

# HOME CARE IN

SALVOS HOME CARE NEWS

WINTER | 2022

# Action



Aged Care

## Devotional



What's in a name? Your name may have been given to you as it holds great family tradition, it may have been chosen for you because of its meaning but sometimes there is no other reason than your parents loved the name.

As I move throughout my day I love to speak with people and always

do my best to recall their names but at times my memory fails me. For me being called by name helps me to feel that I am known, that someone cares enough to remember and acknowledge me, and build a connection.

Growing up I remember a theme song on TV that says, *Sometimes you want to go where everybody knows your name, and they're always glad you came, you want to be where you can see our troubles are all the same, you want to be where everybody knows your name.*

Unfortunately, in our busy world this is not always possible, and we

often feel isolated and lonely and that we don't have people who we can connect with. I want to leave with you a passage that assures you that even when you feel that there is no one around, God has promised that he knows your name, will never forget you and is always with you.

*I will not forget you. See, I have inscribed you on the palms of My Hands. Isaiah 49:15b-16.*

Father, thank you for knowing my name.

**Major Cheryl Kinder**  
**Mission and Chaplaincy Manager**

## Celebrating our Nurses and Health Care Workers

International Nurses Day is celebrated around the world every 12 May, the anniversary of Florence Nightingale's birth. The day offers an opportunity to say thank you to all our nurses and health and care workers for their work in caring for and

supporting our much-loved older Australians, but also to show our appreciation to all staff who work on The Salvation Army Aged Care's frontline.

The theme for 2022 is Nurses: A Voice to Lead - Invest in Nursing

and respect rights to secure global health and we are pleased to share this short video of thanks with you. Video: <https://youtu.be/bKbvJ5NUkD4>

# Electric Blanket Safety Tips

The proper use of electric blankets is important as is ensuring your electric blanket and other electrical equipment are not faulty. To reduce the electric blanket fire risk, there are a few guidelines:

- Turn it on shortly before getting into bed. It should only be used to warm the bed and turned off when bedtime arrives. The blanket could overheat if left on overnight.
- Do not use them with double adapters.
- Never fold or bunch them up while they are in use.
- Before using a new blanket, lay it out and allow it to heat up fully. Check the entire blanket for hot spots to ensure it is not overheating in any area.
- Never use them on a waterbed.
- Do not place an electric blanket in a washer as it will increase the risk of damage to the electric system.
- Electric blankets should never



be stored folded because this will increase the risk of damaging the wiring. Always roll or hang the blanket to store it. If it has been in storage for a long period of time, make certain to check it over before use. It is also a good idea to check government recalls at least once a year or shortly after removing an electric blanket from storage.

- Electric blankets should be

replaced whenever they have any outward appearance of wear and tear. This includes any visible wires, even if they still appear to be intact. Any blanket that is 10 years old or older should also be replaced no matter what it may look like.

Source: FCF Fire & Electrical - <https://www.fcfnational.com.au/blog/electric-blanket-safety-tips>

# Falls Awareness

According to the NSW Fall Prevention and Healthy Ageing Network, “the last two years have been difficult with many social and fitness groups unable to continue due to COVID-19. This has contributed to an increase in inactivity and deconditioning in many adults regardless of ability.”

They advise that, for optimal physical and mental health, it is recommended that all adults (regardless of age, health, or ability) do 30-60min of physical activity on most days, including

exercise or activities that improve strength and balance.

Salvos Home Care can support you based on your needs and recommend the following tips for preventing falls around the home. Please speak to your Home Care Worker for assistance or more information:

- Wear rubber soled shoes and avoid loose fitting slippers
- Ensure pathways, decks and stairs are repaired
- Store heavy items in lower

- cupboards and light items above
- Keep all stairways and the pathway from the bedroom to the bathroom clear
- Ensure hallways, doorways, and all rooms are well lit
- Secure all rugs and carpets or remove them
- Consider installing grip bars in the shower or bath
- Make an appointment to get your eyes checked at least once a year.

Source: NSW Fall Prevention and Healthy Ageing Network - <https://fallsnetwork.neura.edu.au/aprilfalls/>

# Winter COVID-19 Dose and Flu Vaccinations

The Australian Technical Advisory Group on Immunisation (“ATAGI”) recommends an additional booster dose of COVID-19 vaccine to increase vaccine protection before winter for population groups who are at greatest risk of severe illness from COVID-19 and who have received their primary vaccination and first booster dose. These groups are:

- Adults aged 65 years and older
- Residents of aged care or disability care facilities
- People aged 16 years and older with severe immunocompromise
- Aboriginal and Torres Strait Islander people aged 50 years and older



ATAGI recommends that the rollout of the additional booster dose for these groups starts from April 2022, coinciding with the rollout of the 2022 influenza vaccination program. Those eligible for the Winter dose can

access their vaccination through:

- general practitioners
- pharmacies
- state and territory vaccination clinics.

## World Elder Abuse Day

The World Elder Abuse Awareness Day (WEAAD) happens each year on June 15th. It was officially recognised by the United Nations General Assembly in December 2011.

According to the United Nations, “Elder abuse can be defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust

which causes harm or distress to an older person”. It is a global social issue which affects the Health and Human Rights of millions of older persons around the world, and an issue which deserves the attention of the international community.”

Older Person Advocacy Services (“OPAN”) provides free, confidential, and independent

support to older people, their families, and representatives across Australia. Contact OPAN on 1800 700 600 from 8am to 8pm Monday to Friday and 10am to 4pm on Saturdays. If you need an interpreter, you can ask OPAN to arrange one when you call.

Source: <https://www.un.org/development/desa/ageing/world-elder-abuse-awareness-day.html>

## A Reminder about Invoices and Payments

As announced recently via letter to our clients, our banking provider has made some changes which has resulted in over the counter payments at Australia Post no longer being accepted. Whilst we understand that many of our clients preferred this option of

paying their invoices, the change was beyond our control.

When you receive an invoice from Salvos Home Care, the options for how to pay this are located on the bottom of the invoice. The most convenient method is to set up a

direct debit with us, however, you can also pay by cheque (mailed to our head office), through BPAY with your bank, or via credit card or debit card online or over the phone. If you need assistance, please contact the Salvos Home Care team on 1300 111 227 and press 1.

# Be Active and Happy

By Michael Manjalloor - Care Coordinator

Salvos Home Care client Anton (“Tony”) holds a wooden spider clock that he has been making and explains how he manages stress and anxiety. “When I am in the world of wood carving and wood burning, it involves a lot of imagination and energy,” he says. “It helps me to concentrate only on the piece of wood I am making, that allows me to forget negative thoughts. Thinking of the creative work brings positive images instead of negativity to mind. It has enough energy to keep me positive for the whole day, It is a different feeling when I am designing. The challenge to make this gives me pleasure. That is the power of carving.”

Tony, who also cares for his wife, learned wood carving and wood burning from a Men’s Shed, which was unfortunately closed for most of the COVID-19 pandemic. Men’s Sheds have a significant role in the life of people like Tony. They are community-based non-commercial organisations that are open to men, providing a safe, friendly and inclusive environment, and they help people come together to support mental health through learning, creativity and productivity. Pro-social behaviour and positive social relationships can also lead to improved life expectancy.

“I have made miniature furniture, toys, candle holders, wishing wells, knife holders, clocks with many themes, and even a motor bike,” Tony says of his woodwork. “Sometimes we make furniture for schools and toys for childcare centres at just the cost of raw materials. Some of the items we sell in a shopping centre,



and we buy our equipment. It’s another opportunity for us to tell others about the Men’s Shed and interact with more people. I have learnt to keep out of stress by doing something good.”

Apart from holding a space for friendship and to socialise, Men’s Sheds also offer opportunities to learn a variety of other activities such as manual crafts, gardening, beekeeping, toy making and other useful skills such as First Aid and health and wellbeing awareness. The Australian Men’s Shed Association (“AMSA”) is the peak body supporting almost 1000 Men’s Sheds across Australia and it is funded through National Shed Development Programme. Research conducted by Beyond Blue and the Australian Men’s Shed Association states that there is a significant improvement in Men’s Shed participants’ mental health, vitality

and physical functioning and a reduction in anxiety and depression.

According to Beyond Blue, “It is thought that between 10 and 15 per cent of older people experience depression and about 10 per cent experience anxiety.” As Tony is doing, engaging in activities such as wood carving and art can help to support positive mental health and provide improvements in terms of quality of life, increase an individual’s capacity to support their family and their mates. Healthy eating and staying hydrated, regular physical activity or exercise, study and relaxation techniques, as well as good sleep hygiene are also essential to maintain good mental health.

Sources: Beyond Blue – Older People: <https://www.beyondblue.org.au/who-does-it-affect/older-people>

Men’s Sheds Australia: Effects on Physical Health and Mental Wellbeing <https://www.mengage.org.au/images/bw0209.pdf>

# Advance Care Planning

Advance care planning gives us the opportunity to live life on our own terms as we grow older and face more health challenges. It makes sense to plan ahead, rather than leaving it to chance and forcing loved ones to decide for you.

Only 14 per cent of older Australians aged 65+ have completed an Advance Care Directive (“ACD”). Yet around 30 per cent of us will be too unwell to make our own treatment decisions at the end of our lives.

An ACD is a legal document outlining a person’s preferences and instructions for their future health care. The document comes into effect when a person is not capable of making their own treatment decisions, providing a sense of



certainty, choice and control in the face of declining health.

However, ACDs are only legal when completed and signed by people with decision-making capacity.

Encouraging older people to develop advance care directives

can mitigate many stresses they, their families and carers face at critical moments in their lives.

If you would like more information, contact Advance Care Planning Australia on 1300 208 582

Source: <https://www.advancecareplanning.org.au/>

## Winter Recipe - Slow cooker coconut curry chicken



### Ingredients

- 750g chicken thighs, halved
- 2 large carrots, chopped
- 1 large brown onion, halved, thinly sliced
- 1 cup Massel Chicken Style Liquid Stock

- 2-3 garlic gloves, crushed
- 1 tbsp curry powder
- 1 tsp coriander powder
- 1/2 tsp turmeric
- 1 1/2 tbsp plain flour
- 270g can coconut cream
- Cooked rice, to serve
- Steamed green beans, to serve

### Directions

1. Arrange chicken thighs, carrots and onion in a slow cooker. Combine chicken stock, garlic, curry powder, coriander, turmeric and plain flour in a jug. Pour over chicken. Cover and cook on HIGH for 6 hours or until chicken is tender.  
NOTE: If you do not have a slow cooker, you can braise it on the stove then place it in the oven on 160° for 3 hours.
2. Stir in coconut cream. Cover and cook on LOW for a further 1 hour.
3. Serve curry with rice and green beans.

# Staff Spotlight: Joleyne Parker

When Joleyne Parker was younger, she trained as an Enrolled Nurse in Adelaide before moving to Darwin and then Papua New Guinea. Soon after she moved to Canberra, she met someone who worked at Burrangiri Aged Care Respite Centre, which had been open for about three years at the time. “I went to work there in 1992,” Joleyne says. “The job sort of fell in my lap.”

In September this year, Joleyne celebrates 30 years of service at Burrangiri. “But I’m quite proud of working at Burrangiri for this long.” “I’m growing roots in the place, I think,” she says with a laugh. There were only Registered Nurses and Carers who worked at Burrangiri initially and Certificate III and IV were not requirements for employment. “Even though, after working as a nurse and carer for many years; having to put pen to paper and do assignments, was really stressful,” she says of completing her Certificate III, as a mature-age student.

Most people say that when they first walk through the door at the Centre, it’s a very welcoming place. “That’s what I love about it; that it’s a 15-bed facility, and coming from an acute nursing background, it has a bit of everything,” Joleyne explains. “We get frail aged people, and now I’m looking after people younger than me; people in their 50s after having knee surgery and hip surgeries, heart surgery; just recovering because they can’t go home on their own.” The Centre also supports palliative care.

“I think it’s one of the most satisfying jobs to have,” she states. “You are thanked for tying someone’s shoelaces; simple tasks that people can’t do themselves. I’ll say to them, ‘it will be me one day and hopefully someone will be kind to me.’ I also say to new staff that you need to treat residents as you would treat your parents; you may be here one day when you are 80 or 90 and should treat these people as you would want to be treated; staff need to have a lot of empathy and compassion. No one wants to be old.”

Joleyne says that The Salvation Army has such a good name for the work that they have done over the years in the community and with Indigenous communities, as well as overseas when they have stepped in to help. “It is lovely when you have residents coming in and they are happy to be at Burrangiri because, especially older people, they know so much about The Salvation Army, and the good work that they do,” she explains. “Also, because it’s a Christian organisation, it stands in good stead. It’s lovely having a Chaplain in the building; we still say Grace at every meal.”

Joleyne says that she has always loved elderly people, even when she was younger, but that she was surprised that she ended up working in aged care. “When I was a young nurse, working in aged care was seen to be the end of the line for the nurses. But I changed my mind when I realised



what hard work it is and I had such admiration for the Registered Nurses and carers that weren’t doing it for the money, but for the love of it, because they had a passion for it.”

In her time off, Joleyne enjoys reading forensic and crime novels, playing Scrabble and doing Tai Chi. “I also love being out in the garden; I have a beautiful garden. I catch up with many of the staff who have retired. Maybe, when I retire, I’ll do a bit of walking. My excuse for not going walking now is because I feel I do enough at work!” She has a lot of good memories working at the Centre – dressing up as Farmer Brown on farm days and working in a nightie on Pyjama Day and on International Nurses Day, making hats, and she is known to break out into song in the dining room. “It’s good to have a sense of humour working in aged care, to brighten up the resident’s day. Generally, in life, you have to be able to laugh.”