

OLOC STAFF NEWS

Our Lady of Consolation
Aged Care & Services

ISSUE 5 **OCTOBER 2022**



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Welcome to our Leisure and Lifestyle Manager – Joanne Campbell

We are excited to introduce Joanne as she joins the OLOC team in the role of Leisure and Lifestyle Manager.

Joanne comes to us with 27 years experience in leadership roles in aged care services.

Joanne has a passion for dementia care and end of life care and is looking forward to making a difference in the lives of OLOC residents, and ensuring that their spiritual and social needs are being met each and every day.



Jo says:

'I am looking forward to working with all the areas within OLOC and thank you to everyone I've crossed paths with so far; you've already made me feel so welcome. I can't wait to be part of the positive upbeat culture of OLOC.'

Please join us in making Jo feel welcome at OLOC.

Staff Events



Malnutrition Prevention Week

Thickened fluids, taste tests and plating up puree was all part of the fun and learning during Malnutrition Week. Staff competed to be the best at thickened fluid preparation before having their own taste test of the supplements we provide our residents. Later in the week, staff faced a challenge like no other; a puree plating competition.



OUR LADY OF CONSOLATION CHRISTMAS PARTY 2022

Christmas GLITZ & GLAMOUR

Thursday 15th December
West HQ Rooty Hill

More information to follow in November

The Covid Safety requirements for staff attending will be confirmed closer to the date.

Thank you for your hard work throughout the year!

OLOC Christmas Hampers!

Hampers will be available for collection from 19th December 2022.

Order Forms will be available in your area mid November.

More information regarding pick up times and dates will be available shortly.

Francis Of Assisi

On the 4th October, we celebrate the feast of Francis of Assisi. As I was pondering on what I could possibly write about Francis that was new, I came across the following that is a saying attributed to the saint – “All the darkness in the world cannot extinguish the light of a single candle.”

It came to me that there were many such candles who in their time brought light into our world, usually at a time when our world needed such a light. No doubt if you put your mind to it you would be able to remember quite a few.

For me those that come to my mind are Queen Elizabeth II for her commitment to duty; Mother Teresa of Calcutta for her commitment to the poor; Mahatma Gandhi for his practice of non-violence; Nelson Mandela for his ability to forgive and work for justice and of course Francis of Assisi.

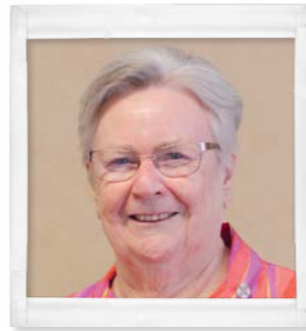
These people and so many more left their footprint on our world. They showed us how to make a difference, not only to those they served but to the world at large, if only we wanted to learn from them.

Just a few things that Francis of Assisi left us to consider, if we want to follow in his example:

- Love and respect for all Creation;
- Service to the poor and the marginalized;
- Affirmation of the unique worth of each person;
- To live the life of the Gospel as proclaimed by Jesus Christ, and “love one another as I have loved you”.

If we manage even just one of these values, we too can light up our world and help to make a change for the good. The following prayer will guide us on our way.

“Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. Grant that I may not so much seek to be consoled as to console; to be understood, as to understand, to be loved as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.” – St. Francis of Assisi



- Sr Janice



Spring Clean

Spring cleaning your home has a number of health benefits including improvements to your mental and physical health. As we enter the middle of Spring, it might be a good time to look at the spaces around you and how clutter might be affecting you.

Physical clutter can negatively impact our emotions and general wellbeing, as well as induce stress and anxiety. Cleaning and organising your space can keep your immune system strong, boost your mood and offer you a chance to reflect and think. Not only will your home feel cleaner, lighter and brighter, it can increase your confidence and benefit your processing capabilities as you make decisions, overcome anxiety about decision making and overcome procrastination.

There are many ways decluttering your home is good for you:

Good Exercise

Organising your space keeps you active and moving and is a good source of incidental exercise. Decluttering can also be energising for your brain as it encourages your mind to wander while you focus on the mundane task at hand, creating the ideal situation for insight and ideas to develop.

Removes Health Hazards

Decluttering helps keep the dust and mould at bay, especially if you clean as you go. Dust mites are a significant allergen and mould can cause issues for people with asthma, allergies and weakened immune systems. With less clutter around there will be less places for mould and dust to hide.

Keeps Depression at Bay

The process of reorganising and getting rid of excess by tossing, recycling or donating can be mentally refreshing and liberating. Clutter free spaces have a positive effect on a person's mood and ability to focus. When we clear clutter, it has the potential to clear our mental space and attention.

Reduces the risk of Injury

Falls are leading cause of injury related death for adults over the age of 65. A clean home can help prevent injuries like slips, trips, bumps and falls. Having a clear path and removing obstacles such as shoes, equipment or shopping bags can help reduce the risk of accidents.

Find a Balance

Not all clutter is bad. Studies have shown that some amount of mess can encourage creativity. The key is to not go overboard with decluttering or feel guilty if our home is messy. Sometimes it makes more sense to leave mess while you prioritise other things.



Celebrating the Diversity of our Staff

We'll be getting to know you in each edition of the OLOC Staff News. It would be great if you would keep the conversation going and get to know one another a little better.

THE QUESTIONS

1. How would your friends describe you?
2. What are your hobbies?
3. How do you unwind after a long week?
4. What was the last movie you watched?
5. What is your favourite family tradition?
6. What's on your bucket list?

Hakam
Hotel Services



1. Nice, funny and always happy.
2. I have always enjoyed football (soccer), I follow Real Madrid. I also liked to go swimming.
3. Have a rest and watch TV or go shopping with my wife.
4. It was an old movie called 'First Blood' with Sylvester Stallone, it was really good.
5. Ramadan and Eid. Everyone comes together and the food is always good!
6. Go overseas to visit my son in the US and my daughter in the Emirates.

Joy
St Joseph Care Staff



1. Happy and always smiling.
2. I like to watch movies, read books and grow plants. I started gardening when I moved to Australia in 2007.
3. I go for a swim in the heated swimming pool and relax.
4. I watch movies with my son, we watched two together, they were both funny. 'Paws of Fury' and 'League of Super-Pets.'
5. We always gather for Christmas or birthdays and eat lots of home made Thai and Vietnamese food.
6. Travel overseas with my family, either to Japan or Europe.

Rosanna
Hotel Services Assistant



1. Depends on who I am around. Some people say I am quiet and others say I am loud and fun to be with.
2. I like gardening, both indoors and outdoors. I have succulents and fruit trees.
3. I go out and spend time with my sister and cousins. We relax, get massages, play music and pick flowers.
4. I watch movies every weekend with my son but I always end up sleeping during them! The last one we watched was called 'Catherine Called Birdy.'
5. We start preparing and decorating for Christmas in September. In December we have big family reunions.
6. I would love to go to Japan.

Aranya
Cleaning



1. Good, polite, always happy and smiling.
2. I love to garden and I draw Thai designs.
3. I sit outside, watch the trees and just be in nature.
4. It was a Thai movie; a very funny movie.
5. We celebrate Christmas, New Year and birthdays by going outside and enjoying food in the park.
6. When I retire I want to be able to travel between Thailand and Australia. Come and go as many times as I can.

Koleti
Leisure and Lifestyle



1. Outgoing, very sociable and caring.
2. I like to paint landscapes, go outdoors, spend time with my family and go to church. I also love to read; if it's a good book then I'm not going to put it down!
3. I'll come home, watch some tv and call my sisters. We usually catch up and relax together.
4. It was a movie on Netflix called iBoy. It was interesting, I enjoyed it.
5. My dad started a tradition where we (my siblings and I) put money into an account that we spend at Christmas on our children. We do family Kris Kringle so the money goes toward that and that way everyone gets something.
6. I was born in Samoa but grew up in New Zealand, I would love to go back to Samoa and take my children so they can see where their grandparents grew up.

FUTURE EDITIONS

If you'd like to nominate somebody to be in the magazine, talk to your manager or coordinator.

Overcoming the Excuses

There is always an excuse not to exercise. If you can push through the excuses and exercise regularly, that's a big win. If you do that for two weeks then you've formed a habit and habits are hard to break.

Reasons not to exercise come in all shapes and forms, certainly we've all been creative in the past with reasons why, or even just relied on the most common 'I don't have time' option. But we're not alone, an Australian National University study found that one in five people aged 25-54 claim to not have the time to exercise.

LET'S LOOK AT THE TOP EXCUSES AND HOW TO COMBAT THEM.

'I Don't Have Time'

If you were to write down a diary of your day, you would surely find at least a spare 20 minutes to go for a walk before or after work, moments when you could have taken the stairs instead of the lift or even the chance to postpone watching your favourite TV series by an hour to do something active.

'It's Too Expensive'

Exercise can be free. Researchers in the US have found that only 20 minutes of walking a day can greatly benefit your health, increase your metabolism, assist your digestion, and much more.

'I'm Not Fit Enough to Exercise'

You need to start exercising at some point, everyone has different fitness levels and starting is only going to get harder so why not try it today? There are all different types and intensity options for everyone, for example if you can't run, walk. If you can't walk then swim. There is an exercise option for every level of ability. If you are concerned, contact a medical professional.

'I Don't Like Exercise'

The key is to find something that you enjoy, even if it is as simple as walking your dog. Or try tricking yourself into it, cleaning your whole house is counted as exercise

'I'm Too Tired'

Exercise actually reduces fatigue. There are numerous studies that show that. Try doing a shorter workout or something less strenuous than what you normally do, a yoga class or 20 minute walk for example. Performing exercise in the morning will give you an energy burst for the rest of the day, however if you really are feeling too tired, take a rest day to recharge.

'I Ate Healthy Today So I Don't Need To Exercise'

Exercise should be combined with nutrition as it's good for your heart, your bones and joints, mental health, the list is huge! However, exercise has added benefits that nutrition alone cannot meet such as preventing chronic diseases (osteoporosis and diabetes etc).

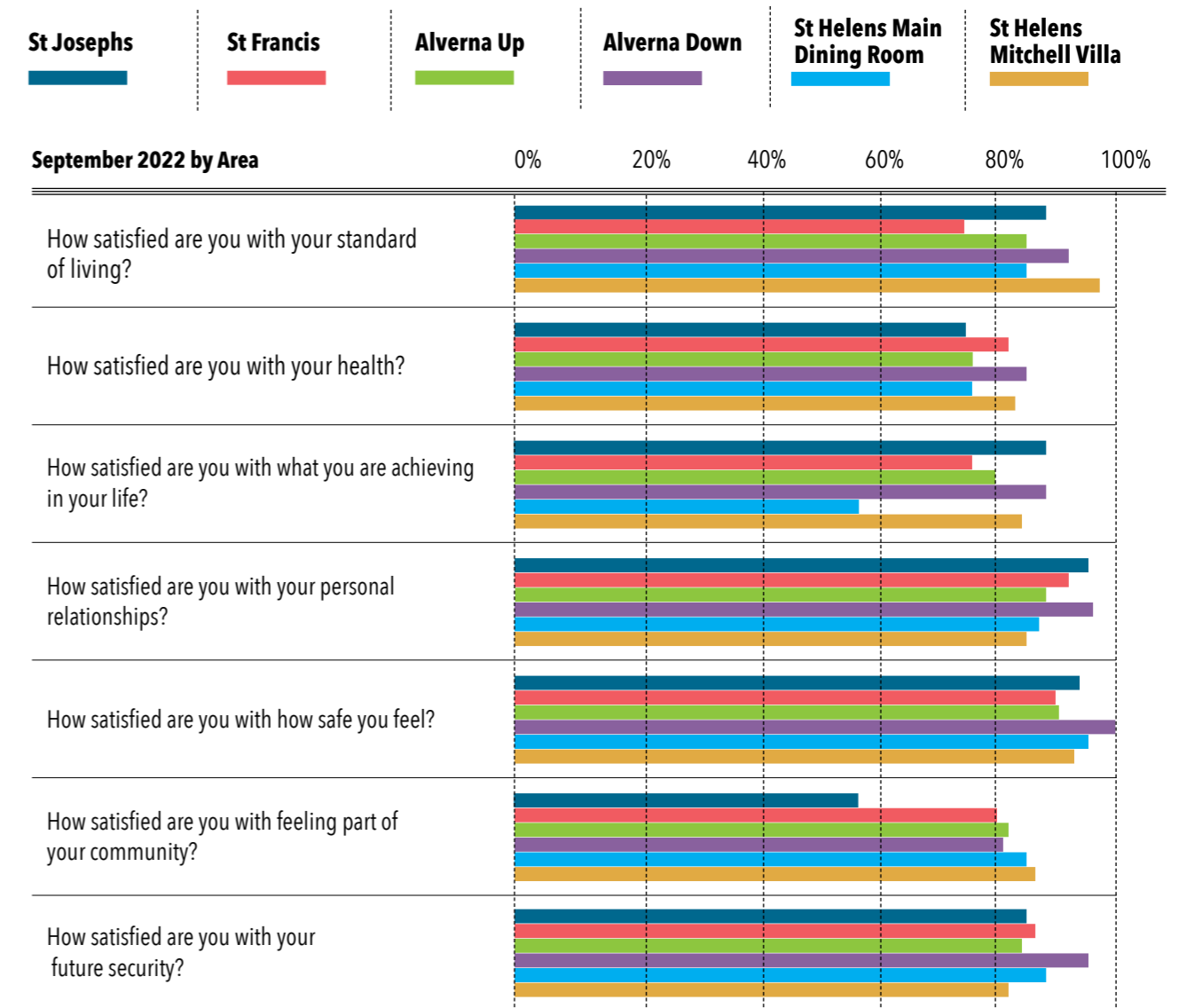
'It Hurts to Exercise'

Exercise can reverse the cycle of worsening pain and will in time assist in people with chronic pain to perform more activities that they enjoy. If you are concerned about your pain, or experience pain during exercise contact a medical professional. Always, before beginning a program of exercise, contact your medical professional.

Don't let anything stop you from exercising!

Personal Wellbeing Index Survey Results

OLOC has committed to a more frequent survey of residents, and to publishing the results.



Residents are asked to respond to 7 questions using a scale between 0 to 10 for each question where 0 = no satisfaction at all and 10 = completely satisfied. This graph represents the results as a percentage overall.

Palliative Care

'Cure sometimes, treat often and comfort always.' – Hippocrates

Palliative Care is an approach that focuses on the physical, emotional, social and spiritual needs of a person with a life-limiting illness. Focusing on helping people live their lives as fully and as comfortably as possible, palliative care does not mean the end of all treatment, it means making choices about which treatments are important.

End of Life Care vs Palliative Care

End of life care is given during the last few weeks of life, while palliative care can be helpful at any stage of an illness. Palliative care does not try to end life sooner nor prolong life expectancy and some people even continue treatment while under a palliative care plan. Generally, it represents a change in focus from trying to find a cure to living with an illness and managing it in order to have the best quality of life.

What you need to know

Palliative Care is for people of any age who have a serious illness that cannot be cured. This includes people with dementia, cancer, motor neurone disease or other neurological conditions, or end-stage kidney, heart or lung disease.

As a person's needs change, palliative care helps with care planning, declining health, dying and bereavement. Palliative care is different for everyone and depends on what they need. It can include:

- Treatment to relieve pain and symptoms;
- Aids in the home;
- Help washing, dressing and eating;
- Cultural, spiritual and emotional support;
- Counselling and grief support.

Some common signs that things are changing and palliative care may be needed are:

- Less interest in doing things they enjoy;
- Changes in how they act and talk;
- Less interest in food and eating;
- Weight loss;
- Not as physically active as previous;
- Getting slower and less mobile;
- Difficulty with toileting;
- Problems swallowing.

The Stages

There are 5 stages of palliative care:

Stage 1: Stable

The person's symptoms are adequately controlled by an established care plan.

Stage 2: Unstable

An urgent change in the plan of emergency treatment due to a new problem which wasn't anticipated, or a rapid increase in the severity of a current problem.

Stage 3: Deteriorating

A shift from palliative care into end of life care with periodic assessments of the care plans. The individual's overall health and body functions continue to gradually worsen with severe medical conditions continuing to develop.

Stage 4: Terminal

The person is nearing the end of their life, perhaps with days left. Care becomes focused on making sure the person is as comfortable as possible.

Stage 5: Bereavement

The final stage, the person has passed on and the focus shifts on to supporting loved ones.

Myths and Misunderstandings

There are some commonly held myths about Palliative Care, so it is important to clarify the facts.

- People can continue medical treatment while also receiving Palliative Care. They do not have to cease all treatment options.
- Palliative Care focuses on more than just the last days and hours of life. It helps to achieve the best possible quality of life right from the early stages of illness.
- Palliative Care does not shorten or extend life through the use of medications, machines or technology. Rather, it focuses on providing comfort, support and respect.

For more information, go to www.palliaged.com.au

If you need someone to talk to about dealing with grief, contact OLOC's free and confidential ACCESS Service on **1800 818 728**.

Caring for people as they approach the end of their life is a privilege which can be both rewarding and demanding. It is not uncommon for people in care roles to develop close bonds with older people and their families. Grief over the death of people you care for is not unusual.

Instead of 'protecting yourself' from future loss by keeping a distance from residents, learn ways to cope with grief and develop self-care

Signs or symptoms that you suggest you might not be coping include:

- Physical and emotional exhaustion
- Poor sleep
- Headaches
- Negativity or feeling useless
- Lack of enjoyment
- Not working effectively
- Absence from work

Ways of dealing with grief:

- Taking care of your own physical health
- Acknowledging your grief
- Talking with colleagues
- Talking with counsellors or your GP.
- Develop a self-care plan and strategies that promote your physical and emotional wellbeing.

EDUCATION CALENDAR

NOVEMBER 2022

TUESDAY 1ST	FAU - Wound Management Meeting
TUESDAY 8TH	Bug Control Audit - Hostel Hostel - Wound Management Meeting
WEDNESDAY 9TH	St Joseph Staff Meeting St Helens Staff Meeting
TUESDAY 15TH	Bug Control Audit - Nursing Home FAU - Wound Management Meeting Alverna Staff Meeting
WEDNESDAY 16TH	St Francis Staff Meeting Assunta Staff Meeting
TUESDAY 22ND	Hostel - Wound Management Meeting
WEDNESDAY 23RD	Nursing Home RN Meeting
THURSDAY 24TH	The Heart Has No Wrinkles Dementia Care St Anthony Staff Meeting
TUESDAY 29TH	FAU - Wound Management Meeting

DECEMBER 2022

TUESDAY 6TH	Hostel - Wound Management Meeting
WEDNESDAY 7TH	St Joseph Staff Meeting St Helens Staff Meeting
TUESDAY 13TH	FAU - Wound Management Meeting
TUESDAY 20TH	Hostel - Wound Management Meeting Alverna Staff Meeting
WEDNESDAY 21ST	St Francis Staff Meeting Assunta Staff Meeting
THURSDAY 22ND	St Anthony Staff Meeting
THURSDAY 27TH	FAU - Wounds Management Meeting
WEDNESDAY 28TH	Nursing Home RN Meeting

OLOC WORK HEALTH SAFETY COMMITTEE



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 by Friday 28th October on 9832 5406.

World Arthritis Day

Living with arthritis isn't easy and can make carrying out simple, everyday tasks painful and difficult. World Arthritis Day encourages us to acknowledge the challenges that people with arthritis have to face every day.



There are over 100 forms of arthritis which affect nearly every joint in the body and in some cases the eyes and skin as well. Most forms of arthritis run an uneven course, changing from day to day. For most people there will be unpredictable flare ups and also prolonged periods where symptoms have eased. With the right treatment and support, most people with arthritis can learn to cope with the symptoms and continue to pursue a rewarding life.

Most people living with arthritis want to remain as independent as possible but when stiff joints affect how they carry out their usual activities, it can be a challenge to know when to offer help or to step back.

You can assist people living with arthritis by:

Looking for signs of pain, such as grimacing, rubbing or holding a body part, irritability, poor appetite or difficulty moving. You can respond by being patient, providing extra support and helping them to use one of their preferred pain management techniques.

Communicating, by asking when and if they need assistance instead of assuming, and listening to their concerns and needs. Encourage them to focus on positive experiences rather than the things they're finding difficult and keep planning social activities and other events they enjoy.

Supporting their management by providing reminders about medications and appointments while encouraging to them to research discuss alternative therapies and aids with their GP.

Encouraging them to move more, by allowing them to complete tasks by themselves and encouraging exercise and movement during their daily routine when they have the least amount of pain and stiffness.

TYPES OF ARTHRITIS

Osteoarthritis

The wear and tear of stressed joints such as knees, hips, feet and spine due to the loss of cartilage.

Rheumatoid Arthritis

An autoimmune inflammatory condition where the immune system mistakenly targets healthy joint tissue causing inflammation. Pain and tenderness usually occur symmetrically.

Psoriatic Arthritis

The third most common type, which only affects people who have been diagnosed with psoriasis. It affects both the skin and joints and can be quite painful to live with.

Polymyalgia Rehematica

An especially debilitating type, commonly found in people over the age of 70. Symptoms include widespread aching and stiffness of the upper arms, back, neck and thighs. Often temporary and more common in women, symptoms can last up to two or three years.

Gout

Caused by a build-up of uric acid, gout causes swelling in the smaller joints of the hands and feet and can be linked to kidney problems or simply the consumption of alcohol and certain rich foods.



Notice Board

SUPPORT FMM SISTERS' PROJECTS IN INDONESIA AND ETHIOPIA

Please speak to your manager or payroll officer to complete a Fortnightly Payroll Deduction Form to assist the FMM Sisters in providing HIV/AIDS Education in Ethiopia.



CHARTER OF AGED CARE RIGHTS

I have the right to:

1. safe and high quality care and services
2. be treated with dignity and respect
3. have my identity, culture and diversity valued and supported
4. live without abuse and neglect
5. be informed about my care and services in a way I understand
6. access all information about myself, including information about my rights, care and services
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions
9. my independence
10. be listened to and understood
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly
13. personal privacy and to have my personal information protected
14. exercise my rights without it adversely affecting the way I am treated

CHARTER OF AGED CARE RIGHTS 1ST JULY 2019

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**.

PUBLIC HOLIDAYS NSW 2022/2023

Boxing Day

Monday 26th December 2022

Christmas Day (in lieu)

Tuesday 27th December 2022

OLOC nominated Public Holiday in lieu of Bank Holiday

Friday 30th 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