

AGED CARE *in action*



| Aged Care

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NATIONAL DIRECTOR MESSAGE

Dear All,

I'm pleased to share our revised newsletter, 'Aged Care in Action,' with you which now includes content and information from across our Salvos Home Care, Retirement Living and Residential Aged Care portfolios in a single publication.

This is the first edition for 2023 and we look forward to continuing to share these biannual newsletters with you going forward. As you may be aware, The Salvation Army Aged Care's services span across Australia. We operate residential aged care centres, retirement villages, a respite centre and we provide home care.

To support our services, we have a strong and highly committed team of staff members who are specialised and trained in their fields of practice. I am particularly proud of the work that they do and in the care that they provide for our much-loved older Australians.

Our purpose remains to promote a unique experience of choice, lifestyle and belonging for all people as they age, and we are looking to further our mission and impact over the coming decade as part of our new Strategic Plan,

more of which will be shared with you during the year.

This strategic work has developed alongside legislated changes that have taken effect, and which will continue to do so, as part of the Government's implementation of the recommendations arising out of the Royal Commission into Aged Care Quality and Safety. They include newly revised Quality Standards and the introduction of a Star Rating System, as well as the transition from the ACFI to the new AN-ACC government funding model.

We will continue to keep you abreast of these changes where relevant, however The Salvation Army Aged Care is fully supportive of and has actively adopted all reforms as the care of our residents and clients remains our priority in this rapidly changing Aged Care environment.

To that end, we also continue to support our centres and services during the ongoing pandemic, which as you know has had a particular impact on older Australians. We remain appreciative of all that you are doing to help keep our residents, clients, and staff well and safe.

Within this newsletter, I'm pleased to share stories of The Salvation Army's mission



in action with you, such as a resident band that recently started at Montrose Aged Care Centre as part of a music therapy session, and a feature about our nurse leaders. Both these stories, and many others, illustrate how we, as an organisation, are creating faith pathways, caring for people, working for justice and building healthy communities as part of our mission.

I do hope that you enjoy these stories and feel inspired by them as much as I have been. I would especially like to take this opportunity to thank you for your continued support and for being part of The Salvation Army Aged Care community.

Yours sincerely,

STEPHEN MACLIVER AM

NATIONAL DIRECTOR

THE SALVATION ARMY AGED CARE ■

DEVOTIONAL



Sometimes it's easy to forget that Jesus is with us even in the storms. He wants us to know that we are valuable and loved. If you want to find meaning, purpose and connection or discover God's peace in the storm our Chaplains would love to talk with you. ■



One of the most important things as we age is to find meaning, purpose and connection. This is not easy when so many things are changing around us – loss of independence, isolation from loved ones or familiar surroundings.

This can be overwhelming and feel like a storm is raging around us. One thing that helps us to engage or embrace something new is to find meaning and purpose in each day, something that we can contribute to or that brings us joy. The other important thing is to find opportunities to connect by meeting new people or just joining in an activity where people know you and you feel you belong.

The interesting thing is that I have become aware that it is important for us all, regardless of age, to find meaning, purpose and connection. We all need to feel that we are valuable and that we matter. We all need to know that we have others, even just a couple of people who we are connected to. But how do we do this when we are in the storm and feel like we are struggling with so many daily challenges?

I am reminded of the scripture where Jesus is in the boat with his disciples being tossed by the waves in a storm, the disciples are fearful and question whether Jesus cares, in that moment they forget who Jesus really is (MARK 4: 35-41).

BUILDING CONNECTION WITH SPIRITUALITY - A CONVERSATION WITH MAJOR CHERYL

"Everything we do at The Salvation Army Aged Care is underpinned by our love for God," Major Cheryl Kinder, The Salvation Army Aged Care's Mission and Chaplaincy Manager, says.

"The Salvation Army Aged Care exists purely because its mission has a passion to care for and support people through all stages of their lives. We want to reach out and show love because of the love that Christ has shown us. That's the reason why we do what we do." The role of a Chaplain is a year-round commitment to, "provide pastoral care, spiritual

and emotional support for residents, staff and their families," explains Major Cheryl.

Even for those without a faith background, the Chaplains on-site "help people feel connected and find meaning and purpose," she says. The Chapel Services also provide another opportunity for people to find meaning, acting as a way to come together, build relationships and share in worship. "Whether they have any faith or no faith at all, all are welcome to attend Chapel at any time, or any of the services or activities that the Chaplain promotes."

Indeed, regardless of whether a resident has an expression of Christian faith, spirituality is nurtured by each of the Centre's Chaplains. Major Cheryl affirms, "everyone has spirituality. Spirituality is basically what gives us life, meaning and purpose," and therefore, every resident who comes into a Centre undertakes a spiritual assessment with a Chaplain, to best identify and support the needs of an individual.

"The Chaplain's support people to find something that gives them life and purpose," Major Cheryl notes. "It's about being able to help them live their best life in this stage." For some residents, this may include



connecting to their cultural or linguistic background, with Major Cheryl providing an example of a Chaplain who downloads material for a resident each week in their own language and sits with them as they enjoy time together.

"WE'RE CERTAINLY WANTING TO SUPPORT EVERYONE, IN WHATEVER WE CAN," MAJOR CHERYL STATES.

The joy experienced by residents is also shared by the Chaplains. Major Cheryl notes it is a joy, "being able to hear about the great things that are happening in each Centre. To hear the stories of the transformation of residents, or the way that we're able to support them during different stages of their lives. Our residents have so much to share

with us and it is a privilege to be able to learn from them as we support them."

But perhaps what residents and their families appreciate most is always The Salvation Army's distinct 'on-site approach' to Chaplaincy. This is significant for residents who may need extra support. "Many of our residents don't have family, or anyone to support them, they see the Chaplain as someone that they feel connected to, someone they can share with and there is absolutely no judgment." Similarly, families appreciate access to the Chaplains. "Chaplains support families and residents during the end-of-life process when their loved ones are palliating. This is an honour and a privilege that we don't take lightly." ■

SUPPORTING THE COMMUNITY - SALVOS HOME CARE ACT



Salvos Home Care ACT offers a range of services to help individuals live independently for as long as they choose to, whilst still actively engaging with their wider community.

Through working one-on-one with a client, the Salvos Home Care ACT team develops a personalised plan based on an individual's need. Speaking to Michelle Upton, the Team Leader for Salvos Home Care ACT, she notes that no one day of work in her role is the same.

"I coordinate all the Home Care Packages and the Commonwealth Packages in the ACT for The Salvation Army Aged Care. So, I'm supporting my clients care needs, and that sees things like organising care workers in the home, any Allied Health in the home, also helping them with transport or organising their shopping. Any

day-to-day activities or health requirements that we can help with, the Salvos Home Care team will do their best to be there and help every day."

The role of Salvos Home Care is, as Michelle mentions, broad, yet underpinned by the trifold effort to support the client, their family and the community. For those interested in seeking the support of Salvos Home Care, an assessment is first made. "Firstly, we do an assessment and make sure we're speaking to the client or their family members and discover what their needs are and what support they want in the home," says Michelle.

From there, an individual's care plan and package are arranged and varied according to the needs of the client. "So, they could want anything from just a gardener to podiatry, or that could go all the way up to more frequent care, in which we're

in their home for a shower first thing in the morning, helping them with their breakfast and then taking them out or helping them with social interaction," says Michelle.

For many of the Salvos Home Care clients, they appreciate the stability and security of the service, "as they can trust us and know that we are there to do the care work." In the same way, it also supports many of the clients' families too. As Michelle highlights, the service provides peace of mind for families.

"SO REALLY WHAT THAT MEANS IS THAT THE LOVED ONES AND THE NEXT OF KIN CAN THEN JUST FOCUS ON THE RELATIONSHIP THAT THEY HAVE WITH THEIR FAMILY MEMBER, RATHER THAN SPENDING THAT PRECIOUS TIME FOCUSING ON THEIR CARE NEEDS."

For Michelle who has worked in the Home Care sector extensively, she notes the Salvos Home Care point of difference particularly lies in its customer service. "We are very communicative," she says. We're a small group of people with a small number of clients now, so when you deal with The Salvation Army, you're dealing with the Army." ■

FROM HOME CARE WORKERS TO HOME CARE COORDINATORS



For husband-and-wife duo, Hardeep and Ravi, there have been countless opportunities at The Salvation Army to not only learn, but also progress in their careers since they first began as Home Care Workers in late 2021.

As Hardeep affirms, "If you're really wanting to do something, there are options, and The Salvation Army is always there for you." Hardeep has noticed a significant point of difference working for The Salvation Army since starting with the organisation. "You know, because it's not only the matter of who we care for, who we look for, it's the value of things," he says. "It's the value of the clients, the value of their emotions, the value of their needs. The Salvation Army has a person-centred approach."

For Ravi, she had already been working in residential care, yet

was looking for a new challenge. Perhaps the most meaningful element of changing to home care work for her has been the connections she has formed with clients and the support she received along the way.

"HOME CARE WAS A VERY NEW THING FOR ME, BUT EVERYBODY DID SUPPORT ME, AND THEY ARE GOOD LISTENERS. I FELT SUPPORTED THROUGHOUT."

The specialised support a Home Care Worker can provide to a client is no doubt one-of-a-kind and Hardeep shares a touching example of some of the connections he has formed as a result of his time as a Care Worker. "When I was working in home care, I used to give company and social support for one of my clients and I used to take him to the church. You know, that was a fabulous experience; working with this guy. The change I've seen. He was

homeless and they got him all the support from The Salvation Army. He got housing. He got Meals on Wheels. You name it." The most profound moment, however, was when a client passed, and his family asked Hardeep to join them for the funeral." He was touched, stating, "they acknowledge your work and that makes a difference."

Both Hardeep and Ravi have not only experienced great emotional reward from their work, but also career progression since first joining The Salvation Army Aged Care. Hardeep noticed that The Salvation Army Aged Care supported his career progression even before he was accepted as a Home Care Worker. "The first day I remember when I got my interview with my last manager, I said, 'I'm doing my study' and he said 'alright, finish your studies, we're looking forward to when you finish your studies, and we are there for you.'"

Their advice for getting involved in home care? "Open mind and open heart. Don't judge. At the end of the day, we're all getting there, and we'll also look for the support," says Hardeep. In the same tone, Ravi affirms, "the Home Care Worker comes in, and you know, they just support the client to live independently." ■

BURRANGIRI AGED CARE RESPITE CENTRE

Burrangiri Aged Care Respite Centre ("Burrangiri"), located in the Australian Capital Territory (ACT), is a unique ACT Health site operated by The Salvation Army Aged Care.

The Centre supports ageing Canberrans and their carer, through overnight planned or emergency respite care, along with post-hospitalisation support. In addition, a Day Centre program operates Monday to Friday, where clients can attend for as many days as they require. Diah Octaviana, (*pictured, centre*) who has been with The Salvation Army since 2013, first started at Burrangiri as a Carer.

Over the years, she has held positions as Registered Nurse, Care Referral Coordinator and is now currently the Centre's Manager. Diah notes that the role of Burrangiri "is to help the aged living in the community and for their carer who might need a break from that role." Burrangiri essentially serves as a fully equipped home-away-from-home, with registered nurses and carers on site.

"Basically, Burrangiri is a convalescent care facility which also serves to provide a respite break for the carer," Diah says. Also, we have a Day Centre, so we help clients who might need a



bit of encouragement with social interaction." For many clients, respite at Burrangiri provides them with a sense of routine, consistency and community. Clients at Burrangiri are provided with meals cooked on site by our chef, and benefit from a Lifestyle Team who manage a weekly calendar of events and provide stimulating activities.

"On the weekend, our clients are more than welcome to sit in the sunroom or do a puzzle or enjoy our lovely outdoor setting. The sunroom is equipped with reading materials, or they can have a chat with other people," explains Diah. During the week there is a full calendar of activities to keep clients engaged.

"From Monday to Friday, the overnight respite clients can engage with the Day Centre if they would like to be more socially engaged." Activities at the Day Centre include things

such as trivia games, gardening, art and craft, sing-alongs, 'armchair travels' to exotic places, board games, bus trips and walking groups.

Those caring for an ageing loved one will benefit from Burrangiri, which provides a safe, supportive environment for their loved one.

DIAH STATES, "THE BENEFIT IS QUITE SIGNIFICANT, ESPECIALLY THE PSYCHOLOGICAL BENEFIT."

Diah highlights how the Respite Centre can also provide clients and their Carers with a non-intimidating taste of residential care; affirming that full-time care is often comprehensive, well-supported and enjoyable.

When asked what clients appreciate most about the Centre, Diah notes it is the Centre's "family-oriented" feel. ■

SUPPORTING OUR NDIS CLIENTS

Lynne Slevin, Salvos Home Care NDIS Program Manager, first joined The Salvation Army Aged Care in 2019 and plays an important role in overseeing the NDIS Salvos Home Care Staff including NDIS Support Coordinators, Support Workers and Administration.



"I work with the Support Coordinators to ensure that our NDIS residents are getting the services they need and manage the Support Workers that support our NDIS residents to engage and participate in social and community activities," Lynne states. "She also works alongside the Care Quality and Compliance ("CQC") team to ensure all protocols are adhered to.

The role of a Support Worker is diverse and varied too, with their role ultimately to meet the requests of their client. "A Support Worker supports the NDIS resident to actively engage in social and community



activities," Lynne explains. "It might be an outing to the movies or the beach, going to the gym, or having lunch at a centre with other residents. The majority of our support is one-on-one which means that our NDIS residents get quality time with the workers to engage in activities that interest them."

The rewarding nature of this work is not just evident for the Support Worker, but also for the client. "I think that for a lot of our clients, that's something that they really enjoy; knowing that they've got a person there that will spend the time with them: thirty minutes to a couple of hours or take them out somewhere and do something that they enjoy, but still having that one-on-one attention. I guess that special person that is there just for them."

Lynne thoroughly enjoys her work and is energised by the fact that her role allows her to connect with and support clients.

"I LOVE BEING ABLE TO PROVIDE A SUPPORT THAT CAN BE LIFE CHANGING FOR OUR NDIS RESIDENTS," SHE SAYS. ■



HOW SALVOS HOME CARE CAN HELP



Everyday tasks can become more difficult as we age. Salvos Home Care offer a range of services to support older Australians to live independently in their own homes and communities.

Our friendly and fully qualified staff will dedicate time getting to

know you one-on-one in order to fully understand your needs.

When you choose Salvos Home Care services, we will organise a time to visit you at home. We will work with you to develop your personalised care plan. This can be adjusted at any time and is focused on enhancing your independence, health and well-being.

Our dedicated Home Care team are ready to help you at any stage, from advising you on the aged care funding process and various Commonwealth subsidised support options available, assisting with

paperwork, to finding the best solution tailored to your individual circumstances.

We can support you with personal care, domestic assistance, clinical care, mobility assistance, home maintenance, allied health services, and transport services.

You can call our Customer Service Team on 1300 111 227 during business hours or submit your enquiry using the form on our website via agedcare.salvos.org.au/contact/enquire-home-care/ and we will get back to you shortly. ■

MAINTAINING PROFESSIONAL BOUNDARIES

The relationship between a Home Care client and their Home Care Worker can be a close one as clients rely on their Home Care Workers to provide them with both emotional and practical support.

Some examples might include taking the client to the supermarket for their shopping, undertaking their cleaning or supporting their medical requirements to having a cup of tea on a social visit. It is important for our Home Care Workers to strike the right balance between establishing a trusting

relationship and maintaining their professional boundaries in the same way that it is important for our clients to maintain a professional relationship with their Home Care Worker.

Clients can maintain their professional boundaries with their Home Care Worker by aiming to have a professional relationship from the start. When meeting your Home Care Worker for the first time, it's a good opportunity to agree, for instance, on how you would each like to be greeted – this might be by first name, or it may be more formal. – and to discuss your expectations.

It's important to note that Home Care Workers are there to help you build friendships and can attend activities with you to support your relationships in the community, rather than become a friend in themselves.

Additionally, Home Care Workers cannot accept gifts from clients as this blurs the line between a professional and personal relationship. It's also against The Salvation Army Aged Care's policy.

If you have any questions about professional boundaries, please speak to your Care Coordinator or your line manager. ■

APRIL FALLS MONTH



April Falls Month is, as the NSW Fall Prevention & Healthy Ageing Network notes, "an annual campaign to raise awareness about the impact of falls and to promote the latest best practice fall prevention strategies."

As their website states, their campaign seeks to help Australians keep active and minimise falls with the goal to get active and improve balance for fall prevention.

When considering life for older Australians over the last few years with the impact of COVID-19 and increased time inside, this has led to greater disruption in activities and events and thus to reduced

activity, exercise classes and general health, according to the NSW Fall Prevention & Healthy Ageing Network.

Despite this, Council notes that "most falls can be prevented" and prevention is strengthened through exercising, managing medications, having vision checked as needed and making one's living environment safer to prevent a fall.

This April Falls Month, the NSW Fall Prevention & Healthy Ageing Network has outlined some useful steps to prevent falls, including:

- Only using ladders on dry, hard, flat surfaces, and keeping your body weight centred

- Consider installing grip bars in the shower or bath
- Keep high traffic areas free of obstacles
- Secure scatter rugs in place or remove them
- Ensure rooms, halls and doorways are well lit
- Keep the path from the bed to the bathroom clear
- Avoid rushing
- Do not store items on the stairs, even temporarily
- Store heavy items in lower cupboards and lighter ones above
- Have emergency numbers handy near your bed and by all phones
- Wear shoes with good rubber soles. Avoid loosely fitting slippers
- Ensure pathways, decks and stairs are in good repair with railings and good traction.

For more information, please visit the NSW Fall Prevention & Healthy Ageing Network:

fallsnetwork.neura.edu.au/aprilfalls/ and of course please speak with your Care Coordinator if you would like any assistance or additional information. ■

CLIENT SPOTLIGHT - DR. GAY CARTIER



WHAT IS YOUR NAME AND HOW LONG HAVE YOU BEEN A SALVOS HOME CARE CLIENT?

My name is Dr. Gay Cartier and I have been a Salvos Home Care client for 14 years.

HOW EASY WAS IT TO APPLY TO RECEIVE SUPPORT FROM SALVOS HOME CARE?

My introduction to the Salvos Home Care was extremely easy. It was made easy for me to understand the services through the excellent presentation given by the Salvos Home Care Operations Manager.

She explained the vast array of services that Salvos Home Care offered in a manner that was clear, precise, easily understood, and effective. And better still, with her support, the residents, including myself, were able with ease to complete the necessary paperwork,

and she and her team then arranged the services that were in line with our needs and wants.

WHAT ARE SOME OF THE TASKS YOUR SALVOS HOME CARE WORKER ASSISTS WITH?

Like many people, I live with a form of arthritis, that is very painful, and over time has decreased my ability to live my life with confidence. That said, the Salvo Home Care team has certainly changed things for me in a positive way. On a weekly basis, a Care Worker helps me to complete the tasks I am now unable to complete myself, without a level of pain and discomfort. For example, prepping my meals, changing the sheets and making my bed. Washing the floors, vacuuming the carpet, ironing, cleaning the bathroom are some examples of how a Care Worker helps me out on a weekly basis.

HOW DOES SALVOS HOME CARE SUPPORT YOU IN YOUR EVERYDAY LIFE AND HELP YOU TO LEAD THE BEST POSSIBLE LIFE?

Personally, I am very grateful to have a Home Care Package. Without the assistance I receive, my everyday life would be less productive and therefore, on a daily basis, my quality of my life would be less enjoyable.

Whereas now with the support I receive, I am able to attend exercise classes at my local swimming pool, attend on a weekly basis my Pilates class which really helps my old bones to move easier. Physiotherapy is another outside service that is important to me for obvious reasons. I also wear a mobile medical alert watch which adds another area of security. All the above enables me to be part of the community. But better still, apart from being able to move easier, I am able to remain in my own home, which is what I really want to do.

WHAT DO YOU ENJOY MOST ABOUT THE TIME WITH YOUR SALVOS HOME CARE WORKER?

What I enjoy the most about the Salvos Home Care services is how respectful, open and honest the workers are. I have no hesitation in contacting my Salvos Home Care Worker and discussing with them my needs and or wants. I know from personal experience my call or email will be answered immediately, or if not very quickly via email or mobile. Over my 14 years with The Salvation Army, I have found the workers of the Salvos Home Care to be courteous, polite and quick to organise what I need which in turn contributes to me feeling safe and secure and able to remain in my own home, hopefully for a long time to come. ■

STAFF SPOTLIGHT - CHARITRA GHIMIRE

CAN YOU TELL US A LITTLE BIT ABOUT WHO YOU ARE?

My name is Charitra Ghimire. I am from Nepal. I moved to Australia in 2016 to pursue new opportunities. I grew up in Kathmandu with my parents, sisters and brother. I came to Australia on a student visa, and I have completed my Master's degree in Information and Communication Technology.



WHAT ASPECT OF WORKING IN THE AGED CARE INDUSTRY IS MOST REWARDING TO YOU?

I think in this world, helping people gives a satisfying feeling. I enjoy being able to make a difference, being in the position where I get to meet new and interesting people every day and learn new things. I find each day is different and gives me a sense of purpose. To receive genuine appreciation and have a connection with a client also makes it worthwhile. I think all these aspects make this industry most rewarding.

WHAT DO YOU ENJOY MOST ABOUT YOUR ROLE WITH THE SALVATION ARMY AGED CARE?

I would say with no doubt that it is my Salvos Home Care team. I always feel supported in my workplace. Each of

the team members are fully committed in their roles and show a lot of compassion.

While I was on a student visa, I enrolled myself in Certificate IV in Ageing and Disability. I started this career thinking of earning a living, but after working in this sector, I realised this is the sector I would like to work in. I have been working with The Salvation Army as a Home Care Worker since last year and I just celebrated my work anniversary. My husband moved to Australia last August, and I feel blessed to have him by my side and to have a rewarding career with Salvos Home Care in ACT.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

Mostly, I like to go for a walk, catch up with friends and families here and back home via

video calls. I also love to cook nice dinners on my day off.

WHAT DOES LEADERSHIP MEAN TO YOU?

To me, leadership means you up lift others around you. A leader has a way of supporting the team and making them more productive and efficient. Leadership means trusting and respecting those we work with. A great leader means you put people in the right place at the right time.

WHAT ADVICE WOULD YOU GIVE OTHER EMPLOYEES OF THE SALVATION ARMY AGED CARE WORKING IN A SIMILAR ROLE?

The more love and respect you give, the more you will receive in return. ■

STAYING SOCIAL AT MACQUARIE LODGE RETIREMENT VILLAGE



"Retirement living disproves the notion that people have that it's hard to make friends as you get older," says Jennifer Prested, Client Relations Manager.



"You're surrounded by others of your generation, who are more likely to share some interests, concerns and life experiences, so it's easier to make that connection than in the general community." In fact, at Macquarie Lodge Retirement Village ("Macquarie Lodge"), there are plenty of opportunities for residents to

connect with one another. The knitting club, the Scrabble ladies, the puzzle players and then there's the social group are just a few says Jennifer.

A popular group at Macquarie Lodge is the Men's Snooker Group. Warner is one of the men who has been involved in the group since it first commenced. He notes that he used to play snooker with colleagues after work but says that he only really picked up the hobby since the group first started, approximately 18 months ago. Warner most enjoys the care-free approach to the group and the sense of fun it provides. "Nobody worries if they do the wrong thing or don't sink a ball or whatever, we just laugh about it and say, 'oh well, next time,'" he chuckles.

Barry is another member of the Snooker Club, who has more recently joined Macquarie Lodge. When asked what he most likes

about living at the Village, Barry states, "the apartments are nice, and the people seem to be very nice." Barry is a long-time player of snooker, noting he has played it for 70 years. He got involved in the Club through a new friendship, saying, "one of the people here introduced me to the group and I've been playing ever since."

Groups such as the Snooker Club are beneficial in providing social connection, particularly at a life stage where older Australians may feel socially isolated. As Jennifer notes, "social isolation is a problem for most Australians and it's growing among senior Australians."

THE MEN'S SNOOKER CLUB, THEREFORE, "GIVES THEM AN OPPORTUNITY TO SHARE THEIR OWN CONCERNS FROM A MALE POINT OF VIEW," SAYS JENNIFER.

For those considering moving into a retirement village and wanting to be connected and socially stimulated, she affirms the importance of being open to meeting others and getting involved. "In a way, if you look at it, this is probably the first opportunity to meet with people of your generation in such a concentration since you left school. So, these are people who have the same memories; social memories as you, so just be open." ■

RESIDENT SPOTLIGHT - RAYMOND HORSEY



Raymond Horsey is a published photographer who specialises in the art of black and white photography.

He has travelled all over the world during his retirement in pursuit of his photography – to Finland, Cambodia, Italy and Germany, just to name a few countries. When it comes to his photography, his inspiration often lies in the beauty of everyday observation.

"I JUST LOVE PHOTOGRAPHY. IT WAS A WAY IN WHICH I CAN EXPRESS MY FEELINGS IN MY ART. IT'S ABOUT CREATING A PICTURE OUT OF A SUBJECT. THE PROCESS OF MAKING SOMETHING BEAUTIFUL," SAYS RAYMOND.

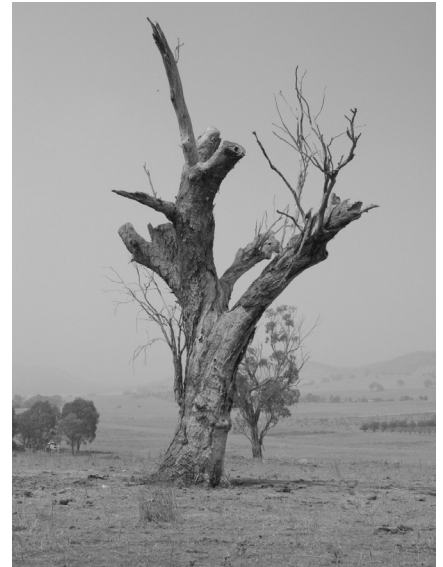


He is dedicated to his art, having even waited for two hours to photograph Gladesville Bridge so that there was no traffic on the bridge. He is also an avid painter and enjoys painting still life and in the surrealist style.

Raymond's apartment reflects his creative personality and his pursuit of the arts, filled with antique vases, stained wooden tables, unique lampshades, and various objects collected over the years, such as crystals, a miniature figurine of Michelangelo's David and the many cameras he has used, including his very first.

"It's a part of Raymond, this apartment," he says, on living at Macquarie Lodge Retirement Village. "I've been able to express myself more in this apartment than anywhere else before. I like that there's a separate study where I can do my photography. You don't hear anything else other than what's going on in this room, there's a quietness; a stillness. This is where I can rest, enjoy and live. It's a beautiful and comfortable place to be."

Raymond appreciates harmony in his living space and almost always has low volume music playing in the background. Sitting down in his living room, something is noticeably missing – a TV. The red and dark blue



couch and armchairs have been laid out so that people face one another when they take a seat, encouraging conversation. The TV is hidden away in a custom-made cabinet, only to be brought out when necessary.

Having travelled around the world, Raymond's favourite places are at home in Sydney and New South Wales. When asked about his favourite places to go to, he says, "Kanangra Walls is a beautiful place, there are majestic views. The wind rises, and the hunting birds glide along with the wind below the cliff edge. And to take a ferry trip to Manly is just beautiful."

Raymond advises the younger generation, "Become the person you were meant to be and accept yourself as you are. Live life on your own terms, earnestly and from the heart." ■

STAFF SPOTLIGHT - LYNETTE LOVELL



PLEASE INTRODUCE YOURSELF. CAN YOU TELL US A LITTLE BIT ABOUT WHO YOU ARE?

My name is Lyn Lovell, I have been working at Woodport Retirement Village in Erina for just over seven years. My role is Administration Assistant and I work closely with the Village Manager, Sue Frost. We support each other and I am able to step up into the role of Village Manager when required. I enjoy keeping my skills up to date, learning new things and programs and am happy to assist other staff members and villages when I can.



WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

In my spare time I like to work in my garden either growing vegetables or flowers. Currently I'm growing a variety of Dahlias. My garden is very tropical with many small ponds and lush green plants to attract the local frogs. Using the Frog ID App,

I regularly go frogging to record frog calls for the Australian Museum. Recording frog calls helps provide scientists with valuable data for the protection and conservation of frogs. So far, I have recorded five different species in my backyard and numerous others in national parks.



I am hoping to record the endangered Green & Gold Bell frog. Currently I have two resident green tree frogs that have moved into the frog motel I built using PVC pipe.

I also like to spend time with my family going on bush walks

enjoying our beautiful national parks and forests.

WHAT ASPECT OF WORKING IN THE AGED CARE INDUSTRY IS MOST REWARDING TO YOU?

Knowing that residents are well cared for and respected. Residents feel that they are in a safe environment in a community where they can easily form friendships. I love seeing small groups just chatting over a cup of coffee in our village green.

We provide a much needed, service providing accommodation to seniors and enable them to live independently for as long as possible. The Salvation Army can provide additional in-home care or transition into a higher level of care or respite if needed.

We have been able to assist people who may have been isolated to feel at home and supported. Residents know that they can come in and have a chat about anything and we will do our best to help them resolve any problems or find the support they need.

I find it rewarding that you can make a difference in someone's life by doing something as small as a smile and saying hello.

STAFF SPOTLIGHT - JASON STABLES

WHAT DO YOU ENJOY MOST ABOUT YOUR ROLE WITH THE SALVATION ARMY AGED CARE?

Making a positive difference in resident's lives. I enjoy learning new things and having the ability to be creative with the monthly newsletter, organising functions, working on special projects and supporting others.

WHAT DOES LEADERSHIP MEAN TO YOU?

Leadership is having the ability to motivate others to achieve and reach their potential. A leader makes people feel valued. They have trust in their employees to perform their jobs well.

WHAT ADVICE WOULD YOU GIVE OTHER EMPLOYEES OF THE SALVATION ARMY AGED CARE WORKING IN SIMILAR ROLES?

Use the resources and training made available to you. If you feel overwhelmed remember The Salvation Army is a large organisation with many different departments that can support each other. Be organised and plan your work. If you have questions just ask. ■



CAN YOU TELL US A LITTLE BIT ABOUT WHO YOU ARE?

My name is Jason. I am 56 years old and a grandfather of 8. I have been employed at Woodport Retirement Village ("Woodport") in Erina for 11 years, 7 in my current position of Maintenance Officer in the Independent Living section.

WHAT ASPECT OF WORKING IN THE AGED CARE INDUSTRY IS MOST REWARDING TO YOU?

I enjoy my work at Woodport and find the friendship and respect given by myself and returned by people I see on a near daily basis is highly rewarding.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

In my spare time I like to garden. Growing vegetables, fruit and mainly chillies is my passion.

WHAT DOES LEADERSHIP MEAN TO YOU?

Leadership to me is a matter of respect from both parties involved to achieve a workplace that is both friendly and completes jobs to a high level.

WHAT ADVICE WOULD YOU GIVE OTHER EMPLOYEES OF THE SALVATION ARMY AGED CARE WORKING IN A SIMILAR ROLE?

My advice to other workers in my position would be to listen to the people you are doing the job for and complete the job in a timely and professional manner. Communication is a high priority. ■

MONTROSE AGED CARE CENTRE'S BAND 'MISTER PERMISSION'



This year, four residents of Montrose Aged Care Centre ("Montrose"), Lenny, Stuart, Daniel, and Ian, started 'Mister Permission,' a band inspired by their work together in their music therapy sessions with their music therapist, Michael.

Stuart fronts the band as their singer, and he also plays the acoustic guitar. Lenny, an experienced organ and violin player, plays the keyboard and Daniel is the blues guitarist. "As a band, we've been able to expand our community engagement and social connection within Montrose," Michael says.

When Stuart was younger, he used to surf and play songs by The Beach Boys and Simon and Garfunkel in the bands he

was part of. For Lenny, his Mum taught him how to play music. "I like being in the band," Lenny says. He also likes Midnight Oil and Russian songs including 'Moscow Nights.' Ian has experience playing the drums and also the guitar, and he enjoys singing. "It's really fun," he says of his work with 'Mister Permission.' Prior to residing at Montrose, Ian was a freelance musician.

With renditions of 'Knockin' on Heaven's Door' by Bob Dylan and 'Yesterday' by the Beatles, as well as 'Moscow Nights' by Lenny on the keyboard – to name a few – 'Mister Permission' is working on an album of works which they have recorded. "'Come on Over' was written by a mate of mine," Ian explains of another song on the album. "It was written four or five years ago. I like the old blues stuff."

"The group has a flat structure," Michael explains. "We try to make it so that everyone's voice is heard and has choices in the songs we play. It's really about envisioning and reimagining themselves as musicians, and as a community and as a band. So, they're building some self-confidence through that. We just share songs that we like, generally it's songs that everyone's played in the past; that we all kind of know."

Michael meets with the residents in the Centre's Chapel once a week for two hours, including for a recent Christmas concert. "Stuart and I actually started online when the Centre was locked down due to the pandemic, but it was a good way to have some social engagement and we had more distinct goals which was a different focus." Kathy and Steve, the NDIS Support Workers, at the Centre, also motivate the





residents to sing, with 'Mister Permission' starting as a band in March this year.

"IT'S VALIDATING AND CAN BUILD SOME CONFIDENCE WHEN YOU'RE HEARING MUSIC THAT YOU'VE MADE," MICHAEL STATES.

Montrose is a specialised aged care centre that caters to a diverse cohort of men, some of whom have mental health concerns or experience dementia, and the benefits of the program for the band members have not gone unnoticed. "There's been a greater increase in focus,

intention, motivation for some of the residents," Michael says. In turn, the social aspect of the band allows for the members to form bonds and connections also, whilst also achieving their community-oriented goals.

Michael affirms the notion of social change when asked about what he finds most inspiring about his work as a music therapist. "I believe that something that music therapy can aid with is social change," he says. "Being able to see yourself and be, someone who is a musician or is a creative person, is more motivating for you and builds confidence generally and allows others to see you as something." ■



SUMMER ACROSS OUR CENTRES



Located in Merewether, New South Wales, Carpenter Court Aged Care Centre's ("Carpenter Court") Lifestyle Coordinator, Lucinda, notes that summer is full of fun and sunshine for their residents.

"Summer at Carpenter Court is spent going for walks along the beachfront across the road, bus trips for morning and afternoon tea to see our surrounding suburbs, and the ice cream trolley visits every second week in the afternoon. We also have games and gardening in the courtyard to enjoy the sunshine." Being so close to Merewether Beach and the Merewether Ocean Baths, there is also a 'swimming group' at the Centre.

"Our swimming group walks to Merewether Baths every Wednesday afternoon for a

swim, takes bus trips further out of town for lunches and creates craft items to sell during the months at the fundraising BBQ's held on some weekends."

Of course, resident safety and wellness are of paramount importance during the hotter, summer months and Lucinda and the Carpenter Court team are prepared accordingly. "We've purchased an Esky with the funds raised from our BBQ's and we keep 350ml bottles of water on hand when spending time outdoors. Sun cream and hats are strongly recommended to everyone spending time in the outdoors and if it's too hot, we move the activities into a cooler space. All activities are subject to change if the residents are uncomfortable in the heat and adjusted accordingly."

Likewise, residents at Elizabeth Jenkins Place Aged Care Centre ("Elizabeth Jenkins Place") in Collaroy, New South Wales, also embrace all that summer has to offer upon the Northern Beaches.

WITH COLLAROY BEACH JUST UP THE ROAD, MANY OF THE RESIDENTS HAVE FOND MEMORIES OF THE BEACH AND ENJOY REMINISCING ABOUT PREVIOUS SUMMER DAYS.

To get into the 'spirit of summer,' Maria, the Centre's Lifestyle Coordinator, told of the Centre's recent Lifestyle activity, which included an 'armchair travel' to Hawaii in which residents were transported to Hawaii – all whilst 'staying put' in the Centre. This 'armchair travel' day also involved some sweet treats and





YouTube videos to create the illusion of being cast away to a tropical island. "We were serving ice cream and it was nice. Many of our residents had been to Hawaii and spoke about this," Maria says.

With the Australian sun being renowned for being particularly harsh, Maria notes that sun safety is also of paramount importance. With this in mind, there is plenty of sunscreen on site for residents to lather up with and it seems even Santa thought of residents' sun safety. "For Christmas presents, we bought lots of residents' hats."

Elizabeth Jenkins Place also has plenty of outdoor spaces where residents can soak up the sun and Maria notes how many

residents like to sit outside, and they have morning tea or coffee. Whilst they haven't yet had a chance to visit the beach this year, Maria is hopeful that residents will soon be out and about for day trips to Collaroy Beach, enjoying all that their Centre's beautiful beach suburb has to offer – whilst keeping sun-safe at the same time. ■



THE MISSION AND VALUES OF JAMES BARKER HOUSE AGED CARE CENTRE



James Barker House Aged Care Centre ("James Barker House"), located in Melbourne's Footscray, caters for 120 residents. It's one of The Salvation Army Aged Care's specialised centres in that it supports a diverse cohort of residents.

Some of them may have been homeless or at risk of homelessness, as well as those with alcohol or drug dependency. Josephine Escano started working at James Barker House in 2017 as the Quality Coordinator and has since moved into the Clinical Care Manager role.

Before joining James Barker House, she worked as a Facility Manager and Director of Nursing in a for-profit, mainstream organisation. "You can see the contrast," she says of the residents she supports and her work with the Centre.

"The main difference with my current role is that I am the advocate for the residents," Josephine explains. "Many people at James Barker House do not have next of kin, a third party or a support person to liaise for their care. So, I find myself in a position where I primarily advocate for their care so that the care or service can be provided; if it's not internally, then externally."

The Centre has a Lifestyle program which caters to resident interest. "Upon admission, the Lifestyle staff sit with the residents and discuss their interests," Josephine says, and there have been some success stories. One resident used to be a landscaper and now helps with the garden; another resident who was a journalist assists with the newsletter.

"It's not always a one size fits all kind of thing," Josephine states. "You can't always gather

the residents in one group or activity." Jazz Kallychurn, the Lifestyle Coordinator at the Centre, agrees. "We did have a couple of residents that were quite depressed, and through Lifestyle, we engage them through taking care of our pets as well as meaningful tasks for them to attend regularly. That took them out of the depression and brought them back to who they used to be," he says.

"I really love the residents that I work with," says Lifestyle Assistant Pat Calvaresi. "I love putting a smile on their face. I love talking to them and having a laugh with them. We're more than just activity assistants; we are their social workers, friends, and family. Many people don't have family here."

"I'VE BEEN ALLOWED TO SERVE THROUGH JAMES BARKER HOUSE, AND I BELIEVE IN THE MISSION AND VALUES OF THE SALVATION ARMY", JOSEPHINE CONCLUDES.

"Homelessness is not only a social responsibility but, more importantly, is a hallmark of a just society. In this premise, James Barker House offers this small contribution to ending homelessness in Australia." ■

THE DINING EXPERIENCE PROJECT



All Aged Care services in Australia are expected to comply with the current 8 Quality Standards and these, "reflect the level of care and services the community can expect," writes the Aged Care Quality and Safety Commission.

The Commission is currently proposing a new set of Standards and, as part of this, The Salvation Army Aged Care is proactively implementing its Dining Experience Project in order to elevate our dining experience, bringing residents back to the heart of their home.

Through the Dining Experience Project, The Salvation Army Aged Care intends to address the importance of food and dining as a community event that connects people with their cultures, their memories and their fellow residents. This is particularly important as we ease

out of pandemic, during which residents tended to eat their meals on their own. Indeed, as written by the Commission in its newly proposed Standard 6,

"IN MANY CULTURES, FOOD PLAYS A LARGE ROLE IN FOSTERING FEELINGS OF INCLUSION AND BELONGING."

Lainie Lynch, The Salvation Army Aged Care's Catering and Hospitality Manager, has been instrumental in the design and implementation of the Dining Experience Project. "A positive dining experience is vital for resident wellbeing, food is an experience that should be comfortable, safe and provide comfort and nutrition," Lainie says. "The sensory and social experience in a dining room is valuable in so many ways the smell of the food the company and discussion at the tables all lead to positive experiences in

regard to not only nutrition but wellbeing for our residents."

The Dining Experience Project commenced in August 2022 with the formulation of audit criteria which have since been used to identify issues and the resulting actions in a pilot site, James Barker House Aged Care Centre. As part of the pilot program at James Barker House Aged Care Centre, the Lifestyle Coordinator surveyed the residents to learn what music they'd like in the dining room. Additionally, one of the residents offered his own artwork to be hung in the dining area to improve the aesthetics of the space.

The Dining Experience Project's intended completion is at the end of 2023 with the goal to create a vital and comfortable environment for dining and events, where residents will be at home and feel stimulated and respected. Some of The Salvation Army Aged Care's objectives include to increase the frequency of resident feedback in relation to food and the service experience, encourage representatives and staff members to join residents for meal services, and engage the Lifestyle team to develop a food-related events calendar. ■

MAYBANKE AGED CARE CENTRE CELEBRATES



Maybanke Aged Care Centre ("Maybanke"), a beautiful heritage-listed residential aged care centre in Sydney's inner west suburb of Dulwich Hill, recently celebrated its 28th Anniversary.

Over the last 28 years, residents have called the Centre home and there have been countless joyous times and memories made. The Centre's Lifestyle Coordinator, Yogi Vai, is one of the long-serving staff, who has been at the Centre for over 25 years, since she commenced in 1997 at first as a casual employee. Yogi was originally an Assistant in Nursing, before progressing to the role of Lifestyle Coordinator for the Centre.

As the Lifestyle Coordinator, Yogi experiences great satisfaction in providing activities and weekly happenings that contribute to the lives of residents. In Yogi's own words: "A Lifestyle Coordinator is the person who helps bring all the residents together for group activities. The activities we

have are individually tailored and have been tried and tested amongst the residents. We have seen some vast improvements in some residents who have been reluctant to participate in some activities, thus having them, come out of their shells."

Yogi notes her role largely "involves planning, organising and executing meaningful activities that our residents enjoy and to also enhance their quality of life." Her role also saw changes in regard to COVID-19, largely in how she sought to ensure residents still felt connected to friends and family outside the Centre. "I support the residents by being available at all times and to help them day-to-day. I also have a lot of interaction with the families and often set up visits and also time for them to video chat."

Yogi states she loves the that her job is varied, reiterating, "no two days are the same and the daily variety of activities that take place all stem for my passion for working with the aged. The resources I have available to me fulfil my role also help and I am very grateful that The Salvation Army have allowed me to grow and shine in something that I love."

Her Lifestyle activities are also inspired not only by her own

passion, but also influenced by the voices and opinions of the Centre's valued residents themselves. "I pre-plan a month in advance and then see what was successful over the last few months. Also, from during our monthly residents' meetings, we discuss what activities they enjoy and would like to see and have a suggestion box on what new activities they'd like to see in the monthly programs."

The most recent Lifestyle activities which have proven to be a hit were the introduction of the 'Maybanke Olympic Games.' "From our Games' Opening Ceremony, until the final medal ceremony, the residents all enjoyed the friendly competitiveness. From balloon volleyball, darts and quoits, our residents all have a sport in which they excel and enjoy playing." It is evident that the residents not only experience much reward from the Lifestyle Coordinator, but Yogi herself finds her role incredibly rewarding an inspiring.

"MY INSPIRATION FOR DOING MY JOB WELL IS SEEING THAT THE RESIDENTS ARE HAPPY AND ARE ENJOYING THE ACTIVITIES THAT I HAVE PUT TOGETHER. THERE IS NO BETTER FEELING THAN SEEING OUR RESIDENTS SMILE AND ENJOYING THEMSELVES," SHE SAYS. ■

STAFF SPOTLIGHT - KYLIE ROBERTS



PLEASE INTRODUCE YOURSELF, CAN YOU TELL US A LITTLE BIT ABOUT WHO YOU ARE?

My name is Kylie Roberts, I'm from Lake Macquarie, originally from Sydney, I've been a nurse for 16 years in the Aged Care sector and I am married with two young children. I've been with The Salvation Army at Carpenter Court Aged Care Centre ("Carpenter Court") for six years.

I came about nursing as a volunteer for a friend in an aged care day centre. I obtained my Certificate III in Aged Care which landed me a job in a residential aged care centre where I stayed for ten years. During that time, I obtained my Certificate IV in Aged Care. I particularly enjoyed studying dementia and how it affects people in different ways.

During my time at Carpenter Court, I have been working as a Care Service Employee and

last year, I became a new AN-ACC Coordinator at Carpenter Court. I very much enjoy my new role. I'm now able to learn more clinical information and get to see the residents from a different perspective.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

In my spare time I like to spend time with my family. I like walking, being by the water, catching up with friends and just enjoying life.

WHAT ASPECT OF WORK IN THE AGED CARE INDUSTRY IS MOST REWARDING TO YOU?

The Aged Care industry is a very complex industry to be in, but it is also very rewarding. Being able to see the smiles on a resident's face is such a nice feeling. Being able to give residents five minutes of my time is such a special thing to be able to do. It's another way to learn new things about that person and to see them as a whole person. Seeing their smiles is a reward in and of itself.

WHAT DO YOU ENJOY MOST ABOUT YOUR ROLE WITH THE SALVATION ARMY AGED CARE?

I enjoy the new role as the AN-ACC Coordinator, it's very interesting to see the funding side of things, learning new

clinical skills and upskilling myself. I feel supported in my new role, and it helps to be trained by someone that you know and having a very caring, understanding and compassionate Centre Manager in Doris Damerau. She gives her staff members a lot of support when needed and wouldn't be in this new role if it wasn't for Doris, believing in me and giving me the chance to learn and upskill at the same time.

WHAT DOES LEADERSHIP MEAN TO YOU?

To me, leadership means having the knowledge behind you to do your job, having strong relationships with your peers, speaking openly, having determination and striving to do your best in any given situation. To have mutual respect between yourself and your colleagues, to be able to lead your team with the same level of respect.

WHAT ADVICE WOULD YOU GIVE OTHER EMPLOYEES OF THE SALVATION ARMY AGED CARE WORKING IN SIMILAR ROLES?

My advice to other employees of The Salvation Army Aged Care would be that if you believe in yourself, you can do anything you put your mind to. The sky is the limit. ■

INTERNATIONAL NURSES DAY - OUR NURSE LEADERS SHARE THEIR STORIES



Care Quality and Compliance team, is a Registered Nurse of over 37 years.

"I HAVE SO MUCH VARIETY IN EVERYTHING THAT I AM DOING," SHE SAYS.

"From training and supporting Care Service Employees, up to training, supporting and mentoring managers." Colleen experiences great reward in her role, too. "What I love most about my role is the big variation of people I get to meet, and work with and then hearing their responses. Because I'm in education and training, I get to see those light bulb moments."

International Nurses Day is celebrated annually on 12 May coinciding with the birth of Florence Nightingale, who is regarded as the founder of modern nursing. This year, the International Nurses Day 2023 theme is 'Our Nurses. Our Future.'

As the International Council of Nurses notes, "it is now time to look to the future and demonstrate what these investments will mean for nursing and healthcare. The Our Nurses. Our Future campaign will shine the light on nurses and a brighter future." Thus, we took

the opportunity to interview some of our nurse leaders within The Salvation Army so that they could share their wisdom.



Colleen Fitz-Gerald, the Clinical Learning Specialist within the



Margaret Williams, the Clinical Policy Lead, also with the Care Quality and Compliance team, began working as a Registered Nurse over 27 years ago. Since then, Margaret has had extensive experience within the sector, commenting, "I have completed

further studies in Education, Quality, Management and Training and Assessment. I love to learn and keep my skills current and relevant for the position I am in."

FOR MARGARET, LEADERSHIP MEANS HAVING THE ABILITY, "TO ENABLE STAFF TO PERFORM THEIR BEST, FEEL SUPPORTED AND KNOW THEY ARE NOT ALONE," SHE SAYS.

"I am passionate about ensuring I provide staff with information that enables them to provide high quality best practice care. I think consistently what I find most inspiring is other nurses – their resilience, kindness and ability to work as a team."



Whilst Fiona Sanders' role as the General Manager of Salvos Home Care is more managerial in nature, she

notes that the principles of nursing are still embedded in how she manages her team. "Certainly that critical thinking and empathetic approach, has stayed with me, over the 40 something years since I started nursing," she says of her skills gained in nursing. When considering a career in nursing, Fiona highlights the sense of teamwork. "I think it's a really wonderful career; the opportunities are endless," she explains.

"THERE'S GREAT CAMARADERIE WITHIN THE NURSING PROFESSIONS, THERE ALWAYS HAS BEEN AND IT'S BEEN A WONDERFUL CAREER FOR ME."

For those who are just starting out as a nurse, Fiona explains the importance leaning on your fellow nurses for support. "There's always somebody to talk to, so it's really important to make sure that you reach out to others and that you talk and take opportunities to debrief," she stated. "Take care of yourself while you're taking care of others."

Andrea Mabalo, a Residential Aged Care Area Manager, also started her career as a Registered Nurse in 2003,



even working as a Professor of Nursing at a university in the Philippines before migrating to Australia.

WHEN CONSIDERING HER EXPERIENCE, ANDREA STATES, "I HAVE WORKED AS A REGISTERED NURSE ON THE FLOOR IN AGED CARE SINCE 2010. TWO YEARS LATER, I HAD MY FIRST CARE MANAGER ROLE AND A YEAR LATER WAS A CENTRE MANAGER."

Andrea notes that the most inspiring thing about nursing is caring for others. "You can be a bedside nurse, a nurse manager, a professor, a consultant but in the end, the inspiration is personal satisfaction that stems from your passion to care for others." ■

NEWS IN BRIEF



MAJOR MYRTLE'S 100TH BIRTHDAY

One of our Riverview Independent Living Village Residents, Major Myrtle, recently turned 100 years old.

Major Myrtle has been a resident of the Riverview Independent Living Village in Riverview Queensland since April 1985 and only in the last year, has started receiving services from Salvos Home Care.

Major Myrtle has a long-running history with The Salvation Army, first commencing in The Salvation Army training college in 1946. From there, Major Myrtle's work included serving in social homes in Boothville, until her retirement in 1982.

Major Myrtle has continued to play an active role in her community and in her church too, where she played the cornet in the band for many years. She

continues to serve even to this day, playing the kettle drums every Sunday with the Bundamba Corps band. In her spare time, she loves tending to her garden and can often be found most afternoons, bent over and pulling weeds out of her well-maintained garden of Gerberas.

For her 100th Birthday, the Riverview Gardens Independent Living Village staff, Salvos Home Care Staff and Major Myrtle's friends and neighbours celebrated with a 'big birthday bash!' The party included a delicious birthday cake, finger sandwiches, quiches and muffins, arrangements of pink Gerberas and pink birthday banners and decorations. ■

RUTH'S 100TH BIRTHDAY

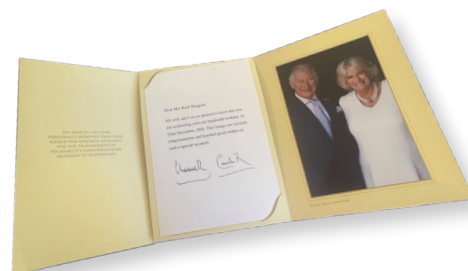
Seaforth Gardens Aged Care Centre ("Seaforth Gardens") Resident, Ruth, recently celebrated her 'Centenarian Milestone' turning 100 years old, in the week leading up to Christmas.

Ruth has been a resident of Seaforth Gardens for almost two years and has lived her whole life in Gosnells, Western Australia. She is blessed with a beautiful family and has three children, two grandchildren and four great grandchildren. In her spare time,



Ruth likes to listen to music, she loves reading and cooking.

Ruth's advice for the younger generation is "to say happy, calm and this is a wonderland which is full of wonderful people, so spread happiness and try to help others if you are able to." The Seaforth Gardens team organised a wonderful party for Ruth's 100th birthday with a cake, a beautiful bunch of flowers and a special birthday badge. Ruth shared her cake with the other residents to enjoy too and her daughter was also in attendance. This special occasion was even acknowledged by the new King Charles himself, with Ruth receiving a special letter. ■





SUNSHINE CLUB

The 'Sunshine Group' is one of the much-loved activities at Macquarie Lodge Aged Care Centre in Sydney's South.

Every Wednesday afternoon, residents from across various wings gather in the outdoor BBQ area to catch up with one another, 'chit-chat' and share their news and topics of interest in a relaxed, friendly atmosphere.

To create ambience, the Lifestyle team plays background music, picked by the residents – which often ends up in a sing-along and even an occasional dance party. The Sunshine Club is always a wonderful social occasion, basking in the sun, enjoying community over some refreshing drinks and an ice cream and it has been a particularly great place to get new residents acquainted and make them feel welcome. The Macquarie Lodge Aged Care Centre looks forward to hosting many more Sunshine Club gatherings in 2023. ■



RIVERVIEW GARDENS BUS OUTING

Riverview Gardens Aged Care Centre residents from the Fairhaven wing recently went on a bus outing to the Gold Coast.

They went to the iconic 'The Spit' and had a lovely picnic lunch, that was provided by Sue and her team in the kitchen, which was delicious.

The residents loved being by the water and watching all the boats go by. They also loved watching the children playing in the water, which many of them noted, brought back memories from their own childhood. ■

KUBIRRI CELEBRATES AUSTRALIA DAY

Kubirri Aged Care Centre acknowledged Australia Day with a special meal prepared by the amazing kitchen staff.

The delicious meals included meat pies topped with peas (and the option of tomato sauce, of course!), alongside a 'chicken parmi.'



Kubirri resident Ramon said that the day itself "felt very important and significant" before going on to note that he was very impressed that the Catering Manager, Lainie, even sat at his table and enjoyed a meal with himself. He also noted that the pie was "the best pie he had that day." ■

STAFF MILESTONES

On behalf of The Salvation Army Aged Care we would like to share our appreciation for all our staff members, including those named here who are celebrating their milestone anniversaries. Thank you to our staff for continuing to demonstrate the mission, vision and values in your work and in supporting our residents and clients.

BARRINGTON LODGE

- Kathryn Helen McDonald 5
- Julie Anne Rainbird 10
- Negisti Zelalem Gebrezgabir 15
- Susan Errington 15

BETHANY

- Meltem Unuvar 5

BURRANGIRI RESPITE CENTRE

- Arianne Domondon Donasco 5
- Soumathachanh Phommaly 5
- Bolanle Monsurat Adeyemi 10

ELIZABETH JENKINS PLACE

- Mark Terence King 5
- Arati Shrestha 5
- Sarita Adhikari Panta 5
- Sonu Shrestha 5
- Kushum Poudel 5
- Karchung Karchung 5
- Jianqin Chi 10
- Maria Pristas 10
- Nantaya Sirithongchak 10
- Ma Christina Abuan 10
- Lhakpa Lhadon Dolma 10

GILL WAMINDA

- Srijana Paudel 5
- April Joyce Gayagay Abad 5
- Ruvarashe Elizabeth Dongo 5
- Kenneth William Travis 5
- Theolyn Magwaza 5
- Claire Louise Peterson 5
- Aneesha Antony 5
- Lorna Abad Grundmann 10
- Georgieanne McDonald 10
- Rebecca Ann Canty 15
- Teresa Jotika Singh 20

JAMES BARKER HOUSE

- Monika Monika 5
- Anudeep Cheema Tandon 5
- Meseret Yakob 5
- Nisha Bhandari 5
- Roshani Rimal 5
- Diane Ferguson 10
- Komathi Karen Hain 10
- Tung Ngoc Mai 10
- Jennifer Gwen Kent 10
- Edgar Francisco Cabrera Rodriguez 10
- Patricia Calvaresi 15

LINSELL LODGE

- Sandeep Malla 5
- Susan Jones 5
- Joel Albert Paul Brimson 5
- Jevani Pagyos Tyndale 5
- Haoying Ren 5
- David Andrew Chicco 5
- Julie Ann Warner 10
- Priscilla Ann O'Brien 10
- Salote Senirewa Saumi 15
- Jayne Emily Behncke 15
- Yilong Xu 15

MACQUARIE LODGE

- Ryan Serrano 5
- Rajju Silwal Subedi 5
- Deepak Kandel 5
- Junshuo Wu 5
- Shane Anthony Snodgrass 5
- Prabin Kandel 10
- Ghani Maya Rana 15
- Melina Strickland 15
- Shaista Faizreen Mohammed 20

MACQUARIE LODGE SALVOS HOME CARE

- Jagpreet Kour 5
- Caitlin Louise Malik 5

MAYBANKE

- Di Liu 5
- Shu Wen Tan 15

MONTROSE

- Paul George Luiker 5
- Rongrong Lu 5
- Inderjit Kaur 10
- Demmelash Yacob 10
- Annel Lata 10

MOUNTAIN VIEW

- Babita Phuyal Kunwar 5
- Joshy Antony 10

MOYNE

- Alicia Jai Alderton 5

PACIFIC LODGE

- Aakriti Amatya 5
- Kamaldeep Kaur 5

RIVERVIEW GARDENS

- Lakshmi Manasa 5
- Manasa Nidadavolu 5
- Rosaleen Maree Tobin 10
- Samantha Joy Gibbons 10
- Leonette Brown 10
- Tegan Maree Hirsch 10
- Elizabeth Anna McColm 15

ROSEDURNATE

- Kora-Lee Anne Phillips 5
- Ashly Varghese 10
- Brenda Valinda Bailey 15

SALVOS HOME CARE BETHANY

- Danelle Gay Williams 10

SALVOS HOME CARE SUNSHINE

- Elizabeth Mary Devlin 10
- Orchid Catindig Pardinias 10
- Dianne Gail Whitby 20

SALVOS HOME CARE TASMANIA SOUTH

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- Queenie Mariz King 5
- Betty Kapalu Saunders 10
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