



MCT News & Life

Winter 2021 Edition

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MCT News & Life



Dear Friend,

Welcome to the Winter edition of *MCT News & Life*. There has been a lot happening around our community and I'm excited to share some of the wonderful news and photos with you all.

Christmas in July

Christmas in July was celebrated with gusto across all MCT sites this year and the feedback I received was terrific. There were luncheons held at Peace Haven and Freemasons as well as an energetic musical event held by the Day Therapy Team with lots of carols singing and dancing. There was also a visit from Rudolph the Red Nose Reindeer who spread plenty of Christmas cheer.

Tamar Valley Peace Festival Exhibition

This year, Leisure & Lifestyle Coordinator, Michael Glover, became involved in the Tamar Valley Peace Festival for the first time.

Michael organized an exhibition of the art works created by the residents of Fred French which was then displayed at the Launceston Library from 1 – 8 August 2021.

Congratulations to the residents of Fred French, our volunteers and Michael for your creative contribution to the festival and the wonderful outcomes when people collaborate together.

Staff COVID-19 vaccination on track

I am pleased to let you know that we are well placed in reaching the mandatory vaccination of our workforce by 17 September. Currently we have 83% of staff who have received their first dose and 61% of all staff fully vaccinated.

Planning for a lockdown in Tasmania

With the ever changing COVID situation on the mainland the Tasmanian Government has developed a 'lockdown plan'. This plan will be a fast, circuit breaker to COVID-19 spreading if a case is identified within Tasmania.

As you know we have our detailed lockdown plans in place and over the past year we have conducted a number of scenario tests to continue to be prepared in the event of a lockdown.

I'd like to take this opportunity to thank you for your ongoing support of MCT.

Please enjoy reading the many stories, photos and updates in our Winter 2021 edition of *MCT News & Life*.

Katie Cooley
General Manager - Operations



▲ Gardener 'Poppy Pete' has been busy getting Shirley's (MCT Home Care Client) garden ready for some spring planting.

Creating a memory of a 'Journey in Time'

Residents at Fred French have worked collaboratively with Volunteers and Staff to create a stunning piece of string artwork that represents a "Journey in Time" as part of the Tamar Valley Peace Festival.

The 2021 Tamar Valley Peace Festival theme was "Peace in Recovery". The exhibition organized by Michael Glover, MCT Leisure & Lifestyle Coordinator, was one of the highlights of the program.

The exhibition imagined and curated by Michael reconnected the residents of Masonic Care with their community and sent a vibrant message about the creativity and resilience of those who live and work in aged care. It was a wonderful example of how communities can recover from difficult times.

The piece comprises of mainly string work and wood inserts which have been carefully placed to follow the contours of time, keeping a soft colour palette of earthy tones throughout. This work promotes a therapeutic approach to life and gives a feeling of calmness.

This beautiful artwork was on display at the Launceston Library as part of the Tamar Valley Peace Festival.



Di Allan, Merrly Evans, Roselyn Overton, Sylvia Devern, Dawn Hodgman inspecting the beautifully presented artwork at the Launceston Library.



CHRISTMAS in July!



We have enjoyed some chilly winter weather in Tasmania this year - perfect for our 'Christmas in July' celebrations.



▲ Jean & Dallas at Freemasons



◀ Dawn & Pieter at Freemasons luncheon



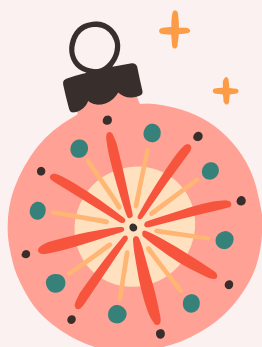
▲ Barbara, Margaret & Nova at Freemasons



▲ Jack Blake at Peace Haven



▲ Ruth Kjar, Betty Ellis and Doreen Piper enjoying their luncheon at Peace Haven.





▲ Day Therapy Centre team member Dennis Quillate and his band 'Code Blue'



▼ Lyn and Robin Clever enjoying the music with the Day Therapy Team.



▼ Margaret and Dorothy had a great day - loads of fun was had by all.



▲ Fay and Pamela enjoying their first Christmas in July at the Day Therapy Centre.



▲ Marion Smith at Peace Haven



▲ Margaret and Bessie enjoying a good old sing-a-long.



Pressure Injuries



Our Clinical and Services staff have been busy focusing on pressure injury care.

What is a pressure injury?

Pressure injuries (pressure ulcers, bed sores or pressure sores), are blisters or breaks in the skin due to ongoing pressure. These pressure injuries may become infected, may reduce mobility, may leave a scar and can cause great discomfort and pain.

How do you get a pressure injury?

Pressure injuries develop if an area of skin is exposed to constant, unrelieved pressure, from friction which may be caused by moving your body across the bed using heels and elbows or prolonged exposure to moisture.

Who is at risk?

Anyone can develop a pressure injury. You may be more at risk though if you are elderly, frail or have any of the following:

- decreased fluid intake or poor diet
- confined to a bed and the inability to move freely
- diabetes, poor circulation or a condition that impairs sensation
- recent weight loss (without trying)
- loss of bladder or bowel control
- scarred or frail skin or have had a history of pressure injuries.

Where do pressure injuries occur?

Pressure injuries usually develop over bony areas, especially the buttocks, tail bone, heels, elbows, and hips. Pressure injuries may also develop under medical devices such as stockings or bandages.

Signs to look for:

- Changes in skin colour — red, blue or purple.
- Changes in the temperature of the skin— may be cooler or warmer than surrounding skin.
- Changes to the skin surface—may be blistered, swollen, have calluses, shiny areas or dry patches.

What you can do to prevent pressure injuries:

- Inform the carer or nurse of any painful or reddened areas that may develop.
- Change position regularly, at least every one/two hours. If able, get up frequently and move about.
- If you are unable to reposition by yourself ask staff to assist you.

- Don't drag yourself up the bed.
- Notify the nurse caring for you if any medical devices such as stockings or bandages that are causing you discomfort.
- Don't massage or rub the skin as this may cause damage to underlying skin tissue.
- Let the carer or nurse caring for you know if you have any damp bedding or clothes.
- Use a protective cream on the skin.
- Stay hydrated and eat a balanced diet.

What your care team is doing to prevent pressure injuries:

On admission to our facilities your nurse will determine your risk of developing a pressure injury. We then complete a range of prevention strategies.

The nurse will assess your skin regularly (including on admission). It is important that we complete this as accurately as possible.

Whilst you have the opportunity to decline this – it is really important so we can provide the best care possible to you. We routinely review your skin with care planning reviews.

If you have a pre-existing pressure injury, a treatment plan will be put in place in collaboration with your GP and sometimes external wound specialists.

Anyone can develop a pressure injury.

By following some simple steps we can assist you to get back on your feet and be as comfortable as possible with us so you can do the things you love.

References

Mater Health QLD, 2019 accessed on <http://brochures.mater.org.au/brochures/mater-safequest/preventing-pressure-injuries>

Pan pacific Pressure injury alliance 2021 New International Clinical Practice Guideline for the Prevention and Treatment of pressure ulcers/injuries <https://pppia.org/>

Welcome Kirsten Jongsma

General Manager - People & Culture



Kirsten (pronounced "Keer-sten") originates from a small country town in NSW, but has lived far and wide including London, Darwin, Sydney, Yamba and Canberra. She has been in Launceston for about a year, taking time to finish her Juris Doctor.

Most recently Kirsten was the People & Culture lead for the Sydney Light Rail project, which saw the introduction of a tram network to the main street of Sydney CBD and into nearby suburbs. As

a part of this, Kirsten was instrumental in recruiting, training and employee relations to ensure that the operations were ready for opening.

Kirsten's experience across borders and industries will bring new insights into the People & Culture space at MCT and she is excited about making positive change as we navigate the current climate.

Please welcome Kirsten to the MCT Team, she will be out and about in the MCT community soon to say hello.

Tinker Time

at Fred French



➤ Max Pearce and Harry Holl showing off their outback house creations.

NAIDOC Week



During 4-10 July we came together to celebrate NAIDOC Week and the 2021 theme - 'Heal Country!' Heal Country calls for stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

NAIDOC Week is celebrated not only in Indigenous communities, but by Australians from all walks of life. This week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Masonic Care Tasmania acknowledges, with deep respect the traditional owners of this land, the palawa people. The palawa people belong to the oldest continuing culture in the world. They cared and protected Country for thousands of years.



HEAL COUNTRY! - PROUDLY CELEBRATING NAIDOC WEEK 2021

Manor Gardens Winter Escapes



▲ Visiting Pulpit Rock at New Norfolk. The winter views of the Derwent Valley were spectacular.



▲ Our club members were lucky enough to spot a platypus on the Platypus Walk at Geeveston.



▲ Olympic fever hit Manor Gardens with lots of fun games and even a medal presentation!

▼ Manor Gardens clients braved the cool, wintery weather during some of their offsite trips recently. The group enjoyed an informative history tour of the Anglesea Barracks as well as a delicious lunch at the Gateway Cafe, Kettering after a leisurely tour of the back roads of Snug.



◀ Manor Garden's clients celebrated India's Independence Day on the 15th August. Mieke and volunteer Dennis joined in the festivities by dressing in traditional clothing.

They tried different curries and some yummy naan bread. The group learnt about the history of India with photos, quizzes, watched clips of traditional Indian and Bollywood dancing and watched trailers of the movies Ghandi, Lion, The Best Exotic Marigold Hotel and Viceroy's House.



▲ Mel at Bunnings facilitated a fun craft activity for the group. They painted pots and were excited to take them home with a colourful polyanthus plant.



▲ Ernie has visited Pearn's Steam World several times and never gets bored. The old machinery remind him of the days he used to work on them and repair them.



▲ Charles Ngaire and Joan visited the salmon farm 41 Degrees at Deloraine.



▲ Brian and Joan visiting Ashgrove Cheese Farm.

▼ Peter and Bernie enjoyed a visit to Glebe Gardens in Launceston - the sculpture displays were terrific.



Day Therapy Centre donation to Peace Haven Kitchen



▲ The DTC Hobby Hut team were delighted to donate a white board to the Peace Haven kitchen to help with the scheduling and delivery of meals. Well done DTC team!

UPCOMING Celebration Days



SEPTEMBER

- Sunday 5 September** Fathers Day
- Thursday 9 September** Jewish New Year
- Friday 10 September** RUOK Day
- 20-26 September** Dementia Action Week

OCTOBER

- Friday 1 October** International Day of Older Persons
- 11-15 October** National Carers Week

NOVEMBER

- Monday 1 November** Launceston Recreation Day Public Holiday
- Tuesday 2 November** Melbourne Cup
- Thursday 11 November** Remembrance Day

Birthday Celebrations



Happy
102nd
Birthday
Lucy!



Happy
101st
Birthday
Max!



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.

To find out more, 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

7 Ballawinnie Road,
Lindisfarne TAS 7015

P (03) 6282 5200
F (03) 6282 5266

185 Penquite Road,
Norwood TAS 7250

PO Box 108, Newstead TAS 7250

P (03) 6345 7200
F (03) 6345 7191

ABN 21 590 239 241

For more information, please visit
masoniccaretas.com.au



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