

AGED CARE *in action*



Aged Care

GETTING THROUGH TOUGH TIMES WITH SALVOS HOME CARE | NAIDOC WEEK
THE GENEROSITY OF OUR CRAFT GROUPS | NATIONAL WOMEN'S HEALTH WEEK

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NATIONAL DIRECTOR MESSAGE

Dear All,

It's my pleasure to share the second edition of 'Aged Care in Action' with you. The Salvation Army Aged Care's biannual newsletter features information and stories from our Salvos Home Care, Retirement Living and Residential Aged Care portfolios.

It's been an eventful period since first introducing Aged Care in Action to you earlier this year, with celebrations held across our Centres and Services nationwide for International Nurses Day and Aged Care Employee Day. These two important days provide our organisation with the opportunity to celebrate our much-valued Aged Care employees, who demonstrate the mission, vision and values of The Salvation Army in their work caring for our older Australians.

WE HAVE ALSO SEEN THE GOVERNMENT SUPPORT AND FUND A WAGE INCREASE FOR THE MAJORITY OF AGED CARE WORKERS ACROSS THE COUNTRY, WHICH IS A DEMONSTRATION OF HOW MUCH WE AS A NATION APPRECIATE THE CARE AND SUPPORT THAT AGED CARE WORKERS PROVIDE.

In terms of The Salvation Army Aged Care's new Strategic Plan, I am also pleased to share that we are now entering the implementation phase, with a Director of Business Transformation appointed internally to support the management of our strategy rollout. We will communicate further information to you about our Strategic Plan as implementation progresses.

As you would be aware, the COVID-19 pandemic continues to impact the Aged Care sector, as it does our broader community, and we remain appreciative for all that you are doing to keep our residents, clients and staff members within our Centres and Services safe.

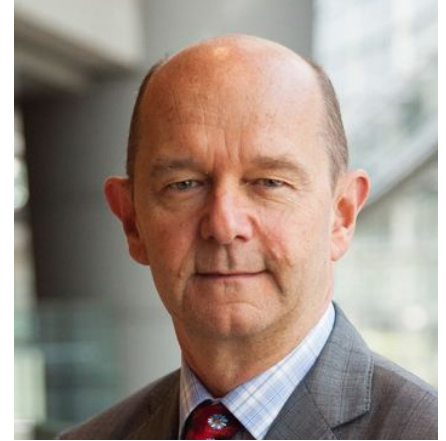
Finally, I'd like to take this opportunity to thank you for your ongoing support of The Salvation Army Aged Care and all that we do to care for those in our communities, whether they be our residents, our clients, and our staff members. We look forward to sharing the third edition of Aged Care in Action with you in early 2024.

Regards,

STEPHEN MACLIVER AM

NATIONAL DIRECTOR

THE SALVATION ARMY AGED CARE ■



DEVOTIONAL

On 1 October, we are celebrating International Day of Older Persons and this year the theme is "Resilience of Older Persons in a Changing World."

I have the privilege of meeting with many of our older residents and clients as I visit our Aged Care Centres. I am always blessed as they share their stories, stories of joy and love, of sadness and pain, of opportunities and hope. As I listen, I am amazed as I hear of the many changes that have occurred in their lifetime.

From the practical things such as family life and carefree youth to communication and travel, the complexities of technology and world issues and war. There has been an ever-changing landscape and I can't begin to imagine how challenging this must be, but I am reminded that change is a natural part of life and although this may not always be good it is how we embrace the change that makes the difference. Change is inevitable, it's all around us and it happens every day, but resilience is about how you respond in a changing world.

I am reminded of a large sailboat that I was on and how important it was that the captain stayed alert and ready to recognise any change in the weather. When this happened,

he quickly communicated to the team that the sails needed to be adjusted to catch the wind to allow us to stay on course and reach our destination. If this didn't happen, we risked being blown off course and a battle to get back on track.

This is sometimes true with life when changes come. Change can overwhelm us and we struggle knowing where to go or what to do and it's in those times especially that we need to remember that just like the ship has a captain who can redirect the sails to take them safely to shore we also have someone to guide us and help us to stay focused and on track, one who can help us through these everyday changes.

**BECAUSE OF THE LORD'S
GREAT LOVE WE ARE
NOT CONSUMED, FOR HIS
COMPASSIONS NEVER FAIL.
23 THEY ARE NEW EVERY
MORNING; GREAT IS YOUR
FAITHFULNESS.
LAMENTATIONS 3:22-23 NIV**

God is with us each and every day, He is faithful and is constantly watching to guide us through the challenges and changes that we face. We all lose our way or get off track occasionally, but resilience comes from being able to reset our sails, get back on track and reach our destination.

Today we celebrate all who have gone before and who have been an example of resilience through our changing world. ■



FAITH IN ACTION

Major Cheryl Kinder, The Salvation Army Aged Care's Mission and Chaplaincy Manager, says that when we talk about spirituality within the context of our Centres and Services, we're not just referring to someone's faith.

"It's important, when assisting residents and clients, that we find ways to support them and their faith journey, and we help them to develop and grow in that," she confirms, however, "It's really critical for our Chaplains to be able to identify ways to support all people whether they have Christian faith, or whether they're of different faith, or no faith at all." Spirituality is what brings life and meaning to the individual, she explains.

Each of The Salvation Army Aged Care Centres has at least one on-site permanent on-call Chaplain who also supports residents when they first move in. "When they're going through those times of feeling great loss of their independence or the community that they've known for so long, or whether it means being further away from family, losing their independence of having their own home, their car, transport, and so much more," Major Cheryl states. "There can be a feeling of hopelessness."

She says that it's important to know that there is a hope that there's more; there's something greater. "We often find that people in the final stage of life are looking for what comes next, and they start to get very anxious and fearful," Major Cheryl explains. "And our Chaplains are able to provide that hope and reassurance."

For the Aged Care Quality and Safety Commission, the Aged Care industry's governing body, Major Cheryl acknowledges that spirituality is what gives life meaning, purpose and connection. "When we talk about giving life meaning or purpose, we're talking about what gives people energy, what gets them up in the morning, or what gives them joy in their day," she goes on to say.



Major Cheryl uses the example of someone who likes to garden, and determining how The Salvation Army Aged Care can support this person during their transition to an aged care centre. This might be by taking them out into the garden, or bringing fresh flowers to their room, or perhaps placing images of nature around for them and bringing them a laptop so that they can watch something about nature.

"YOU CAN OFTEN SEE THE CONNECTION THAT PEOPLE FEEL WHEN YOU SHOW THEM SOMETHING THAT HAS BEEN SO MUCH A PART OF THEIR LIFE; THEY LIGHT UP AND IT CHANGES THEIR MOOD AND BRINGS JOY AND CONNECTION," MAJOR CHERYL STATES.

"That may be a way that we would provide some support to somebody who doesn't have a faith; to provide support for their spirituality, as opposed to

somebody who has a faith that might want to go to chapel, or who might want to sit with you and share scripture, or have a conversation around God's faithfulness," she says. The Salvation Army Aged Care Chaplains also connects with faith leaders in other communities to support people of different beliefs.

For Major Cheryl, the importance of The Salvation Army investing in Aged Care shows that the movement sees, "value in our older people." The values of The Salvation Army underpin everything we do, she states. "We need to continue to support people at all stages, to continue to help them to live their best life. The blessing that I have found in this ministry is that I continue to learn from our older residents. I am amazed constantly at the wisdom and the knowledge that our older people have and what they still have to teach us." ■

A UNIQUE PROJECT SUPPORTED BY SALVOS HOME CARE



"I really enjoy supporting older people and helping them to live independently, fully and with dignity," tells Salvos Home Care Community Support worker, Melanie. "I believe that the social connection and relationship I share with my clients is very important in helping to maintain their wellbeing."

Melanie has been with The Salvation Army for just over a year and finds immense reward in her role. "I get just as much from my clients, as they do from me," she explains. "It's a really fulfilling job. I enjoy the one-on-one rapport and helping with tasks that make a genuine difference to their quality of life." More recently, she has been working on a unique project with her client, Denis, to help him achieve his goals.

"Lately we've been working on getting Denis' aviary up and running," Melanie states. "We

talked about what sort of birds he wanted to keep and what we would need to do to make it happen." Denis is an avid bird lover and so Melanie was eager to bring this project to life. "Denis was keen to try his hand at breeding finches, so we did our research," she says.

"THIS PROJECT IS ON-GOING AND HAS BEEN A REWARDING EXPERIENCE FOR BOTH OF US IN MANY WAYS. WE HAVE LEARNT A LOT AND ARE STILL LEARNING, AND THE BEST PART IS, WE NOW HAVE BABY FINCHES! TO SAY WE WERE EXCITED IS AN UNDERSTATEMENT!" SHE CHUCKLES.

For Denis' wife, Kerri, she notes the profound impact that Salvos Home Care has had not just on Denis' life, but on their family as a whole. When speaking of Melanie, Kerri affirms the positive influence she's had on their family. "We most appreciate and look forward to Mel's visits," she says. "She is always upbeat, smiling and singing. This is contagious and as a family we always feel more relaxed after Mel leaves."

Kerri notes the positive impact of Melanie in helping Denis to achieve a goal with the aviary project. "With Denis' deteriorating health at the

moment, he is unable to look after any pets. So, Mel has gone out of her way to help with bringing the birds into the aviary and caring for them when she is here. This has made Denis feel that he has something of his own," she says.



When reflecting on what has been most rewarding regarding their Salvos Home Care journey, Kerri affirms it has been the positive influence Melanie has had on their family's life. "The most rewarding thing about getting to know Melanie is that she fully gets us. She has a caring and nurturing nature that is not something learned, but a quality that is inbuilt."

For anyone who may be considering Salvos Home Care for themselves or their loved one, Kerri happily sings the service's praises. "I would most certainly endorse someone considering Salvos Home Care to apply, by the level of support that Melanie goes to, providing the most caring support." ■

READY TO SPRING CLEAN



The season of Spring is often synonymous with rejuvenating and reinvigorating the spaces we live in, and what better way to do this than with some Spring cleaning? To ensure your home is ready for Spring cleaning, find out how you and your Salvos Home Care Worker can help freshen up your space.

AVOID HEAVY LIFTING

If you have large items that you no longer use, be sure to ask your Salvos Home Care worker, or a strong family member to help lift and dispose of any items you no longer need.

DETECTORS AND ALARMS

These items in the home often go unnoticed or may be forgotten about as they are often out of sight and out of

mind. It is important to ensure that all safety alarms in the home therefore have new and up to date batteries. Things to consider checking include smoke and carbon monoxide detectors, as well as panic buttons and security alarms.



DECLUTTER

To avoid injuries, it is important to make sure our homes are clutter-free to avoid any additional hazards. Declutter your space by removing items that make spaces 'busier' such as cables, small decorative items and rugs to avoid trips and falls. Please ask your Home Care Worker to

move heavy items for you in accordance with Work Health and Safety requirements.



MEDICINE CABINET

As we age, we may rely more on medication and our medicine cabinets may become busier. With this in mind, Spring is a great time to do a stocktake and an audit on what medicines you use on a regular basis, as well as check the expiration date of medication and consider if anything needs to be disposed of.

Please speak to your Salvos Home Care Worker so that they can assist and can best help you keep safe and well.

Please note that content has been sourced from: <https://www.homecareassistance.com.au/spring-cleaning-tips-and-assistance-for-seniors/> ■

BRIAN'S NDIS SUPPORT

Brian has been a valued resident of the Gill Waminda Aged Care Centre in Goulburn for over five years. When he is not at the Centre, Brian can be found keeping busy, out and about, with his NDIS support workers.

"We love going up to the hydrotherapy pool, the heated pool in Goulburn" Brian says. "We spend a couple of hours there once a week, depending on the weather."

Brian also loves keeping active and exploring the sites, such as the zoo and, more recently, the Goulburn Show. Another day out has included a drive to Crookwell, about half an hour away, to visit where Brian used to play football. One of the more poignant activities Brian and Stephanie, one of his support workers, have done together is visit the cemetery, to



visit the gravestones of Brian's relatives who have since passed.

"I love going to the cemetery, because I've got Mum and Dad and a lot of relations there," tells Brian. "It's not an everyday thing but Mother's Day and Father's Day and their birthdays that would have been," Brian notes of their site visits.

A more recent project Stephanie is helping Brian with is finding frames for his parent's gravestones. "We're just in the middle of getting some pictures of his parents and putting them into water-proof heavy frames so that we can place them at the grave sites, and we've been figuring out some kind of waterproofing that can stay there with their photos," she says.

Stephanie has been a support worker for just over three years and when asked what makes for a good support worker, she explains

that it's about the importance of person-centred care.

"YOU HAVE GOT TO KEEP THE RESIDENT IN MIND AND REALISE THAT THEY'RE ALL DIFFERENT, SO KEEPING DIVERSE ACTIVITIES IN MIND FOR THEM TOO," SHE NOTES.

She also reiterates the rewarding nature of her role. "I love that we can do something that's so small for us but the reward for the residents is so big. The tiniest thing that we do, really can still make a massive difference in their everyday. It makes me realise that we're actually impacting people," she says.

When asked what he enjoys most about his time with Stephanie, Brian notes, "for the simple reason, I get to do what's beneficial for me." ■



GETTING THROUGH TOUGH TIMES WITH SALVOS HOME CARE

For Salvos Home Care Worker, Mel, she has always respected The Salvation Army and its work. "I know with my experience, when I was a single mum, the Salvos helped me out with a Christmas hamper for my kids," she explains.

"I've always respected the Salvos; they're supportive. I've got a lot of appreciation for them," Mel tells. In fact, her experience with The Salvation Army has come full circle, as she is now able to give back to others as a Salvos Home Care Worker.

"THE MOST REWARDING THING IS THE FEELING THAT YOU GET INSIDE FROM HELPING PEOPLE," SHE SAYS. "I JUST THINK IT'S A FEELING LIKE NO OTHER."

This has been the case with Cheryl, a client Mel has been supporting over the last seven years. More recently, Cheryl's husband passed away and the bond between Mel and Cheryl has only strengthened. "We're quite close, because she's lost her husband and we've been there to support her emotionally as well."

"Since my husband passed away nearly a year ago, I go out once a week with Mel and we go down to the beach and we get our lunch



and we just sit there and have a coffee and our lunch, and we watch the water," says Cheryl. When speaking of her Salvos Home Care Worker, Cheryl emphasises the significance they have in her life. "They have got me through some tough times," she affirms. "Since my husband passed away, I've had struggles and I've had days where I've been very teary and upset and Mel's been wonderful."

When reflecting on what she most appreciates about Mel, she says it is their ability to connect with each other. "We seem to get on so well. We're both completely different people, but we just click, and I can talk to her about anything. She's

very reassuring to me. She knows what I need. On my bad days, we go down to the beach and sit there for hours. It's lovely."

For Mel, she notes that beyond helping Cheryl with her usual tasks such as shopping and cleaning, a Salvos Home Care Worker can often provide emotional support. "Because she'd lost her husband, I just thought, it made me feel better when you go to the beach and she loves the ocean," Mel tells. "The last couple of weeks we've seen the dolphins, so it's nice, it's relaxing; it's just really good for your mental health," Mel affirms. ■

STAFF SPOTLIGHT - ORCHID PARDINAS



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

Not staying in one space but visiting a number of clients with different personalities and the human interaction with older people.

WHAT DOES LEADERSHIP MEAN TO YOU?

Leadership is the ability of an individual to influence others to achieve the set goals of an organisation. I believe a good leader must set the achievable goal, clearly communicate to their team, lead by example and be supportive to all members of their team.

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

Have patience, respect, and empathy toward older Australians. This will help you stay in this job for a long time and enjoy your work. ■

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

My name is Orchid. I migrated to Australia 18 years ago from the Philippines. I am married with three daughters.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

In my spare time I like to watch movies on Netflix, especially Korean Dramas. I like to walk my dog for exercise and visit parks and nice spots on the weekend with my family.

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

Working in the Aged Care industry makes me feel I am providing a service to my fellow human beings. By talking to the elderly while showing enthusiasm and interest makes them feel valued. Older people have a wealth of knowledge and wisdom, and they are eager to share. Also, probably due to busy and fast-paced lifestyle in Australia, some of my clients feel isolated so it is nice to be able to provide them with company and friendship.

STAFF SPOTLIGHT - LEONORA BROWN



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

My name is Leonora Brown. I have come to the Aged Care sector by a circuitous route. My mother was living on her own in Sydney was diagnosed with Macular Degeneration in its worst form and was legally blind. She was 80 years old and had recently been diagnosed with early onset dementia. When it became clear that my mother was unable to manage the tasks of daily living, I became my mother's carer and her dementia progressed through all stages until towards the end of her life.

After my mother's death, working in Aged Care was not something that I thought I would do. However, I also thought that I had life skills and experience to offer. I enrolled at TAFE and then I secured a position in one organisation. After eighteen months I felt

that The Salvation Army offered a better work/life balance and was accepted for employment within their organisation.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

I enjoy doing Tai Chi, working in my garden, I am in a Wednesday morning walking club, and I enjoy reading.

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

I think it is the opportunity of meeting a diverse range of older people. While providing services and developing strong and rewarding relationships, one discovers interesting life stories. Also, as an aged person myself I find I can converse relatively easily as I have grown up in similar times.

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

What I enjoy most is my ability to provide an environment for the client where they feel confident, know that I respect their privacy, am empathetic, have strong ethical beliefs and have good listening skills. I also enjoy showing interest in my clients and assuring them that they have

my full attention, I will endeavour to do my best for them, and I am open to any suggestions.

WHAT DOES LEADERSHIP MEAN TO YOU?

Leadership means developing good relationships with team workers, behaving in a respectful manner, listening to their ideas, to provide encouragement and help, to carry out the organisation's goals and behave in a manner that is representative of The Salvation Army's expectations.

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

I would offer the following advice to other employees of The Salvation Army Aged Care working in similar roles, be a good listener, be empathetic, be prepared to multitask and manage your time, look after one's health and have a positive outlook and talk to your supervisor if there is something that is worrying you. ■

MACQUARIE LODGE RETIREMENT VILLAGE – ALLEN KUNG'S FRIED RICE



"A true friend is the most important ingredient in the recipe of life," Macquarie Lodge Retirement Village ("Macquarie Lodge RV") resident, Allen Kung says.

Allen and his wife have been living at Macquarie Lodge RV since 2017 and he reflects that the move was a no-brainer. "As we get older, we want to have tranquillity and no pressure, no maintenance, or things like that. For me, I was sick of cutting the lawns or calling the plumbers or the electricians," he says. Beyond this, Allen had great faith in Macquarie Lodge RV's connection to the Army. "The Salvation Army, as far as I'm concerned, is a

benevolent society; taking care of people, particularly elderly." Allen cites this as a compelling reason for he and his wife's to move to Macquarie Lodge RV.

Allen's life has been an interesting journey, first beginning in China. "I lived in China in a very isolated village that had no modern facilities such as running water, flushing toilet and shower and gas, electricity – nothing. Primarily we worked on a farm, and everything was done manually," says Allen. Moving to Australia in 1954, Allen quickly had to adjust to a new culture and language. "I was seventeen," he explains. "It's not easy to learn a second language. Even now, I still don't think I'm a master of the English or Aussie language."

WHEN CONSIDERING THE REASON FOR THE MOVE, ALLEN NOTES: "I THINK THE MAIN PURPOSE TO COME HERE IS TO LOOK FOR A BETTER LIFE AND AUSTRALIA PROVIDED THAT."

Much of Allen's life and career, has been influenced by his love of cooking. When he was just a seventeen-year-old teenager in high school, Allen had his first experience with retail and hospitality – little did he know, this would be the tip of the iceberg in his culinary career. "I went to work

with my father at the fruit shop," he states. "Going to the market, strangely my father found that I was a very good communicator with people and that I had the flair of serving customers, so he found that I have that sociable quality and that's why eventually I finished up in retail and fast-food."



His first solo adventure in the culinary world was working and owning a fish and chip shop. Over the years, Allen and his wife expanded their businesses across Sydney, owning takeaway shops across Leichardt Market, East Lakes, Brighton Le Sands and in the Sutherland Shire – just to name a few. Allen still loves cooking in his retirement, noting he is always experimenting in the kitchen. "If I go to a restaurant, I'm not worried about what I eat but how they cook it. That's how I learn everything. I come home and experiment," he explains. But if there's one dish he's most well-known for at Macquarie Lodge RV, it's his special fried rice recipe. When asked what his secret tip was, Allen kindly shared: "I think that the hero is fluffy rice!" ■



MAJOR MYRTLE GREEN CELEBRATES HER CENTENARIAN BIRTHDAY



For Riverview Gardens Retirement Village's Major Myrtle Green, her long-standing connection with The Salvation Army started when she was just eight years old.

"I started going to their Sunday School," she says. "When I was 12 years old, I went through all the stages of Soldiership. Junior Soldiers, Senior Soldier, Corp Cadets; studies and other various activities, and then on to Officer Training College, which was a definite call from God."

Entering The Salvation Army Training College, Major Myrtle Green was 23 years old when she joined and, whilst she is a Retired Officer now, she was a Salvation Army Officer for 76 years in total.

She has recently celebrated her 100th birthday.

During her time as an Officer, Major Myrtle Green had a breadth of experiences. From working at an Aged Ladies Home in Burwood, The Toowoomba Salvation Army Girls' School, the Elizabeth Street Hostel in Sydney, Stanley Street Women's in Brisbane, Boothville Hospital – just to name a few – her favourite experiences were at Toowoomba Girls' School and Chelmer Women's Home.

Major Myrtle Green recalls her time as an Officer was indeed "solid hard work." She explains, "We would be on call all night sometimes and then we'd get back to the job the next morning," but she notes it was made all worthwhile by the people she worked with, including Salvation Army Officers. When reflecting on what makes her most proud to be a Salvationist,

MAJOR MYRTLE GREEN STATES, "BECAUSE I OBEYED MY CALLING AND HAVE BEEN ABLE BY GOD'S HELP, I HAVE BEEN ABLE TO HELP SO MANY OTHER PEOPLE."

She notes also that she has helped people, "from the cradle to the grave," working in women's and children's homes, all the way through to peoples' final chapters, when she was working in Aged

Care at Rosedurnate Aged Care Centre and Dee Why Men's Home.

For Major Myrtle Green, whilst she has been a Retired Officer for approximately forty years, she still has a strong connection to the Army, residing in Riverview Garden Retirement Village. Major Myrtle Green notes, "I have lived here, for 38 years, in the same unit and I can boast of being the oldest and longest unit resident."



Major Myrtle Green tells of the wonderful place the Retirement Village is, noting she has had the same neighbour for over 25 years and has formed many meaningful friendships. She also affirms that there is a strong sense of comradeship and that "everyone looks out for each other," at the Village, too. ■

THE GENEROSITY OF OUR CRAFT GROUPS



Members of the Sydney-based craft group at Macquarie Lodge Retirement Village ("Macquarie Lodge RV") demonstrated their generosity recently by donating some of their craft supplies to a similar craft group at Rosedurnate Aged Care Centre ("Rosedurnate") in Parkes, NSW.

One of the group's members at Macquarie Lodge RV, Del, lead the charge for this act of kindness – something that has been instilled in her throughout her life. Del herself was a child of Salvation Army Officers, before eventually becoming a Salvation Army Officer herself. She has lived at Macquarie Lodge RV for the last 22 years, with her connection to the craft group extending back many years, when her parents were living at the site and her mother even running the group at one point.

"Mum took over the craft group within about six months of coming to live here and she ran

it for a long time. Then, all of a sudden, I got conned into it because I used to come over at weekend to help her out. And then I started getting jobs – 'well you do this bit of sewing,'" Del laughs.

It was soon after, that Del was at the helm. "Then, I had the leadership of the group for about fourteen to fifteen years."

When asked about why she was so quick to donate to Rosedurnate, Del notes it "made sense," when considering the overwhelming amount of supplies they had.

"We had two ladies who passed away who were professional seamstresses and the family left everything with us. So, I had rolls of material and then we had stacks of cottons and buttons and all sorts of things."

For Del, she notes that with this act, they received just as much reward for their generosity.

"I THINK IT'S THE SATISFACTION THAT YOU'RE NOT CONSIDERING YOURSELF ALL THE TIME. YOU'RE SHARING IT AROUND AND THAT'S WHAT I'VE GROWN UP WITH."

For another Macquarie Lodge RV craft group member, Janice, she was also more than happy to pass kindness on to Rosedurnate. Much like Del it was a 'no brainer', with Janice noting she finds reward and satisfaction in it too. "I just like to do it," she says.

The Lifestyle Assistant at Rosedurnate, Joy, whose group benefited from the donations, notes that the generosity of the ladies from Macquarie Lodge RV didn't go unnoticed "The residents thought it was fantastic and they do like going through all the material," tells Joy.

The Rosedurnate craft group has been running for roughly two years and has produced cushions, cushion cover ups, knitting squares and bed dolls. For Joy, she said that the volume of the donation will help the group in their endeavours. "We've got material for sewing, wool and a lot of applicators that we can use for card making; things for scrapbooking." But perhaps even beyond the size of the donations, Joy notes she was struck by the generosity. "It's just inspiring to see that we can all make a difference to support our residents." ■

NUTRITION FOR OLDER PEOPLE



Food is an important part of our day. From what we eat for breakfast, right through to dinner, it is important that our meals are nutritious especially as we age.

Choosing healthy food, assists in supporting one's health and wellbeing, whilst a proper diet can help to ward off or keep in check certain conditions. To ensure older Australians are keeping well and healthy, they are encouraged to consider and adhere to the following health advice.

USING LESS SALT

Using too much salt can lead to an increased risk of high blood pressure and heart disease. Therefore, older Australians are encouraged to monitor and restrict high salt foods, such as cured meats and sauces. For those who typically cook and season their meals with salt, a good alternative

is to flavour and season foods with herbs and spices, opposed to using salt.

DRINKING WATER

Drinking water helps with hydration, digestion and blood volume and therefore, it is important to be keeping your fluids up and staying hydrated throughout the day. As a guide, aim to drink at least six glasses of water a day, with additional intake if it is a hot day or if you are planning to, or have been, exercising.

MAINTAINING BONE HEALTH

As we age, it is common for one's bone density to decrease, leading to an increased risk of fractures and other conditions such as osteoporosis, osteopenia and arthritis. To remedy these health concerns, increase your calcium intake through milk products, such as yoghurt and cheese,

which are high in calcium. Beyond this, Vitamin D helps to build and maintain healthy bones and can be sourced from foods such as egg yolk, butter, tuna and sardines, along with fish oil tablets.

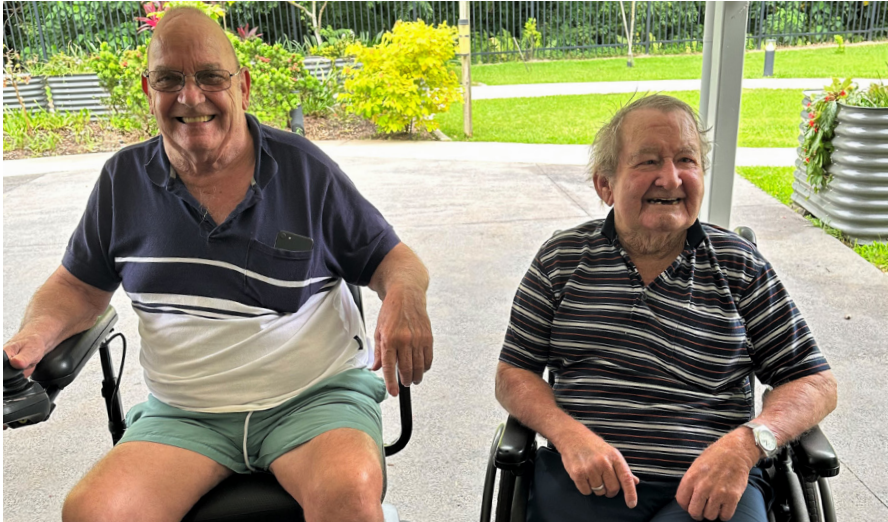
HEALTHY TEETH AND GUMS

To ensure oral health is up to standards, have dentures fitted properly so that you can chew your food well. Regular visits to the dentist can help ensure your dentures are adjusted and visit the dentist if you are having any trouble with your teeth, gums and/or dentures.

For more information on how to prepare and serve hearty and healthy meals, be sure to check out The Salvation Army's latest cookbook, 'One Table' which can be found online. If you'd like more information or support in shopping for and preparing meals.

Please note the information from this article has been sourced from Nutrition Australia. ■

INTERNATIONAL DAY OF FRIENDSHIP



International Day of Friendship was first proclaimed in 2011 by the UN General Assembly to acknowledge and honour, "the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities."

Throughout all stages of life, friendships are important but perhaps as we age, they are integral in aging well and to dispel loneliness, improve health and promote wellbeing. Across our Salvation Army Aged Care sites, there are many heart-warming examples of friendship to inspire and encourage.

At Kubirri Aged Care Centre ("Kubirri"), John and Shorty are a pair that make the most of the Queensland heat, as they bond over a shared love of gardening. The

men's rooms are situated next to each other, and they share a garden space outside their windows. Shorty is an avid gardener and his love for tending to the garden has been what has united the men.

"He's got heaps of plants out there and he's bought me a couple of plants because he goes to the market every Saturday," tells John. "I've always been interested in and plants and growing veggies and Shorty's right into plants as well," he says. "I get along very well with Shorty."

WHEN ASKED WHAT HE THINKS MAKES FOR A GREAT FRIENDSHIP, JOHN NOTES GOOD CONVERSATION.

For Gill Waminda Aged Care Centre ("Gill Waminda") resident Brian, he is a great example of what it means to be a friendly face. Brian has been living at Gill Waminda for the last four years

and is from the local Goulburn area. Whilst Brian already knew many people from his various jobs around Goulburn, he has formed even more friendships as he helps deliver the mail at the Centre.



When reflecting on his many connections at the Centre, Brian notes that it is mainly by 'having a go at everything.' He plays Bingo at the Centre and assists with decorating for different functions. Rebecca Ness, the Centre's Lifestyle Assistant says that Brian is the biggest advocate for getting involved and often brings new people along to activities.

When Brian was asked his advice for making friends within an Aged Care Centre, he said: "There's always someone and staff who can talk to you and can help sort out a problem. Don't carry it - everyone will help you if you ask." When reflecting on what makes for a great friendship, Brian notes, "trust and loyalty. If you say you're going to do something - you do!" ■

NAIDOC WEEK

NAIDOC Week is held across the first week of July annually, "to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples."



In 2023, the NAIDOC Week theme is, 'For Our Elders,' and acknowledges the integral role that Elders play within our communities. Kubirri Aged Care Centre ("Kubirri") in Far North Queensland, has recently been involved in the local community's celebrations. In fact, Lifestyle Coordinator, Maria, notes that the Centre has had an ongoing involvement in the week, even having the Centre bus participate in the NAIDOC Week float.

"Every year we participate in the bus parade, so we decorate the bus and take all the residents," Maria explains. When reflecting on the Centre's involvement in NAIDOC Week, she says it's

a team effort. "Last year we did wood painting and made boomerangs, which are very significant to Aboriginal and Torres Strait Islander people, because they use them for hunting and dancing, so we did that in our art and craft and then used it on the bus as decoration," tells Maria.

Maria says that for many of their Aboriginal and Torres Strait Islander residents, this celebration is, "the most important part of their identity and culture and they want to share that with everybody." Not to mention that the day is filled with much excitement.

**"IT'S A MOST ENJOYABLE
EVENT FOR EVERYONE.
THEY'RE ALWAYS LOOKING
FORWARD TO IT."**

For Centre Manager, Angela, she reflects on the strength of this week in bringing people together. "I think it's a great opportunity for the whole community to be involved in, in celebrating cultural



values for residents and staff, and we are all very supportive of this."



Care Service Employee, Nancy acknowledges that NAIDOC week is of immense value, reiterating its value for past, present and future generations. "To acknowledge our Elders; first, present and past, and keeping our culture alive and for our children; the next generation," Nancy says.

Nancy reiterates its importance for the wider community and how it helps bring awareness to Aboriginal and Torres Strait Islander culture. "We have the one tribal language, and during this week, we get the community involved with the Indigenous culture." Nancy concludes the significance of this event noting that such initiatives for the Aboriginal and Torres Strait Islander community are indeed, "keeping our culture going and lively." ■

THE DINING EXPERIENCE PROJECT



The Salvation Army Aged Care has residential aged care centre located across Australia and, this year, we launched The Dining Experience Project to try and replicate home comforts and a similar, warm atmosphere in our dining rooms.

Our Hospitality and Catering Manager, Lainie Lynch, and Project Lead and Business Support staff member, Evan Aubertin, have spearheaded this



project, and their approach has involved listening and adapting the Project based on the feedback and insights provided from staff and residents.

The Dining Experience Project was first launched in James Barker House Aged Care Centre ("James Barker House") in Melbourne, with Lainie starting off with simple adjustments before considering the wider project. "I went and bought all the table settings and purchased new plates and crockery," she says. In the same tone, Evan notes that the Centre Manager, Glenda, was instrumental in the launch.

Evan states that their approach to rolling out The Dining Experience Project across The Salvation Army Aged Care, which will take place in the latter half of 2023, will be unique to each centre, as with the pilot program at James Barker House.

"WE'RE TAILORING THIS PROJECT FOR EACH CENTRE AND REVAMPING OUR PROJECT MODEL AND APPROACH," HE SAYS.

"With each centre, we're getting a different set of needs, a different cohort, so I think making sure that we're not distributing the same product and instead taking on board what the residents actually want out of the dining experience is integral."

In terms of next steps, Lainie and Evan have an exciting journey ahead, launching across seven additional centres. The launch will be made easier, by the pair's obvious labour of love for the Project. For Lainie, she affirms, "it's vital that people can come into a dining environment and feel like they can ask for something, can change their mind at the point of service and that they eat in a nice, quiet environment."

Evan highlights how he hopes this project benefits residents, making their aged care journey as comfortable as possible. "I feel like it's difficult for a lot of residents to come into an aged care centre and lose parts of home. So, if at any time we're able to bring a little bit of what they had, before their aged care experience, into their experience now, and to connect them with their past, that's special." ■

LINSELL LODGE OP SHOP OUTINGS



The ladies of Linsell Lodge Aged Care Centre ("Linsell Lodge") have been enjoying their busy calendars and big days out, courtesy of their Lifestyle Coordinator, Lee, and Lifestyle Assistant, Sharyn. But perhaps the most exciting outings have been to the good old-fashioned op-shops and the gems they have scored on their days out.

For Linsell Lodge resident Pat, she is always stunned by the items available in an op-shop, "books, china, glassware. One shop – they've got everything! From being a library, to having jewellery – you name it, it's there!" Pat has found some gems, also for some of her lucky friends. "I did find a new pair of shoes – size 7, a bit loose, so my friend got them," she chuckles. Resident Lyla has also noted that she, "has bought a couple of jumpers," – just in time for the wintery weather.

Pat has been a resident of Linsell Lodge for three years

and says, "it's a good place to be," attributing the positive experience to the people she knows at the Centre.

"I LOVE IT HERE AND I'VE GOT GOOD FRIENDS AND CARERS."

Pat loves the outings, stating that when it comes to, "going out with friends and doing things together," she finds it, "very, very nice." When it comes to planning the Lifestyle calendar, Lee explains that it is, "pretty much driven by what the residents suggest," before stating, "we take a lot of input from what the ladies tell us, so we have the Ladies' Group once a month, so one month we will do something in-home and they will plan what they want to do for future days and outings."

For resident, Maureen, who joined the Centre last year, she has nothing but praise for the Centre, "the carers, the staff – they're all absolutely wonderful," she says.

Maureen also enjoys the days out, saying: "I like going out and having a good time. I love going out with the girls." Resident Lyla, who has been at the Centre for about four years, notes she is grateful for the friendships formed too. "I find it quite good here," she says.



"I love going through second-hand shops," Maureen exclaims. She is astounded by how many items are in tip-top condition and in some cases, brand new. "I bought a double doona cover and it's \$7, brand new with the ticket on it," she says. "They are literally giving it away – it's so cheap!"

For Maureen, there is also a rewarding feeling of giving back – and being rewarded for this generosity too, she tells. "The best part is, if you make a donation, you get a discount on what you buy and if you show them your pension card, you still get a discount." ■

COMMUNITY OPEN DAY AT MACQUARIE LODGE



This year we opened the doors to Macquarie Lodge and welcomed the community to visit for a day of art workshops, art exhibitions and performances by Chinese cultural dancers and Salvos Band.

This event was hosted by Macquarie Lodge Aged Care Centre, Macquarie Lodge Retirement Village and Salvos Home Care Arncliffe, all coming together to celebrate the seniors in our community during this year's NSW Seniors Festival. The goal was a day of fun, creativity, education and connecting with our local community.

The Chinese cultural dancers started the day with their first performance and their serene



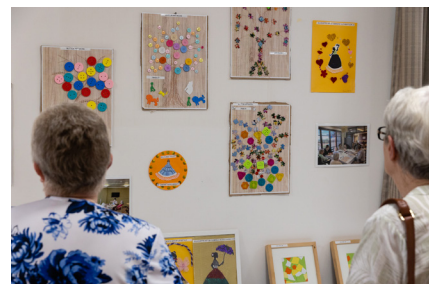
moves and colourful outfits were a joy to watch.

In the outdoor area of Macquarie Lodge Aged Care Centre, the art workshop station had been set up, decked out with colourful decorations and a range of art materials including paint, plant pots to paint and paper for origami. Three workshops had been organised – aqua painting, pot painting and origami.



Throughout the day, our staff led interested attendees on tours throughout the Centre and Village and were present at information tables to answer any questions from attendees.

Paintings and photography by Raymond Horsey were displayed in the historic Dappeto House, with a mix of his still-life paintings and black and white photographs.



At the art exhibition of Macquarie Lodge Aged Care Centre residents, a variety of mediums were on display from acrylic paintings, landscape paintings, button art, collage and stencil art. Resident Garrick is a keen painter, with some of his works displayed in his own showcase.

As budding and expert artists alike gathered together, the Salvos Band started to play, which provided a great backdrop for the day's artistic endeavours. The music was enjoyed by all, and a few people even made requests for songs to be played in the Salvos Band style. ■

STAFF SPOTLIGHT - ALVIN PADILLA



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

My name is Alvin and I have been with The Salvation Army Aged Care at Macquarie Lodge Aged Care Centre ("Macquarie Lodge") for about three years. I started my career as an Registered Nurse ("RN"), where I directly provided care and support to our residents. My passion for delivering high-quality care led me to pursue additional responsibilities within the organisation.

I currently hold the role of AN-ACC and Quality Officer at Macquarie Lodge Aged Care Centre. In this position, I draw upon my nursing experience to ensure that our Centre's services align with the Aged Care Quality Standards. My experience as an RN allows me to understand the needs of our residents and enables me to contribute to their overall care and satisfaction.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

In my spare time, I like to unwind and recharge by watching Netflix series and taking strolls. I find these activities provide me with a break from work and allow me to engage in self-care. By taking time for myself I am better equipped to approach my work with renewed energy and focus.

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

The most rewarding aspect for me is knowing that we are making a positive impact on the lives of our residents and their families. Every day, I have the privilege of witnessing the power of compassionate care. Beyond the direct impact on our clients, I also recognise the significance of the 'ripple effect' that our work has on our residents' families. By providing holistic care and support, we alleviate concerns and burdens that families may face when their loved ones require assistance. Knowing that we are contributing to a supportive environment for our residents brings a sense of purpose to my work.

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

What I enjoy most about my role with The Salvation Army Aged Care is the opportunity to work with a dedicated team of individuals who share a common goal of providing high-quality care and support to our clients.

WHAT DOES LEADERSHIP MEAN TO YOU?

To me, leadership is about being a positive role model and inspiring others to reach their full potential. As part of the management team at Macquarie Lodge, I understand the significance of empowering our team to deliver high-quality care. Effective leaders are able to communicate clearly, build trust, and foster a positive work environment.

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

Always keep in mind the core of our purpose, which is to provide compassionate care and support older members of our society. I would encourage my colleagues to approach their work with a sense of compassion and purpose, and to strive to make a positive impact. At the same time, it is essential to also take care of ourselves to provide the best possible care for others. ■

NATIONAL WOMEN'S HEALTH WEEK



National Women's Health Week runs from 4 to 8 September 2023 and at The Salvation Army Aged Care, those within our Clinical team champion the importance of acknowledging Women's Health Week beyond the formal calendar date.

Margaret Williams, the Manager for Clinical Procedures and Practice Excellence, within The Salvation Army Aged Care, spoke about the importance of promoting this week. Within her role, she ensures women's health is promoted from policy right through to practice. "From a policy point of view, we put equality and equity into our documents, and we ensure that we get to know people; their background and what's important to them and looking at different cultural aspects and religious aspects," Margaret explains.

When considering the needs of older women, Margaret considers

not just their physical health, but also emotional health. "Research shows that women have a lot deeper need to have those close relationships and bonds and therefore many of The Salvation Army Aged Care's lifestyle and activity programs focus on some of that," Margaret says. "Things like craft groups, morning teas and the knitting groups – just to get that socialisation to make sure they're not alone."



When asked about the significance of National Women's Health Week, Margaret outlines how this week is a great reminder for the importance to empower older women. "It's about ensuring that we do get all that information out to staff about diversity and equity. "It's also about making sure

everything is consumer-centred so that our residents and clients have a voice in how they want their lives to look and how they want their care and services to be delivered."

"Everything that I do is person-centred," she says. "So, residents' and clients' wellbeing and health is always the main objective of the training that is developed, and we have all the resources and evidence to back that up. By having this particular week, it helps us improve the health and wellbeing of the women in our care. This is therefore a mutual goal to the goals of Women's Health Week."

When asked what is significant about this week, she noted the ability to consider the needs of women from all generations.

"BY PUTTING A FOCUS ON HAVING A NATIONAL WOMEN'S HEALTH WEEK, IT DOES RAISE THAT AWARENESS ACROSS ALL GENERATIONS THAT WOMEN'S HEALTH NEEDS TO BE A FOCUS, IT NEEDS TO BE TALKED ABOUT." ■

ANZAC DAY AT SEAFORTH GARDENS



ANZAC Day, which falls on 25 April annually, has long been a day of recognition to the Australian and New Zealand Army Corps, since the day was first acknowledged in 1916.

As the Army Government website notes, "On 25 April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as ANZACs and the pride they took in that name continues to this day." In 2023, the day is still significant as it pays homage to those who fought in Gallipoli and, as the Army Government website notes, also extends and "includes the remembrance of all Australians killed in military operations."

At Seaforth Gardens Aged Care Centre ("Seaforth Gardens"),

volunteer Trish pays her respects to the ANZACs through her volunteer work at the Centre. Trish has been a volunteer at the Centre for six years and is currently the volunteer Chaplain onsite, assisting with church meetings, bible studies, Chapel service and even conducting the occasional funeral service. Trish will be running the ANZAC Day Service for the Centre and has a personal connection with this significant day.

"I was six months old when my father went to war and five years old when he came home," tells Trish. "My father was in the field ambulance unit and he also assisted in the operating tents. Due to his own injuries and the injuries he witnessed, my father spent the rest of his life in hospital as much as the time he was at home." For Trish, she highlights the importance of honouring this day and the servicemen and women who made sacrifices for our country.

**"WE SHOULD ALWAYS
REMEMBER WHAT HAS BEEN
GIVEN TO US, FOR THOSE
WHO LAID DOWN THEIR LIVES
FOR US AND THE SACRIFICES
THAT WERE MADE."**

For Seaforth Gardens resident, Elaine, she also has a personal connection to ANZAC Day. "My

father was a returned man," she says, and finds the day especially poignant. "It makes us think, that these men that went to war, that went to fight for our country and many of them lost their lives, left widows, young children and friends." For her, she honours and pays respect to the many servicemen and women who sacrificed much for our freedom, before acknowledging how she will be memorialising the day.

"We have a service and we commemorate the words and we remember what was done for us and we thank God for those who did it and we pray for this world," she says. "It's not just a day, it's been done for years and for our benefit and we have reaped much of it."

Likewise, for Seaforth Gardens resident Margaret, she has long been involved in ANZAC Day services, telling of her time as a Salvation Army officer, who previously led services. She notes, "As an officer, I've lead meetings when there wasn't a manager to do it." The significance of this day is echoed in her reflections of ANZAC Day as she reiterates, "It's a special day of memory for a lot of people and for those who gave their lives for us." ■

AGED CARE EMPLOYEE DAY



Aged Care Employee Day celebrates the more than 427,000 residential aged care, home care and retirement living staff who care for over 1.5 million older Australians.

This year, The Salvation Army Aged Care ("TSAAC") formally celebrated Aged Care Employee Day on Monday, 7 August, with each of our Centres and Services acknowledging the inspirational work of employees with an awards ceremony and a catered event.

TSAAC's Human Resources Business Partners, Alison Geale and Lianna Greene, managed the Human Resources side of

the project, with support from the wider Aged Care team. Lianna notes that this event was not made possible without an 'all hands-on deck' approach to the project. "There is a lot of collaboration with other teams in TSAAC. From our Enterprise Development team who design



and create our awards, to the Communications team who ensure that everyone is aware of our celebration plans and send out the nomination forms for our awards, to our hospitality team who arrange the food for our lunches and afternoon teas."

When reflecting on the steps involved to bring the project to life, Alison notes that the team began thinking about this event well in advance. "Our team started on this months ago, consulting with various stakeholders, working out everything from budget, right through to what refreshments would be served on the day," she says. "The aim of the day is to place value on all our employees, so we've tried to involve a good cross-section of the various employee groups."

When considering the significance of this day for the industry, Alison notes that it is not just an occasion to celebrate, but also offers a time



to reflect. "It's an opportunity for us to stop for a moment and think about why we're here and the value of our work in Aged Care. In the day-to-day of work and life, it can be easy to lose sight of the big picture. We have the privilege of making a fundamental difference in individual human lives every day. That's worthy of celebration."

For Lianna she also notes the significance of this day in highlighting the amazing work of all aged care employees, from Centre Managers, right through to those behind the scenes who work in the cleaning teams.

"AGED CARE EMPLOYEE DAY IS AN OPPORTUNITY TO SAY THANK YOU TO THOSE WHO CARE FOR OUR MOST VULNERABLE. THEIR HARD WORK DOES NOT GO UNNOTICED AND SHINES A SPOTLIGHT ON THESE VERY SPECIAL PEOPLE."



Both Lianna and Alison note that working within this sector, brings with it many rewards. Alison reflects that she enjoys, "being part of a big team of compassionate, down-to-earth yet highly skilled professionals and supporting older people to live well in their senior years."

For Lianna, she says her work is a privilege and feels honoured to give back to a generation who have given so much to our society.

"The most rewarding part is being able to give back to the elderly generations who have paved a pathway for future generations to come. It is heart-warming to see the impact my role has and how it plays an active part in ensuring the care and support of our elderly generations is maintained at a high level." ■



NEWS IN BRIEF



Macquarie Lodge Aged Care Centre's resident Maurice, as he has done so since he first joined the Centre in 2015, was an active force in the Centre's Red Shield Appeal involvement in 2023.

NATIONAL RECONCILIATION WEEK

National Reconciliation Week is a week for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can take part in achieving reconciliation in Australia, according to the National Reconciliation Week website.

Within our Aged Care centres, National Reconciliation Week was acknowledged in a variety of different ways.

Kubirri Aged Care Centre held a barbeque lunch to acknowledge this occasion, with family members in attendance. The barbeque area was decorated with the colours of the Aboriginal and Torres Strait islander flags and the catering team prepared a delicious meal, which residents and their families commented was very nice.

Burrangiri Aged Care Respite Centre also recognised National Reconciliation Week with a painting session.

Bethany Aged Care Centre also acknowledged the Week with morning tea, as residents listened to a moving conversation with The Salvation Army's Sue Hodges and Uncle Vince Ross broadcasted from the television. ■

MACQUARIE LODGE'S RED SHIELD APPEAL

As Maurice has done so in previous years, he sat in the Centre's foyer area, donned with a red vest and a bucket for donations from any visitors who may have come on site.

Later that day, Maurice visited resident rooms, enquiring if they would generously donate to the Red Shield Appeal, before all funds were given to the Rockdale Corps.

It was wonderful to see our resident's involvement in the wider mission of The Salvation Army, with the Red Shield Appeal raising \$87 million dollars in 2023. ■





VISITS FROM OUR FURRY FRIENDS

They say ‘man’s best friend’ often comes in the form of a cuddly pet and it seems many of our Aged Care Centres know this to be true, with pet therapy becoming an increasingly popular Lifestyle activity.

The Lifestyle team at Gill Waminda Aged Care Centre in Goulburn, have been doing an exceptional job in sourcing a very special guest ‘Hephner the Alpaca’, from a local farm, to visit the site. The residents were thrilled to meet Hephner and his lovely owners, who assured residents that he would be making regular visits to the Centre.



Bethesda Aged Care Centre residents also enjoy pet therapy, with their resident cat, Chloe, often found snuggling up to residents. The Centre also has a therapy dog, Charlotte, who visits every Tuesday and always puts a smile on the residents’ faces. ■

FOOD FOCUS GROUP AT MACQUARIE LODGE



Macquarie Lodge Aged Care Centre held a ‘Food Focus Group’ in June, led by Lainie Lynch, The Salvation Army Aged Care’s Catering and Hospitality

Manager and the Catering Industries Chef, Ravi, and their Area Manager, Sunny.

This session intended to meet the catering requests of residents, by pinpointing what meals they are happy with, as well as what else they may wish to see served at mealtime. The session had seventeen residents and seven staff who participated.



Some of the delicious meals sampled included amritsar fish, chicken leek and asparagus mornay, lentil patties with tzatziki and pork and apple rissoles with lemon thyme sauce. ■

LET'S GET SOCIAL

The Salvation Army Aged Care
Published by Emily Yong • June 22 •

Nothing is more timeless than Barbie! The ladies at [#Moyne](#) enjoyed a Barbie themed high tea afternoon, complete with Barbie cupcakes and pink decor. The Centre was donated 29 dolls by a local Salvos Store, and they had fun with fashion, dressing up the dolls in some fabulous outfits. An important part of many people's lives, Barbie always provides a good dose of nostalgia and fun.

[#agedcare](#) [#salvosagedcare](#) [#TheSalvationArmy](#) [#agedcareaustralia](#)

The Salvation Army Aged Care
Published by Niki Westerholm • April 26 •

ANZAC Day holds a special place in the hearts of our residents. Many of them have either directly or indirectly contributed towards the war efforts and peacekeeping missions.

Over the weekend, our centres across the country honoured the courage and sacrifice of the soldiers, support staff and animals who have served our nation in the past and those who continue to do so now.

Here are some photos from [#RiverviewGardens](#) where we had a beautiful service led by our Chaplains Andrew and Katrina and supported by our guest speaker Captain Michael. Our residents laid wreaths, with some, like William in the picture, proudly dressed in their uniforms as they remembered their fellow veterans. The service was followed by morning tea where everyone enjoyed Anzac biscuits made by our head chef Sue.

[#TheSalvationArmy](#) [#salvosagedcare](#) [#agedcare](#) [#lestweforget](#)

The Salvation Army Aged Care
Published by Emily Yong • June 8 •

Nothing can quite beat relaxing time with painting, nibbles, music and some good company.

[#RiverviewGardens](#) residents have been eager to get involved in the Centre's paint and sip sessions and get started on the new canvas designs. In one of the sessions, residents were given the freedom to paint whatever they liked and make their own design from scratch, such as flowers and boats, which led to some wonderful paintings. A fun activity that is also really beneficial for cognitive and fine motor skills.

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The Salvation Army Aged Care
Published by Emily Yong • July 4 •

[#RiverviewGardens](#) spent the morning making sun catchers. These sun catchers were created from flowers and plants from the Centre's gardens and a laminating pouch, which was then sealed together using an iron. Family members also joined in on the suncatcher making. The final products are just beautiful and capture the glimmering sunshine!

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The Salvation Army Aged Care
Published by Emily Yong · May 5 ·

Gale resides at [#Maybanke](#) and is a newer resident only having joined earlier in the year. She also recently celebrated her 100th birthday in February. A woman of style and colour, our team threw her a special morning tea with colourful food and decorations.

Gale grew up in a small town in North Queensland. One of her fondest childhood memories was when she went crabbing in the mangroves with her dad and spending Christmases with her family in the bush. These memories have stuck with her, and Gale has passed down these valuable traditions, even embarking on a Land Rover trip around Australia with her husband and two sons.

Throughout her life Gale was a teacher, receiving a scholarship for teaching in Brisbane. She and her husband were TSA officers who worked very closely with the elderly, and she also taught English to children who had recently migrated to Australia at Booth College.

An avid learner, Gale completed a Master of Arts in Theology at the age of 85. As sharp and determined as ever, Gale continues to study and loves reading non-fiction books as she says they keep her thinking. "I love reading and keeping my brain active with crosswords and word square puzzles in French." She also enjoys brushing up on her math skills and hopes to further her studies in the field of theology.

[#agedcare](#) [#salvosagedcare](#) [#TheSalvationArmy](#) [#agedcareaustralia](#)



The Salvation Army Aged Care
Published by Emily Yong · August 8 at 5:03 PM ·

Across the country yesterday, we celebrated [#AgedCareEmployeeDay](#) with BBQ feasts, and of course, cake! To mark the occasion, our staff were asked to nominate their colleagues to receive our Service Excellence Award. Some Centres also took the opportunity to recognise long-serving staff members including those who have been a part of the team for five, fifteen and twenty-five years. Staff from our head office also travelled around the country to enjoy the BBQs all together. Here's to our wonderful teams across the country.

[#agedcare](#) [#salvosagedcare](#) [#TheSalvationArmy](#) [#agedcareaustralia](#)



The Salvation Army Aged Care
Published by Emily Yong · July 26 at 5:31 PM ·

Festive morning teas, lunch feasts and concerts were on across the country as our Centres celebrated Christmas in July 🎄🎅🏻. The Centres' pets also got into the spirit and their outfits are just too cute 🐾

Sharing a few photos from the festivities at [#RiverviewGardens](#), [#Rosedurnate](#) and [#GillWaminda](#).

In Queensland, the weather had other plans for Riverview Gardens' trip to Boonah – the wind kept blowing away all their morning tea treats and supplies, and they had to have it next to the bus! The sun was still shining for a lovely morning out and about ☀️

[#agedcare](#) [#salvosagedcare](#) [#TheSalvationArmy](#) [#agedcareaustralia](#)



The Salvation Army Aged Care
Published by Emily Yong · April 18 ·

The ladies at [#RiverviewGardens](#) got together and baked sultana and choc chip biscuits. Everyone shared their advice for baking the best biscuits.

Our residents' hot tips?

1. Rub the butter in the dry ingredients with your fingertips.
2. Once all the ingredients are mixed together, it's best to rest the mixture for a few minutes before putting it onto a tray, as it gives the mixture time to rest after working it with your fingers.
3. Don't put too much mix on the tray in one scoop.

We are just loving that golden colour on the final biscuits! 🍪

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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

■ Sabita Silwal	5
■ Jasmine Scott	5
■ Manika Bastola	5
■ Laurente Jr Lopez	10

BETHANY

■ Louise Gallagher	5
■ Kyla Cook	5
■ Filda Miller	5
■ Stevani Kaunang	5
■ Megan Aylett	5

BURRANGIRI RESPITE CENTRE

■ Lisa Cram	5
■ Diah Octaviana	10
■ Rebecca George	15

CARPENTER COURT

■ Christopher Givney	5
■ Lucinda Thomas	5

ELIZABETH JENKINS PLACE

■ Lute Kanongataa	10
■ Falaloutoa Vuki	10
■ Laukaupouli Alamoti	10
■ Paea i Vaha Ta'ofi	10
■ Nitaya Mueanwan	10
■ Thinlay Dolma	10
■ Xiao Zhang	10
■ Jyoti Sharma	10
■ Prerana Phuyal	10
■ Neeraj Bhanwala	10
■ Renato Teodosio	10

GILL WAMINDA

■ Srijana Paudel	5
■ Taranath Khatiwada	5
■ Kanchan Upreti Kharel	5
■ April Joyce Abad	5
■ Donna Hunt	10
■ Lorna Grundmann	10
■ Natalie Jackson	10
■ Zawadi Nyiramuqisha	10
■ Paris Lacey	10
■ Maybel Dennis	15

JAMES BARKER HOUSE

■ Kamal Kalota	5
■ Mandeep Baath	5
■ Javad Karimi	5
■ Brian Catibog	10
■ Hiwot Aga	10
■ Megan Cavanagh	10
■ Devota Ndege	10

LINSELL LODGE

■ Alison Preston	5
■ Alberta Steward	5
■ Melissa Randell	5
■ Karen Bowen	5
■ Debra McIntyre	5
■ Dipesh Sharma Acharya	5
■ Kerry Cock	10
■ Carol Dunling	10
■ Julianne Thompson	10

MACQUARIE LODGE

■ Alisha Shrestha	5
■ Asmin Nisha	5
■ Usukhbayar Chuluunbaatar	5
■ Sujata Pandey	5
■ Min Wang	5
■ Abraham Reducto	10
■ Bina Dahal Bhandari	15
■ Nisha Uzzell	20
■ Pearl Walker	20

MAYBANKE

■ Namuna Lamichhane	5
■ Kabita Poudel	5
■ Pala Tuigamala	30

MOUNTAIN VIEW

■ Lekha Nath Panthi	5
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MOYNE

■ Kristy Nance	5
■ Michael Corrigan	5

PACIFIC LODGE

■ Gayle Weekes	5
■ Manjeeta Shrestha	10
■ Rina Flynn	25

RIVERVIEW GARDENS

■ Kelesita Nadruku	5
■ Lima Jogi	5
■ Nelie Bwerahe	5
■ Kuany Keer	5
■ Robert Maher	5
■ Neeru Rani	5
■ David Peters	10
■ Tammy Smith	10
■ Mary Ayom	10
■ Abuk Deng	15
■ Alumita Nadruku	25
■ Salote Tuinona	30

ROSEDURNATE

■ Holli Jordan	5
■ Kerry Logan	10

SALVOS HOME CARE HEALTHLINK

■ Maria Toth	15
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SALVOS HOME CARE NDIS

■ Christine Bell	5
■ Nesa Smith	10

SALVOS HOME CARE TASMANIA

■ Tanya Kingston	5
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SALVOS HOME CARE VICTORIA

■ Anna Wright	5
■ Orchid Pardinas	10
■ Cristina Martinez	15

SEAFORTH GARDENS

■ Marie Labutte	5
■ Jagjit Kaur	5
■ Shova Shah	5
■ Florentina Grave	10
■ Marilou Ruine	10
■ Doreen Kapfumvuti	10
■ Mandeep Kaur	10
■ Carol Riches	15
■ Emelita Abreu	15

THE CAIRNS

■ Brittany Connors	5
■ Yang Zhang	5
■ Khristine Criddle	10
■ Irene Olliver	10
■ Sharmila Dhakal Dhungana	10
■ Baljit Singh	10
■ Nikita KC	10

THQ REDFERN

■ Nikita Westerholm	5
■ Janice Scelzo	5
■ Patrik Ekstrom	5
■ Fiona Sanders	5
■ Lainie Lynch	10

THQ QUEENSLAND

■ Jennifer Everding	10
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WARRINGAH PLACE RETIREMENT VILLAGE

■ Jee Young Nam	10
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WEEROONA

■ Lourdes Szabo	5
■ Prakritee Khanal	5
■ Joyce Oweradu	15
■ Robyn Delaney	20

WOODPORT

■ Sandra Williams	5
■ Michelle James	10
■ Nesa Smith	10
■ Rohini Devi	15

Thanks for reading

