

OLOC STAFF NEWS

Our Lady of Consolation
Aged Care & Services

ISSUE 6 **DECEMBER 2024**



- NOTES FROM THE FMM
- STAFF EVENTS
- WELLBEING

- HEALTH & WELLBEING
- FEEDBACK FROM FAMILIES
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APPRECIATING DIFFERENCES + RESPECTING INDIVIDUALITY

you are welcome here

Staff Service Awards

CONGRATULATIONS TO THE FOLLOWING STAFF WHO WILL RECEIVE SERVICE AWARDS THIS YEAR.



5 Years

Elizabeth ACEVEDO
Anju ADHIKARI
Ariane BACANI
Rasleen BUKSH
Joanna CAPPADONA
Kylie CHATTO
Jian CHEN
Reynaldo DIZON
Debbie DUNN
Gina FALLON
Sharon FERNANDEZ
Shivani SHIVANI
Kajal KARISHMA
Samjhana KUMAL
Reva KUMRA
Edelmira LAMIN
Marilyn LAWSON
Benjamin LENARD
Rui Ying LU
Ruby MATHAI
April McMAHON
Rachael MOISE
Leanne PEARSALL
Yogesh POUDEL
Shalini RAM
Gemma SHORTEN

Archana THAPA SUBEDI
Minal TRIVEDI
Leanne WEBSTER

10 Years

Jodie BARNETT
Julia BICKFORD
Joanne CLEAVER
Julie GALEA
Katie MAHOOD
Amishaben PATEL
Iain PATERSON
Caroline RANITU
Kaylene STELTENPOOL
Vicki Lyn STUBBINGS
Henry VUIBURETA
Theresa VALENZUELA

15 Years

Michelle JUMONONG
Ashika LATA
Wilfredo MANALO
Lynette MENOUEHOS
Gabrielle MILLER
Cecille VARGAS
Debbie VIGLIONE

20 Years

Sarita DEVI
Marilen GOMEZ
Ashika KRISHNA
Jane LAMAYO
Pateine MATAAFA
Cherie NIGHTINGALE
Primadona OBUNGEN
Merlina SAY
Yolanda TRINDALL

25 Years

Deborah CROMIE

30 Years

Elizabeth ALEJANDRINO

35 Years

Sonja PAYNTER

Staff Service Awards





Staff Christmas Hampers

Hampers will be available for collection from the main kitchen on the following dates:

Tuesday 17th to Friday 20th December

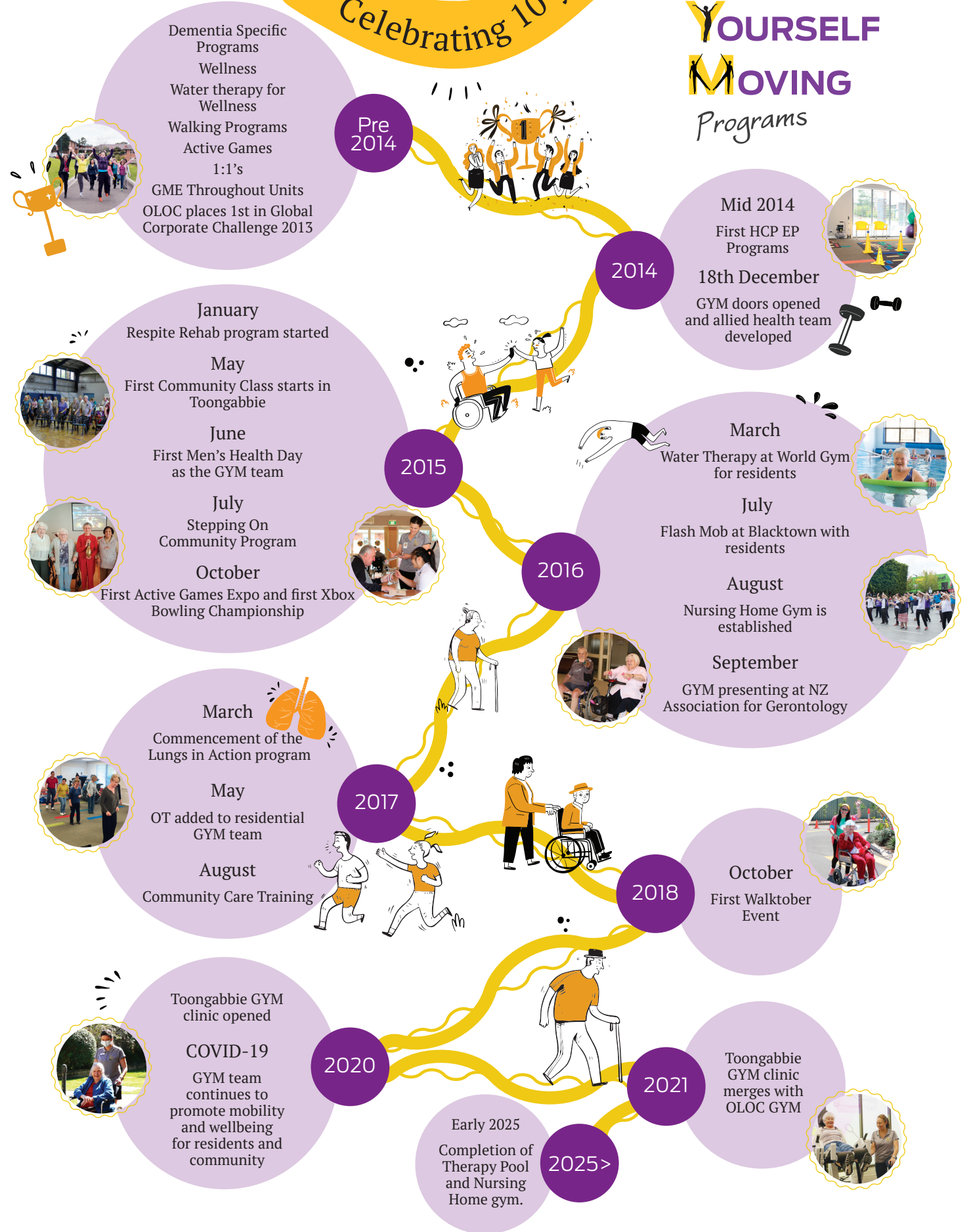
10.30-11.30am & 2.30pm-3.30pm

Fruit Hampers available from Wednesday 18th 2.30pm



Celebrating 10 years

OLOC GET YOURSELF MOVING Programs



Visit the GYM this month for a trip down memory lane!

Notes from the FMM

Advent and Christmas Reflection

Christmas is celebrated as a season of joy, light, hope and peace; a time when we commemorate the birth of Jesus Christ, who brought salvation and love into the world.



- Sr Janice

Yet, as we gather to celebrate, we cannot ignore the realities that surround us. Our world is marked by war, violence, and poverty, casting shadows that can dim our spirits. In this tension between joy and sorrow, we find a profound invitation to reflect deeply on the meaning of Christmas.

The darkness we experience is not just external; it can also be internal, as we grapple with personal struggles and the burdens of the world. However, this season of Advent calls us to wait—not in despair, but in hopeful anticipation. The light of Christ shines brightest in the darkest of times. Just as the shepherds were drawn to the star that guided them to the manger, we too are invited to seek the light amidst the chaos.

Waiting in joy means embracing the hope that Christmas brings. It's a reminder that God chose to enter our world in humility, born as a vulnerable child in a stable. This act of divine love challenges us to respond not only with celebration but also with compassion. We are called to be bearers of that light in a world that desperately needs it.

As we reflect on the true meaning of Christmas, let us choose to stand in solidarity with those who are suffering. Let our joy be a source of strength that fuels our commitment to peace, justice, and love. In doing so, we honour the gift of Christ and share the light that can dispel the darkness, transforming our waiting into a powerful catalyst for change. May our hearts be open to the joy that comes from giving, serving, and loving one another, as we await the return of the Light of the World.

On the next page is a short prayer that you might like to pray each day as we prepare for Christmas.

I take this opportunity to wish you all a happy, safe and peaceful Christmas and New Year.





Advent Prayer

Henri Nouwen

Lord Jesus,
Master of both the light and the darkness,
send your Holy Spirit upon our preparation for Christmas.

We who have so much to do
seek quiet spaces to hear your voice each day.

We who are anxious over many things look forward to your coming among us.

We who are blessed in so many ways long for the complete joy of your Kingdom.
We whose hearts are heavy seek the joy of your presence.

We are your people,
walking in darkness yet seeking the light.

To you we say
"Come, Lord Jesus".
Amen.



CHRISTMAS SAVINGS

The OLOC Christmas Savings Scheme is designed for people to have some extra cash at Christmas time. Direct debit a small (or large) amount from your pay every fortnight, and then have the sum paid out in the last pay period in November.

The Christmas savings fund is a voluntary service offered by OLOC. It has no fees, but also offers no interest.

There is a minimum deduction of \$5.00 a fortnight, you may wish to increase or decrease the amount, but only one change is allowed during the year.

Written advice will be required if you wish deductions to be stopped or monies to be paid out. You cannot restart your Christmas savings account until the end of next year.

If you cease employment during the year, your Christmas savings will be paid into your last pay.

Contact payroll for more information.



Wellbeing

Ho, Ho, Holy Stress!

Not feeling merry and bright? You're not alone. Here are some strategies to look after your mental health this Christmas.

Is Christmas the most wonderful time of the year? Maybe for some but for others it's the most stressful time of the year. While Christmas is a time where people are coming together to celebrate with family and friends, it can also be a poignant reminder for those who have lost loved ones, are experiencing loneliness or feeling the financial stress of the holiday season.

Here are some ways to ease the Christmas stress.

Loneliness

While most celebrate Christmas with family and friends, it can also exacerbate feelings of loneliness. As life changes, we find our social circles changing and sometimes becoming smaller and distance between loved ones feels greater. Try fostering a connection these holidays by volunteering your time for those who need it or connecting with people video calls or even mailing a Christmas card and steer clear of the unrealistic stories on social media.

Missing Loved Ones

Christmas has a funny way of bringing feelings to the surface, particularly grief over a lost loved one or estranged family members. Remember not to be hard on yourself, it's important as a human to experience the full range of our emotions. Be gentle with yourself and try to focus on something your love doing. Sharing memories and stories also helps you to come to terms with Christmas without them without forgetting them.

Financial Stress

The key to relieve financial stress is to plan ahead. Try Secret Santa instead of buying presents for the whole family or encourage visitors to bring a dish to a shared meal. Remember that you don't need to spend money to give someone a great present. Sometimes the greatest gifts are your time.

Anxiety

If you're feeling anxious this Christmas, make sure you take time for yourself and do the things that you genuinely enjoy, even if that's binge watching your favourite show. If you find that family adds to your anxiety, remember you can excuse yourself and take some time out when you need it or redirect the conversation.

Christmas can be difficult for some but with some strategies in play, hopefully you can take some pressure off.



Health & Wellbeing

Put Yourself First

When you have a busy, active job it is important to take some time each day to look after your own health. It's no secret that healthcare workers have strenuous jobs, both mentally and physically, and that you spend hours on your feet. In terms of your own health, it is a real positive that your job looking after others means that you are active, but you will find it also helps if you spend a little time each day focused on some simple exercises that look after you.

Working in the healthcare industry can be challenging. The regular routine of assisting residents requires regular activity and the appropriate use of equipment. Most workplace injuries are caused by unsafe handling tasks such as lifting and moving people and pushing and pulling trolleys and equipment. The effects of injuries lead to immediate pain and discomfort but can last years afterwards, impacting all aspects of your life.

After being on your feet all day, the last thing you might feel like is doing exercise. However, some targeted exercise can help you get through the day feeling better and staying safe.

Here's some simple ways exercise can help you keep you safe at work:

Stretch It Out

Twisting, bending, carrying, pulling and pushing are all parts of a typical health worker's day. All of these movements put a lot of stress on the body, and the best way to prepare for all of these activities is to give yourself a good stretch. Before you start your shift, stretch to loosen your body and warm up your muscles. Pay particular attention to your neck, back and arms.

Work on Your Endurance

Endurance is key for healthcare workers with your bodies taking a lot of impact throughout long shifts, making it essential that you can withstand the high workload. The physical aspects of your role not only require energy but prolonged energy. To prevent physical exhaustion, you have to train your body to get used to the demands it has during your shift. Building up cardio workouts and exercising at a higher intensity for a short period of time gets the best results.

The Core of It

Your core is more than just your abdominal muscles, it is the foundation of your body. If your core is strong, your body is strong. To maintain endurance and develop stability and strength, you must build your core. Planks and other abdominal exercises are the perfect way to build strength and stability.

Use the Equipment (Properly!)

Ultimately, while exercising and building your physical strength is extremely beneficial and will assist with your endurance at work, the correct use of equipment is vital. As a care worker, it is your responsibility to use the equipment as recommended to ensure prevention of possible injuries. Make sure that you are lifting and appropriately adjusting equipment so that you don't overexert your body.



Chemical Change Over

As of 5th December 2024, OLOC will be transitioning from DIVERSEY to CHEMPACK Clean Plus for all chemicals and dispensers.

The following diagrams will be made available in all nurses' stations, cleaner's rooms, serveries, dirty utility rooms, staff rooms, staff bathrooms and the main kitchen starting 18th November.


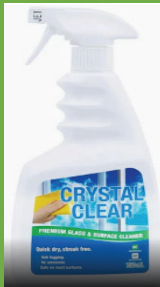










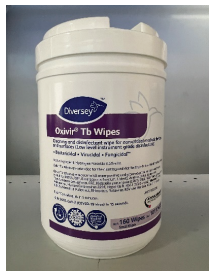

The SDS will be changed on 5th December and will remain in the same location as the current chemical SDS.

New chemical company from Diversey to Chempack- Chemical Comparison Photos			
Diversey	Photos	Chem Pack	Photos
Soft Care Deluxe 2 in 1		<p>2 in 1 Body and Handwash Liquid</p> <p>Use: For personal use. Can be use for body and hands.</p>	
Taski Crema R7		<p>Crème Cleanser</p> <p>Use: polishing agent. Can be used for hand surface like sinks and bathroom bench tops</p>	
Diverclearse		<p>Gel Liquid Bleach</p> <p>Use: for stained floor, stained toilet and toilet seats and other hard surface. Must use with caution. It can damage other products and surfaces.</p>	
Taski Room Care R1 Plus		<p>Bio Enzyme Toilet and Bathroom Cleaner</p> <p>Use: for toilet and bathroom only. Good for urine, faeces, lime and soap scums.</p>	



A chemical training session will be held on 4th December to assist in the transition. Training is compulsory for all cleaning, catering, laundry and SWAT staff.

New chemical company from Diversey to Chempack- Chemical Comparison Photos

Diversey	Photos	Chem Pack	Photos
Taski Room Care R3 Plus		Crystal Clear Glass Cleaner Use: for cleaning glass and windows	
Divercleanse		Mould No More Use: for stubborn grime, mould and dirt. Must use with caution. It can damage other products and surfaces.	
Oxivir TB Liquid		Viraclean Disinfectant 500 mls Use: powerful disinfectant. Good during outbreaks and any infectious surfaces	
Taski Room care R5 Plus		Country Fresh Air Freshener Use: alcohol base air freshener and deodoriser	
Taski Room Care R2 Plus		Bio Enzyme Spray and Wipe Use: removes dirt and grime. Suitable for all surfaces including tables, walls, glass, windows, stainless steels etc	
Taski Room Care R2 Plus		Bio Enzyme Floor and Surface Cleaner Use: use for mops and any hard floor surfaces	
Oxivir Wipes		Viraclean V- wipes Use: powerful disinfectant. Good during outbreaks and any infectious surfaces	

CODE OF CONDUCT FOR AGED CARE

- A.** Act with respect for people’s rights to freedom of expression, self-determination and decision making in accordance with applicable laws and conventions.
- B.** Act in a way that treats people with dignity and respect and values their diversity.
- C.** Act with respect for the privacy of people.
- D.** Provide care, supports and services in a safe and competent manner with care and skill.
- E.** Act with integrity, honesty and transparency.
- F.** Promptly take steps to raise and act on concerns about matters that may impact the quality and safety of care, supports and services.
- G.** Provide care, supports and services free from:
 - i. all forms of violence, discrimination, exploitation, neglect and abuse and
 - ii. sexual misconduct.
- H.** Take all reasonable steps to prevent and respond to:
 - i. all forms of violence, discrimination, exploitation, neglect and abuse and
 - ii. sexual misconduct.



DECEMBER 2025

WEDNESDAY 4TH	CHEMPACK Training
TUESDAY 16TH	Meditrax Inservice
TUESDAY 10TH	WMG Meeting
WEDNESDAY 11TH	St Josephs Staff Meeting
TUESDAY 17TH	St Anthony Staff Meeting
WEDNESDAY 18TH	St Francis Staff Meeting St Helens Staff Meeting
TUESDAY 17TH	St Anthony Staff Meeting
FRIDAY 20TH	Block Training
SATURDAY 22ND	Medication Training & Staff competencies
TUESDAY 24TH	WMG Meeting
THURSDAY 26TH	Nursing Home RN Meeting
SATURDAY 29TH	Medication Training & Staff competencies

JANUARY 2025

TUESDAY 7TH	WMG Meeting
WEDNESDAY 8TH	St Josephs Staff Meeting
FRIDAY 10TH	Hostel RN Meeting
WEDNESDAY 15TH	St Francis Staff Meeting
THURSDAY 16TH	St Anthony Staff Meeting Alverna Staff Meeting
FRIDAY 17TH	St Helens Staff Meeting
TUESDAY 21ST	WMG Meeting
THURSDAY 23RD	Nursing Home RN Meeting

Block Training Recap

On 12th November, Community Care attended a block training session which included care staff, the Commonwealth Home Support team and Wellness Centre staff.

Staff took a dive into what we need in order to provide quality care to our clients.

- Code of Conduct
- Dementia Training
- SIRS
- Manual Handling
- Fire Training

A big thank you to Andrea, Manager of the GYM team and Sonja Paynter who helped deliver topics and information on the day.

The biggest thank you to Julie and all of the Community Care team for filling in for me on this day. The feedback from the staff was excellent and I truly appreciate all that you did.

On behalf of our Community Care Manager, Magda and the Community Care Team, we would like to wish all of our amazing Staff, a very safe and Happy Christmas and New Year. We appreciate all of the work that you do for our clients.

A special thank you to our Assistant Care Coordinators; Jodie, Lynnette, Jo, Ljubica and Charmaine, we couldn't do what we do without you, so a big thank you from the Care Coordinators.

Community Care has a lot of changes coming our way next year, particularly with the Support at Home Programme in July and accreditation. 2025 will be a big year for us!

From our team to all of our OLOC colleagues, we wish you all a Merry Christmas and safe New Year. We look forward to working with you all in 2025!

Merry Christmas!

Deborah Cromie
Care and Service Coordinator



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 2024/2025

Christmas Day

Wednesday 25th December 2024

Boxing Day

Thursday 26th December 2024

OLOC nominated Public Holiday in lieu of Bank Holiday Friday 29 December 2023

Tuesday 31st December 2024

New Year's Day

Wednesday 1st January 2025

Australia Day

Monday 27th January 2025

Good Friday

Friday 18th April 2025

Easter Monday

Monday 21st April 2025

ANZAC Day

Friday 25th April 2025

King's Birthday

Monday 9th June 2025
