



Newsletter.

November 2023

Spring Racing Carnival

November brings us the Melbourne Cup and plenty of other racing events. We have lots of great things to do locally too, like enjoying the gardens and making new friends with our residents and community clients.

Recently I attended the Aged and Community Care Providers Association (ACCPA) National Conference in Adelaide. ACCPA is the peak body who represent and advocate for aged care providers across the nation.

The conference is a chance to get together with other providers and hear the latest about what's going on in the industry. And there's plenty!

Over the next 18 months there will be recommendations on aged care funding released by a Ministerial Task Force, a new Aged Care Act, revised aged care standards and regulatory framework, and a new Home Care system introduced.

And that's on top of a raft of recent changes brought into place as a result of the Royal Commission.

The good news is that government and providers are working together more closely than ever. ACCPA are actively involved in these major changes, just as government, regulators and consumers are. We are all working together to make a better aged care system for all our residents, clients and staff.

Evan Robertson, Chief Executive Officer



Mary Potter Nursing Home



Introducing Beverley Rodham who is a resident at Mary Potter Nursing Home.

How long have you lived at Mary Potter?

Almost five years

Where are you from originally?

I was born in Narrandera. My father was in the RAAF and was stationed there. We moved to Wagga Wagga, and I've been a Wagga girl ever since.

Tell us a little about your family?

I have two sons, Phillip and Ian. I have two grandchildren, a granddaughter and sadly my grandson passed away.



What is your happiest memory?

The birth of my two sons.

What is your favourite part of living here?

The food!

What's the best part about getting older?

You get to relax.

What is one piece of advice you would give younger people?

Live life.

What kind of music do you like/what is your all-time favourite song?

Bridge over troubled water.





Loreto Home of Compassion

Have you met Marivic Ghioni who works as an Assistant in Nursing at Loreto Home of Compassion?

Do you have a nickname?

Yes, my nickname is Mav.

What is it like working in aged care?

For me it is rewarding and fulfilling to work with elderly people.

What do you like most about your job? What makes you smile at work?

Taking care of elderly people and their gratitude and love towards me makes me smile at work.

What three words would you use to describe The Forrest Centre?

Friendly staff, clean, accommodating.

What is one thing you want people to understand about ageing and/older people?

Aged people are so vulnerable.

How could we (generally as a society) think differently about aged care?

Learn to know about their different stories.

What's one thing from work that has stuck with you?

The love of residents towards me.

Outside of work what do you like to do for fun?

Shopping!

Do you have any pets?

Yes, I have a dog.

What's one thing that people don't know about you?

I am a fighter.

What is your favourite song? What type of music would you like to play at work.

I like worship songs.



Forrest Community Services

Enid Tegart is one of our delightful clients in Tumut. Enid recently celebrated her 100th birthday with family and friends. Enid received letters of good wishes from King Charles and Queen Camilla, Prime Minister Anthony Albanese, the NSW Governor and many more.



How long have you been with Forrest Community Services?

Three years.

What services does FCS provide for you?

Social support each afternoon, the girls are very caring, making sure my meds have been taken and the house is locked and safe and any other jobs as required. Nurse Barb checks my BP, medications are in date and arranges appointments as necessary, managing my general health care and keeping my family informed.

What makes you laugh?

Funny TV shows, plus talking to family and friends.

What is your happiest memory?

The War being over, my marriage and children, playing bowls, travelling, holidaying and fishing at Bermagui, 8th division reunions with my husband, and family gatherings.

What are the FCS staff like?

They are truly wonderful, caring, and can't do enough for you. I enjoy seeing them each day.

What is the highlight of your week? What do you look forward to most?

Bingo, Bingo and the Friday night club draw. I like having visitors too.

What's the best part about getting older?

Having lots of excuses, having selective hearing and being waited on. Rest is not so good or being restricted.

What kind of music do you like? What is your favourite song?

I enjoy most types of music including songs from the forties/fifties - Bing Crosby, Andrews Sisters, Frank Sinatra and also musical movies. A favourite would be "Don't sit under the apple tree with anyone else but me", and "Don't fence me in".



Pastoral Care

Saint Mary MacKillop, is, also called **Saint Mary of the Cross**, (born January 15, 1842, Melbourne and died August 8, 1909, in Sydney). She was a religious figure, educator, and social reformer who was the first Australian to be recognized as one of its saints.



Mary was born to poor Scottish immigrants. Her father, a former seminarian whose ill health had caused him to abandon study for the priesthood, stressed the importance of education and homeschooled his eight children. When she was 14, Mary began working, and she was often her family's main source of support. In 1860 she moved to the small rural town of Penola SA to serve as governess for the children of her aunt and uncle. There Mary provided her cousins with a basic education and soon extended this to the poor children of the town. A young priest, Father Julian Tenison Woods, encouraged her to continue this work, assuring her that educating the poor would be an ideal way to serve God.

In 1866 Mary and Fr Woods founded Australia's first order of nuns, the Sisters of St. Joseph of the Sacred Heart, and also established St. Joseph's School in a converted stable in Penola, providing a free education to children from the area. In 1867 Mary took vows and became the first Mother Superior of the Sisters. The following year the sisters opened schools in other Australian cities, as well as an orphanage and a refuge for women released from prison.

Mary intended that the order be self-governed and devoted to teaching and charity. She and Fr Woods, who composed the rule for the order, insisted that the Sisters would accept a life of total poverty. Further, her school at Penola and the other schools that her order founded provided secular as well as religious education, regardless of the religious affiliation of the students, and accepted no money from the government, remaining open to all and accepting only what tuition parents could afford. Some Australian priests and bishops were openly hostile both to the degree of autonomy that the Josephites enjoyed and to Mary's rejection of federal funding. In 1871, perhaps intentionally misinformed by his advisers, Bishop Laurence Sheil of Adelaide excommunicated Mary for insubordination. The next year, however, on his deathbed, Sheil acknowledged that he might have been misled, and he reinstated Mary.

The remainder of Mary's career was marked by clashes with priests and bishops of the Australian church. After an 1873 meeting with Pope Pius IX, she won Papal approval for the Josephite rule, with modifications that relaxed the degree of poverty imposed upon the sisters. Mary expanded the order's educational and charitable endeavours and attracted new Sisters. In 1875 she was appointed Superior General of the order. Despite her elevation, she continued to meet with hostility from a number of priests and bishops, and the Sisters' work was circumscribed in certain cities. In 1885 she was removed as Superior General, though she was reinstated in 1899 and remained at the head of the order until her death.

In June 1995 Mary was beatified by Pope John Paul II. In February 2010, after evaluating the testimony of an Australian woman who claimed that her terminal cancer had disappeared after she called upon Mary in prayer, Pope Benedict XVI recognized Mary MacKillop as a saint. She was canonized 17 October 2010.

Hairdressing Salons

Loreto Home of Compassion and Mary Potter Nursing Home each have a hairdressing salon on site where the residents are able to access professional hairdressing services.

Kylie, at Loreto has a flyer up advising the days she will be in the salon, so pop around and see her or ask reception staff about making an appointment.

At Mary Potter you can see Fay or Viv in the salon or call their phone numbers listed at the salon to make an appointment.



Why do seagulls fly over the sea?
If they flew over the bay they would be baygulls.



How does the moon cut his hair?
Eclipse it.



What do you call a snake wearing a hard hat?
A boa constructor.



What do you call the wife of a hippie?
Mississippi.

“Be a first rate version of yourself, not a second rate version of someone else.”

Judy Garland
Singer-Actress 1922-1969

Have a good news story? Something to share with The Forrest Centre community? Let us know at reception or by calling 02 6932 3085.

forrestcentre.com.au

TFC Hospice

The Forrest Centre Hospice was opened on the 15th September 2018, and it has been our pleasure to care and assist approximately 120 residents and their families through their Palliative Care and End of Life journey.

On 13th September 2023 we celebrated our 5-year milestone with a lovely morning tea where each resident invited a family member to share in the festivities, also senior executive and key staff members joined the event.

Anton Reyment our Executive Business Manager provided a history of the journey of how The Forrest Centre Hospice came to be with many years of fund raising and then Government funding.

Our cake was cut by our longest serving resident Lorraine Black who provided an insight into her journey and why she chose to come and live with us in the Hospice. Many other residents also shared their stories with the common themes being, “it feels very homely; if I cannot be in my own home this is where I need to be; the staff always go and do the personal things which makes me feel special”.

We encourage our Hospice residents to enjoy and have a good quality of life by going on outings with their family and friends, celebrating special events, sharing their life stories and memories.

