



# MCT News & Life

Summer 2021 Edition

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# MCT News & Life

Summer Edition  
2021



Dear Friend,

Welcome to our first edition of *MCT News & Life* for 2021 – we have certainly seen so much happening at MCT in such a short period of time!

### **Final Report from the Royal Commission into Aged Care released.**

I am sure you are aware of the media around the release of the final report from the Royal Commission into Aged Care. MCT welcomes the final report and its recommendations. The 148 recommendations outline significant fundamental reforms to support older people and their families, along with the teams who work hard to care and support them. MCT has a long history of providing a high standard of care and services for our clients and residents and supporting our workforce, the Board and Executive whole heartily support the transformational change to the aged care services in Australia. We look forward over the months ahead to working together to embrace the opportunities and take MCT through the major reform ahead.

### **#CareAboutAgedCare - sign the petition today!**

MCT is part of the Australian Aged Care Collaboration of over 1000 aged care providers who are currently urging the Australian government and community to #CareAboutAgedCare. The Australian Aged Care Collaboration's aim is to ensure there is political will to make the systemic changes needed to meet the needs of older Australians now and into the future. We urge you to have your voice heard by signing the petition at: <https://www.careaboutagedcare.org.au/>. We acknowledge the ongoing and very important work that our fabulous teams do and look forward to positive changes in our sector.

### **National COVID-19 vaccine roll out.**

We are pleased to let you know that as part of the Phase 1a of the roll out, Residential Aged Care Residents at Fred French, Peace Haven

and Freemasons have now had their COVID-19 vaccinations. It has been wonderful to see the enthusiasm from residents and many of our staff receiving their vaccines and we encourage all of the MCT community to get immunised to protect each other together.

Our Community Clients, Retirement Village Residents and Community teams are now part of Phase 1b of the national rollout program – we will provide further updates as we receive them from the Government.

### **Keep up-to-date.**

I am pleased to advise the MCT community that we have now opened up all common and garden areas in our Residential Aged Care facilities. All of these areas have now been updated with group limits signage and social distancing reminders. It is also wonderful to be able to open up our popular Chats Café, Coffee Club and Audrey's Bar, as well as welcome back our clients to the Day Therapy Centre at Peace Haven.

All other visitor screening processes will remain in place: one single point of entry to sign in/out, screen and monitor visitors via main reception (visiting hours will remain in place to support this); as well as maintain good hand hygiene and social distancing. Our weekend and public holiday visiting hours have also changed to between 10am and 6pm. The recent outbreak in Queensland reminds us of the importance of being ever vigilant with our COVID safe practices.

I hope you enjoy reading the many stories and photos in our first edition of *News & Life* for 2021 and I look forward to speaking with you soon.

Jackie Howard  
CEO, Masonic Care Tasmania

# Welcome...



## Melissa Hawksley Accredited Practising Dietitian

Melissa is a member of the Eat Well Nutrition Service dietetics team who specialises in aged care dietetics and personalised and effective nutrition solutions for clients.

Melissa initially worked in her own practice and then moved to Perth WA to work as a clinical and research dietitian who provided dietetics services for people with neurological disability, injury or illness and elderly living in both the broader community and residential care.

Originally from Launceston, Melissa enjoys her role as the 'Tassie based dietitian' for the Eat Well Nutrition Service. 'It gives me the opportunity to give back to my local community which is something that I have always been very passionate about.'

'I am looking forward to collaborating with the MCT team to promote optimal nutrition management for your residents, to support and maintain their overall health and wellbeing.'

Melissa's hobbies include cooking (of course), going to the beach and spending time with my family and friends.

## International Womens Day 2021

#choosetochallenge2021



A group of fabulous MCT women joined MCT CEO Jackie Howard and Board Director, Dr Jane Fuller to celebrate International Womens Day at the Rotary Club Tamar Sunrise breakfast. The breakfast was a wonderful opportunity to listen to some of Tasmania's most inspiring women and to recognise the positive difference we can all make every day.

## Let's SHOUT about aged care

We proudly support the *Australian Aged Care Collaboration* of over 1000 aged care providers who are currently urging the Australian government and community to #CareAboutAgedCare.

The *Australian Aged Care Collaboration's* aim is to ensure there is political will to make the systemic changes needed to meet the needs of older Australians now and into the future.

We encourage you to use your voice by signing the petition at [www.careaboutagedcare.org.au](http://www.careaboutagedcare.org.au)



Australian  
Aged Care  
Collaboration



It's time to care  
about aged care.

As a nation, we have spent more than two decades looking at how to fix our aged care system. With the Royal Commission set to deliver a historic set of recommendations, we can't let this opportunity pass us by.

The Australian Government must commit to comprehensive reform of the aged care system so all older Australians are supported and enabled to live their lives with dignity.

Show your support.

Sign the petition NOW.

[CareAboutAgedCare.org.au](http://CareAboutAgedCare.org.au)

# COVID-19 vaccine roll out success

## What a terrific effort!

The enthusiasm and dedication from our team members during Phase 1a of the national COVID-19 vaccine roll out has been outstanding. The high number of resident consents at each site is no doubt a direct reflection of the time and energy our team members have spent training staff and informing our residents. Well done MCT residents and staff!



## Pipe Band visits Fred French



Residents and staff at Fred French were delighted to have a visit from the Pipe Band this month. It was a real treat to hear the sound of bagpipes around the facility.

## Popular Sunlight Program



Our Sunlight Program is a wonderful opportunity for our residents to head outside and enjoy the fresh air, a cuppa and a chat with co-residents. Leisure & Lifestyle team member Alice helps facilitate the program with residents Max, Eileen, Beryl, Evelyn and Dott heading out this week.

Hats, sunscreen and a shady spot was the order of the day.

# Australia Day 2021

The Day Therapy Centre hosted an Australia Day party with the residents from the Independent Living Units. Gary Pengelley came in to sing and Kevin Keil played the drums. It was a wonderful day with musical treats and laughs aplenty.



◀ Keith Treasure entertained residents at Fred French with a sing-a-long and some laughs.



▲ Dawn, Peter and Jill at Freemasons have enjoyed visits from furry friends such as Bella. It's a wonderful opportunity for our residents to venture outside to enjoy the beautiful summer weather.

## Did you know?

**Research has revealed that pet therapy can have many benefits, including:**

- Decreased blood pressure and cholesterol;
- Reduction in stress, anxiety and depression symptoms;
- Improved communication and reminiscence;
- Increased social interaction and reduced loneliness; and
- Higher comfort levels.



# Skin & Wound Care



**Our monthly clinical focus for staff and residents ensures we continue to provide the highest quality care to our residents.**

Our clinical team have been busy focusing on wound care and skin assessment training during the months of January and February.

Your skin works hard. Not only is it the largest organ in the body, but it defends against disease and infection, regulates your temperature and aids in vitamin production.

Ensuring our residents have a varied diet full of nutritional foods and are kept well hydrated is just one component to overall health and wellbeing. It also helps prevent wounds, reduce the risk of infection, improve skin texture and help their bodies balance day-to-day stress and activities.

Simple tips to help maintain your skin health include having an extra glass or two of water/fluid in a day, moisturising your body twice daily to reduce the risk of skin tears, maintaining your mobility as best as able and not sitting still for too long.

If you have any further questions speak to your care or clinical staff.

## Simple tips to help maintain skin health:



Include an extra glass or two of water/fluid every day.



Moisturise your body twice daily to reduce skin tears.



Maintain your mobility as best as able and try not to sit for long periods.

## Feathered friends fly into Freemasons!

**Staff and residents at Freemasons were delighted to discover a few feathered guests in the courtyard gardens last month. Mother duck had made herself at home and had managed to hatch 7 little ducklings. They were returned safely to their original home nearby.**



## Upcoming Health & Wellbeing Focus topics:

**April:** Falls

**May:** Palliative Care

## 100 YEARS Birthday Celebration



▲ Phyllis Smart enjoyed a lovely afternoon tea with family and friends to celebrate her very special 100th birthday.

## Happy birthday Nancy!



▲ Nancy Harris celebrated a very special 102nd birthday with her daughter in February at Peace Haven. We hope you had a wonderful day Nancy.

## Launceston Cup Fever



▲ Margaret and Cristy get into the spirit of the Launceston Cup at Fred French.

## Aussie classic makes a pit stop at Freemasons



▲ On New Years Day Leisure & Lifestyle team member Janine drove her beloved Torana to work to reminisce with Lloyd Harding. Lloyd was a mechanic who used to work on these classic cars back in the day.

# Cuppa Catch-ups



## Fred French combined their Coffee Club and Shrove Tuesday.

Residents Nicholas and Avis enjoyed freshly cooked pancakes, fruit, syrup and icecream with a fresh coffee. Thanks to catering staff Lil and Irene for their help to facilitate this activity, wonderful compliments from residents all round.

Flo Beech, Muriel Brain and Beth Fulton having afternoon tea at Peace Haven.



## Musical Moments



Live performers have been welcomed back to the facilities and the residents have loved the interaction and benefits that come with these visits.



Rosemary Bishop at the piano practicing with the Leisure & Lifestyle team at Fred French.

# Activities



▲ Ray and Mandy (dressed in traditional Welsh costume) celebrate St David's Day. St David is the patron saint of Wales and he is celebrated on 1 March. To mark the day, Welsh people around the world wear one or both of Wales's national emblems - a daffodil and a leek.



▲ Balloon tennis has been a real hit with Manor Gardens visitors. They enjoy keeping active and catching up with friends when they visit.

➤ Mieke demonstrates how to spin wool.



◀ Margaret and Christine have been busy decorating Easter eggs to display at the centre.



▲ Kerry and Isabel enjoyed a trip to Kingston Beach.



▲ Elizabeth enjoyed getting to know 'Poncho' on her first visit to Manor Gardens.

# Day Therapy Centre Adventures



▲ Keith and Noel enjoyed a trip to Campbell Town recently to get out in the summer sunshine and visit the detailed timber sculptures, carved out of the original trees with a chainsaw. These are among Tasmania's finest carvings and are worth inspecting as a point of interest in itself.

➤ Bessie and Deb enjoying the homemade copper items at Carrick metal and art gallery.



▲ Clients and staff thoroughly enjoyed their trip to The Wall in the Wilderness. The beautifully carved works depict the history, hardship and perseverance of the people in the Central Highlands and pay homage to the individuals who settled and protected the area.

▼ Najiba Najib enjoying lunch at Seaport.



➤ John Callander showing off his excellent skills at the local bowling alley.

◀ Eileen and Diane enjoying their lunch on a recent trip to Georgetown.



## Peace Haven Mens Shed News



▲ Christine and Reg Wilson tried their hand at making cherry bourbon – it looks like it's taken very seriously!

## UPCOMING

## Celebration Days 2021



### APRIL

**Friday 2 April** Good Friday

**Sunday 4 April** Easter Sunday

**Monday 5 April** Easter Monday

 **Sunday 25 April** ANZAC Day

### MAY

**Sunday 9 May** Mothers Day

**Thursday 27 April** Australia's Biggest Morning Tea

### JUNE

**Tuesday 8 June** National Celtic Festival

**Monday 21 June** World Music Day

## Volunteers Return



◀ Residents have thoroughly enjoyed the resumption of the activities that were a regular feature on the activity calendar prior to March last year. Thank you Leslie, our wonderful Volunteer at our Freemasons Home, for the fun game of indoor bowls.



## Volunteers welcome

Are you looking for a rewarding volunteer opportunity to help enrich the lives of our residents? If so, we'd love to hear from you.

We have a number of different roles available to match one to suit you. If you'd like to find out more please contact:

**Michael Glover**, Leisure & Lifestyle Coordinator on **6345 7233** or email: **michael.glover@mctas.org.au**



**masonic care  
tasmania**

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

## Get in touch

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For more information, please visit  
[masoniccaretas.com.au](http://masoniccaretas.com.au)



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