



# St Anna's Home Care

## *Newsletter*

October 2023

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*Dates to remember and put on your calendar*

December 5<sup>th</sup> Tuesday  
Christmas lunch



## *Consumer Advisory Body*

A meeting will be held for the Consumer Advisory Body on Friday 3 November 2023 at St Anna's Residential Facility at 10.00am



*To our clients and staff who are celebrating birthdays in October,  
we hope you enjoy your special day.*

Dorothy Robinson - 1 October  
Garifalia Mlochis - 4 October  
Izet Selimovic - 10 October  
Anna Reiter - 14 October  
Robert Dodson - 15 October  
Evangelia Panousakis - 16 October  
Lucy Mavrovelis - 18 October  
Jure Ruzic - 20 October  
Luka Orsulic - 25 October

Bri - 5 October  
Lyn - 7 October  
Talia - 10 October  
Jordan - 30 October



# *Cabcharge*

Hope you are all enjoying using your new Cabcharge FASTCARD.

Could you please make sure that get a receipt from the driver when arriving at your destination. Please just keep these in case we need to follow up on the fare.

If you have a card and have feedback about it please let us know.

If you have not received a new card and would like one please contact the Home Care office and we would be happy to send one out to you.



## Recipe of the Month

### One Pan Bolognese Pasta

#### Ingredients:

- 500g Beef Mince
- 500g Bolognese sauce
- 500g Rigatoni Pasta
- 220g tub cherry bocconcini, torn
- ½ cup baby basil leaves

#### Method:

1. Heat a large deep frying pan over high heat. Add the mince and cook, stirring with a wooden spoon to break up lumps, for 5 mins or until the mince changes colour.
2. Stir in the pasta sauce, pasta and 4 cups (1L) water. Bring to the boil. Reduce heat to medium-low. Cover and cook for 10-15 minutes or until the pasta is al dente and the sauce thickens.
3. Stir in half the bocconcini. Sprinkle with remaining bocconcini and basil leaves. Season.



## *Our Ten Pin Bowler - Des*



Des competed in the Masters Games for Ten Pin Bowling.  
He won 5 gold medals, 2 silver and 1 bronze.

***Congratulations Des on your wonderful achievement.***

## *Music playlists for people living with dementia*

Music can have a positive impact on people living with dementia. In fact, a person's ability to process and engage with music remains intact even in the late stages of dementia.

After analysing six decades worth of songs, experts have come up with the two ultimate Spotify playlists:

- . The ultimate upbeat Spotify Playlist for people living with dementia
- . The ultimate calming Spotify Playlist for people living with dementia

For the upbeat playlist, songs were ranked on factors such as danceability, positivity, lyrics, tempo and loudness, to encourage dancing, light exercise, and energy to improve mood and cognition.

Upbeat playlist:

<https://open.spotify.com/playlist/6ZNRgiDgvBFMTRP7izHjLg>

On the flip side, the calming playlist is filled with songs aimed at relaxation and stress reduction. With the song achieving the highest score belonging to Dinah Shore for her 1948 hit - Buttons and Bows.

Calming playlist:

<https://open.spotify.com/playlist/3wtEsSNGnO1gYy8OoNHljq>

\*You'll need a free Spotify account to listen to the playlists. And if you need help setting up a personalised playlist on Spotify, follow this link:

<https://www.playlistforlife.org.uk/make-a-spotify-playlist/>



## Senior Australian of the Year 2023



COTA Australia, the peak body for older Australians, congratulates this year's Senior Australian of the Year - Professor Tom Calma AO, who has received the honour for his work in championing the rights, responsibilities and welfare of Aboriginal and Torres Strait Islander peoples.

Professor Tom Calma AO's has made a tireless commitment to improving the lives of Aboriginal and Torres Strait Islander peoples and his work is literally life-changing; which reminds us that our potential to have an impact on others only grows with age.

Professor Tom Calma AO is one of the most respected human rights and social justice campaigners in the country and he is also a member of the Council of Elders, as a voice directly to Government. COTA Australia CEO, Patricia Sparrow said all the Senior Australian of the Year finalists should be congratulated and thanked for their incredible work to improve the lives of others and "they are all shining examples of the fact that our potential doesn't diminish with age".

<b>SA</b>	<b>Sandra Miller – Aboriginal rights activist, advocate for Indigenous health and welfare</b>
<b>NT</b>	Bernard Tipiloura – Suicide prevention campaigner
<b>VIC</b>	Professor Frank Oberklaid AM – Paediatrician and founding director, Centre for Community Child Health
<b>WA</b>	Theresa Kwok – Community advocate
<b>NSW</b>	Teresa Plane – Palliative care pioneer and advocate
<b>ACT</b>	Professor Tom Calma AO – Human rights and social justice advocate
<b>QLD</b>	Claude Lyle Harvey OAM – Child protection campaigners and Bravehearts fundraiser
<b>TAS</b>	Dr. Frances Donaldson – Doctor, frontline COVID-19 worker, prisoner advocate

"This year's Senior Australian of the Year finalists have all made valuable contributions to our country and are living proof that wisdom, enthusiasm and courage of age is something we as a country should be harnessing more".

We couldn't agree more! Please reach out to us if you'd like to share your own inspirational story.

## *Neighbourhood houses: Connecting to your community*

If you've ever wanted to get involved in community events and activities in your local area, Neighbourhood Houses may be for you.

These Community Houses and Centres (NCHCs) have become the perfect place for people to make new friends, spend time with other locals, and feel a deeper sense of belonging by contributing to their community.

And with over 1000 locations across the country, they create happier, safer and more connected communities.

By welcoming people from all backgrounds and walks of life and giving people a place to go and a community to belong to, they have a significant impact on reducing social isolation.

Not to mention they can also be a great place to find out about other local services and activities, you otherwise might not have known about! A peek inside a local neighbourhood house and you might find programs like:

- . Arts and crafts activities
- . Adult learning classes
- . Musical groups
- . Yoga classes
- . Walking groups
- . Healthy cooking classes
- . Support groups for seniors



If you'd like to get involved in one of these amazing communities, visit the link below to find your closest House or Centre:

<https://www.anhca.org/findahousecentre>

## *Reducing the stigma of dementia in Australia's multicultural communities*

Australia is an increasingly culturally diverse and ageing society, with one in three older Australians being from a Culturally And Linguistically Diverse (CALD) background.

With an ageing CALD community, there's an increased need to access health and aged care services for conditions such as dementia. And research suggests CALD communities may have limited awareness of the disease, which in turn can lead to delayed diagnosis, poorer health, and reduced quality of life.

Unfortunately, a lot of the materials available to CALD communities are merely translated from English, if at all, rather than having been produced with and for specific CALD communities. This 'one-size-fits-all' approach to raising dementia awareness may not resonate well with people from diverse communities and therefore impacts their ability to reach out for help.

Researchers from the National Ageing Research Institute are addressing this gap through an innovative, community-based project - Moving Pictures: Raising dementia awareness in culturally and linguistically diverse communities using film and media.

As part of this project, the team have developed a multi-cultural short film – **Dementia: A democratic disease**.

This raw (and at times confronting) film aims to explain and normalise dementia across different communities, to address potentially negative stereotypes associated with the disease.

The short film can be accessed via the links below:

<https://www.movingpictures.org.au/mosaic>

<https://iview.abc.net.au/video/IV2203H008S00>



## Preparing for an Annual Review

As part of our commitment to providing a great home care service, care managers conduct care plan reviews every 12 months. This can change if there are adverse events which may occur, such as prolonged hospitalization, increase in your package level, changes in the living situation, and so forth.

As a person receiving a Home Care Package, you'll understand that changes to your care needs and personal circumstances can have an impact on the types and frequency of supports you need to continue living independently in your own home. Identifying these changes in your Annual Review means you can adjust your services and supports in a timely way.

To assist this process to be as comprehensive and person-centred as possible, it helps if you have taken some time to think about your needs, your care plan goals, and whether you'd like to make some changes to your care and services. We look forward to continuing to work proactively with you to meet your care needs at home.

To help you think ahead about your care arrangements, here are some examples of topics we may discuss at your Annual Review:

Social support and staying connected with others	Equipment and aids, including technology support
Mobility concerns or falls	Domestic and home care
Allied Health, i.e. podiatry, physiotherapy, occupational therapy, etc	Food and eating, including issues with swallowing, dietary needs, choking, etc
Continence	Transport and getting out and about
Medication management	Palliative care and end-of-life planning
Carer support and information	Safety and security at home
Medical and health concerns	Personal care support
Changes in vision or hearing	Pain management
Planning ahead & Advance Care Directives	Nursing care needs, i.e. skin integrity, wound care

## *Vision Australia Library Service*

If you're one of the estimated 575,000 people in Australia who are blind or vision impaired (including more than 70 per cent over the age of 65), Vision Australia's library service can open up a world of entertainment. As a member of the Vision Australia Library you can access a huge range of entertaining materials including:

- . Thousands of newspapers, magazines and braille music pieces
- . Fiction and non-fiction books in a number languages, including: Dutch, French, German, Hindi, Polish, Russian, Spanish and more
- . Regular podcasts covering general interest topics, as well as Vision Australia updates
- . Access to online databases with current information and research, reference materials and manuals.

And if you'd like to read a book they don't already have in your preferred format, they can make that happen too.

Plus, members can borrow printed braille books from the library and have them posted to you free of charge via Australia Post.

One of the other additional benefits, is the ability to request up to 360 print pages of personal information per year, to be converted into the format of your choice. This can include legal documents, manuals for home appliances, recipes, knitting patterns and even old letters!

For more information on the library service, please get in touch via

Ph: 1300 654 656

<https://www.visionaustralia.org/services/library>



## Product Spotlight: Dawn Clocks

In today's fast-paced world, we've all experienced how easy it is to lose track of time. While this can be frustrating, we usually have a rough idea of the time of day and a quick glance at a clock quickly has us back on track.

For people with dementia however, they often lose the ability to be able to tell if it's day or night. Resulting in anxiety, confusion and disrupted sleep/wake patterns.

As the disease progresses, they may also lose the ability to understand what the hands on a traditional clock mean, which can disrupt their daily routine and ability to maintain independence.

This is where a digital 'day clock' with an option to simply show the day of the week, and what part of the day it is may help.

**These clocks are clear and easy to read and come with 3 different display options:**

- . Calendar and Moment Display: Day/Moment/Time/Date
- . Moment Display: "Now it's Saturday Morning"
- . Calendar Display: Day/Time/Date

**Other features include:**

- . Medication reminders
- . Lifestyle/daily routine reminders
- . 8 language options
- . Automatically dims from 7pm to 7am

<https://www.dawn-clocks.com/>

[info@dawn-clocks.com](mailto:info@dawn-clocks.com)

Ph: 1300 958 905



## *Tackling Antibiotic Resistance*

There's a lot to know and learn about infections and antibiotics, but most of us really only need to know a few key things. In a nutshell, due to overuse and sometimes incorrect use, antibiotics no longer work as well against the bacteria they once killed effectively. Here's a few facts:

- . Antibiotics only work against bacteria. They don't work against viruses like the common cold or flu
- . Using antibiotics when it's not needed can lead to antibiotic resistance, meaning actual bacterial infections will be harder to treat in the future
- . Sore throat, earache, coughs, and even green phlegm may not always require antibiotics. Sometimes, your immune system can fight off the infection itself - best to check with your GP
- . It's not just ourselves who are impacted by antibiotic resistance. It's a global issue and it continues to be a growing problem in our community

According to NPS MedicineWise, there are five things you can do to reduce antibiotic resistance:

- . Don't ask for antibiotics for colds and flu, as they have no effect on viruses.
- . Understand that antibiotics will not help you recover faster from a viral infection.
- . Only take antibiotics in the way they have been prescribed.
- . Understand that it is possible to pass on antibiotic resistance bacteria to others.
- . Make a greater effort to prevent the spread of germs by practicing good hygiene.

If you are unwell, we always recommend you seek medical advice. Remember to take your Webster Pak (or other dose administration Aid) with you, so any new pills can be added to your daily medication pack by your pharmacist. Let others know if you are prescribed antibiotics and if you need assistance to take the full course.



## Communication Cards available in 68 Languages

Australia is an incredibly diverse country that welcomes people from all corners of the world, however, sometimes it can be challenging for people to communicate their needs and preferences due to language differences. When consumers and their support workers speak a different language, it can cause frustration and stress for all involved.

Thanks to the free Communication Cards from the Centre for Cultural Diversity & Ageing, communication of basic words and activities is easier than ever. Available in 68 different languages, they depict a wide range of daily activities and situations and can be used to prompt discussion, assist with directions, clarify a consumer's needs,

The Communication Cards cover themes

Such as:

- . Food / Drink/ Meals
- . Personal Care
- . Feelings / Pain
- . Religion / Spirituality
- . Sleep
- . Mobility Aids
- . Medical / Health Specialists
- . TV / Recreation



The cards can be used by consumers and family members to help the person communicate simple words and phrases to staff assisting them in the home. We encourage you to use these cards as often as possible, and would be happy to assist you to access a set for yourself.

Alternatively, you can download the cards in your preferred language by using this link to the website:

<https://www.culturaldiversity.com.au/resources/multilingualresources/communication-cards>

## Aged Care Quality and Safety

In previous editions, we have brought you information about the Aged Care Quality & Safety Commission. They are the national regulator responsible for ensuring all aged care providers meet the Aged Care Quality Standards.

Providers, consumers, and consumer representatives are all encouraged to communicate regularly with each other, so we welcome your questions and feedback about the care and services you receive from us. We maintain records of all feedback and use it to help improve our services across the board.

Part of our approach to quality care is to support and encourage our consumers and families to actively participate in decisions about their care arrangements. This often occurs in the various assessment and care planning activities, where we work with you to understand your health and well-being goals, and structure your care and services around those needs and preferences.

Some of the more recent government reforms to help create more equity and transparency in the home care sector include:

- New caps on home care fees and charges
- Removal of Exit fees
- Changes made to the industrial award that many home care workers are employed under to increase workforce pay and conditions

The Aged Care Quality and Safety Commission conduct targeted activities with home care providers, such as quality audits, to remind us of our obligations as Approved Providers, and of the important role we play in creating a better aged care experience for all older people.

Please don't hesitate to get in touch with us for a conversation about your care arrangements so we can ensure they are meeting your needs and preferences.

Image: Australian Aged Care Quality & Safety Commission



## Maintaining aids and equipment in your home

Many of our home care clients use various types of assistive aids and equipment to help them maintain or improve their mobility, safety and independence around the home.

Regular servicing will help to prolong the life of equipment, however, assistive aids and equipment products are constantly being updated in terms of technology, durability, usability, design and price. Sometimes it might be more economical to replace old equipment with newer and safer versions.

Home care package funds are commonly used to pay for (or contribute to) the cost of helpful equipment that is designed to meet our client's specific care needs. Often, we need to get a professional recommendation before we can commit to purchasing the items from your package, and we also need to ensure that your assessment of care, budget and care plan align with the purchase.

We can all work together to ensure the process is as  
Efficient and timely as possible by planning ahead  
For your changing needs, being observant to the  
Functionality and condition of your existing  
Equipment and taking action if there are any  
Changes in your daily care needs or mobility.



## *Free online events for carers!*



### **Oct 27th – National Gallery Australia – Art and dementia**

This is a social and creative program for people living with dementia and their carers, that engages participants with the National Gallery's collection through discussion and art making.

### **November 6<sup>th</sup> – Carer Gateway services and supports**

An overview of the supports available to carers including: counselling, in person peer support, planned and emergency respite and access to carer directed packages.

### **November 10<sup>th</sup> – Communication and dementia**

This event provides information on dementia, the way we communicate and how changes in communication can occur as a result of dementia.

Events are open to all carers Australia wide no matter where you live.

Need help getting online? The Good Things Foundation can help.

<https://www.goodthingsfoundation.org.au/learn/>

## Sudoku

8				2		9	5	7
		3					1	8
	7	9		5	8		3	4
					6	7	8	
	8						9	
	1	5	7					
7	3		5	6		8	4	
2	5					3		
9	6	8		3				1

## Sudoku Answers:

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1



## *This Month in History*

**Oct 3 1985** - The first Australian Formula One Grand Prix is raced in Adelaide.

**Oct 4 1935** - Luna Park in Sydney is officially opened.

**Oct 6 1862** - The Melbourne Zoo is opened.

**Oct 10 1923** - The telephone link between Sydney and Brisbane officially open

**Oct 20 1973** - The Sydney Opera House is opened by Queen Elizabeth II.

**Oct 27 1980** - The Great Barrier Reef is listed as a World Heritage Site.



## Find a Word



# Fruit



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



apples	cucumber	mango	plum
apricot	grapes	raspberry	raspberry
banana	grapefruit	orange	strawberry
blueberries	kiwi	peaches	tangerine
cherry	lemon	pear	tomato
citrus	lime	pineapple	watermelon



Tree Valley Academy

Colouring is a healthy way to relieve stress. **It calms the brain and helps your body relax.** This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. Please enjoy our colouring activity.



**HAPPY  
HALLOWEEN**