



# Newsletter.

September 2023

## Spring is in the air

Springtime is often a time for reassessment and rejuvenation and it's no different for our nursing home residents and home care clients.

When the weather starts to get a little warmer, the days a little longer and blossoms fill the air it's time to come out of hibernation and be a little bit more active.

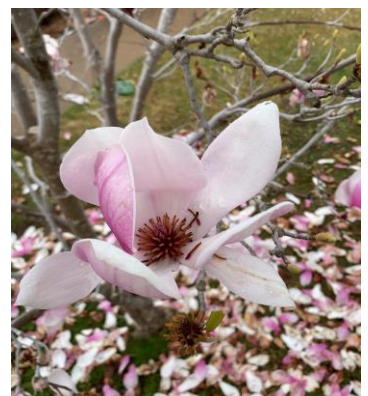
This might mean getting out a little more with our home care social support programs. Trips to the café, bus trips, movies and destination outings are all available to our home care clients.

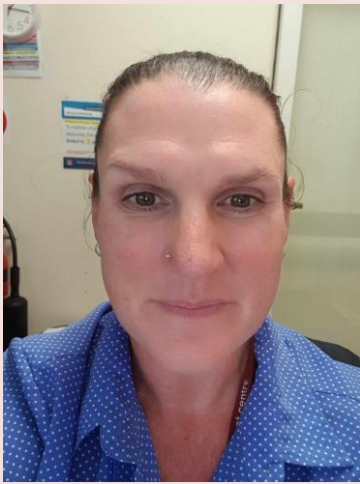
Our nursing home residents might like to try an exercise class, a trishaw ride or just spend some time in one of our beautiful courtyards. Whatever you can do to add a little movement, excitement or just a bit of fresh air is good for the soul, and we're here to help.

Evan Robertson, Chief Executive Officer



Meet Luca. He is almost 17 years old and lives with Mrs Judith Senior in Griffith. Luca has been trained to respond to a lead since he was a kitten. He happily sits on the wheely walker when Forrest Community Services staff visit Mrs Senior.





## Mary Potter Nursing Home

Introducing Charmaine Cato who is a Medication Assistant in Nursing at Mary Potter Nursing Home.

How long have you worked at Mary Potter?  
Since June 2012.

What is it like working in aged care?

I find it very rewarding. I look at it as I care for the residents as though I would my own family.

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

When I come back to work on Monday, seeing the residents with a smile on their face, and they say that they are glad to see me back.

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

We need to give them time to respond, to allow them to try themselves. Not to take their independence away.

You must come across some interesting stories. What is one that has stuck with you?

Every resident has a story and I like to take time to sit with them. I've heard many about war, marriages, and raising families. Every story is interesting in its own way.

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

Spending time with family and friends. Going on day trips exploring new places. Playing sport and going to the gym.

Do you have any pets?

Tillie, a blue kelpie, and Millie, a ragdoll cat.

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

I used to be a tram driver in Melbourne before I became a nurse.

What is your favourite song?

Fast Car by Luke Combs.





# Loreto Home of Compassion

Have you met Cath McLeod, a resident at Loreto Home of Compassion?

[Cath shares her story with us here.](#)

I remember my days in Sydney, where I was born, Married and had my children there. I have beautiful memories of my family there.

My children currently live in Sydney, one of my children lives in the Blue Mountains with my grandchildren. I am usually in daily contact with them through video call or calls.

I really enjoy the time I share with my grandchildren, especially the Christmas season. They travel to Wagga Wagga to visit for a while. We usually go out to the park, eat out and enjoy the day together, it really makes me very happy to see them and enjoy time with them, since they grow very fast.

I also really like going out with my friend to play bingo on Tuesdays and Thursdays. I get ready early in the morning, so we go out to the centre of the city to enjoy the day together, to play bingo and have lunch in a nice place.

I feel very happy with the family and friends I have, as well as the friends I made here in Loreto, where we usually play cards on weekdays and weekends. I really like being outside, in the open air having a coffee and contemplating the colourful flowers, as well as gardening, and I love the days when we have concerts since I really like to sing and dance.



# Forrest Community Services

Clare is one of our friendly staff based in Griffith.



**How long have you been with Forrest Community Services?**

In October it will be four years.

**What is it like working in aged care?**

There are some very rewarding moments. I enjoy the interaction with the customers.

**What do you like most about your job?**

I enjoy working with people, and being able to help staff, working as a team and supporting each other. I like to hear that the customers are happy and know that it is a direct result of the team effort, and great care that our staff deliver. That makes me smile.

**What three words would you use to describe FCS?**

Integrity. Caring. Efficiency.

**What is one thing that you want people to understand about older people?**

Time is limited, families need to spend time with their loved ones before it is too late!

**How could we, generally, as a society, think differently about aged care?**

We should be engaging our elderly as much as possible to participate in decision making for our communities as they have much to offer, not only in the areas that directly affect the elderly.

**You must come across some interesting people. What is one story that has stuck with you?**

I recall a particular client "Mrs E" who used to be a very active and fit woman who cycled everywhere. Sadly, she ended up with debilitating arthritis and could no longer move her limbs. She always had a happy attitude: singing Elvis songs, sharing jokes and laughter. Due to lack of mobility, she could only have bed baths but longed for a shower and hair shampoo. Her Case Worker organised equipment to hoist Mrs E out of bed and wheel her to the bathroom for a long-awaited shower. The first time in a lifting device can be a little frightening, so as the hoist lifted, to settle her nerves, I started to sing "Hooray and up she rises! Hooray and up she rises!" Mrs E quickly joined in, "put her in a sling and up she rises, put her in a sling and up she rises early in the morning" The carers joined in the singing and laughter. It was a great moment and memorable day.

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

Paint, cook and travel.

**What is one thing people don't know about you?**

English is my second language. I went to school speaking Italian and had to learn English in kindergarten.

**What is your favourite song?**

I love the lyrics: "If I had words to make a day for you, I'd sing you a morning golden new, I would make this day last for all time, give you a night deep in moonshine."





# Pastoral Care

## WHAT IS SPIRITUALITY?

Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate **meaning, purpose, and transcendence**, and experience **relationship** to self, family, others, community, society, nature, and the significant or sacred.

Spirituality is expressed through



Puchalski et al. 2014

## WHAT IS WELLBEING?

Wellbeing is a state of balance or alignment in:



In this state we feel content; connected to purpose, people and community; peaceful and energised; resilient and safe. In short we are flourishing.

Mary Jo Kvetzer

## HOW DOES SPIRITUALITY AFFECT OUR WELLBEING?



Research has demonstrated the impact of religious, spiritual and existential beliefs, values and practices on people's:

Ability to transcend suffering

Way of life

Moral decision-making

Life choices

Interactions with others

**PRACTICING SPIRITUALITY BRINGS A SENSE OF MEANING, PURPOSE AND CONNECTION TO OUR LIVES.**

Source: Puchalski and Ferrell, 2010



Spiritual Health Association

### Spiritual, religious, existential and/or cultural practices can:

- Enhance a sense of wellbeing and improve quality of life  
Cohen, et al. 2012
- Provide social support  
Spinale, et al. 2012
- Generate feelings of love and forgiveness  
Worthington, 2012
- Enhance patient satisfaction  
Marin et al 2015



Spiritual Health Association



World Health Organization

defined the four dimensions of well-being as physical, social, mental, and spiritual health.

## COVID-19 update

In order to reduce the risk of COVID-19, all staff and visitors are reminded of the importance of vaccination and getting your vaccination booster shot when you are eligible. Continue regular hand washing and the use of hand sanitizer, maintaining physical distancing of 1.5 metres and not to visit or work at the facilities while sick. If you are unwell with any COVID-19 symptoms, isolate yourself at home and organise to get tested for the virus. We extend our appreciation to all the staff, residents, visitors, families, and friends in adhering to visitor restrictions and infection control procedures to ensure the safety of our residents.



Why didn't the skeleton ride the roller coaster?  
He didn't have the guts.



Where do cows go for entertainment?  
To the moo-vies.



What kind of snake would you find on a car?  
A windscreen viper.



What is a cat's favourite dessert?  
Chocolate mouse.

**"Life is a succession of lessons that must be lived to be understood."**

**Helen Keller**

**Author (1880-1968)**

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](http://forrestcentre.com.au)

## TFC Hospice

The Hospice was opened on 15 September 2018 and it is very exciting to think that we are nearing our 5-year anniversary. During this period, it has been our pleasure to care for and assist approximately 120 residents and their families through their palliative care and end-of-life journey.

Palliative care is for anyone living with a serious illness at any stage, including the day of diagnosis, whilst end-of-life care is more the last few weeks or months of life. Palliative care is intended to help our residents live more comfortably with their ongoing condition. The needs of our residents and their families are higher within the Hospice setting with increased services and support which is essential to ensure individualised quality coordinated care from our team of health professionals.



Our Hospice care team is made up of a multitude of people with special skills. Among them are family members, the resident's GP, specialist doctors, nurses and pastoral care staff, who provide medical, social, emotional and practical support. Others involved may include palliative care specialists, social workers and nutritionists.

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

