



MCT News & Life

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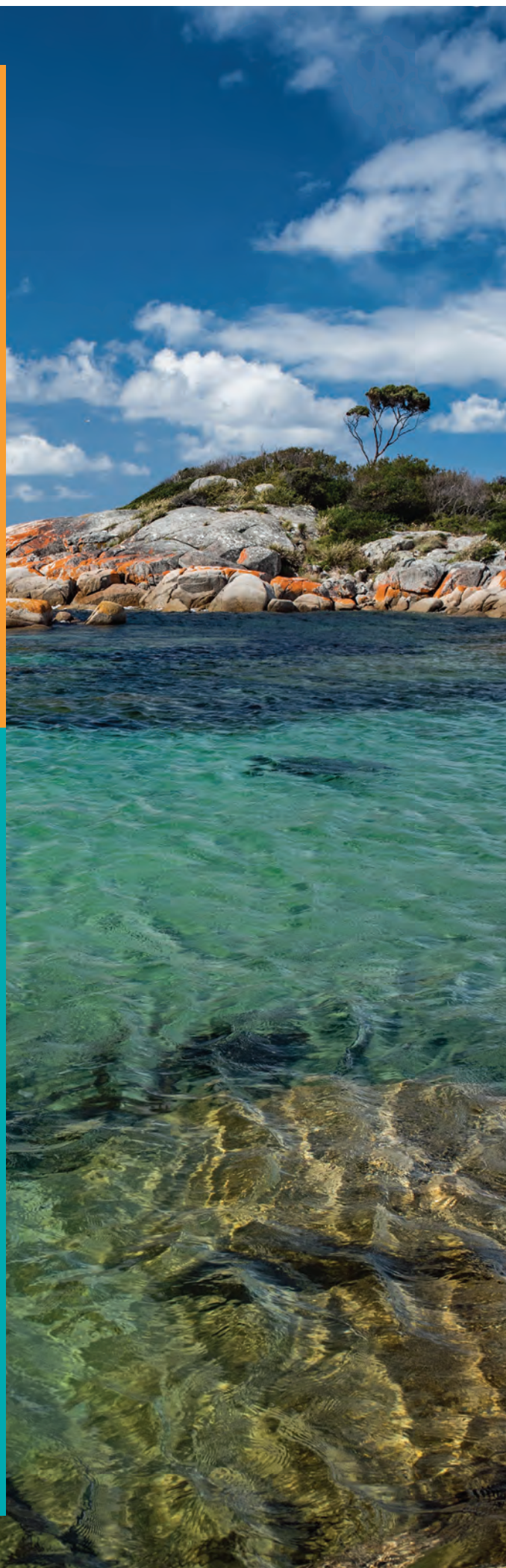
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MCT News & Life



Dear friend,

This issue is full of special moments, activities and events many of you have enjoyed. We are thrilled to bring together the past three months for you to reflect on and remember fondly.

New Peace Haven Apartments

We had a truly wonderful and very special occasion for the official opening of the new apartments at Peace Haven on September 20th.

We were delighted to welcome Senator the Honourable Richard Colbeck, Minister for Aged Care and Senior Australians, to officially open our new Lenstan and Kensington apartments. This event was a celebration of the final stage of what has been a significant redevelopment at Peace Haven. The home now boasts infrastructure, technology and facility improvements that will further enhance many of your lives.

We were thrilled that our Patron, Her Excellency Professor the Honourable Kate Warner, AC, Governor of Tasmania, with her husband Richard Warner and Sarah Courtney, Minister for Health and Women, were also able to attend.

The home was sparkling, the food served was delicious, and our guests were made to feel very welcome by you all. The executive management team and board directors were overwhelmed by the sense of community that you all created.

New Northern Facility Managers

In October, we said farewell to our Regional Facility Manager (North), Damien Bailey. Damien was with MCT for almost two years and made a significant contribution to our community. We look forward to introducing you to a new manager soon.

As most of you already know, we decided to move back to separate Facility Managers for Fred French and Peace Haven. Following a robust recruitment process, we welcomed Jamie Spark as our new Peace Haven Facility Manager at the end of October. Jamie is a Registered Nurse by profession, qualified trainer and assessor, and has extensive leadership experience in leading care and health services teams. You can learn more about him on page 6 in this issue of *MCT News & Life*.

Royal Commission Interim Report

The Royal Commission into Aged Care continues to have a significant impact on our industry around the country. On October 31st, the Interim Report was released, calling for an overhaul of the design, objectives, regulation and funding of aged care in Australia.

The report highlighted the ageist society that we live in, and I believe that we have a role in helping to shift this mindset. Now is our opportunity to celebrate how joyful life can be as we age (for none of us are getting any younger).

It is fair to say that the Royal Commission has changed our lives. Since its commencement, we have heard many harrowing stories, which have altered our focus. There is now a much clearer emphasis on the quality of what we do and how we can do things differently.

We are reviewing all key messages from the Interim Report to consider what we are already doing well and what we might need to work on. It is our role to support each of you, so we can help to rebuild the trust in what we do.

As Christmas approaches, I hope you enjoy the festivities with loved ones and our community. I also know that this time of year can be challenging for some, for a host of reasons. I hope you remember that you are surrounded by love and a wonderful community to support you.

There are many delicious meals and fun events planned for the remainder of the year and I look forward to joining you to celebrate where I can.

Wishing you and your loved ones every happiness this holiday season.

Kindest regards,

Jackie Howard

CEO, Masonic Care Tasmania

Artwork Donation

Freemasons Home recently received a lovely email from resident Michael Mason's wife, Kathy. She passed on a message from Michael's sister, Anne Soloman, who visited Michael not long ago.

Following Anne's visit, she sent us four paintings – all her own work – and asked if she could donate them to Swinton. They are beautiful and have been admired by many already!



Queechy Self-Care

Masonic Care Tasmania has had a long association with Queechy High School. The students have visited many of you in the north to spend time playing games, drawing and socialising with the residents.

Last term, MCT was invited to participate in a self-care program at Queechy High School with a small group of girls each week.

Leisure & Lifestyle Assistant, Katrina Sherrif, was often accompanied by residents. The feedback has been very positive, with the girls and residents really enjoying the experience.

Everyone involved, including the principal, thought it was a great success, so we are going to continue the program in the coming months.



Experience a Trishaw Ride Today!

Trishaw rides at Freemasons Home are back up and running.

It is the perfect opportunity to enjoy the beautiful summer weather and Lindisfarne's stunning scenery on this unique experience.

Pictured: Tom has recently become a volunteer Trishaw pilot at Freemasons.

He recently took Val Williamson and Francis Williams for a ride around Lindisfarne Bay.

For bookings, see Margi from Leisure & Lifestyle. You can email her at margi.siggers@mctas.org.au or call 6282 5200.



Have Your Say!

Your opinion is important to us, and we want to make it easy for you to give feedback.

The best way for you to share any suggestions or feedback about MCT is to complete a 'Have Your Say' form.

You will find these forms in the reception area of each of our homes.

Once you have filled out the form, simply place it in one of the letterboxes in your facility or refer to the brochure.

Each form is personally reviewed by the facility manager, and feedback will be provided if you choose to receive it.

Intergenerational Playgroup

Following the opening of the Lenstan and Kensington Apartments at Peace Haven, the Leisure & Lifestyle team have implemented a new program: Intergenerational Playgroup.

MCT have become members of Playgroup Tasmania and are now hosting the Peace Haven Possums Playgroup every Monday.

For our first session, we had 12 little possums, and their mums and dads, come to meet and play with our residents. There were smiles and laughter all round, and we are already looking forward to future playgroup dates!



Alfresco BBQ Lunch

The warmer weather has been a great excuse to fire up the BBQ and enjoy some fresh air with fellow residents and visitors.

We are excited to have more BBQs with you all this summer!



Remembrance Day Services

A big thank you to everyone who attended and contributed to our Remembrance Day services.

Day Therapy Centre

Keith Yost and Ted Sharpe led the service with Don Exton playing the last post. Participants also joined in on the national anthem. It was a wonderful recognition to those who gave so much to our country.

Fred French

Klaas Altena and Maurice Cook (*below*) kindly contributed to the Fred French service.

Maurice said, "It was an honour to be part of the service." Both looked dashing in their memorabilia.

Aged Care Embraces Diversity Graduation

Last month, we had the privilege of celebrating our Aged Care Embraces Diversity (ACED) participants at their graduation. All 12 graduates from cultural and linguistic-diverse backgrounds were presented their certificates by Mayor Albert van Zetten and treated those in attendance to a beautiful display of song and dance.

The ACED program is an exciting collaboration between the Migrant Resource Centre Northern Tas and MCT, with participants undertaking 30 hours of placement at our Fred French and Peace Haven homes.

The program aims to reduce barriers and disadvantages to migrants through accredited training, work placements, assistance to secure employment and post-employment support.



Introducing Peace Haven's New Manager

Jamie Spark recently joined us as Peace Haven's new Facility Manager. He brings with him a wealth of knowledge and experience. Jamie first commenced work in the health care industry as a registered nurse through forensic mental health and general nursing. He progressed quickly into leading and managing teams of health professionals across all nursing and allied health disciplines. During his years in Central Queensland, he managed primary health care services in a large geographical area. This ranged from the west of the Simpson Desert to the east of Townsville and into the gulf in the north.

A few words from Jamie

Firstly, I would like to thank everyone for such a wonderful welcome to Masonic Care Tasmania. Four weeks ago, I walked through the doors for day one. This time has flown by and each day has been exciting and very rewarding. I have had the privilege of meeting so many wonderful people and look forward to meeting many more.

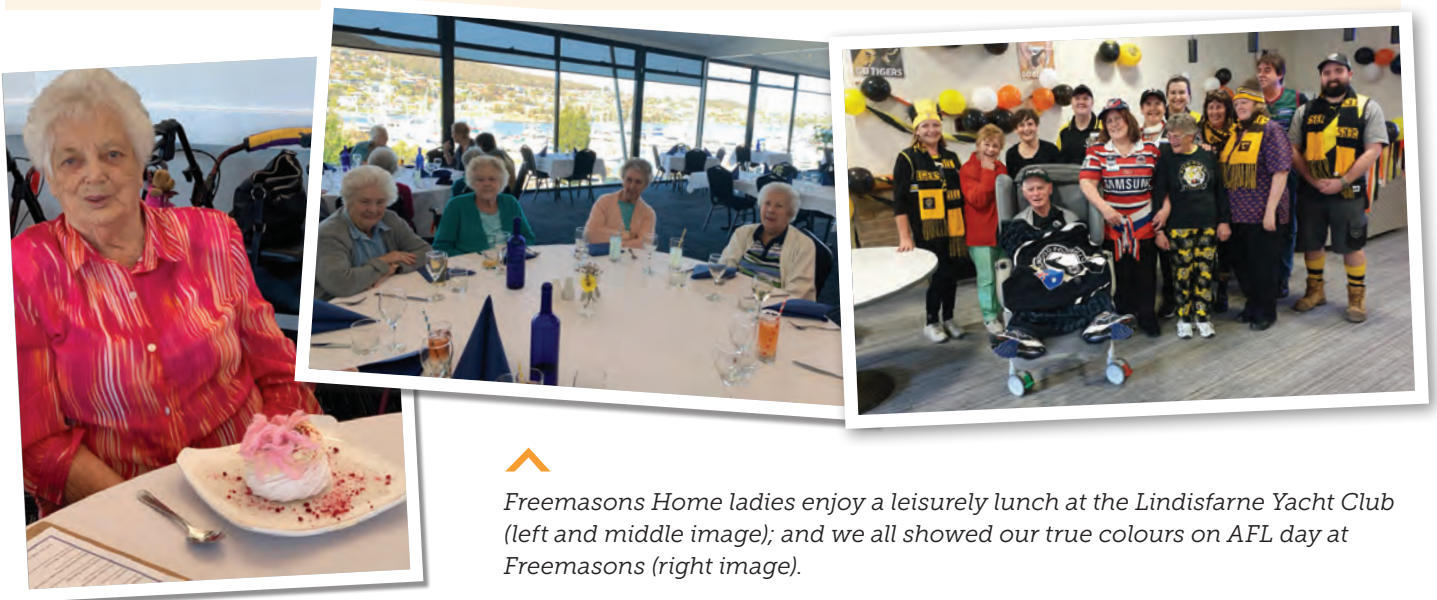
My family and I relocated to Launceston almost five years ago from Longreach in Central Queensland, where we lived for 10 years. With the long-standing drought, long hot summers and growing children looking for greater education opportunities, a move was inevitable. Since arriving, we have not looked back.



What I'm looking forward to at MCT

I have a passion for teaching and supporting others to achieve their goals and a belief that no one person is greater than the next.

I look forward to caring for and supporting all of you who call MCT your home and working with our teams.



Freemasons Home ladies enjoy a leisurely lunch at the Lindisfarne Yacht Club (left and middle image); and we all showed our true colours on AFL day at Freemasons (right image).

Postcard Friends



Club members at Manor Gardens have enjoyed receiving postcards from residents and clients of other aged care facilities all over the world after joining an online group Postcard Friends.

Some of our club members have written back already, and we are looking forward to sharing stories and activity ideas from our new friends.

Paddock to Plate Program

The Day Therapy Centre started a new garden in spring to commence their Paddock to Plate Program.

Those involved have been growing their own fruit and veggies to make sauces, relishes, jams and slices from the many delicious items grown in their gardens.

Groups have come together to share stories on how to grow fresh fruit and veggies – they have even been busy baking with their homegrown produce. Below, you can see Peter picking fresh veggies to sell in the Day Therapy Centre.



Newstead Courts Eight Ball Table

An eight ball table has been donated for all Newstead Courts village residents to use. The table is available to everyone to come and play.

No previous experience is necessary, just contact Homer Fairley on 6344 4910 or Harry Steele on 0408 761 147 to make a suitable time.

Tamar Valley Court 'Trade Table'

A 'trade table' has been established in Tamar Valley Court's White House.

Surplus items, including bric-a-brac, jams, sauces and fresh vegetables or fruit, can be donated, swapped or purchased by other residents. All funds raised are to be donated to local charities.

Manor Gardens' Favourite Recipes

Club members received a copy of the Manor Gardens Cookbook for Seniors Week.

The collection of recipes was provided by the members and cook, Luke, has been trying a recipe a week.

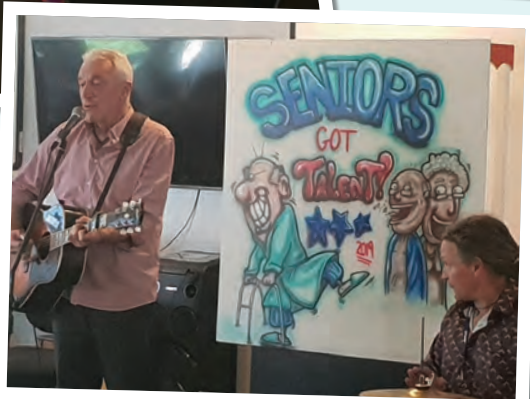


A group of ex war veterans, amongst other residents, enjoyed a lovely meal at the Lindisfarne Yacht Club on Thursday November 21st. The Lindisfarne RSL kindly purchased all beverages for the occasion.

Seniors Got Talent

Clients at the Day Therapy Centre had a lot of fun participating in and watching our very own Seniors Got Talent.

There was music, dancing, some delicious snacks and best of all, plenty of laughter!



Fred's Filly

Residents enjoyed a special appearance from Fred's Filly, who dropped by to celebrate the Melbourne Cup.

(Pictured: Fred's Filly with Fred French resident, Vito De Liberali.)



Many of you at Freemasons celebrated Seniors Week in October with a special lunch.

St Canice Ukulele Group

Freemasons residents were recently treated to a performance by the very talented St Canice Ukulele Group.

We hope they will be back again soon!



Our Values

The Day Therapy Centre has painted the Masonic Care Tasmania values into pictures and words to inspire everyone to remember why we do what we do and to have fun each day.



Purpose

Enriching lives and communities

Vision

A world where people are supported to live life as they choose

Values

CHOICE

Honouring the decisions of individuals with integrity

COMPASSION

Expressing sensitivity and empathy in what we do and how we do it

RESPECT

Upholding the rights, beliefs and choices of individuals without judgement

INNOVATION

Having the courage to explore better ways of doing and being

Melbourne Cup Celebrations

Freemasons residents got into the spirit of the Melbourne Cup in November.

They enjoyed watching the race with beverages and amazing company. Plus, how fantastic do the fascinators look?



Pictured above: Barbara Hill, Audrey Hill, Eileen Muller & Lesley Smith; Vonda & Ralph Cordwell



Doug Fletcher Concert

Doug Fletcher put on a concert for many of you at Freemasons.

He is one of our recent entertainers and, by popular demand, he will now be a regular on the activities calendar.



Fred French Dress-Ups

Netty and Sean popped into Fred French and got caught up in the dress-up antics for the Newstead Kindy kids.

Pictured above: Ethel, Bonnie, Patsy and Dotty AKA Cristy, Netty, Sean and Bridie.

Special Student Visits

Guilford Young College students have continued with their regular visits to see many of you at Freemasons.

It is fantastic having so many young faces around our facility.



Resident 'Meet & Greet'

Freemasons residents have been enjoying the 'New Residents Meet and Greet' sessions, with a large number of new residents attending.

Thank you to those of you who kindly volunteered to act as 'buddies'. It was fantastic to see everyone come together and welcome the newest members of our community.





**masonic care
tasmania**

- > **Fred French**
- > **Peace Haven**
- > **Freemasons Home**
- > **Community Services**
- > **Retirement Living**

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