



# MCT News & Life

Winter 2020 Edition

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# MCT News & Life

Winter Edition  
2020



Dear Friend,

Winter in Tasmania is always a beautiful time of the year and this winter has certainly been full of surprises with some heavy snowfalls at our Peace Haven and Fred French facilities last month.

Our Winter 2020 newsletter highlights some of the activities and services we have provided throughout the last few months. We celebrated 300 years of birthdays at MCT with Burn Ellis, Betty Taylor and Max Brett all turning 100. Congratulations Burn, Betty and Max, we hope you enjoyed your birthday celebrations with family and friends.

'Fun with iPads' sessions have proved to be a wonderful experience for residents. Some have actually purchased their own devices and found it has enhanced their relationship with their grandchildren who are spending more time with them assisting them in learning more about online technology.

With restrictions changing we are working towards safely re-opening all our programs and services. We continue to be vigilant with our COVID-safe protocols in and around all our facilities and community centres. I am particularly proud of the way residents in our care homes and our staff have pulled together to get through this COVID-19 crisis. We thank all families, advocates and clients for your patience, cooperation and understanding over the last few difficult months. It has been our focus to support our residents and clients to remain socially connected and engaged throughout this challenging time.

We have watched with great sadness the challenges faced in Victoria and New South Wales with further outbreaks of COVID-19 and we have continued to learn lessons from their experience. Over the coming weeks we will be talking to you about our plans and preparations

in the case of any future outbreaks in Tasmania, as we must continue to be vigilant when our borders open up later in the year.

Whilst it is hard to believe we are already in September (it will be Christmas before we know it!), I hope you enjoy reading this edition of News & Life and share with us the goings on within our residential aged care facilities.

A handwritten signature in cursive script that reads "Jackie Howard".

Jackie Howard  
**CEO, Masonic Care Tasmania**



▲ 'Molly' the lamb visited Peace Haven recently. There were lots of smiles and cuddles from both staff and residents.



# 100th Birthday Celebrations!

➤ Turning 100 doesn't happen every day so when Burn Ellis celebrated his big day, it was full of lovely cards and wonderful singing - plus a special birthday message from the Queen. Happiest of birthdays Burn!



▲ Elizabeth (Bett or Betty) Taylor, turned 100 on the 25th August. Betty celebrated with her family on the weekend and with residents and staff in St Johns and Churchill at Fred French. Betty's son Robert came along to help celebrate her special day. Betty had a wonderful day filled with well wishes from staff and residents.



## Steam World Visit



Keith and Charles asked if they could visit the Steam World sheds at Westbury. We organised the visit and then dropped in for some lunch at the Deloraine Café. They had a wonderful day out looking at all the vintage machinery.

◀ Max Brett celebrated his 100th birthday with a wonderful lunchtime sing-a-long and a beautifully decorated cake. Max served as a Lieutenant in WWII and later studied to be a Civil Engineer at Melbourne University. Happy birthday Max, we hope you had a wonderful day with your family and friends.





# Snowfall Fun

A cold blast across Tasmania this Winter created some beautiful photo opportunities for our Fred French and Peace Haven residents. Staff were on hand to help residents experience and touch some beautiful snow. Some would say we really did have a white 'Christmas in July'!





# Tinker Time gets creative!

Our Tinker Time men at Fred French have started a wonderful new project – creating beautiful trinket bowls from wood. Facility Manager Scott joined in the fun too!



## Quickviews

### Australia's disgrace

I WATCHED The Shawshank Redemption recently and I considered Andy Dufresne's wrongful imprisonment as something akin to the current plight of those poor souls in aged care homes — placed in a cell having done nothing wrong other than surviving to a decent age. All Australians should bear the shame for this national disgrace.

**Brett Robbins**  
New Town

The Mercury, 14 August 2020

### Plenty of enjoyment

THE rather sweeping statement by reader Brett Robbins about residents of aged care facilities may be relevant in Victoria in their lockdown situation, but here in Tasmania it is a different story (Letters, August 14). If Mr Robbins arranged a visit to Masonic Care Tasmania (Freemasons aged care in Lindisfarne) one weekday, he would find residents actively participating in exercise classes, playing bingo, listening to their favourite music via an iPad, attending and participating in knitting groups, enjoying themed luncheon days, etc. This is all arranged by staff whose job it is to create recreational enjoyment.

I enjoy a game of 500 at least twice a week with like-minded residents, with all of us being in our 90s. The area we play in is in a sun-filled lounge room that is always available to us. All residents who are motivated to go out to lunch or shopping with family or friends can also do so.

**David C. Irwin**  
Lindisfarne

The Mercury, 21 August 2020

## Letter to the Editor

Freemason Resident David Irwin was inspired to write to *The Mercury* following a letter that was published regarding 'the current plight' of residential aged care residents.

Thank you David for your positive story and for highlighting to the public the wonderful care and support we continue to provide to our residents.

*Thank you!*



# Visiting Pet Therapy is always a treat!



▲ 'Eevee' the Chihuahua visited Nor at our Freemasons Home.



◀ 'Charli' was so excited to visit Doreen at Peace Haven.



▼ Margaret was delighted to have a visit from 'Poncho' the dog.



## High Tea at Fred French



Fred French residents thoroughly enjoyed their High Tea with staff members joining in. It was lovely to catch up with friends and staff over a cup of tea and some tasty treats.



▲ Jean Evans enjoying a home care visit from 'Stella'.

▼ 'Tara' the sheepdog visited Jack at our Freemasons Home.





## Masonic's Got Talent!



Residents at Freemasons were treated to a wonderful lunchtime rendition of 'The Piano Man' from Delia - 87 and Josh - our talented carer.

## Paddock-to-Plate Program



Peter is one of our green thumbs in the gardening program and whilst the centre has been closed, Peter has been busy tending to many veggie seedlings and plants at home ready to re-pot and re-plant once we reopen. Our Day Therapy team have been supporting



Peter keeping him engaged and delivering his yummy produce to our Paddock to Plate program. Thank you Peter for the extra time you have given to our gardening program.

## Mens Shed program kicks off



**We kicked off the new Day Therapy Centre's Men's Shed Program with Geoff Shields and Peter Moran building our new garden beds ready to start planting out winter veggies. Both gentlemen enjoyed the day building and chatting about their old jobs and the projects they used to build.**

> Aromatherapy is a wonderful way to help our residents relieve tension and relax and these sessions have been a popular addition to our Leisure and Lifestyle calendar. Audrey thoroughly enjoyed being spoilt with a hand massage and beautiful relaxing music and is already looking forward to her next session.





## Creative Corner



The new Creative Corner program has taken off with Gay and Leonie busy making bags and cushions with our new overlocker in preparation to sell at our Day Therapy fundraiser.



Staff at the DTC support the ladies by taking our new sewing machines and material to a client's house, we then support the ladies to catch up and enjoy each other's company.

## Charles Dickens visits Fred French



Each week Book Club members at Fred French gather to discuss a new topic, from Charles Dickens to Australian literature and fairy tales. To end the week, residents enjoyed a special afternoon tea and a book themed trivia quiz.

## Cooking up a storm at Peace Haven!



Residents Jim and Kevin, with Facility Manager Jamie, had a wonderful time cooking up a storm for the Balfour and Wellington residents.



Resident BBQ for Charles, Lenstan and Dapple Residents (Sue Fowler Catering Team Leader and Les Jenkins)



# Out and about with our Manor Gardens clients



▲ Isabel and Ann at Dru Point Margate



Margaret and Joyce visited Mt Wellington and made snow balls ➤



▲ John and Jeremy at Lindisfarne Boardwalk park



◀ Bob and Jeremy at Sandy Bay Beach watching the "Piano Man"



▼ Rex was delighted to enjoy a cuppa after Manor Gardens was re-opened.



◀ Fred Bailey enjoying a cuppa and a scone at the top of Mt Wellington/kunanyi.





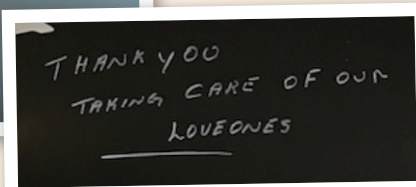
## Fun Movement Activities at Fred French

Our Leisure and Lifestyle team helped residents at Fred French enjoy some movement and activities with pool noodles. There was lots of fun and giggles all round.



Freemasons Home was delighted to receive this beautiful balloon with a lovely hand written message of thanks.

A lovely gift to brighten up the room for both residents and staff.



## Creative Succulent Gardens

Ladies at Fred French are hard at work again making succulent garden's in glass jars. Which will be sold at our craft stall which will be held later in the year.





# Falls Prevention Activities

**During the month of July, MCT focused on Falls Prevention. Some of the activities included physio sessions, mobility aid reviews, exercises and group movement activities. A huge thank you to all our residents for participating.**







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

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