



Newsletter.

May 2024

Creative Gifts

The temperature is dropping, and the leaves are changing colour. A change of season is always a good reminder and a chance to take stock.

I'd like to remind everyone who has regular contact with an elderly loved one of the importance of vaccinations.

Over the last few years, we have heard a lot about getting the jab, however, this year overt promotion and media coverage has dropped off in the general public arena.

The elderly people we care for in their homes and particularly the residents in our nursing homes can have far greater health complications and affected wellbeing than those younger and fitter. Our residents are not isolated from the outside world, they take trips, visit families and go on outings. Our nursing homes receive visitors, entertainers and of course, our staff live in the "outside" world.

Please take a moment to check your vaccination history and consider keeping your flu and covid shots up to date.

Evan Robertson, CEO

We are very grateful for recent gifts to Mary Potter Nursing Home. A beautiful painting by Pauline Cleary now hangs by the Chapel entry. We were also gifted some intricate quilts made by Debbie Pascall, which you may see around the nursing home.





Mary Potter Nursing Home

Introducing Josh Rudd who is our Human Resources Advisor at The Forrest Centre

How long have you worked at The Forrest Centre?

Three months.

What is it like working in aged care?

In one word, meaningful. What has really stood out for me since joining The Forrest Centre is that our residents and clients are the focus of everything we do. So, being able to contribute to the provision of care, albeit indirectly for my role, gives meaning to the work I do.

What do you like most about your job? What gives you meaning at work?

Working on initiatives and programs that will benefit our employees, with the aim of making The Forrest Centre an employer of choice in the aged care sector across our area of operation.

What three words would you use to describe The Forrest Centre?

Caring, compassionate and professional.

How could we (generally as a society) think differently about aged care?

In general, I think people need to start thinking differently about working in aged care. Not only is aged care one of the most rewarding career paths in the health sector it is also an industry that is going to offer someone guaranteed growth, provide them with wide ranging career options and ongoing security.

Outside of work, what do you like to do for fun?

I like being outdoors, either playing soccer, fishing, or camping. My favourite trip recently involved hiking and fishing for trout in the Snowy Mountains.

Do you have any pets?

Only the one pet, Eevee the miniature poodle.

What is one thing that people don't know about you?

That I'm a fan of horse racing and have some small shares in a couple of racehorses, including a horse named Accredited who won twice at Warwick Farm last preparation.

What is your favourite song?

Anything by Vampire Weekend, who have just released a new album, so they should hopefully be touring Australia soon and I'll get an opportunity to see them live.





Loreto Home of Compassion

Have you met Kerry Power who is a resident at Loreto Home of Compassion?

How long have you lived at Loreto?

Since June 2022.

Where are you from originally?

I was born and bred in Wagga.

Tell us a little about your family?

I have two kids, a boy, and a girl. My son Michael and his wife live in Wagga. They have two boys, and they like to travel. I also have a daughter named Kylie.

What is your happiest memory?

Getting married to my missus, Patricia. We had a great time together for a long, long time.

What is your favourite part of living here?

Anything, it's all good. I love living here.

What's the best part about getting older?

(Laughing) You don't have to put up with so many idiots anymore.

What is the one piece of advice you would give to younger people?

Don't do what I have done.

What kind of music do you like? What is your favourite song?

I enjoy rock and roll music. My favourite song is "Rock around the clock".



Forrest Community Services



Introducing Lesley Wheeler who works in Administration at Forrest Community Services.

How long have you been with Forrest Community Services?

Four years and seven months.

What is it like working in aged care?

Extremely rewarding and satisfying.

What do you like most about your job?

I like all aspects of my job and especially like helping others and that's what makes me smile.

What three words would you use to describe The Forrest Centre?

Caring, compassionate and respectful.

What is one thing you want people to understand about ageing and/or older people?

That we need to have patience and understanding and be respectful at all times.

How could we (generally as a society) think differently about aged care?

Ageing is a natural process and just to make as many memories with our loved ones as possible.

You must come across some interesting people and stories? What is one that has stuck with you?

I hear many stories, and all are unique in their own way and not one stands out any more than others.

Outside of work, what do you like to do for fun?

Spending time with my family and going on short day trips on the weekends.

Do you have any pets?

We have a miniature Dachshund (sausage dog) called Sizzle. We also had a labrador named Franklin who passed away last year at the ripe of age of almost 16.

What's one thing people don't know about you?

I was a care worker with FCS back in 2012.

What's your favourite song? What is one song you would love to play while you're working?

My favourite song at the moment is "Til you can't" by Cody Johnson.



Pastoral Care

We asked two members of our Board of Directors to comment on pastoral care at The Forrest Centre.



One of the most important aspects of a resident's care is that of providing an objective listening presence, an opportunity of "being with" in openness to what may be the concerns of a resident and also of their families, carer or visitors that we encounter on our visit, and this can contribute to their physical, spiritual and psychological health. Being available in a non-judgemental way and giving the resident an opportunity to reflect on and possibly write their own story and realise the gifts of their lives and contribution to the world around them, their joys and challenges - this can be facilitated by a Pastoral Carer and with a faith background, to provide the time and space to reflect on their life experiences and people who have been part of their life journey - a gratefulness for life's lessons and wisdom, also for the God who has also journeyed with us, accepts us as we are and lifts us up when we fall - and perhaps the spiritual opportunity to share a prayer and reflection time which can nourish the spirit.

Having the beautiful gardens, chapel, grotto and quiet spaces in Loreto and Mary Potter Nursing Homes offer a restful contemplative space for families and residents in this latter part of life's experiences.

It is good to have the opportunity of meeting up with both residents and staff and be grateful for the way they are made comfortable with daily care and gentle exercises and activities and sharing of memories knowing they are supported in a safe and caring place.

Sr Helen Kelly Little Company of Mary.

Pastoral Care is the "beating heart" of The Forrest Centre and is the point of difference we wish to create in the aged care environment. When we are caring for the most loved and vulnerable in our community who are our elderly parents, relatives, and friends, it is this personal and continued care that is at the centre of who we are. Our Christian values and beliefs are seen and demonstrated through love in action. We bring the love of God to our residents through this selfless care on a daily basis. The Board of The Forrest Centre is committed to develop and implement policies that see our Christian mission of inclusiveness, love and support being realised in concrete deeds of love. Every staff member of The Forrest Centre is made aware and are committed to this quality care of our residents. We have Management, Clinical, Ancillary, Chaplaincy and Pastoral Care staff and volunteers that work to ensure the residents wellbeing around the clock, and we extend that support to their families.

As a joint Roman Catholic and Anglican aged care facility, which is unique in modern society, we not only state our inclusiveness, but we demonstrate it in how we work across denominational boundaries in unity to provide this care for the most vulnerable. The make up of our residents come from a broad range of cultural, social, and religious and non-religious backgrounds. All are cared for equally with love.

Yes friends, this is the "beating heart" of The Forrest Centre.

Venerable Grant Bell, Anglican Archdeacon of Wagga Wagga.

Resident Advisory Meeting

A Resident Advisory meeting will be held at Loreto and Mary Potter Nursing Homes every second month. The resident advisory body collects feedback from residents/relatives and shares it with management. Joining the Resident Advisory meeting is voluntary and lets you share your concerns and ideas with those who manage your care. The management must consider all the feedback from the meeting when making decisions and they will advise the body how this was considered.

The involvement of residents and relatives is to provide an avenue through which residents and their relatives, can be involved in the decision making processes at the nursing homes.

The next Resident Advisory Meetings will be held on Tuesday 25 June at Loreto Home of Compassion & Wednesday 26 June at Mary Potter Nursing Home.



Q: Why are frogs always so happy?

A: They eat whatever bugs them.



Q: Why did the giraffe get such bad grades?

A: He always had his head stuck in the clouds.



Q: Where do snowmen keep their savings?

A: In the snowbank.



Q: What do you call a cow with a twitch?

A: Beef jerky.

“A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles.”

William Hazlitt

Have a good news story? Something to share with The Forrest Centre community? Let us know at reception or by calling 02 6932 3085.

forrestcentre.com.au

TFC Hospice

National Palliative Care Week will be held from 19 - 25th May 2024. It is Australia's largest annual initiative to raise awareness about palliative care, increase understanding of its services, and recognise the skill, dedication and heart of the palliative care workforce and volunteers.

Palliative Care Australia's goal is to address the growing needs of the future so that all Australians who need it have access to palliative care.

Caring for someone during the last chapters of their life can be a challenging and emotional experience. Caring for yourself so that you can care for others is really important.

Explore the self-care and professional development ideas on the Palliative Care Australia website.
www.palliativecare.org.au

Matters
of  and
death

