

Gossip & Giggles

February 2005

Volume 1, Issue 3

Geraldton Community Care Services

99561904

**Special Interest
Articles:**

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From the Coordinator

I would like to wish all our clients and staff a happy New Year and I hope you all had a wonderful Festive Season.

Geraldton is blessed to have so many people willing to give freely of their time to ensure Christmas is special for everyone. Once again this year four of our staff volunteered to take people on a tour arranged by Cherylee Lumley and the staff and volunteers from Westpac Bank to see the beautifully decorated homes around Geraldton. It was a delightful evening of fun, food and Christmas cheer.

Thanks also to everyone involved for one of our most successful Christmas lunches ever. The food was wonderful and everyone who attended enjoyed the day immensely.

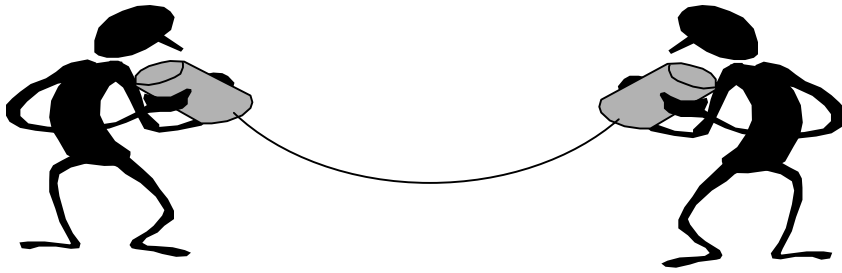
We have had several staff on holidays recently and

many of you will have relief workers doing your services. For the most part this went well. Unfortunately the relief worker for our gardening services was unable to meet his commitment to us and this caused some missed services and general inconvenience to many. I apologise for this, but it was beyond our control. Both our usual gardeners are back at work now and will see you over the next 4 weeks.

Sadly (for us) Debra Kerkmans, who is one of our Day Centre Coordinators, is leaving. Debra has been a wonderful mentor to the Day Centre staff and a friend to so many of those who attend our centre. She will be missed, but we all wish her well as she moves back to the farm in Pindar.

Best Wishes for the coming months..

Karen xx

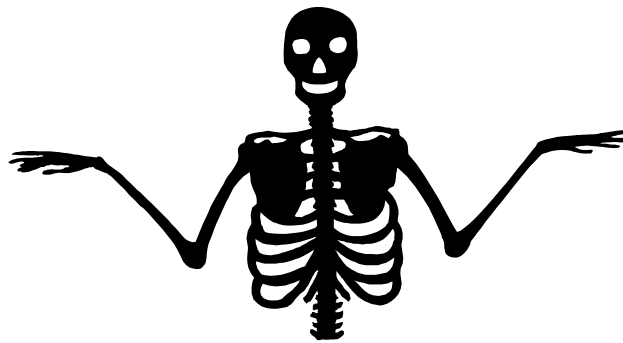


Growing up in Oz

I'm talking about hide and seek in the park.
 The corner milk bar, hopscotch, Billy carts
 Cricket in front of the garbage bin
 and inviting everyone on your street to join in.
 Skipping, handball, handstands,
 Elastics, bullrush, catch & kiss, footy on the best lawn in the street.

Slip'n'slide, the trampoline with water on it
 Hula hoops, stepping in puddles, mud pies and building dams in the gutter.
 The smell of the sun and fresh cut grass.
 'Big bubbles no troubles' with Hubba Bubba bubble gum.
 A choc-top.
 Mr Whippy cone on a warm summer night after you've chased him round
 the block.
 20 cents worth of mixed lollies lasted a week and pretending to smoke "fags"
 (the lollies) was really cool & Maison would get you tipsy! or so we were told..

A dollars' worth of chips from the corner take-away fed two people (AND the
 sauce was free!!).
 Being upset when you botched putting on the temporary tattoo from the
 bubblegum packet, but still wearing it proudly.
 Watching Saturday morning cartoons: 'The Smurfs', 'AstroBoy', 'He-Man',
 'Captain Caveman', 'Archie', 'Jem' (truly outrageous!!)
 'The Wizard of
 Oz', 'Banana Man' and
 'Heeeey heeeeee heeeeeeee it's faaaaaaat Albert'.
 Or staying up late and sneaking a look at the "AO" on the second telly.



Monkey Magic' with fish face & Pigsy had a cult following.
Miraculous Mellops & who could ever forget Degrassi Jnr High?
When around the corner seemed a long way
and going into town seemed like going somewhere.
Where running away meant you did laps of the block
because you weren't allowed to cross the road??

A million mozzie bites, wasp and bee stings.
Sticky fingers, cops and robbers
Cowboys and indians, riding bikes and catching tadpoles.
Marco Polo in the neighbours' pool ("fish outta water?!""NOOOO")
Drawing all over the road and driveway with chalk.
Climbing trees and building cubbies out of every sheet your mum had in the
cupboard.
Walking to school, no matter what the weather.
When writing 'I love ...?..' on your pencil case,
really did mean it was true love.
"He loves me? He loves me not?"

Running till you were out of breath.
Laughing so hard that your stomach hurt.
Pitching the tent in the back/front yard.
Jumping on the bed.
Ghosts stories with the next door neighbours.
Pillow fights, spinning round, getting dizzy and falling down was cause for
the giggles.
The worst embarrassment was being picked last for a team.
Water balloons were the ultimate weapon.
Cricket cards in the spokes transformed any bike into a motorcycle.



Seniors Assistance Scheme PH 99212684

Overview

The plan of the SAS program is to utilise volunteer seniors to assist Seniors at home with small tasks that can not be managed.

Vision

SAS will help seniors who are not eligible for other assistance to achieve tasks at home that they cannot manage themselves.

Goal

SAS aims to assist approximately 100 seniors utilising the services of approximately 40 volunteers.

Structure

- QE2 and Centacare will initiate SAS program.
- QE2 will assess requests for assistance by assessing clients eligibility and the task itself, and complete a Client Application Form

Client eligibility

- Over 55
- Seniors card / pension card / vet affairs card/disability pension card
- Eligibility against HACC services is tested and reviewed regularly

Tasks considered appropriate for volunteers

- Shopping trips
 - Transport
 - Mowing
 - Edging
 - Weeding
 - Pruning
 - Walking pets
 - Painting
 - Minor fence and gate repairs
 - Pet care for people in hospital/away from home
 - Watering plants for people in hospital/away from home
 - Similar tasks volunteers may be qualified/experienced with
 - Similar tasks volunteers are willing to undertake
-
- QE2 will be responsible for insurance for volunteers for this program
 - Centacare will supply volunteers from their volunteer pool
 - Centacare will address police clearances and client/volunteer matches
- QE2 will pay for police clearances for volunteers who have no previous recorded offences.

It must be stressed this is a plan in progress. If you are able to offer any assistance please ring the number above



Geraldton Palliative Care 99562497

What is Palliative Care?

Palliative Care is about caring for people with a terminal illness as well as supporting their families and friends. Palliative Care is care that 'palliates' or relieves the distressing symptoms of a terminal illness. It is given when it is no longer realistic to continue treatment designed to cure an illness. The goal of Palliative Care is to prevent unnecessary suffering and ease difficult or painful symptoms - be they physical, emotional, social or spiritual. Palliative Care aims to care for the whole person not just the disease process.

To do this a team of professional and voluntary support carers work in cooperation with the patient and family to plan a program of care that is a reflection of the patient's personal philosophy hopes and wishes. Palliative Care aims to give the individual a sense of involvement and control over the way in which they will be cared for, and the place of their death. Palliative Care is also designed to support the emotional journey of the patient and others close to them. Bereavement support continues long after the person has died.

The way in which Palliative Care will be provided in any community is dependent on the resources and level of expertise that is available. Some programs are very extensive and utilise completely separate and dedicated teams, others are a careful balance between the existing services supported by key Palliative Care trained, professionals and voluntary support carers. The hallmark of effective Palliative Care in any community is commitment, cooperation, communication and compassion coupled with clinical care of the highest standard.

Palliative Care is appropriate for any person who has an incurable disease that is now clearly terminal with a life expectancy measured in weeks and days. While cancer is the major disease for which Palliative Care is provided, people suffering from other diseases such as HIV/AIDS, Motor Neurone Disease, non-malignant brain tumors, end stage heart, lung, liver, and kidney diseases can be admitted to a Palliative Care program. All admissions to Palliative Care services are based on a full assessment of needs, rather than specific diagnosis, race, culture, background, spiritual beliefs or ability to pay.

**For more information contact Geraldton Palliative Care
08 99562497**

Phone

99561953

GERALDTON SENIORS WALKING GROUPS

The Seniors Walking Groups have been up and running for 18 months now and are still going strong. The groups started as a project aimed at preventing falls in seniors. Falls in seniors are a serious issue with:

- 1 in 3 people aged 65 and older experiencing at least one fall each year. (NHMRC, 1993)
- Falls being the leading cause of hospitalisation for those aged 65 and older in Western Australia from 1985 and 1994. (WA Hospital Morbidity System)
- The total cost of home fall injury (55+), including all mortality and treatment costs, being over 2.1 billion per year (Day 1994).

Lack of physical activity is one risk factor that can contribute to an increased risk of falls. However, the program has demonstrated that it is not just the benefits of increased physical activity levels that come from participation in the walking groups, the social aspect is also very important. This is demonstrated through the participants responses to the question “***Do you think you have experienced any benefits by being involved in the walking group (benefits may be physical, mental or social?)***” :

- *I do go by myself but it's lonely compared to Thursdays*
- *Social occasion as well*
- *I go walking every day but I still like to come to this group because of the social aspect.*
- *Sometimes I'd stay in bed if I hadn't committed to getting to this group.*
- *I don't need Silver Chain any more – that stopped when I started walking.*
- *I happy in myself. A bit more confident. Before I would sit at home and hope a friend would walk in the door. Now I am out and about. I know my area better. I catch up on everything. Everyone is so friendly.*
- *I've met more people as a result.*

There are three established groups in the Geraldton area:

1. **QEII Centre (contact June on 99641247),**
2. **Newhaven Street Mt Tarcoola (contact Val on 99213414) and**
3. **Harbour Pines Village (contact Irene on 99643686).**

- If you would like further information on these groups or would like assistance in establishing your own walking group please contact Joanne Blayney on **99561953**.



The Things Kids Say

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked. As I was reeling from the shock I heard my five year old shout from the back seat.

“Mom did you see that lady, she wasn’t wearing a seat belt.”

My son Zachary came screaming out of the bathroom to tell me he had dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there for a moment thinking, then ran into my room and came out with my toothbrush. He held it out and said sheepishly, “ this one fell in there last week.”

On the first day of school a first grader handed his teacher a note from his Mother. It read “ the opinions expressed by this child are not necessarily those of his parents.”

A woman was trying to get the tomato sauce to come out of the bottle. During her struggle the phone rang. It was the Minister who enquired if mummy could come to the phone. “Not right now,” he was told, “mummy’s hitting the bottle.”

A little boy got lost at the YMCA and found himself in the women’s locker room. When he was spotted the room burst into shrieks with ladies grabbing towels and running for cover. The little boy watched in amazement then asked, “What’s the matter haven’t you seen a little boy before.”

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo she warned him, “Dad you shouldn’t wear that, every time you do it gives you a headache in the morning.”



.Geraldton Community
Care Services
99561904

- Day Care:

Open Monday to Saturday. We provide transport to and from the centre, morning tea, lunch and a wide variety of other activities



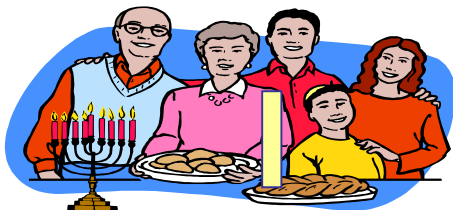
- Home Help:

Help with home care, gardening, shopping, etc



- Meals on Wheels:

A three -course meal delivered to your home.



HACC Transport:

Transport to all medical or allied health appointments



- Mobile Respite Care:
Respite care in your home, Anywhere in the Mid West, Gascoyne or Murchison



Entrance opposite the front entry to the Hospital.

Approach the doors marked Geraldton Home Help, Meals on Wheels

Phone:99561904

Fax:99561905



More Of Growing Up in Oz

Making home made lemonade and sucking on a Funny Face Paddle Pop or red Icy Pole.

Remember when there were only two types of sneakers girls and boys.

Dunlop volleys with the green 'n' gold or blue and the only time you wore them at school was for "sports day."

Bloomers in primary school & scungies under netball skirts.

You knew everyone in your street - and so did your parents!

It wasn't odd to have two or three "best friends"

and you would ask them by sending a note asking them to be your best friend.

You didn't sleep a wink on Christmas eve and pretended to sleep for the tooth fairy.

When nobody owned a pure bred dog.

When 50c was decent pocket money.

When you'd reach into a muddy gutter for 10c.

When nearly everyone's mum was there when the kids got home from school.

It was magic when dad would "remove" his thumb.

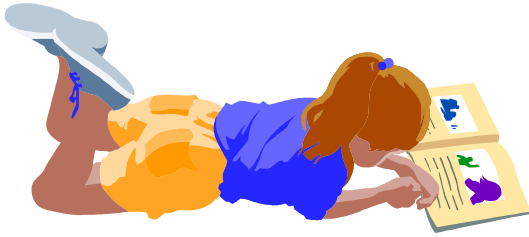
When it was considered a great privilege to be taken out to dinner at the local Chinese restaurant with your family.

When any parent could discipline any kid, or feed her or use them to carry groceries and nobody, not even the kid, thought a thing of it.

When being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home.

Basically, we were in fear for our lives, but it wasn't because of drive-by shootings, drugs, gangs, etc.

Our parents and grandparents were a much bigger threat! Some of us are still afraid of them!!!



Remember when decisions were made by going "eeny-meeny-miney-mo" or dib dibs scissors, paper, rock

"Race issues" meant arguing about who ran the fastest.

Money issues were handled by whoever was the banker in Monopoly.

Terrorism was when the older kids were at the end of your street with pea-shooters waiting to ambush you.

The worst thing you could catch from the opposite sex was a boy/girl germ, and the worst thing in your day was having to sit next to one.

Where Blue Light disco's were the equivalent to a Rave
and asking a boy out meant writing a 'polite' note getting them to tick 'yes' or 'no'.

When there was always that one 'HOT' guy/girl.

Having a weapon in school meant being caught with a slingshot.

Your biggest danger at school was accidentally walking through the middle of a heated game of "brandies".

Nobody was prettier than your Mum.
Scrapes and bruises were kissed and made better.

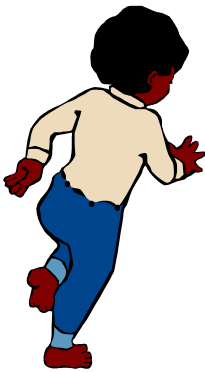
Taking drugs meant scoffing orange-flavoured chewable vitamins C, or swallowing half a Panadol.

Ice cream was considered a basic food group.

Going to the beach and catching a wave was a dream come true.

If you actually lived there boogie boarding in the white wash made you the next Kelly Slater

**If you remember any of this you are not some old duffer
You are one of the chosen few who remember the good old days**



The Things Kids Say

While working for an organisation that delivers lunches to the frail aged, I used to take my daughter along on my weekly rounds. The various appliances of old age, particularly the canes, wheelchairs and walkers unfailingly intrigued her. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions she merely turned and whispered, "the tooth fairy will never believe this."

While walking along a footpath in front of his church our minister heard the intoning of a prayer that nearly made his collar. Apparently his five-year-old son and his mates had found a dead robin. Feeling the proper burial ritual should be performed they had secured a small box, dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with due dignity intoned, "Glory be unto the Father, the Son and into the hole he goes."

A little girl had just finished her first week of school. "I'm just wasting my time," she told her Mother, "I can't read, I can't write and they won't let me talk."

A little boy opened the family bible. He was fascinated as he fingered through the old bible pages until something fell out. He picked it up and looked at it. What he saw was an old leaf that had been pressed between the pages.

"Mama look what I found," he called out, "I think it's Adam's underwear."





Geraldton Community Care Services

Consists of the following:

- **Day Care:**

Open Monday to Saturday. Contact us on (08) 9956 1904. We provide transport to and from the centre, morning tea, lunch and a wide variety of other activities

- **Home Help:**

(08) 9956 1904 for help with home care, gardening, shopping etc

- **Meals on Wheels:**

Contact on (08) 9956 1904 for a three course meal delivered to your home.

- **HACC Transport:**

Contact on (08) 9956 1904 for transport to all medical or allied health appointments

- **Mobile Respite Care:**

Contact on (08) 9956 1904 for mobile respite care in home, anywhere in the Mid West, Gascoyne or Murchison

99561904

Geraldton Aged Care Assessment Team

Our Philosophy

To promote the physical, mental and spiritual well-being of persons by placing emphasis on a positive, restorative and rehabilitative approach that preserves independence and maintains individuality, thus enhancing the quality of their life.

This is to be achieved by using the resources of the client, the carers and the community, therefore enabling the client to live safely and comfortably at home, if the client so chooses and is appropriate. By utilising community support services clients are afforded the opportunity to exercise all possible control over their own lives, maximising their own worth as members in society.

Services are offered through a team-orientated approach, which is based on care, communication, co-operation and co-ordination.

The Team has the responsibility to enable the aged to be maintained in their own home environment in a safe and comfortable manner. Where this is not possible, transfer to a more suitable environment will be considered.

Our Services include:

- Home visiting by the health professionals, and visiting specialists where practical.
- Access to inpatient facilities for general assessment and rehabilitation as required.
- Delegation authority to approve Community Care Packages, Residential Care and Flexible Services.
- Resource centre for aged care services, and education in aged care for the region.
- Referral to and co-ordination of the appropriate available services

99562310

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This is an artist's impression of what the new hospital will look like



Proposed Redevelopment Timetable

June 2004	Ground floor slabs completed
August 2004	First floor slabs completed
November 2004	Roof and external walls completed
January 2005	Lock up progressively completed in all areas
July 2005	Stage 1 building works completed
July 2005	Hospital relocates into new facilities and contractor prepares to commence Stage 2
October 2005	Existing hospital demolished and land cleared
June 2006	Stage 2 building works, car parking, landscaping etc completed



It's Safer to Fly

These are actual maintenance sheets from an airline that shall remain nameless. It has incredibly a perfect safety record.

Problem	Left inside main tyre almost needs replacement
Solution	Almost replaced left inside main tyre
Problem	Test flight OK, except auto landing very rough
Solution	Auto landing not installed on this aircraft
Problem	Something loose in cockpit
Solution	Something tightened in cockpit
Problem	Auto pilot in altitude-hold mode produces a 200 feet per minute descent
Solution	Cannot reproduce problem on ground
Problem	Evidence of leak on right landing gear
Solution	Evidence removed
Problem	DME volume unbelievably loud
Solution	DME volume set to more believable level
Problem	IFF inoperative
Solution	IFF always inoperative in OFF mode
Problem	Suspected crack in windshield
Solution	Suspect you are right
Problem	Number 3 engine missing
Solution	Engine found on right wing after brief search
Problem	Aircraft handles funny
Solution	Aircraft told to straighten up and fly right
Problem	Mouse in cockpit
Solution	Cat installed
Problem	Noise from instrument panel, sounds like a midget hitting something with a hammer
Solution	Took hammer away from midget



Mid West Commonwealth Carer Respite Centre

The Mid west Commonwealth Carer Respite Centre covers The Midwest, Gascoyne and Murchison area and is part of a Federal Government project incorporating the 'Staying at Home' initiative. The Commonwealth Departments of Health and Aging and Family and Community Services fund us, under the auspices of the Midwest and Murchison Health Region.

The Midwest Commonwealth Carer Respite Centre supports the carer with:

Information

Financial Assistance to access respite

Assistance to arrange respite

Developing respite plans--emergency and long term

Resources for Carers

Referrals to appropriate service providers

Assistance in accessing emergency respite

Assistance in accessing residential respite

Arrangement of a break for yourself and/or the person you care for

We are only a phone call away to provide information and support for the Carers and those they care for.

Carer Respite Centres are committed to supporting carers and those whom they care for in the community. The Centres assist in providing flexible and innovative respite for carers, which allows carers to take a break from their caring role.

Phone 1800059059

or 99562312



Day Centre Days



Day Centre is available to both men and woman and offers a wide variety of activities and outings. If you have a loved one who is in need of some companionship and who enjoys socialising with people of a similar age call the centre on the number below

Lots of happy smiling faces. Day centre groups enjoy outings to places of interest all over Geraldton. The centre offers good times and companionship and an opportunity to hone some new skills late in life.



Day Centre operates from 10am until 2pm every week

Monday through to Saturday

For information on eligibility Ring Sharyn at the Day Centre on

99561904

99561904

Steps To Stay on Your Feet and Reduce Falls

Staying independent and continuing to live in our communities is important for everyone. Unfortunately, falls are more common as we get older and injuries from these falls often decrease an older person's ability to remain in their own home. After the age of 65, one in three people fall at least once every year and half of those people fall several times a year.

Apart from the physical injuries that can result from a fall, the loss of self-confidence can have the most serious result. The good news is that falls can be reduced and are not necessarily an inevitable part of ageing.

There are simple steps that everyone can take to identify and reduce risks that contribute to falling. It is important to note that there is no single cause of falls, but it is usually a combination of reasons that increases our risk of falling. Through using the 'Steps to Stay on Your Feet' we can all take steps to stay upright and independent.

Steps you can take include having your eyesight checked regularly, managing your medicines, staying active, improving your balance, walking tall, eating well, looking after your feet and wearing appropriate footwear, managing your health and being aware of hazards in your environment. These simple steps can make a significant difference to an older person's life and help them to stay on your feet and stay independent.

* Identify Remove and Report Hazards *

* Manage Your Health *

* Manage Your Medicines *

* Regularly Check Eyesight *

* Eat Well For Life *

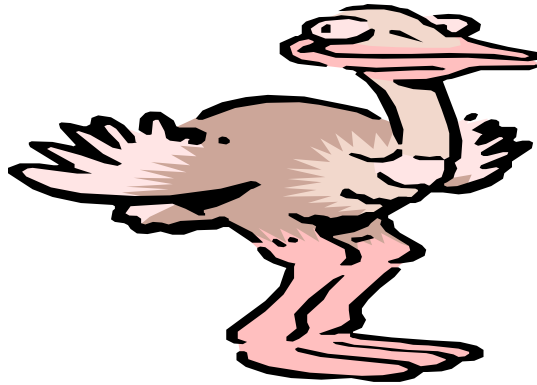
* Foot Care and Safe Footwear *

* Improve Your Balance *

* Walk Tall *

* Stay Active *

That's Life



A man walks into a restaurant with a full grown ostrich behind him. As he sits, the waitress comes over and asks for their orders.

The man says, "I'll have a hamburger, fries and a coke," and turns to the ostrich and says, "what's yours."

"I'll have the same" the ostrich says.

A short time later the waitress returns with the order. "That will be \$4.60 please" and the man reaches into his pocket and pulls out the exact change.

The next day the man and the ostrich return.

"I'll have a hamburger, fries and a coke" and the ostrich says, "I'll have the same."

Once again the man reaches into his pocket and produces the correct change.

This becomes routine until one evening the two enter again.

"The usual" asks the waitress?

"No, this is Friday night, I'll have a steak, baked potato and a salad."

"Same for me" said the ostrich.

A short time later the waitress returns with order and asks for \$12.62.

Once again the man places his hand in his pocket and produces the exact change.

The waitress can't hold back her curiosity any longer.

"Excuse me Sir, but every time you come in here you have exactly the right amount of change, how do you do it?"

"Well," he said "years ago I was cleaning out my attic when I came upon an old lamp. When I rubbed it a genie appeared and granted me two wishes.

My first wish was that I would never have to pay for anything. I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant" said the waitress, "most people would wish for a million dollars but you will be rich for as long as you live."

"That's right," he beamed "a gallon of milk or a Rolls Royce, the money will always be there."

"What's with the ostrich then," the girl asked.

The man sighs, "my second wish was for a tall chick with long legs who agrees with everything I say."



Christmas Cake Recipe

1 Cup of Water
1 Cup of Sugar
4 Large Brown Eggs
2 Cups of Dried Fruit
1 Teaspoon of Salt
1 Cup of Brown Sugar
Lemon Juice
Nuts
1 Bottle of Whiskey

Sample the whiskey to check for quality.

Take the large bowl, check the whiskey again.

To be sure it's of the highest quality pour one level cup and drink.

Repeat.

Turn on the electric mixer, beat one cup of butter in a large fluffy bowl.

Add one teaspoon of sugar and beat it up.

Check the whiskey.

Repeat.

Tune up the mixer. Beat two eggs and add to the bowl and chuck in the dried fruit.

Cry another cup of whiskey.

Mix on the turner.

If the dried fruit gets stuck in the beaters, pry it loose with a screwdriver.

Sample the whiskey to check its toxicity... its toxicity... its strength.

Next gift two cups of salt, or something.

Who cares?

Check the whiskey.

Now sift the lemon juice and strain your nuts. Add one table. Spoon the sugar.

Turn the cake tin 350 degrees. Don't forget to beat off the turner.

Throw the bowl out the window. Check the whiskey and go to bed.

Community Care Sevices Personnel

Community Care Services

PO Box 22
51-85 Shenton St
GERALDTON WA
6530

PHONE:
(08) 9956 1904

FAX:
(08) 9956 1905

E-MAIL:
karen.mateljan@health
.wa.gov.au

We're on the Web!
See us at:
www.mmhr.org.au

Coordinator

Karen

Meals on Wheels

Jinny, Lesley and a fantastic band of volunteers

Transport Officer

Barry

Day Centre Coordinator

Sharyn

Office Administration

Roslyn Julie P
Julie S

Day Centre

Merran	Marianna
Heather	Debbie
Joann	Theresa
Janice	Jan
Susan	Colin

Home Help, Gardening and Personal Care

Lorraine	Frank
Helen	Stephanie C
Sharon	Peta
Stephanie H	Marion
Sue	Jane
Trudy	Lionel
Jeanette	Mary
Michelle	Leo
Kerry-Anne	Maria
Janet	
Susan	

