



MCT News & Life

Autumn 2021 Edition

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MCT News & Life



Dear Friend,

Welcome to the Autumn 2021 edition of MCT *News & Life*.

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

Help keep our most vulnerable protected.

The latest COVID-19 outbreaks in our eastern states is a stark reminder that we must all work together to keep our most vulnerable people in our community protected. We encourage everyone to get immunised for COVID-19 **and** influenza so we can continue to protect our loved ones together.

All visitors to our residential aged care facilities are reminded to follow and stay up-to-date with Tasmania's public health directions as these can change quickly.

For further information on the COVID-19 vaccine please visit: www.coronavirus.tas.gov.au or call **1800 671 738** to book your COVID-19 vaccine appointment and please chat to your GP about receiving your 2021 influenza vaccine.

Conversations with MCT - Zoom session #2 for 2021

Thank you to those families who attended our second *Conversations with MCT* - Zoom session earlier last month. It was terrific to see some friendly faces and have the opportunity to chat about all things MCT. Our next session will be held during the month of August - we will keep you updated on the day and time of this session.

Electronic sign-in stations.

The upcoming rollout of our new visitor electronic sign-in stations will be a welcome addition across our facilities and community centres. These electronic stations will replace our current paper format with a more efficient and accurate sign-in/out process.

National Volunteers Week.

We recently celebrated National Volunteer Week and enjoyed taking the time to sincerely thank our volunteers at MCT who graciously give up their time, energy, skill and support to help enhance the lives of those who live with us.

Please enjoy reading the many stories, photos and updates in our Autumn edition of *News & Life*.

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

Jackie Howard
CEO, Masonic Care Tasmania



Manor Gardens client Elizabeth enjoying the creative Autumn colour painting sessions.

Welcome James Bardsley

General Manager - Business Development



James originates from Adelaide and brings to MCT a wealth of experience and knowledge in the not-for-profit sector, in both Aged Care & Disability services having served in a range of senior leadership roles. James' most recent role was AnglicareSA's Head of Aged Care Strategy & Business Development and his previous senior roles include the Royal Society for the Blind, Multiple Solutions and the MS Society.

With extensive experience as a leader of people,

a builder of partnerships for business growth as well as implementing positive organisational change, James will assist us to develop MCT's strategic and long-term goals to build capacity, understand and implement the Royal Commission's extensive recommendations to help ensure business sustainability and further build the reputation of MCT.

Please welcome James to the team and make sure you reach out and say hello next time you see him around the MCT community.

Fred French Donation

After the passing of their beloved Mum, Dawne Shaddock, Julian and Leah wanted to make a donation that would benefit residents living with dementia. Their generosity will enable an even greater opportunity for families and team members to engage in and provide comfort to residents living with dementia.

MCT would like to extend a sincere thank you to Julian and Leah for this very kind and thoughtful gift to other residents and the team at Fred French.



Fiddle mats, sleeping pets and music boxes are just a few of the items donated by the Shaddock Family.

Older Australians deserve dignity

The Federal Budget is only the first step. Now the real work begins to ensure promises made become actions delivered on aged care.

With over 53,000 petition signatures, we need to keep pushing. Please visit the website and sign the petition: www.careaboutagedcare.org.au



Show your support and sign the petition today:
www.careaboutagedcare.org.au





▲ The ladies at Freemasons thoroughly enjoyed their high tea.

◀ Fred French staff dressed in pink and captured some wonderful moments with the residents.



Dressed to Impress!

Peace Haven residents Judith Rieper, Marion Smith, Dot Faulkner, Shirley Freeman and Nola Ralston got into the party groove with some fancy dress-up pieces.



ANZAC Day 2021

Memorial services were held across our homes in the lead up to ANZAC Day. It was a special occasion for all our Residents who attended - remembering and honouring those who made the ultimate sacrifice for our freedom and country.



▲ Max Brett with the ANZAC Day wreath



▲ The Hobart Veterans Brass Band played at the ANZAC Day ceremony at Freemasons.



▲ Kevin Kiel playing the drums at the Anzac lunch at the Green Centre.



▲ Lunch in the Green Centre.

◀ Pat Swain is the Niece of Ordinary Seaman Edward 'Teddy' Sheean VC. Pat approached Day Therapy Centre (DTC) team member Paul Tulk some weeks ago to help organise a wreath to present at the very special Anzac ceremonies at Latrobe on Anzac Day this year.

The DTC team Karyne Button, Su Bland and Paul Tulk supported Pat Swain in her goal to present a personal tribute to her late Uncle. Pat was grateful for the assistance and I am sure many will admire the bravery shown by Ordinary Seaman Teddy Sheean VC.

The team at the DTC were privileged to be able to support Pat to achieve such a wonderful goal and be part of the history of the Royal Australian Navy.



Diabetes & Falls Prevention

Leaves are supposed to fall.
People aren't.

Our Clinical and Services staff have been busy focusing on Falls prevention and Diabetes care for the months of March and April.

Diabetes

When someone has diabetes, their body cannot maintain healthy levels of glucose (sugar) in the blood. This is the main source of energy for our bodies.

5 quick facts for diabetics in Aged Care:

- > 25% of all residents living in aged care have a type of diabetes
- > Not all diabetes can be prevented
- > You do NOT have to be overweight/unhealthy to develop diabetes
- > Symptoms of diabetes can often be mistaken for "old age" common symptoms include increasing toileting (fluid), increased thirst, increased/reduced appetite, tiredness/lethargy weight loss, dry mouth, lips, skin, poor vision or blurred vision.
- > Each resident WITHOUT diabetes ideally should be screened by the GP routinely – as frequent as annually for those who are frail/high risk.

Your clinical team will complete an assessment on admission however you can have a check attended (a random fasting BGL) by the nursing staff at any stage if you wish.



Falls Prevention

We know that as we age, things change and we increase our risk of falls however there are 5 quick tips to help reduce your falls risk:

- > **Good fitting footwear** is important to decrease risk of slip, trip or falling
- > **Good fluid intake** - Infections are one of the leading risks of falls – the biggest infection in Residential care is Urinary tract infections. Just by increasing your fluid intake by 1-2 additional glasses of fluid a day you can greatly reduce your falls risk.
- > **Good nutrition** – if you are losing weight too often you are also losing muscle mass – and a weight loss of 3kg or more greatly increases your risk of falls and fractures from these falls.
- > **Keep Mobile** – if you keep up exercise, strength and mobilization you can decrease your falls risk – however if you have restricted mobility you can still participate in exercises and mobility in your chair/bed.
- > **Know your medications and ask questions** – we love to help you understand your care – if you are wanting to know more about your medications please ask. Some medications can increase your lethargy, dizziness and general well being – please speak to us if you are concerned.



Upcoming Health & Wellbeing Focus topics:

June: Care Planning & Choice
July: Restrictive Practices

Creativity Abounds!



Residents and clients have been dabbling in some painting and crafting activities recently with lots of colourful pieces created and put on display around the facilities.

Manor Garden clients have also been busy painting wooden birds that were then made into a hanging mobile for all to enjoy.

Men's Shed Musings

➤ Peace Haven Resident Glen Quillerat and Maintenance team member Danny Whelan are kept busy in the Men's Shed.



▲ Team member Danny brought his restored VW bug in for a show-and-tell session with the Men's Shed gentlemen recently. They were taken on a trip down memory lane with lots of stories shared from days gone by. The Men's Shed is a popular activity at Peace Haven and it is always a hive of activity.

➤ Colin Cooper, Reg Wilson, Danny Whelan, Colvin Smith, Alan Holmes, Kevin Bassett and Tim Sydes.



Australia's Biggest Morning Tea



Residents at Fred French and Freemasons celebrated Australia's Biggest Morning Tea with a delicious spread of scones, sandwiches and a lovely cup of tea. It was a wonderful opportunity for our residents, their families and friends to come together to not only share a cuppa but to raise money for a very worthy cause.

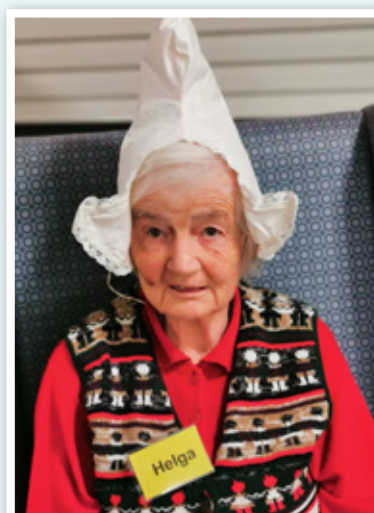
Manor Gardens Autumn Activities



Our club members have been enjoying using the Autumn colours to paint their Autumn leaves. The leaves are then hung up to add to our Autumn decoration.



Elizabeth and Joy enjoying a game of Scrabble.



Manor Gardens clients have enjoyed everything Dutch during May. Yummy Dutch poffertjes, spiced apple cake, Rookwurst, pumpernickel bread, spekulatius, stampot and Dutch licorice have been tasted as part of the month. We've sung Dutch songs, looked at Mieke's Dutch collection and enjoyed hearing the history and seeing the sights of Holland.



Peace Haven Day Therapy Centre Adventures



▲ New DTC Member Janice had her first visit to the Centre. She tried her hand at her first Floral Design session and the results speak for themselves! Well done Janice, your arrangement looks beautiful.



▲ Clients were thrilled to have a day trip to the Lavendar Farm.



▲ Peter and Geoff buying plants for the Garden Club. The garden has taken off with fresh produce already being picked and sold in the DTC.



◀ Day Therapy Centre clients, Charles Wallace, Ngaire Smyth, Joan Pickrel, Alma McKay visited the Penny Royal complex during May.

Day Therapy Centre Donation



▲ DTC client Peter handing over new rakes and brooms to Scott (Peace Haven & Fred French Facility Manager) which were purchased from the money raised from the DTC car park sale.

UPCOMING Celebration Days



JULY

5-9 July NAIDOC Week

Wednesday 14 July Bastille Day

AUGUST

Saturday 7 August Aged Care Employee Day

Saturday 28 August Daffodil Day

SEPTEMBER

Sunday 5 September Father's Day Day

Friday 10 September RUOK Day

National Volunteer Week Celebrations



A morning tea was held at Freemasons as part of National Volunteer Week, to say thank you for their significant contribution to the MCT community.



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**

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