



Helping Hand
AGED CARE

HELPINGHAND

The Helping Hand Aged Care Newsletter **Summer 2009**

Extending in the North

Full story
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COVER STORY >

Helping Hand delivers a new residential care facility in the North.

Helping Hand Aged Care is pleased to announce the development of a new multi-million dollar, two-storey, 110 bed residential care facility located in Lightsview, the 800-dwelling development at Northgate.

The new residential care site complements Helping Hand's current suite of residential care facilities and community services in northern metropolitan Adelaide.

The development of the new multi story residential facility reflects Helping Hand's strong commitment to ensuring quality and professional care is delivered in a safe and inviting surrounding, where residents can live the lifestyle of their choice.

The new facility is being designed to suit the needs of older South Australians as they enter into a new time of their life. The design of the site offers comfortable, spacious surroundings for individuals together with public spaces that encourage community and social engagement. The contemporary design also incorporates a range of 'green' initiatives that work in harmony with our service delivery, to ensure that our client and environmental responsibilities are both met.

Similar to other residential sites operated by Helping Hand, the purpose built facility offers 'ageing in place' so that residents with changing care needs do not have to move as their needs increase.

This major development will be completed by 2012 as part of Helping Hand Aged Care's extensive capital development plan.

Over the next three years Helping Hand will make a substantial investment into new care and housing developments, in addition to the redevelopment of three of our older residential care facilities. This supports our commitment to deliver high quality care and facilities to the South Australian Community.

The Helping Hand Board has committed the necessary funds to extend the Mawson Lakes care facility through the addition of a further 13 rooms, with work beginning in January next year.

Our older residential care facilities at Jamestown and Parafield Gardens are to be significantly redeveloped to enhance common areas and improve bathrooms. In addition, we are also reviewing the Doreen Bond House high care accommodation at North Adelaide with a view to redevelopment in the next two years.

As indicated in our cover story, Helping Hand has been successful in obtaining new Commonwealth licences, and a suitable parcel of land, for the construction of a new 110-place residential care facility as part of the "Lightsview" housing development at Northgate, north-east of the Adelaide CBD. We expect the first residents to move in by 2012.

A partnership with Wheelchair Homes will see the construction next year of 20 "wheelchair friendly" houses on vacant land on the western side of Helping Hand's Ingle Farm site, and a new village of about 15 homes - to include some "affordable" housing - is planned for Para Hills.

We are also in the early planning stages for new independent housing, which eventually will replace the 1960s Harrison Court units at North Adelaide.

In all, a substantial development program which ensures that Helping Hand continues to provide high quality accommodation and services which are responsive to community needs.

I would also like to take this opportunity to wish you all a happy and safe Christmas season and all the best in the New Year.

Ian Hardy AM Chief Executive



Megan Corlis, Director of Research and Development

Helping Hand has a dedicated Research and Development Team which is committed to continuous improvement for our residents and clients.

We are continually looking for opportunities to broaden our service provision to provide the highest possible quality of life for all our clients and residents. Some of the outcomes that Helping Hand is currently working towards include:

Quality Improvement: Helping Hand is currently reviewing several quality systems including how we receive feedback from residents, clients and their families. We are also looking at other ways in which we can seek feedback from people and find out how people really feel about the services we provide.

Research at Helping Hand

Working with People Receiving Palliative Care: We have applied for \$315,000 in grants for a project called 'Planning your Life - for people receiving palliative care'. This project will support people with a terminal illness whilst helping them to be involved in life to the level they wish.

Affordable Housing: Helping Hand Aged Care has successfully responded to an expression of interest to work with the City of Salisbury Council in developing housing for older people who are finding it difficult to secure affordable housing. This initiative will help older people live comfortably in their home and community as their care needs change.

Compassion Fatigue: Helping Hand is finalising research related to the fatigue that staff experience from working in residential care. We are hoping to develop

a program of support for staff, include trialling some innovative approaches to staff wellbeing if funding is available.

If you would like to find out more on the above projects please contact Megan Corlis on 8267 0840 or e-mail mcorlis@helpinghand.org.au

Dietetics and Nutrition: We currently have a student, Joyce Kelly, undertaking a placement at Helping Hand to complete her Masters in Dietetics and Nutrition. Her project involves developing systems for future final year students to have work experience in an aged care environment.

If you would like to be involved, please contact Catherine McGovern, Quality Manager on 8267 0871 or cmcgovern@helpinghand.org.au.

Please see page 8 for more information.

Community Care

Helping Hand Aged Care has a wide range of services available for people who want to remain in their own homes for as long as possible.

Assistance with housework, transport to the shops or appointments, nursing care and allied health are all available in a variety of packages and are available throughout metropolitan Adelaide and in the mid-north region of South Australia.

If you find your garden is getting out of hand, we offer a one-off gardening and tidy up service. This program is continuing to gain popularity for clients over 65 years, living in the Salisbury, Playford, Tea Tree Gully and Gawler areas.

Are you a carer? Our Respite and Carer Support programs provide respite for carers ranging from 3½ hours a week to overnight stays. We can offer assistance to carers of people of all ages and people with dementia or a disability.

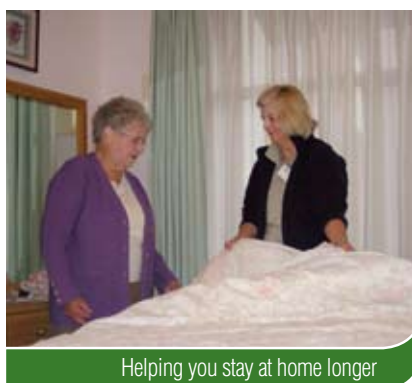
Our Grandparents as Parents Program provides a range of support services to

grandparents who are the full time carers of their grandchildren. Peer support, parenting information and other support is provided.

We understand that ageing can bring life changes, so we offer programs that assist in coping with transition from hospital to your home, maintaining independence and learning new skills.

If you or someone you know would be interested in any of our community programs, or if you would like to talk about your individual situation to see how we can help, please call our Client Liaison Coordinator on 1300 653 600.

Please note, all our community services are subject to availability and some may require an ACAT assessment.



Helping you stay at home longer

Challenging dementia through art



Mrs Smith and Volunteer enjoying the art work

Helping Hand Aged Care and Endeavour College launched their first cross generational Art Exhibition titled 'When Words are not Enough' on 15th of September 2009.

The Art Therapy project has provided a creative and alternative means of communication for our residents who suffer with moderate to severe dementia. The idea hinged on offering alternative methods of being creative, and modifying the techniques to residents' abilities rather than their disabilities.

The fun, enjoyment, laughter and completed results exceeded our expectations.

The benefits have been many, for some it has brought back skills that previously had long been forgotten and unused for many years. For others, it has been the involvement with the students. The program has filled Tuesday afternoons with much love and has given all participants the ability to express and share their emotions with young people, who are often of similar ages to their great grandchildren.

The Mawson Lakes Community Centre has recently invited Helping Hand Aged Care to make the Art Show an annual event.

If you would like more information please contact Anna Martin on 8360 2500.

Inaugural Gerontology Student Prize awarded

At the recent South Australian Gerontology Conference, the inaugural SA Gary Andrews Student Prize was awarded to Samara Zubrinich, Research Assistant from the Centre for Aged Care Studies, a partnership between UniSA, University of Oslo and Helping Hand Aged Care.

Her winning paper was titled "The Lived

Experience of Australian Carers of Persons with Dementia: Giving the Carers a Voice". The award aims to encourage students who undertake research in the field of ageing. The prize includes a certificate, cash and membership of the AAG.

Helping Hand Aged Care is proud to be associated with the Centre for Aged Care Studies which focuses on research activities regarding the practice of aged



Wendy Andrews presenting the Gary Andrews Student Award to the winner Sam Zubrinich, with Cathy Lock and Dr Bob Penhall

care and the experience of those whom it supports.

Our congratulations go to Samara, as well as our best wishes for her ongoing Social Work Masters studies.

The Bank Manager is back.



Meet Ann-Marie Ordner, your bank manager in Adelaide. Ann-Marie is in branch and would love to meet you to discuss how she can help you achieve your financial goals.

Ann-Marie and her team can assist you with:

- ❖ Retirement and Pension planning
- ❖ Accommodation Bonds
- ❖ Deeming Bank Accounts
- ❖ Estate Planning and Advice

Drop in or call for a chat.

Call Ann-Marie direct on 0429 683 270 or 08 8110 8300

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Helping Hand staff attending Staff Appreciation Lunch

10 year certificate

- Jan Van Emden – North Adelaide
- Carol Johns - Pt Pirie
- Michele Partridge – Pt Pirie
- Stefanie Dawson – Clare
- Meredith Smith – Tranmere
- Marietta Tripp – Parafield Gardens
- Jane Dellar – North Adelaide
- Vivienne Attwood - Mawson Lakes
- Marilyn Bannister – Parafield Gardens
- Vartuhi Toker – North Adelaide
- Ana Reyes – Ingle Farm
- Kathryn Daniell – Long Term Care Salisbury
- Terence Spears – North Adelaide
- June Penley – North Adelaide
- Christine Moyle – Ingle Farm
- Alison Moore – Parafield Gardens
- Kylie King - Ingle Farm
- Licia O'Neill – Mawson Lakes
- Michele Fowler – Parafield Gardens
- Diane Williams – Parafield Gardens
- Graham Dennis – Ingle Farm
- Kelly D'Aloisio – Ingle Farm
- Judith Swift – In Home Support
- Vicki Merris – In Home Support
- Maree Coombes – Parafield Gardens
- Helen Steuer – North Adelaide
- Isabella Kerr – Ingle Farm
- Elise Davies - Healthy Ageing Salisbury
- Janella Gardiner – North Adelaide
- Debra Cassini - Jamestown
- Lynette Caulfield - Jamestown

Staff appreciation

For 15 years Helping Hand Aged Care has held annual staff appreciation lunches across our sites and services.

They give Helping Hand as an organisation the opportunity to say thank you to all staff members for their service and commitment to the organisation and to our clients. During the lunch a brief presentation is held for staff members who have achieved 10, 20 or 30 years service.

Ian Hardy, together with the senior management team, attends the luncheons to personally congratulate and thank staff members for their contribution.

We wish to acknowledge the efforts of all our staff, and make a special mention of those that reached this significant mark in 2009.

21 year certificate

Kathleen Cummings - Jamestown

20 year certificate

- Veronica Ogilvy – Parafield Gardens
- Ursula Daebler – North Adelaide
- Sharon Anderson – North Adelaide
- Jacqueline Walter – North Adelaide
- Robyn Butler - North Adelaide
- Robyn Francis – Clare
- Diane Burford – Jamestown

19 year – Jamestown

Patricia Boulton

13 year – Jamestown

- Jo Fahey
- Heather Farr
- Heather Grindell

11 year

Beverley Kaeding - Jamestown

Bernard H. Booth REAL ESTATE

RLA184130

PTL LTD.

Richard Hayward
RLA224119



“Having had an association with Helping Hand North Adelaide for a number of years, I have assisted residents and their families with their real estate requirements, and appreciate the sensitivity involved.”

If Richard can be of any assistance he would be delighted to hear from you on 8236 5555 or 0418 825 455.

Our passion is the promise of your success.

Men's Group present conference paper

On 14th September 2009, two volunteers and members of the Helping Hand Aged Care Men's Group, held at the Ex Military Rehabilitation Centre, Ron Hoad and Rick Howell, travelled to Perth to present at the Aged and Community Services National Conference 2009 a paper titled "From Bread Winner to Invisible Man".

Both men gave personal accounts of what Helping Hand Aged Care's Men's Group has meant to them on their journeys through life's ups and downs - stressing the importance of this group in offering the support of other men to overcome hurdles and thrive in challenging times.

The audience was thrilled to hear directly from the men, who told their stories so eloquently. The opportunity to make a real difference in peoples lives is what we all strive for at Helping Hand and there was no better way to tell this story than this!

"After a very serious workplace accident in August 1986 I was confined to the house. With lots of operations to contend with I found that my previous active life had come to a complete standstill. I felt dejected, bored, angry, depressed and worthless. I found immediate comfort, acceptance and companionship at the Men's Group. I liked it so much that I became one of their volunteer drivers. To this day I get much pleasure from what I do. Being involved has given my life



Ron Hoad and Richard Howell

purpose and meaning which was not there before. I am very content". **Ron Hoad**

"Now we have a new place to go to thanks to the XMRC (Ex Military Rehabilitation Centre) and our numbers have grown. There are a lot more guys doing woodwork, a computer room and a rest room for guys who just want to sit and relax. I will continue to be a part of this for a long time to come as it is what is needed for the men out here" **Richard Howell**

The Men's Group meet every Tuesday from 10:00am and 2:00pm if you would like to be involved please contact John Leicester on 0405 446 975.

Two sides of the coin: Getting older

Recently two Helping Hand residents have reached significant age milestones, with Ivy Longmire, from Jamestown, turning 100 and Gwendoline Heard, from North Adelaide, turning 105.



Gwendoline Heard

Ivy Longmire

Congratulations, we hope you had wonderful birthdays with your family and friends.

These days, many older people, like Ivy and Gwendoline, are living longer than ever before – currently in Australia there are 2,860 people over the age of 100, with 311 in South Australia alone.

In the next 20 years, the Australian Bureau of Statistics estimates that the number of people over 80 will almost double. This presents the aged care industry with new and unique challenges. These relate to how we will live with and manage chronic diseases like dementia, the impact of obesity and the logistical challenge of providing enough accommodation.

With Australia enjoying one of the longest life expectancies in the world, this raises the challenge to us all to provide for our

ageing population. Helping Hand has a dedicated research and development team that keeps at the forefront of breakthroughs in aged care, and always strives to bring new and innovative solutions to residents living at home, in the community, and those in residential care.

For more information, please see the article on page 3, or contact Megan Corlis on 8267 0840 or mcorlis@helpinghand.org.au.

It is important that we recognise the value of life experience and knowledge of older people as we celebrate with them their significant milestone.

One and two bedroom units available at Barryne Retirement Village

25 Sheoak Road, Belair

Located at the top of Belair's hill face with magnificent views over Adelaide, Barryne is central to all local facilities with convenient access to public transport and the community shopping bus.

Barryne Retirement Village offers you:

- Specifically designed federation style units to meet your comfort and privacy needs.
- Security lighting through the village.
- Perimeter parking and nearby visitor parking.
- Community Centre used for social activities, meetings and private functions.

We have a two bedroom unit available which includes:

Two spacious bedrooms (the main room with built-in robe), a spacious living area, small courtyard bathroom, two toilets, split system air conditioning and roller door garage.

There is also a one bedroom unit available which includes:

One bedroom with built-in robe, lounge, kitchenette, bathroom, toilet, carport.

If you would like a private inspection or more information please contact Rhonda O'Brien on 8366 1350.

Helping Hand Aged Care presents the

2009 Parafield Gardens Field Day

This FREE Field Day will be offering you a great range of items for relatives and friends for Christmas, birthdays or just because!

Where Helping Hand Aged Care Parafield Gardens Main Hall
437 Salisbury Highway,
Parafield Gardens

When Wednesday 16th December

Time 10:00am - 3:00pm

Cost FREE of charge, everyone welcome



Chaplain's CHAT

The Poinsettia is commonly used to decorate homes and tables throughout the world in readiness for Christmas.

The plant grows into a beautiful shrub or small tree. It has dark green leaves with flaming red, pink or white leaves at the top (known as bracts) and in the centre sits a small yellow flower.

There is a beautiful legend of the Poinsettia. It is about a poor Mexican girl named Pepita who desperately wanted to lay a gift at the altar of the Christ child during the Christmas Eve service. As Pepita walked to the church with her cousin Pedro her heart was filled with sadness. Pedro, trying to console Pepita said "even the most humble gift, if given in love will be acceptable in Jesus eyes if it is given from the heart".

Pepita bent down and picked some weeds to take to the church for Jesus. When Pepita arrived at the church she walked down the aisle and placed the weeds at the base of the altar. It was all she had to give, but she gave what she had with love and from the heart. Suddenly, the weeds burst into a flaming red colour that looked like stars. Everyone in the church watched in awe and wonder and it was seen to be a miracle.

At Christmas time we celebrate the birth of Jesus, the gift of love to the world from God. We follow the tradition of gift giving in response to God's love and buy presents for our friends and loved ones. Yet the most beautiful gift of all is not what sits under the Christmas tree, but the gift of love that comes from the heart.

The angel said "I bring you good news of great joy that will be for all people.

Today in the town of David a Saviour has been born to you; he is Christ the Lord.

Luke 2:10,11

May the love of God be with you and your family and friends this Christmas and throughout the year ahead.

Gayle McClimont
Chaplain



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Sunday's from 2-3pm**

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**CHRISTMAS
BONUS OFFER!**

Sign up before Christmas and receive \$5,000 worth of goods, including a split system air conditioning unit, dishwasher and front bedroom awnings.



A place to relax, enjoy
and retire in style.

Visit www.helpinghand.org.au

Christmas Appeal

At the very heart of Helping Hand Aged Care are the people we care for.

Those we strive every day to assist in living:

an independent life,

a fulfilled life,

a comfortable life,

a dignified life,

and importantly, a happy life.

They are our motivation.

We take this journey, side by side with them and their families, offering care, support, security, encouragement and comfort.

Our promise: to provide the best possible care through all we do.

Whilst State and Commonwealth funding is provided for beds and approved community programs, these funds only meet the basic care needs of an individual. By giving to Helping Hand Aged Care you give us an opportunity to add value to people's lives by offering additional services, facilities, opportunities and experiences. If you would like to make a donation to us this Christmas please fill out and return the enclosed envelope.

NEW, you can donate money monthly by direct debit. Please call 1300 653 600

Free Nutrition & Dietetic Support Clinic

The earlier you adopt a healthy lifestyle, the better your chances of ageing well. It is never too late to start!

A free Nutrition and Dietetic support clinic is being provided for Helping Hand Aged Care clients, staff and volunteers by Flinders University in January and February 2010. All sessions will be supervised by an experienced clinical dietician.

Where North Adelaide - Harrison Court, Buxton Street
Salisbury - 3 Church Street

When 11 January 2010 to 12 February 2010

Time 9:30am to 5:00pm Monday to Friday

Cost FREE OF CHARGE

Bookings Contact Michelle Cavallaro on 8267 0875 or mcavallaro@helpinghand.org.au

Newsletter for the Residents, Staff, Volunteers and Friends of Helping Hand Aged Care. We trust that you have enjoyed reading this newsletter. If you no longer wish to receive it, please notify us by mail, fax or email at info@helpinghand.org.au

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Helping Hand
AGED CARE

An Agency of the Uniting Church in Australia

www.helpinghand.org.au