



MCT News & Life

Autumn 2020 | Edition 16

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MCT News & Life

Dear friend,

Since you received your last News & Life, a lot has changed, and there is no doubt we are all living in very different times.

We have enjoyed many beautiful summer days and countless laughs from the home activities and excursions.

In January, we welcomed our new Fred French Residential Manager, Scott Rigby. His positive presence has been an incredible addition to the team and uplifts many of you each day. Scott has also introduced Wally, Fred French's new resident 'house' dog, who I know brings so much light to your lives.

Our Leisure and Lifestyle and Community teams have been doing a brilliant job organising activities. It warms my heart to see these pages full of singing, dancing and beautiful art from many of you, particularly during the Easter break when visitor restrictions were in place.

I was delighted to hear of the success of the ANZAC Day dawn commemorations in which many of you participated in 'lightupthedawn', at the end of your driveways and outside your rooms, as we remembered those who served and are still serving our country.

Our new environment

As you know, COVID-19 has resulted in a very different environment. As always, the health, safety and wellbeing of our residents, clients and team is our highest priority.

The Executive are meeting every day to actively monitor information provided by the Australian Government Department of Health and the Aged Care Quality and Safety Commission in relation to the Coronavirus (COVID-19). Our current visitor restrictions will remain in place until midnight May 11 as directed by the Tasmanian Public Health Department. We will be guided by the further directions from the Government after this.

We are carefully taking the often very challenging measures to reduce exposure to the virus and its potential impact on our team and on you – our clients and residents.

What actions are we taking?

Unfortunately, it is no longer business as usual. On the 21st March, we restricted visits to our residential facilities to all but essential visits. On the 25th March, we further restricted this by limiting any unnecessary foot traffic into the facilities, including myself and the other Executives. We have also put measures in place to restrict cross over of staff in units and facilities.



We will continue to have essential services on-site, including Pharmacy and Physio, as well as maintain the current food and delivery arrangements in place.

We have increased our Leisure and Lifestyle programs to include extra sessions while restrictions on visitors are in place. I have seen some wonderful examples of things you are all doing to keep your spirits up and to make life as joyful as possible during this difficult time.

Our community team are doing a fantastic job to ensure they can continue connect with and deliver services to our most vulnerable in our community.

And I know that our village residents have been staying isolated at home in line with the directions from the Government.

We are committed to enhancing your lives, and we are determined to do our best to keep everyone informed, engaged, connected and involved during this time. If you think there's anything more or different we can do please don't hesitate to let me know.

All in it together, and will get through it together

I want you all to know YOU ARE NOT ALONE! We need each other most during challenging times, and we encourage you to reach out to check in on others and to ask for help when you need it.

Keeping people connected is a priority for us, and we are actively investigating how we can continue to provide ways for you our community to stay connected. Please remember, you can stay connected with your family, friends and support networks via phone, Skype, Messenger and FaceTime. We have also enabled GP visits via video conference.

Please, keep the staff and managers updated on your personal circumstances or should you have any questions or concerns at all, we are here to help you!

I hope you enjoy the lovely happy memories within the following pages. We will continue to add to these each day!

Like all of you, I can't wait for the day when the risks around Coronavirus are eliminated and we can all come together again.

Kindest regards,

Jackie Howard
CEO, Masonic Care Tasmania

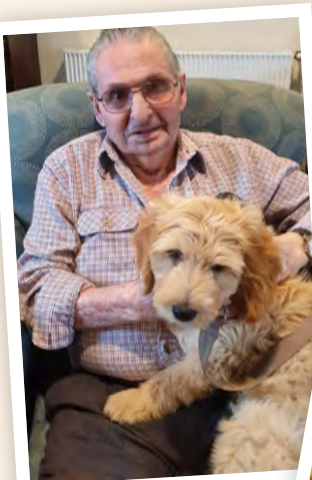


Welcome, Wally

Wally, the Groodle, brings a note of cheer and comfort to staff and residents at Fred French. He comes to work each day with Residential Manager, Scott Rigby, and has instantly connected with many of you. The catch cry, "Where's Wally?" can be heard around the corridors daily.

Staff take Wally on their rounds, so each of you have the chance to interact with him.

Wally will become the resident "house" dog, establishing himself as a permanent fixture of Fred French Residential Care Facility.



Day Therapy Centre Song & Dance

Our Day Therapy Centre clients have been enjoying many afternoons of song and dance recently.

We even had professional dancers come in last month to show us how it's done!



Introducing Fred French's New Manager

We were excited to welcome Scott Rigby to our MCT Team in January, as our new Facility Manager at Fred French home.

Scott brings years of experience and expertise to our organisation. Most recently, Scott spent time as the Acting Nursing Director for Patient Access and Flow at the LGH. Scott has joined our MCT team as he has a strong passion for aged care and providing the highest quality care and support to Tasmanians.

At MCT, our values are choice, compassion, innovation and respect – values which personally align with Scott's approach to his work and life.

"MCT's values and the words that underpin them, mean a lot to me as an individual and my



family," Scott said, "so I was drawn to them straight away. Simple words that mean so much when put into action."

Welcome, Scott Rigby

Scott Rigby, our new Fred French Facility Manager noticed that his office was looking a little bare.

Some of you quickly solved the problem by painting some beautiful artwork to hang on the walls!



Kangaroo Island Appeal

Many of you at Peace Haven and Fred French have been knitting wallaby pouches to donate to the Kangaroo Island Fire Rescue Appeal.

Rosemary (pictured below), daughter of Peace Haven resident, Ros Fry, kindly collected the pouches and made sure they were sent off on our behalf.

Pictured: Betty and Jean happily knitting for the worthy cause.



▲ Rita & Rex enjoy their St Patrick's Day lunch at Freemasons Home.



▲ Dot & Hilda playing Scrabble at Freemasons Home



▲ Our gentle movement classes are always enjoyed by residents, including those above at a Freemasons Home session.



▲ The beautiful Marjorie & Max enjoying a dance.

Meet William, Our Volunteer at Peace Haven

"I work in the Day Therapy Centre (DTC) of a morning and then with the Leisure & Lifestyle (L&L) team at Peace Haven in the afternoon. I call out bingo and assist with morning tea at the DTC, and I really enjoy all of the different clients that come through each week.

"With the L&L team, I visit residents one-on-one, assist with tai chi and help out wherever needed. One of my favourite things to do is to help Channy take residents on outings. We always have such a lovely time together.

"I became a volunteer about 11 years ago now because I knew the lady who ran the DTC at the time and wanted to help her out. I came to love being here so much that when she left I had to stay. I get on well with the staff and residents – they are like family really.

"On the weekends, I like fishing and socialising with friends. Something people might not know is that I am a proud member of the Tasmanian Aero Club. My grandfather was one of the founding members and I have



been around the Aero Club all my life. I've been on countless light plane trips all over the north coast, up in a hot air balloon and I even jumped out of a plane once... but that's another story!

"I enjoy volunteering at MCT because I am always made to feel welcome and appreciated by the residents. I hope that I will always be able to volunteer here and I won't stop unless I have to.

"Recently I've been talking to people about where in the world they were born. Most have been from Tassie, but even still, it's given us lots to talk about."

Pictured above are Katrina Leisure & Lifestyle Peace Haven, William our volunteer and Paul Day Therapy Centre team.

Our Two Petes

From left, Pete and Peter J (our two Petes) do an amazing job at Peace Haven helping out in the gardens.

They take great care to make sure the view of the garden from all rooms is as beautiful as it can be. Recently, they mulched the Balfour courtyard, which was of great interest to residents.



Amy Road Roses

Recently, Scott Rigby, Fred French's Residential Manager, came by some roses.

Valmai (our resident green thumb), got straight to it and found the perfect spot. A new bed of roses now runs along Amy Road at the front of Fred French for all residents and passers-by to enjoy.



Les & Charlie

Les and Charlie have been mates for a long time. Recently, Charlie got a new cage which has given him more room and a new lease on life.

Les and Charlie can often be found in the corridor greeting people as they pass by. Les always has a smile for people, and Charlie a song.

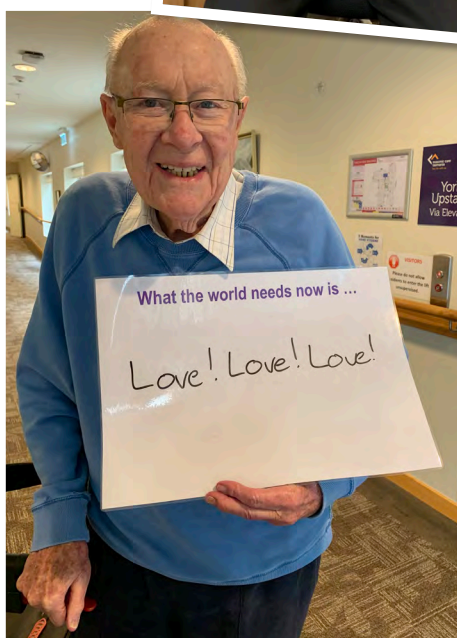


▲ Barb, Leanne & Dawn recently enjoyed putting on some of their favourite songs and dancing the day away.

What the World Needs Right Now...

Amidst the current uncertainty, we asked some of you what you think the world needs right now.

We loved what you had to say.



Celebrating the Aussie Spirit

On Australia Day, we celebrate all the things we love about Australia: the land, sense of fair go, lifestyle, the freedoms we enjoy, and particularly our people.

Our residents and clients celebrated the day by singing along to some Aussie classics and enjoying some delicious drinks and home-made treats, including fresh damper.

Thank you to all staff who worked so hard to set up this day, particularly our Day Therapy Centre team, led by Karyne Button, together with our wonderful volunteers.



Some of our Day Therapy Centre members enjoyed a summer outing to 41° South Salmon Farm with friends.

Stunning Summer Gardens

Who doesn't love summer - warmer weather and longer days!

It is one of our favourite times of the year and our beautiful gardens in full bloom make it even more beautiful.



Aged & Community Services Visit to Freemasons Home

Earlier this year, our CEO, Jackie Howard, invited the Aged & Community Services Australia (ACSA) CEO Pat Sparrow and Executive Director of Government and Public Affairs Annette Glenister to come and spend time at Masonic Care Tasmania.

Jackie, members of the executive team and the Facility Manager talked to Pat about the opportunities and challenges in providing aged care services in Tasmania.

Jackie had the pleasure of showing them around Freemasons Home, where they got to spend time, laugh and have a little dance with some of you.

"It was a great opportunity to showcase the wonderful work that our team do at MCT, and have some fun with our residents," Jackie said.



Tinker Time at Fred French



Autumn Art

Some of our Peace Haven members working on their creations for the upcoming Art Exhibition.

Musical memories being made at Freemasons Home



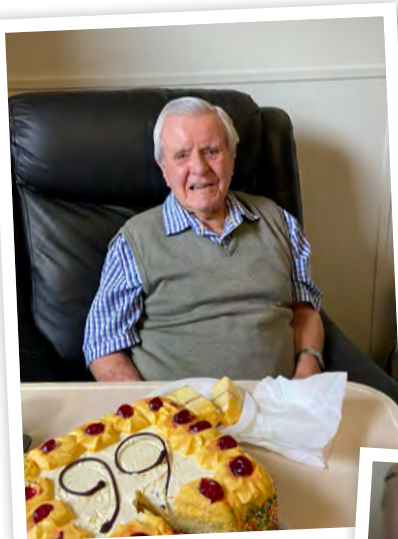
Volunteer, Tom, takes Freemasons Home residents out for a ride on MCT's Trishaw.

Messages to Loved Ones

During these different times, many of you have been connecting with family and friends in new ways, including this creative way – a beautiful photo and a message of love.



Birthday Celebrations



◀ Lloyd celebrated his 99th birthday at Freemasons Home.

Marion turned a fabulous 96 at Freemasons Home. ▶



◀ Lois Harper celebrated her birthday with a freshly-made chocolate cake, flowers and a happy birthday song from Dennis.

Jean enjoyed a delicious cake on her 97th birthday at Peace Haven. ▶



Reaching Out

Our Day Therapy Centre team has been working hard to continue to deliver a service to our community clients during this isolation period.

We have been putting together activity packs that include games, puzzles, jokes, mind teasers and colouring pages. Our team has tailored these packs to each clients' interests and delivered them to people at home. We have also been delivering meals, bakery items and completing welfare checks regularly.

We are also sending out team members to play music and run sound therapy; to call people, dance, cook, paint and garden; and play bingo and card games. We are working on lots of plans to keep everyone as engaged as we can whilst following all the rules: maintaining social distancing and keeping everyone safe.

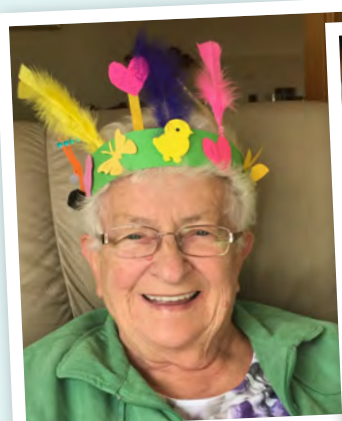


Manor Gardens Activities

Manor Gardens clients were treated to Easter eggs and activity packs from staff in early April.

"We have visited every client and dropped off an Easter egg, a newsletter, a COVID-19 fact sheet and an activity pack, which included materials to make an Easter bonnet," said Mandy Ochsendorf, Manor Gardens Assistant Coordinator.

"What we are doing is providing our club members with a weekly newsletter and an activity pack. We drop them off personally, so it is also a personal visit for social and emotional support and a way of staying in touch and connected. We always keep a safe distance when we do our driveway visits."



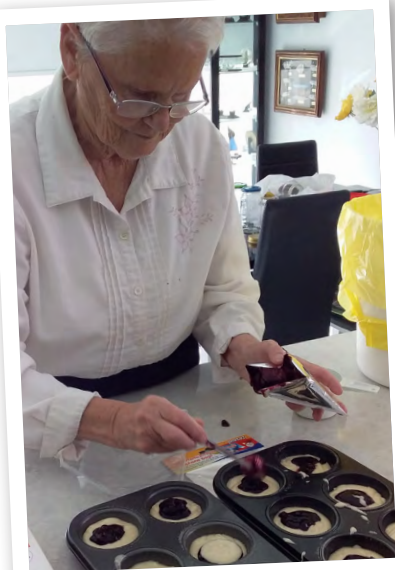
Community Support

Although the Day Therapy Centre (DTC) is not currently open as normal due to COVID-19, it has been so heartwarming to see many of our community members continue to support each other.

Lyn Clever has been busy cooking and baking. She has been supporting her Day Therapy Centre friends with the help of staff. Clients have been really enjoying her cooking, particularly her muffins.

Pat Swain (also pictured) has been continuing the craft program and knitting with wool supplied by the Day Therapy Centre staff.

Thank you to everyone involved!



ANZAC Day Commemorations

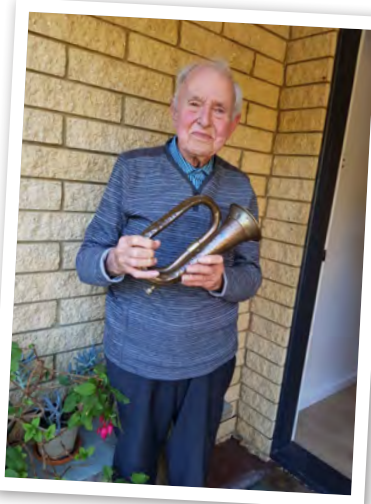
Thank you to all staff and residents who held such moving ANZAC Day commemorations throughout our sites honouring those who served and continue to serve. Lest we forget.



A Proud History

Our staff visited Bob at home recently and he told us his story about his dad and his bugle. Bob proudly holds his dad's bugle that he took with him when he went to Gallipoli – his role was to play the Last Post during his time there.

ANZAC Day is an important day for many to remember our past and present servicemen and women and the contributions they have made.



Community FaceTime

Our wonderful staff at Manor Gardens have been busy setting up FaceTime calls for clients to keep in touch with family and friends.



▲ The Mercury Newspaper clipping with a photo of the Lindisfarne foundation stone being revealed on June 1, 1958. A special part of our history.

Your Dose of Vitamin D

It has been a wonderful summer, with so many beautiful memories made in the sunshine.





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

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