have undoubtedly been and continue to be an asset to our residents and staff. We celebrated our wonderful volunteers with a delicious morning tea, we cannot thank them enough!



STAFF SPOTLIGHT



Matthew Potito Maintenance

I was born in Launceston and grew up in George Town. Have lived most of my life in Tasmania. I worked in Sydney for a short time in a boat yard but quickly came back to Tasmania.

When I was younger, I wanted to be a carpenter/builder.

I am very new to my role with Southern Cross Care. I have been here for almost 2 months. I enjoy the variety within my job, and I really enjoy working with different people.

I am in a blended family, and we have seven children and one grandchild.

In my spare time I am an emergency volunteer with SES and Fire. I have been an SES volunteer for 23 years and a fire volunteer for 6 years.

If I could invite anyone in the world for dinner it would be Neale Daniher – I am inspired by what he does for Motor Neurone Disease.

Fairway Rise

Resident Story Margaret Crothers



I was born in Westbury. I grew up in Deloraine then moved to Beaconsfield when I was 8 years old.

My mum Francis had a friend who worked in Beaconsfield Hospital. Her friend suggested that I would be a great nurse and that I should come in and do a traineeship that is when my interest arouse in caring and decided to become a nurse.

I started my career at the age of sixteen and worked at Spring Slade Nursing Home in Legana for 27 years.

I have three living children, Tanya, Melinda, and Andrew and 3 lovely grandchildren Jordan, Nathan and Georgia.

I do love living here at Fairway Rise, I feel at home here. I am socially active and participate in most activities to develop friendship with the residents at Fairway Rise. I like to participate in the AFL Footy tipping.

My favourite quote is 'Smile and be happy!'

Toes out

Enjoying a moment of foot spa bliss is part of life here at Fairway Rise. If you can't get to the spa let the spa come to you!



Rosie the Alpaca

On the 20th of June, Rosie the alpaca visited Fairway Rise with her owner Janelle. Some of you may remember Rosie from her previous visit when she was heavily pregnant. This time round Rosie is a mum to a baby girl, named Rosette. Rosette was invited to come along, but Janelle was not able to catch her! Rosie is a very calm and gentle soul and very pleasant to be around.

Janelle and her husband Byron own an Alpaca farm named Toffeemont, located at Orierton. They have approximately 50 Alpacas. Janelle mentions that they do farm tours which include meeting and interacting with the alpacas, learning about them and their history and taking photos with them. They have a great face for the camera!



STAFF SPOTLIGHT



Tina Daniels

Leisure & Lifestyle Officer/
Extended Care Assistant

I have been working at Southern Cross Care for 9 months, mainly as an ECA but recently I have begun to work in Leisure and Lifestyle.

As an ECA I assist residents with their daily routines for example showering, dressing, hygiene and keeping rooms tidy and providing care throughout my shift.

I am new to the Leisure and Lifestyle role and am enjoying it very much, I love my one-on-one visits with residents and helping them engage in activities throughout the day.

The thing I like most about working for Southern Cross Care is the residents and staff, I look forward to working with them every day. Work has changed during recent month including wearing masks every day, this can make residents quite worried. Having lockdowns can keep some family members away which can be very upsetting for our residents.

My dream travel destination would be New York because I would really like to experience a white Christmas. My favourite food is yoghurt and fruit and I love watching Mrs. Brown's Boys as it makes me laugh, I love a good comedy.

Glenara Lakes

Montessori Magic is changing lives at Glenara Lakes

May 2022 saw the launch of the Montessori project within the Memory Support Unit at Glenara Lakes.

Several staff attended the P3 Foundation training with Anne Kelly, a leader in this field for 35 years. The Foundations training was then supported by Helen Haines who is the Montessori Consultant.

Helen spent two days educating and challenging traditional thought processes on how to set up the ideal Montessori environment. Kae Cunningham was appointed the Montessori Lead, who will continue the significant work after Helen leaves. Through Montessori we are changing the way our staff care for our residents by breaking away from traditional models of care to a model that nourishes and supports the resident's independence.

Our residents who are living with dementia are now assisted to choose their meals, no more plastic tables are set with beautiful place settings and real crockery and cutlery. There is signage around the Unit inviting residents to do activities. Residents are often seen accompanying staff outside of the Unit, carrying out various activities.

The residents are "coming alive!"



"To see the welcome changes to the Peter Comas Memory Support Unit in such a short time, to watch the excitement generated by the engaged staff led by Kae is a joy to behold not to mention the resident's demeanour change, busy on little projects and see their independence stimulated brings smiles all-round. I am enjoying visiting my husband John again love seeing him look happier and more contented."

– Wendy Schoenmaker



Guilford Young Grove

Resident Story

Wanda Sheehan



I was born in Lymington and grew up in Cygnet Tasmania.

I started my career working at the hospital as an Hospital Aid in Hobart.

I spent a lot of time traveling especially on the mainland working at the repatriation hospitals.

I met my husband on the night the Queen was in Hobart in 1954 at the Sapphire Ballroom in Hobart. He was visiting from Victoria. Jack and I have 3 children Stephen, Cathy and Tracy. I have 4 grandchildren.

My hobbies include singing, reading, knitting, crocheting and talking to my family over the ipad.

I like meeting new people that come to Guilford and love to be involve in variety of activities that the home provides.

I enjoy spending time with my husband in the mornings before going to morning activities, I like to attend most afternoon activities whether it be an outing or something in the building.

Favourite Quote – “your joking!”.

Staff Farewell

We said goodbye to over 60 years combined service at Guilford Young Grove in the month of May.

All three ladies have been fantastic to work with and great teachers for the new staff coming through Guilford Young.

Heres cheers and fond farewell to Maxine Devine, Sue Owens and Wendy Smith

They will be greatly missed by both the residents and the staff.



Kitchen Time Warp

Items from the kitchens of yesteryear were borrowed from Tasmanian Museum and Art Gallery for residents to reminisce about their own days as family Master Chef. Not so many electrical appliances back then!

Residents enjoyed looking through the history of items commonly found in the kitchen including, including Tupperware containers pictured. Tupperware containers pictured with Kathleen Colbeck and many other items that they used in the home, some of which had been forgotten about until today.

Note: Our young staff were intrigued by the items especially the soap saver considering the fact that it is better for the environment than many dishwashing liquids!



STAFF SPOTLIGHT



Manoj Babu Subedi

Servery

I have been working in the servery for Southern Cross Care for the past 4 years.

I work mainly the breakfast shift, ensuring our residents enjoy a varied and enjoyable breakfast, including hot breakfast bacon, baked beans, and scrambled eggs.

I am blessed with a beautiful baby girl (Adhira) she was born on the 2nd of January 2022.

My hobbies are playing soccer, watching sport, listening to music and spending time with friends.

The pandemic has changed our way of living completely, with the masks hiding our smiles from the residents, making it harder to communicate.

My favourite food is Stir-fry's and Dumplings.

When everyone around me is happy it makes me smile.

Mt Esk

Mt Esk Inaugural Winter Ball

Corsages, masks and full hearts, the 17th of June was an evening to remember.

Motivational speaker Will Smith from JCP Youth spoke about being a police officer and detective and the work he does with young people. The Gray Nomads provided music for old time dancing.

A special thank you to Kristy our hairdresser who made the gorgeous corsages and the staff who assisted with hair and make up for the big night.

Big hugs to Chrissie our Pastoral carer for making yummy finger food and to our favourite suppliers PFD, Cheesecake shop, St Leonards Bakery and Cripps Bakery. Special thanks to our wonderful Facility Manager Nicole who had a dream.... and made it happen!



Let the music begin!



The room set up beautifully for the big event



Guest Speaker Will Smith



Phyllis Gerke and her son Barry



May Reid and her son Chris



Antonio Ostini



David Heckscher and Leslie Savage



Our team are simply the best –volunteering their time after hours to ensure the evening was amazing.



Young Hamish on sax

Mt Esk

Resident Story

Leslie Savage



Leslie was born on the 20th of November 1932 and doesn't mind if people call him Les.

Les has fond memories of the Navy also being a Fisherman diving for abalone while in port drinking at the pub with his mates.

Leslie loves watching television whether it be sport or a movie he also likes to spend time in his room playing cards. He is also popular with other residents chatting and reminiscing about the good old days over a beer.

Leslie is a real gentleman and loves chocolate. He is often caught at the vending machine, but when so never fails to offer the witness a piece of chocolate bar goodness. Les appreciates the time staff members give him he says that kind staff make him smile.

Fun fact: Les won tattslotto when he was younger...not once but twice!

STAFF SPOTLIGHT



Marie Eyles

Servery & Leisure and Lifestyle Officer

I started working at Mount Esk in May 2017 and have been working in the servery. I mostly work mornings and serve the residents breakfast, morning tea and lunch.

Time is very limited working in the kitchen, and I want to spend more time working with the residents, so I am currently training and studying in the role of leisure and lifestyle.

I have been with my husband Mark for 25 years and happily married for 19 years. I also have two children; my daughter Gemma is 23 and my son Jordan is 21.

I love working with the residents and making them smile and laugh. Knowing I've finished my workday making everyday with them a little different and a little brighter I know I've done my job.

What is your dream travel destination and why? Hawaii! I've always wanted to go ever since I watched the movie Blue Hawaii with Elvis Presley in it when I was a kid.



New Website

30th June was the perfect opportunity to launch the new look Southern Cross Care Tasmania website.

We wanted the website to first and foremost be engaging, easy to navigate and truly reflect the warm and caring personality of our organisation.

We will be adding more videos to the website so users can see inside facilities and view clients talk about their experience at Southern Cross Care.

Log onto sccatas.org.au

Rosary Gardens

Resident Story

Lenna Bronia Koppleman



I was born in Hobart but grew up in New Norfolk. I enjoy looking at the mountain, I used to walk up it many years ago. I used to work as a telephonist for Telecom. I have 2 children, and my daughter lives in Canada.

I like to get up when I am ready and sit in the lounge and catch up with everyone, I am very social. I go to the dining room for most of my meals, it's nice to see everyone there. I like chocolates, music and playing crib. My son comes to play crib with me sometimes. I enjoy company and a good time. Music gets me dancing, I love to dance. I don't like cold weather at all.

I don't really have any hobbies now, but I do like to go for a walk, read the paper, oh and I like biscuits and cheese too. People tell me I'm a positive thinker, I think everyone is beautiful!

A trip to Cygnet

A fun bus trip South to Cygnet and a sensational lunch at B & B Conservatory Cafe made for a great day out. Who says Winter is for staying in?

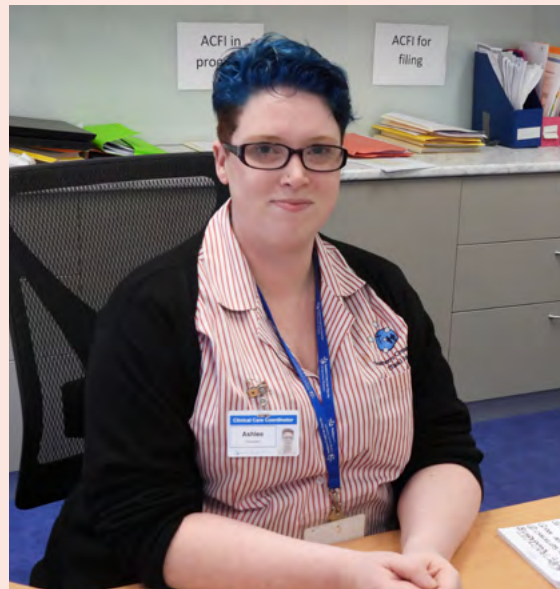


ANZAC Day Respect

Rosary Gardens do know how to set the scene. A wonderful tribute to our ANZACS greeted residents as they partook in the ANZAC Day tribute ceremony. Warrant Officer Natasha McRoe and Mr Tilley an ex Air Force Cadet lay the special wreath hand made by residents. Lest We Forget.



STAFF SPOTLIGHT



Ashlee Bowerman
Clinical Care Co-ordinator

I started at Rosary Gardens as a graduate – straight out of Tasmanian University. Then I spent time at Fairway Rise, now I'm back home at Rosary as Clinical Care Co-ordinator.

I have a daughter Eliza, she's in grade one and she wants to be a nurse also. 'Nurses are better than Doctors' she told my GP!

I became a nurse for aged care only. My passion is in caring for the older generation, they shaped the world we live in – they fought in our wars – we owe them a great deal.

I love to read, it helps me unwind. I have read 400 books and growing.

If I could invite anyone for dinner, well, I'm not much of a cook so would invite Li Chunsin (Maoes last dancer author). He can cook as well because I love Chinese food!

I would also invite Anthony Albanese, mainly so we can have bit of a chat about aged care after a few wines.

Rivulet

Resident Story

Dorothy Kelly



I was born in Hobart. I used to work for Johnson & Miller. Worked for a bookshop at 14 and worked as cashier at Edmonds. I was married to Colin whom I met at a butchers shop. I had two children Michael and Anne. I like gardening, looking after birds, feeding them and sitting in the sun. I also enjoy bus outings. I am Anglican and love to attend church service. I like the friendly and supportive nature of the care staff and safe and peaceful living environment.

Rivulet Bus Trip

An adventurous group of residents took a bus to Richmond. It was a great trip as they hadn't been to Richmond for a long time. We visited the historic bridge, park, and museum. Residents enjoyed ice cream and drinks in local restaurants. After a good 2 hours we returned safely with smiles all round. Ready for a little nap!



High Stakes

A table in the sun and a game of cards with friends. Everyone is even pretending not to be competitive!



Frosty mornings

So what do you do when it's too cold for your garden morning walk? You keep moving! Here are some of our residents doing some laps followed by stretches to replace their regular outside stroll.



STAFF SPOTLIGHT



Satkar KC

Leisure & Lifestyle Officer

I have been working here since December 2020. My duties are to coordinate with family and relatives to understand the choices, likes and dislikes of the individual resident. Create an activities calendar, planning and organising leisure activities inside the facility, organising bus outings, motivating residents to participate in social and group activities.

The supporting nature of management, harmonious working environment, opportunity for further career growth are the best things about working at Southern Cross Care. There have been drastic changes in our daily life after Covid. It has impacted in our social life as we cannot go to visit our parents, relatives and friends who live outside the state or country. There is always a fear of outbreak and chances of lockdown which brings chaos in our lifestyle. There are several changes in our workplace with lots of restrictions as we need to keep our residents safe.

Sandown

Resident Story

Janet French



Janet grew up in Hobart with her parents, 3 sisters and 1 brother. Janet worked at the Commonwealth Bank in Hobart and then for many years in the Design Department at Incat.

Janet has 2 sons Stuart and David, they and their families are regular visitors at Sandown and are very supportive of their Mum.

Janet loves to travel and has been to many places, two of her favorite places were Scotland and Egypt.

Janet loves swimming and tennis.

Keeping fit with swimming and tennis, Janet also enjoys the company of everyone at Sandown while enjoying many different activities.

Celebrating the Queen's Jubilee

To mark the Queen's Jubilee Sandown Residents celebrated in many different ways. All residents signed a card and we sent it to the Queen at Buckingham Palace. We created beautiful decorations.

The Queen had requested that people plant a tree in her honour so we planted a rose bush in our garden.

We held a Royal Family and British quiz, we played Royal bingo. On the Queens Birthday holiday we held an afternoon tea where everyone wore crowns of their own. We all had a lovely time.



Pinkies up for the royal cup of tea.

STAFF SPOTLIGHT



Queen for the day proves too much fun!



The Royal Rosebush



Sharon Nuss Extended Care Assistant

Sharon has been working at Southern Cross Care for three and a half years as an ECA.

She has two daughters, Chelsea, Lily and a son Brad, and her dog Maggie who is a Maltese Shitsu cross.

Working for Southern Cross Care, Sharon has found her work rewarding and fulfilling. She enjoys the opportunity to develop strong relationships with residents and staff.

The pandemic has meant that Sharon never leaves home without hand sanitiser!

Her dream travel destination is New York to experience and thrive in the atmosphere and energy of a big city.

Lots of things make her laugh and she does not like to take life too seriously.

Yaraandoo

Resident Story

Harry Gerdes



I was born in Launceston and been living in Burnie for 25 years.

I worked as machine operator for three years then at Launceston General Hospital as cleaner and orderly for 9 years.

I love sport and am right into footy tipping. I am currently in the top 20 of the Southern Cross Care footy tipping competition. I also enjoy helping people and spending time with friends.

I have travelled many countries such as Europe, Fiji, Bali, and Singapore. The places I enjoyed the most were Fiji and Germany in winter.

I enjoy helping people in the home even though I am one of them.

What is your favourite quote?

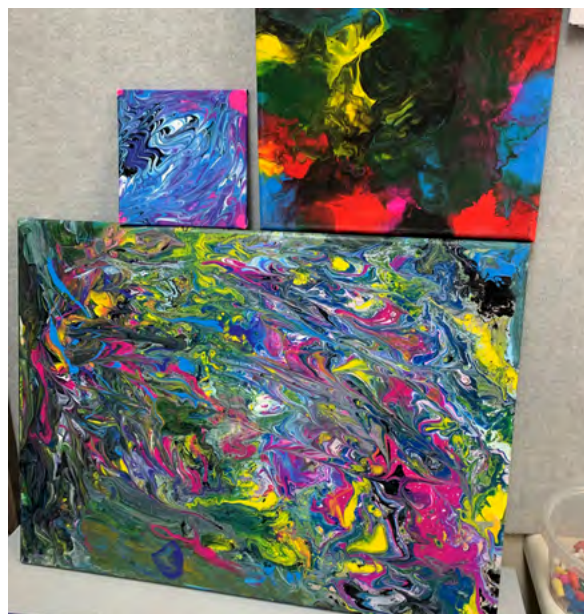
'One more one more' after having some drinks with good friends but never too many.

Editors note: Harry is a massive help to the team at Yaraandoo, continually going above and beyond to assist other residents and staff. Thank you Harry!

The gift of art

We love our community here at Somerset, and receive so much support from surrounding schools and towns. Schools sent in their artwork and well wishes through our Covid outbreak to brighten everyone's day! A big thank you to Yolla Primary, Saint Brigid's Catholic Primary School and Somerset Primary.

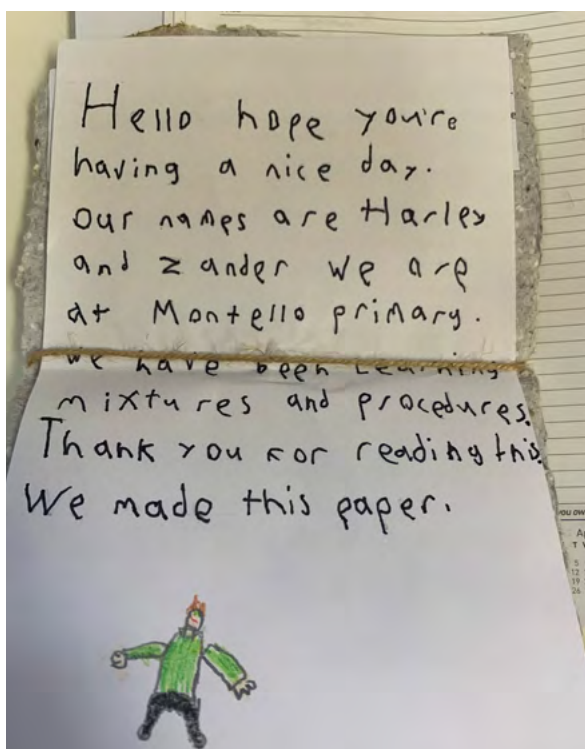
The Wynyard Community donated some brilliant paintings that add so much colour to our wings.





Words of support and well wishes from our local schools

We have also started a pen pal program with Grade 2 children from Montello Primary. They even make their own paper!



STAFF SPOTLIGHT



Darshana Makaju Registered Nurse

I have been working in the Southern Cross Care for almost four months now.

I am a Registered Nurse and my major duties are to assess, plan, implement, monitor, and evaluate nursing services. I love my resident's smiles and the positive work culture that I always seek in my workplace.

This pandemic has changed how we work for example training online can be frustrating when you can't be actually in the presence of a trainer. Also, it made me realise how precious life is and the real importance of family as I have not been able to see them for many years.

My dream place to visit would be "The Land of Midnight Sun: Norway" due to its phenomenal fjords, lakes, and magical skies with my partner one day. We are planning our wedding for next year.

My favourite food is Newari Samayabaji, one of the popular dishes in Nepal.

Meet Customer Liaison Officer Jannette Browning



I was born in New Norfolk and grew up in the Valley. I am a mother of two boys, and I have ten grandchildren.

I have been in the aged care industry for 18 years and much of that time has been with Southern Cross Care. I started as a carer and then I worked in administration, then became a Support Coordinator, Team Leader, Service Delivery Specialist with a career progression to my current job as a Customer Liaison Officer.

Being in different job roles I do not have any preference that I like most, what I do like is working with people especially older people.

When the position for Customer Liaison Officer was advertised, I was eager to apply because I know that I have a lot of knowledge and a lot to offer. Because of my career at Southern Cross Care, I have fostered a harmonious relationship between our organisation and our clients which I am enjoying a lot.

It is not every day that you will wake up on the right side of the bed, I encourage staff to be positive because I think a positive attitude brings the best work.

Back in 2010 to 2012, I participated in Murk survey with Dr. Sharon from Weaklink which aim is to promote positive partnership between families and staff and we called ourselves as Triple Ps. It was very worthwhile and gave me a good foundation in negotiating skills.

During my spare time, we go camping. We have a caravan and we already travelled twice around Australia, and we have a shack in Bruny Island that is how much we love camping!

The best thing about working here is believing in an organisation and I feel passionate about Southern Cross Care. There are lots of lovely staff out there, it is fun working with them, and we do come together as a team.

Word search: Weather

BLIZZARD
CLIMATE
COLD FRONT
CYCLONE
DOWNPOUR
FLOOD
FOG
FORECAST
HEAT WAVE
HUMID
HURRICANE
ICE
METEOROLOGY
MONSOON
SHOWER
SLEET
THERMOMETER
TORNADO
TSUNAMI
VISIBILITY
WIND CHILL

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

Your teasing me!

- A. If a giraffe has two eyes, a monkey has two eyes, and an elephant has two eyes, how many eyes do we have?
- B. One rabbit saw 6 elephants while going towards the river. Every elephant saw 2 monkeys. Every monkey holds one tortoise in their hands. How many animals are going towards the river?

- C. Using the four letters below only, create a seven letter word.

UMNI

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.

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

196-224 Low Head Road
Low Head
Phone: 03 6208 5100

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 Village Launceston

5 Waveney Street
South Launceston
Phone: 03 6344 7911

Ainslie Village Westbury

87 Meander Valley Road
Westbury
Phone: 03 6344 7911

Ainslie Village Low Head

196-224 Low Head Road
Low Head
Phone: 03 6344 7911

Yaraandoo Village Somerset

27 Wragg Street, Somerset
Phone: 03 6344 7911

PUZZLE SOLUTIONS

A. 4 eyes.

The conversation is happening between 2 people. One who asked the question and the second to whom it has been asked. This means there are 4 eyes.

B. Only one rabbit is going towards the river.

C. MINIMUM



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

A charitable service founded by the Knights of the Southern Cross.

scctas.org.au



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(Tas.) Inc.**