

OLOC STAFF NEWS

Our Lady of Consolation
Aged Care & Services

ISSUE 3

JUNE 2022



- UPDATES AT OLOC
- WELLBEING
- HEALTH & EXERCISE

- TALKING TRANSPARENCY
- FEEDBACK FROM FAMILIES
- SPOTLIGHT ON

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Feedback from Families

FLU VACCINATIONS

Protect yourself this winter

Staff Vaccination Clinic

Wednesday 15th June 9am-11am

Please make a booking with Michelle on 9832 5433.

A reminder to everyone who had their Flu Vaccination off site:

We will still need evidence of your vaccination, please forward a copy of your immunisation history to your manager. You can access this record through the Medicare link in your MyGov account.



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At Our Lady of Consolation care of our clients and residents continues to be our first priority. When we treat them as individuals, with due care and consideration- they know it and appreciate it and their friends and family do too.

Last month we posted a thank you to our staff on our Facebook page which returned some comments left by friends and family members who have noticed and appreciate the exceptional care taken by OLOC staff.



International Nurses Day 2022

Thank you for caring <3

The most beautiful & caring staff

Thank you to all the wonderful nursing staff at OLOC. Thank you for your hard work, care, compassion and love you share with our relatives. Thank you. Happy International Nurses Day.

Thank You is not enough for all the wonderful dedicated nurses

Thankyou to ALL the OLOC nurses..you are fantastic!

Thank you very much for the fantastic work that you have been doing in looking after our loved ones in what has been the most difficult times with Covid. Your hard work, dedication, caring manner have been truly appreciated.

The staff at OLOC are awesome, especially in these times

Thank you all for your effectiveness and caring you are always so run off your feet yet so wonderful.

THANK YOU to all the OLOC nurses & care staff for all your hard work looking after our elderly community. God bless you always.

Thank you so much we appreciate everything you all do

<https://www.facebook.com/olocsydney>

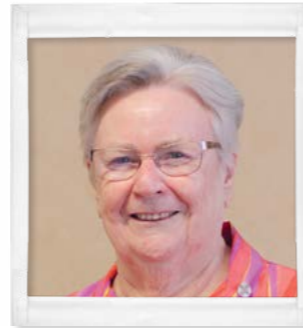
What do we mean by the word integrity?

For once, I found watching the results come in on the night of the federal election rather interesting and somewhat exciting.

This was particularly the case as the counting continued and many of the commentators seemed to be at a loss on how to report on certain electorates, where independent candidates were doing well. I started to notice during the many interviews that I watched that night and the next morning, that the word 'integrity' seemed to be a key word. It is not a word I would normally associate with our major political parties, particularly in regard to such topics as climate change or the treatment of refugees.

I must admit that for the most part, prior to the election I had not taken much interest in the various party promises or the election junk mail that came to the house. Now, as the results came in, I was hearing something quite different. People were talking about a need for new responses to climate change and other contentious issues, and it was quite obvious from the way the voting was going that a lot of people had been thinking along these lines. Within myself I felt some hope, that maybe this time things might be different. Certainly, the makeup of our parliament is going to be quite different, and for once I felt some excitement!

The outcomes of this election really got me thinking about the word integrity. According to the dictionary, one definition of the word is 'the quality to be honest and have strong moral principles'. For the most part I would believe that the majority of our politicians do have some integrity, but the difficulty seems to rise when we come to contentious issues. For example, in regard to climate change there is such a divergence of opinion, and sometimes the outcome is that the 'party line' is adopted and individual's beliefs are sacrificed.



- Sr Janice



This seems to have been part of the reason why we have more independents and some good people have been voted out. Voters did not seem to believe that certain members had been speaking and acting with integrity. It will be very interesting to see how this change plays out when parliament sits and if it can be sustained in future elections. And whether the new people will be judged to have acted with integrity when it is time for the next election.

If I profess to be a person of integrity, then my actions must match my words. For Christians to be people of integrity, it simply means that we try to live as Jesus lived. If we are to live with integrity, we cannot say one thing but have our actions say something entirely different. It sounds easy, but I think we all know it can be a challenge to act with integrity sometimes.

Nature's Fix

Spend time in nature to ward off the winter blues.

With winter truly upon us, for many people that can mean a change in mood. While you might not be able to pinpoint exactly what it is that has you feeling different, but with the gloomy weather and fewer daylight hours, it's normal to feel a little 'off' during the colder months.

It is really important that we focus on looking after our mental health and wellbeing during winter. Evidence has shown that getting a regular dose of nature is a great way to reduce your stress levels, improve your concentration and generally help you feel better.

Here are 5 ways you could incorporate some nature time into your week.

Be Active

Get your endorphins flowing by getting outdoors and staying active during winter. You don't need to hit up the nearest gym; try walking, running or riding your bike. Pick somewhere that will reward you with picturesque views or get out with your friends and family for a game of footy or cricket in the park.

Connect

Meet up with family and friends at the local park, go for a walk or a camping trip to reconnect. While it is cold outside, camping gives you the opportunity to rug up and share stories around a campfire. It also gives you a good chance to connect better with nature and escape the chaos of everyday life.

Take Notice

When you're in nature, really take notice of your surroundings. Appreciate the small things; look at the changing colours of the leaves, the different flowers that are growing, the bare trees, the smell of rain and the lushness of the grass. Losing yourself in the moment can help you feel calm and relaxed.



Keep Learning

Learning new things is a great way to keep your mind active while giving yourself a sense of achievement which is great for your overall wellbeing. Take learning outdoors by taking on projects like painting the landscape before you, growing your own vegetables or flowers, or trying your hand at nature photography.

Give Back

There are so many ways we can give in nature. Whether you give on a bigger scale like donating your time to environmental charities or clean ups or something smaller like sharing something you've grown in your garden or mowing your neighbour's lawn. Any time in nature for any cause is enough to leave you with warm fuzzy feelings which are good all year round.

While these might seem like small changes, they might be just what you need this winter to lift your mood, recharge your batteries and boost your wellbeing.

Health & Exercise

MENS HEALTH FACTS

Mens Health Week

12th - 18th June

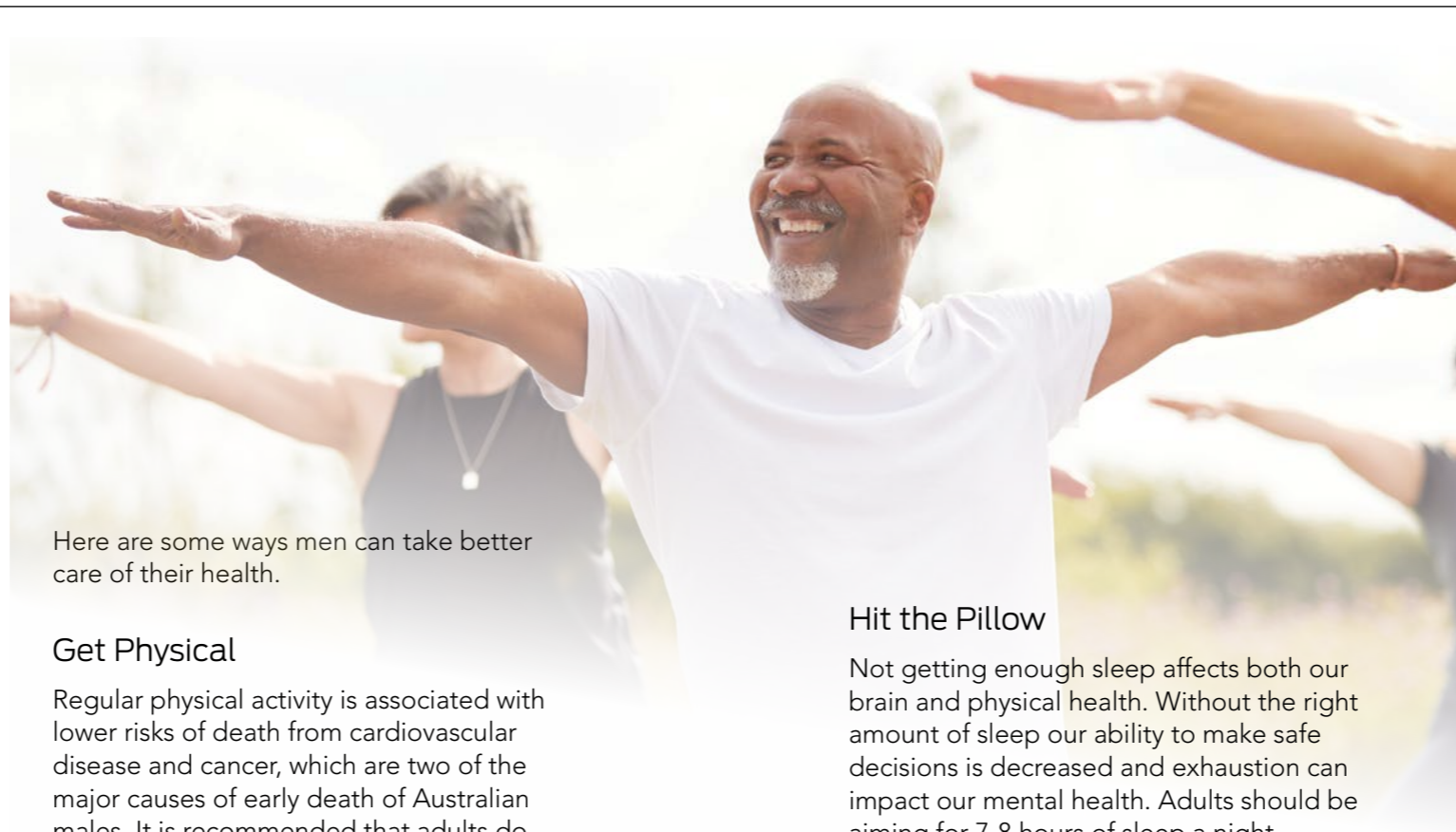
There is a lot that can be done when it comes to improving men's health. Men's Health Week raises awareness of the key issues of men's health, their health needs and understanding the importance of early detection and prevention.

Being male is linked with poorer health outcomes and a lower likelihood of seeking help. Statistics show that more males die at every life stage than females of the same age. Men suffer from some physical conditions more than women and the leading causes of premature death in men are typically caused by lifestyle choices which can be prevented with more awareness and more social acceptance for men to speak out about their health.

Heart related diseases, various forms of cancer, stroke, diabetes and suicide are the main causes of death in men, most of which are preventable. Whether it is a preference to avoid thinking about health, a lack of knowledge of personal health risks or an attitude of invincibility, men are known to opt out of choices that have the potential to improve their quality of life and decrease the risk of diseases which prevent them from living longer.

Change Your Perceptions

It is a common belief that men do not want to seek help for mental health issues or express emotions. There is nothing wrong with seeking medical help. Knowing your risks and understanding diagnoses and being informed is what allows you to make the right choices to help prolong your life.



Here are some ways men can take better care of their health.

Get Physical

Regular physical activity is associated with lower risks of death from cardiovascular disease and cancer, which are two of the major causes of early death of Australian males. It is recommended that adults do at least 150 minutes of moderate intensity activity and at least 75 minutes of vigorous activity per week.

Eat Well

Less than one in thirty Australian men are meeting the fruit and vegetable intake guidelines. Eating a healthy diet can help maintain your health and wellbeing. Eat a variety of fruits and vegetables and aim for meals that are low in saturated fats, added sugars and added salt.

Hit the Pillow

Not getting enough sleep affects both our brain and physical health. Without the right amount of sleep our ability to make safe decisions is decreased and exhaustion can impact our mental health. Adults should be aiming for 7-8 hours of sleep a night.

Love Your Heart

Research has shown that twice as many men as women have an acute coronary event or stroke every year. Make sure you understand the warning symptoms and address them as they arise. Regular check-ups, healthy diet, regular exercise and mental health strategies can all help you to take better care of your heart.

Drink and Smoke Less

Unfortunately, men dominate the statistics in both of these self-destructive habits. Drinking more than 2 standard drinks on any day increases your risk of harm from alcohol related disease or injury, while smoking leads to cancer, heart disease and many other health problems. Look into triggers that encourage you to smoke and ways to quit and stick to the recommended guidelines for alcohol consumption.

Physical Health

- The leading causes of death amongst men are heart disease, trachea and lung cancer and stroke.
- Only 1 in 2 men get enough exercise, 7 in 10 men are overweight or obese.
- Men are dying an average of 6 years earlier than women

Mental Health

- Nearly 1 in 2 men have experienced a mental health problem
- Men are more likely to engage in risk taking such as drugs and alcohol and risky driving.
- Males experience twice the rate of substance use disorders compared to women (70% vs. 3.3%)
- Men are less likely to seek help compared to women.
- Men are 3 times more likely to die by suicide compared to women.

Make a Start

Seek out a coach to help you stay on track with your health habits, for example an exercise physiologist, physiotherapist, dietitian.

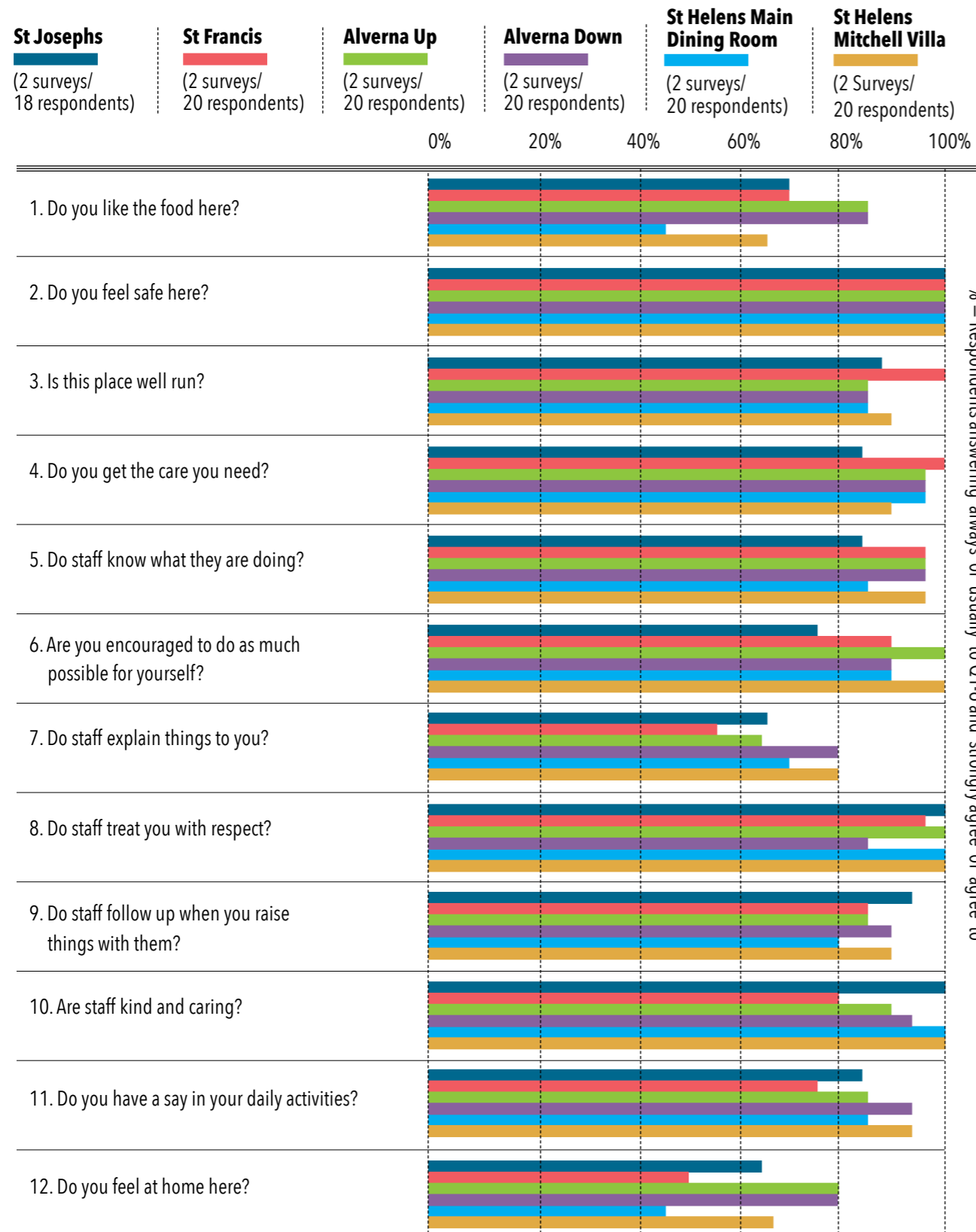
Start by making small changes to your physical health by getting an extra half hour of sleep each night, and sticking to the recommended guidelines for alcohol consumption.

Talking Transparency

Unit Survey Results

From March - June 2022 by Area

OLOC has committed to a more frequent survey of residents, and to publishing the results. We do this so that we can identify potential areas of weakness and improve.



In the Community



Work Place Health and Safety Nominations.

Your work health and safety committee is looking for 2 more members.

After receiving a nomination for Jeanette Page to transfer to Hostel Representative, the Work Health and Safety Committee is now looking for nominations to fulfil the role for 2 x Nursing Home Staff Representatives.

If you are interested, please contact Peter Squire On 9832 5406, no later than Friday 17th June 2022.



Everybody's Oma

When Jason van Genderen began documenting life with his mother during lockdown, the last thing he expected was for it to go viral. Now he has produced a feature film, titled 'Everybody's Oma' which will open at this year's Sydney Film Festival.

The family from the NSW's Central Coast, started playfully documenting everyday life with their beloved Oma as they embraced their roles as carers. Trying to understand her Alzheimer's and vascular dementia diagnosis, the van Genderens created at home experiences that benefitted Oma and helped her make sense of her home isolation. Their increasingly whimsical heart-warming experiences including their digital aquarium and at home supermarket accidentally turned their cherished Oma into an online celebrity overnight. Their home videos have attracted over 100,000,000 views globally, bringing dementia and the role of a carer to the spotlight.

Now Jason has produced a documentary called 'Everybody's Oma' which documents his mother's life, choosing to deliberately avoid the common depressing stories of dementia, and focus solely on the joy and hope they experienced during this time with Oma.

If you're looking for some insight into life with dementia, or to be inspired by a family's creative approach to person centred care or just something to spark some joy in your day, we recommend looking at the van Genderen's work.

The documentary 'Everybody's Oma' will screen from 11-12 June 2022 at the Sydney Film Festival but in the meantime you can find their story and videos on Facebook, Instagram and Youtube.

<https://www.facebook.com/omasapplesauce>

<https://www.instagram.com/omasapplesauce/>

Vision Loss

Whether blind or vision impaired from birth or experiencing loss of sight later in life, vision loss can have a dramatic impact on people's lives. Everyday tasks may be challenging or seem impossible, but with the right support, people with vision loss can continue to live a fulfilling life without giving up the activities they enjoy.

Vision can deteriorate with age and many eye diseases result in central vision loss which can greatly affect the ability to read, recognise faces, participate in activities or watch television. Vision issues amongst residents of aged care facilities are very common, with over 70% having a vision related condition and over 60% with some degree of age-related macular degeneration.

Common Eye Diseases in the Elderly

Age-related macular degeneration

Age-related macular degeneration (AMD) is the leading cause of legal blindness and severe vision loss in older people. It causes progressive loss of central vision, leaving the peripheral or side vision intact.

Diabetic eye disease

Everyone with diabetes is at risk of developing diabetic eye disease. The components of diabetic eye disease include blurring of vision, increased risk of developing cataracts and glaucoma and diabetic retinopathy which causes damage to the retinal blood vessels, disturbing the central vision and potentially leading to blindness.

Cataracts

Cataracts develop when the normal lens inside the eye becomes cloudy, causing loss of clarity, washed out colours, sensitivity to bright lights and glare around lights. Early symptoms may go unnoticed and while cataracts usually take years to develop they can form quickly after trauma to the eye, as a side effect of some medications or after eye surgery.

Glaucoma

Glaucoma is a group of eye conditions that gradually lead to a loss of peripheral vision due to damage to the optic nerve. Untreated glaucoma can also affect central vision. Increased pressure inside the eye is a major risk factor for developing glaucoma.

Assisting people with vision loss

People with vision loss should be encouraged to be as independent as possible while being helped with critical tasks. Here are some tips for assisting people who are blind or have low vision.

Approach, Ask, Assist

Not all people who are blind or vision impaired need or want assistance on all tasks.

Approach: if you suspect someone may need a hand; greet them and identify yourself.

Ask: "Would you like some help?" Allow the person the opportunity to accept your offer or tell you if they don't need assistance.

Assist: Listen to their reply and assist as required.

Communication

Always identify yourself when approaching someone with major vision loss. Speak naturally and clearly; loss of eyesight does not mean loss of hearing. Use accurate and specific language when giving directions, for example: 'The door is on the left.'

Glare and Lighting

Good lighting is essential for reading, writing or undertaking any fine work. Meanwhile you can help control glare by positioning chairs away from windows, and encouraging the person to wear hats and sunglasses to minimise the glare while outside.

Environment

Make sure a person's room is decluttered and any important items like tissues, glasses and remotes are kept in the same place to help them locate them. Contrast colours also helps to make things clearer, for example: white plates on coloured placemats.

Movement

Although at a higher risk of falls, people with vision loss should still be encouraged to walk where possible to gain as much exercise and confidence as possible. When assisting someone with low vision to walk, make sure you walk at a pace that is comfortable for both of you, keep physical contact with them and communicate with them about any obstacles or changes in terrain such as doors and stairs.

IMPACT OF LOW VISION ON QUALITY OF LIFE

Low vision can have a wide range of impacts on people including:

3 x increased risk of depression

2 x increased risk of a fall

4 x increased risk of hip fracture

Greater feeling of social isolation and loss of self-worth

Loss of confidence to walk and engage in activities and hobbies

Higher rate of dependency

For more information on vision loss and providing care and support for someone with a vision impairment, go to <https://www.visionaustralia.org>

Daily Care and Insertion of Hearing Aids

Imagine the loss of one of your five senses and how your day would be without it. A functional, properly adjusted hearing aid is indispensable to a person who has trouble with their hearing. To be in working order hearing aids need daily care.

Hearing aids require daily care to ensure that they are working. Each hearing aid is specifically designed for the individual person. Therefore it is most important that the correct aid is placed in the ear as each aid is programmed for the hearing loss in that ear.

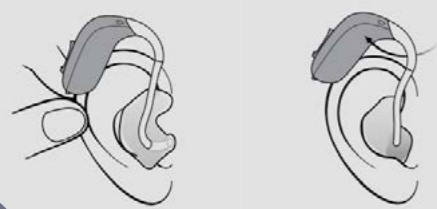
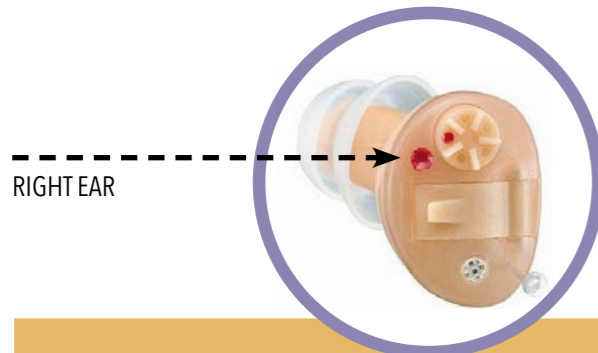
The appropriate ear is shown on the hearing aid by a coloured indicator (either a dot or writing on the aid) – **RED** indicates **RIGHT** ear and **BLUE** indicates **LEFT** ear.



A check of the hearing aid and ear should be conducted prior to insertion.

- Ensure that the correct size battery is in place with the positive (+) sign at the top.
- Perform a listening check by holding the hearing aid in a tightly clenched fist, move hand towards the ear and listen for a whistle.
- Check that the outer ear is clean and there is no irritation or inflammation.
- Check that the earmold is free from wax and dirt build up.
- Check the tubing for cracks and holes. Check that it is connected properly and not bent or twisted.
- Check that the hearing aid is turned on before insertion.

Insert the earmold into the ear, ensuring that it is a snug fit and the ear hook is placed behind the ear.



HEARING AID CARE & MAINTENANCE

- Remove the hearing aid at night and place in appropriate storage container.
- Open the battery door. This will extend the life of the battery and allow the hearing aid to dry out overnight.
- Hearing aids should never get wet, therefore do not wear them in the shower.
- Remove the hearing aid before using any sprays, e.g. hairspray, perfume. This can damage the internal workings of the aids.
- Clean the surface with a lint-free cloth daily. Never use cleaning agents. A damp cloth can be used weekly but ensure that it is dry before insertion.

COVID-19 INFECTION CONTROL TRAINING

COVID-19 INFECTION CONTROL TRAINING IS AVAILABLE ONLINE. PLEASE ENSURE THAT YOU HAVE COMPLETED ALL MODULES AVAILABLE.

The course covers the fundamentals of infection prevention and control for COVID-19 and is necessary for all staff.

As you complete the modules you will receive a certificate, please provide Sonja with a copy for her training records.

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

EDUCATION CALENDAR

JULY 2022

FRIDAY 1ST	St Helens Fire Safety
TUESDAY 5TH	WMG Meeting - Hostel
TUESDAY 12TH	WMG Meeting - FAU
WEDNESDAY 13TH	St Joseph Staff Meeting St Helens Staff Meeting
TUESDAY 19TH	WMG Meeting - Hostel Alverna Staff Meeting
WEDNESDAY 20TH	St Francis Staff Meeting Assunta Staff Meeting
THURSDAY 21ST	St Anthony Staff Meeting Laundry/Maintenance Fire Safety
TUESDAY 26TH	WMG Meeting - FAU
WEDNESDAY 27TH	Nursing Home RN Meeting
FRIDAY 29TH	St Anthony Fire Safety

AUGUST 2022

TUESDAY 2ND	WMG Meeting - Hostel
THURSDAY 9TH	WMG Meeting - FAU
WEDNESDAY 10TH	St Joseph Staff Meeting St Helens Staff Meeting
TUESDAY 16TH	WMG Meeting - Hostel Alverna Staff Meeting Administration Fire Training
WEDNESDAY 17TH	St Francis Staff Meeting Assunta Staff Meeting
TUESDAY 23RD	WMG Meeting - FAU
WEDNESDAY 24TH	Nursing Home RN Meeting
THURSDAY 25TH	St Anthony Staff Meeting
TUESDAY 30TH	WMG Meeting - Hostel Main Kitchen Fire Safety

Bowel Cancer

June is Bowel cancer awareness month, so we thought that we'd go over some facts about bowel cancer; share a little about how you can reduce your risk factors and let you know that the Australian Government subsidises screening.

What is Bowel Cancer?

Bowel cancer (also known as colorectal cancer) is cancer in any part of the colon or rectum. Most bowel cancers develop from tiny growths called polyps. Not all polyps become cancerous. Over time some polyps, known as adenomas can become cancerous (malignant).

Cancer can narrow and block the bowel or cause bleeding. In more advanced cases the cancer can spread outside the bowel to other organs.

How common is Bowel Cancer?

Bowel cancer is the second most common cause of cancer deaths in Australia, it affects men and women almost equally and approximately 15,000 people are diagnosed with it each year. Over one thousand of those are under the age of 50.

Identifying the Symptoms of Bowel Cancer

- A persistent change in bowel habits.
- A change in appearance of bowel movements.
- Blood in the bowel movement or rectal bleeding
- Abdominal pain.
- Unexplained anaemia causing tiredness or weight loss.

GET YOURSELF SCREENED

Medical guidelines recommend that people over the age of 50 at average risk of bowel cancer get themselves tested every 1-2 years.



Bowel Cancer Awareness Month
HELP BEAT BOWEL CANCER

For more information visit the Bowel Cancer Australia website
www.bowelcanceraustralia.org

REDUCING YOUR RISK OF BOWEL CANCER

Age, family history, hereditary conditions can influence your bowel cancer risk. So to can personal factors like health, diet and lifestyle choices as well as screening and surveillance. Some factors, you have control over, some you do not.

These are some factors that you can control, some things that you can change to lower your bowel cancer risk:

- > Quit smoking
- > Avoid processed meats and limit red meat consumption
- > Avoid weight gain and increases in waist circumference
- > If you choose to drink alcohol limit the amount
- > Eat naturally high fibre foods
- > Be physically active as part of your everyday life
- > Participate in bowel cancer screening.

NOTE
Caught early, 90% of bowel cancer cases can be successfully treated.

Grief and Loss

A carer can experience grief and loss for someone who has not yet passed away. They may feel they are no longer the person they once knew and loved. They may feel guilty, that they cannot do enough for them.

Care givers deserve support from other people. This is where you can be a very important person to your client's carer.

Caring for yourself first is crucial in order to be able to care for someone else. Setting aside regular time to relax, or even visit friends, can help manage feelings of anger or sadness that stem from grief.

Lived Experience (from Carer's NSW)

"A year after my father died, I still felt really bad and wasn't functioning well. Twelve months down the track, things should have been improving, but they still felt the same.

I had a very strong sense that was not normal, or that at least I should have been feeling a bit better. I had gone beyond mourning and I realised I needed help."

– Laura

It is easy for carers to lose their identity. All the focus is on the person for whom they are caring, not the carer. Laura tackled the grief and depression by setting herself simple goals. Little things give the motivation to go on to more challenging things.

So **YOU** are a very important person in the way you deliver your care not only to the client but by supporting their loved ones as well.

Speak to your coordinator if you have any concerns regarding your client's carer.

If you're a carer and feeling like you need a little extra support don't forget that OLOC offers confidential counselling programs for employees. See the back page of this magazine for more information on how to access the EAP program.



ASSISTING THE WAY TO RECOVERY

We all have our share of grief and loss in life. Whether it is a client's carer, or a personal experience.

What can we do to assist with the way to recovery?

1

We can offer resources, like websites, forums, and programs.

2

We can build our skills (coping or otherwise), or help others to build theirs.

3

We can talk to people with similar experiences.

Notice Board

- EMPLOYEE ASSISTANCE PROGRAM (EAP)

ACCESS Programs have been engaged by OLOC to provide an Employee Assistance Program for staff members. They provide confidential, professional and free counselling for work related, family and personal problems. Through access to qualified counsellors, our staff have the opportunity to identify problems and find the best way to resolve them. You can contact ACCESS to make a confidential appointment on: **1800 818 728**.

- WORKPLACE GENDER EQUALITY AGENCY

OLOC lodged its annual public report with the Workplace Gender Equality Agency (WGEA) on 26 May 2022 in accordance with the requirements of the Workplace Gender Equality Act 2012 (Act). Public data reports for all organisations required to report to the WGEA, including OLOC are available from the following website:

<https://www.wgea.gov.au/>

As employees of this organisation you may make comments on the report to me by email psquire@oloc.com.au or to the Agency. The WGEAs guidelines on making comments are on their website.

Support FMM Sisters' Projects in Indonesia and Ethiopia

Please complete the following form by ticking the box next to your preferred option and inserting your personal details and signature in the space provided:
Commence Fortnightly Payroll Deduction Form:

I _____
(insert name in block letters) hereby authorise:
(Tick the box below that applies):

\$2.00 or

\$ _____ (Alternative amount per fortnight)
to be deducted from my fortnightly pay to assist the FMM Sisters in HIV/AIDS Education in Ethiopia.

I authorize this deduction to commence from my next available pay until such time as I notify otherwise in writing or until the project ceases.

Signed: _____

Date: ____/____/____

Bundy No./Payroll ID _____

MANAD
SUPER USERS

SONJA PAYNTER
JULIE KOBERLER
MARYANN PETERS
CYNTHIA CALUBAD
HEIDI GHER
NENITA RONQUILLO
ANDREA EL BOUSTANI
ROBYN DICKENS

PUBLIC
HOLIDAYS
NSW
2022/2023

Queen's Birthday

Monday 13th June 2022

Labour Day

Monday 3rd October 2022

Boxing Day

Monday 26th December 2022

Christmas Day (in lieu)

Tuesday 27th December 2022

New Year's Day (in lieu)

Monday 2nd January 2023

Australia Day

Thursday 26th January 2023

Good Friday

Friday 7th April 2023

Easter Sunday

Sunday 9th April 2023

Easter Monday

Monday 10th April 2023

Anzac Day

Tuesday 25th April 2023