



COVENANT CARE DAY CENTRE NEWSLETTER

November 2012

Edition



Note from the Editor

This is the last newsletter for 2012. I would like to thank everyone for their contributions and encourage you to keep articles, verse, poems and any other information to share for future editions. Please feel free to send these items over the break to me at: Theresa.Jokisch@hotmail.com or contact me on: 0410 516 297.

While in Germany, in September/October, I attended a formal dinner for aristocrats involved in the formation, management and support of new community ventures, including day care for aged, frail and isolated people. The members present came from different countries such as South Africa, America, Canada, Denmark, Sweden, Germany, France, .. and others. On the spur of the moment I was asked to be guest speaker (in German) to inform the group how CCDC was formed, how it runs and what is envisaged for the future. The interest was enormous and some people present were inspired to look at this model for their work and for setting up a similar project in their countries. It was interesting to see that the shortage of facilities such as CCDC is not just our concern but a world-wide concern.

Theresa Jokisch



From the Management Committee

The Management Committee of Covenant Care has not met since our last newsletter but it has not been idle. Considerable progress has been made in building on our exciting start and extending community appreciation of what Covenant Care is achieving.

In the last couple of months, Covenant Care:

- has been featured in the Northside Chronicle;
- has been the subject of presentations by Archdeacon Anne Ranse to the annual Anglican Synod (with specific endorsement from Bishop Robinson) and to the National CAPS Centre for Aging and Pastoral Studies) Conference held on 27-28 September in Canberra;
- has been further recognized by the ACT Government through its offer of possible funding for another day hospice in south Canberra. An encouraging initial meeting was held late last month with representatives of St. George's Anglican Church, Pearce. The potential opportunities for cooperation and shared resources between day hospices on both sides of the lake are recognized by both parties;
- was invited by Belconnen Rotary to speak about our achievements in our first year of operation – Teresa Fallace not only did that but also thanked club members for their generous donation of a TV and associated equipment, which has been well received by clients of Covenant Care;
- accepted an invitation for volunteers to attend Palliative Care ACT's Volunteers Retreat at Greenhills Conference Centre on 12 -14 October, which was enjoyed by those of our volunteers who attended. Covenant Care also welcomes the opportunity for volunteers to participate in other PCACT training programs;
- held our own volunteer support and training meetings; and
- shared information on CCDC at the Belconnen Community Services Inter Agency meetings amongst 24 other agencies.

The ongoing consolidation of Covenant Care can be seen in our administrative procedures and data collection – discussions continue with Anglicare to review the original MOU which establishes the valued relationship between Anglicare and Covenant Care and the support provided by Anglicare. Many of our volunteers have already attended Safe Ministries courses and the remainder will have done so by year's end, a commitment greatly appreciated by the Management Committee.

All this has happened while our Chair, Jenny Hall, has been overseas on a well deserved holiday and in hospital on her return. Our best wishes go to Jenny for an early and complete recovery.

The Management Committee thanks Lyn Pascoe and Teresa Fallace for their enthusiastic contribution to the success of Covenant Care Day Centre in its first year. Their commitment to clients and volunteers has been exceptional and is greatly appreciated by all. The willing support of all our volunteers is also much appreciated; without them there would be no Covenant Care.

Covenant Care will conclude for 2012 with a Christmas Party on 17 December, to which all are invited, and will be in recess throughout January. We will open for business in 2013 on 4 February, with training for new volunteers later that month.

As this is the last Newsletter for 2012, the Management Committee wishes all our clients, their families, and our volunteers a very Happy Christmas and looks forward to seeing you all again in 2013.

Harris Boulton



COVENANT CARE DATES TO REMEMBER

Monday 17 December – last Day Care for 2012

Monday 4 February 2013 – First Day Care for the new year

Tuesday 27th November 2012 5.30pm to 7pm - Mindfulness

An evening with Jessica Rose, psycho-therapist and counsellor

“The practice of mindfulness simply means letting go of struggle and attachment, so we can rest in a state of equilibrium called ‘being here now’ – a meditative practice.

Venue: Clare Holland House

RSVP to Maggie Bloxwich

VOLUNTEERS PALLIATIVE CARE RETREAT – GREENHILLS October 2012

Kaye, Rita and I accepted an invitation from Palliative Care ACT to attend a retreat for volunteers at Greenhills. It was a wonderful opportunity to meet other volunteers and to hear and learn more about the kind of work undertaken when caring for people who are nearing the end of their life.

The presentations were interesting, informative and thought provoking. On Saturday morning Molly Carlisle spoke about Emotional Intelligence (EI): the key to enriching relationships with patients first introduced by Daniel Goleman in the 1940s. As with the IQ test, EI theory provides tools to assess Emotional Intelligence, how we express our emotions and how this affects our relationships with others. A 2nd layer to EI is Spiritual Intelligence ... Do we really want to be in this environment or do we need to move out?

Molly looked at some of the contemporary views as well as the historical experience of death as a natural part of life, moving socially, psychologically, emotionally and culturally towards the avoidance culture of the West. She illustrated this by describing a sign that read *Grave yard full. No dying allowed.* Molly also addressed the challenges for volunteers working with the dying. This included personal / social competencies such as self-awareness, what motivates us as volunteers and holistic self-care. Molly asked us to consider our own ideas about death and dying and how we relate to the patient's own ideas and fears of death. She concluded with information about an Advance Directive, a legal document, an Advance Care Plan and Respecting Patient Choices, the last can be viewed on Google.

Afternoon sessions were about organ donation - Jeanine Cunningham from TCH; the role as a palliative care physician - Dr Jill Bestic; an update on Motor Neurone Disorder - Mary-Ann Kitchen and Megan; and The Palliative Care Volunteer 2012 Dr John Rosenberg.

On Sunday morning Shyla and Jason Mills spoke on *To live, to love, to leave a legacy* and the final talk by Jennifer Hume was on *The Nature of Empathy*, in which she spoke about the relatively recent discovery of mirror neurons ‘brain cells that reflect the activity of another’s brain cells’. “They are a far more complex function than mere imitation ... (they) have an important function in the

development of communication from pre-speech to fluent language skills. ... promote compassion ... implicated in mindfulness, meditation practice and prayer”.

Each morning began with a time of meditation followed by breakfast and there were opportunities during the day for massage.

Friday evening was a film night with popcorn! a series of You tube inspirational films on Care, Colours of life, Asking hard questions, Love and Fear together with a couple of Michael Leunig's offerings. On the lighter side we were treated to an evening of fun and music on Saturday evening featuring a truly delightful Indigenous singer/songwriter, Johnny Huckle ably supported by volunteer, Peter on the drums. Johnny's songs that ranged from indigenous songs with incredible vocal effects of didgeridoo and bird sounds to songs of John Denver, a thoroughly delightful evening.

by Judith-Ann Daniells



About our volunteers - Sue Street shares her life story



Born & bred in Sydney. Despite considering Latin most boring at school my ability to sing “Clementine” comes from 1st year Latin, many years ago – Popeye is another.

In 1966, having saved a little money from doing secretarial work I left for New Zealand with a friend. While there we met two others and saved some more money leaving 11 months later for Britain which we used as a base for 18 months whilst travelling by various means around Europe, growing up in the process.

In Sydney in 1971 I met and married my husband, Paul who had arrived from Britain, via 2 years working as a valuer of commercial/industrial real estate in East Africa. Our first daughter, Jenny, was born in 1973, followed by son, Shaun in 1974 in Brisbane where Paul was now working. Daughter, Celia, was also born in Brisbane before we moved in 1978 to Adelaide. We moved to Weetangera, Canberra, in early 1982. We have lived happily in Belconnen ever since, as do our 3 children and 4 grandchildren, all of primary school age. We therefore feel very lucky.

Interests – social golf, U3A French (which, sadly, does not continue next year), Inner Wheel and Rotary activities with Paul. As Paul’s parents lived in Scotland, every few years we took the children to visit them, always including a side trip to interesting places. Now, with the children off our hands we have continued travelling, often to non- tourist destinations to visit Rotary projects in Africa and Asia, having wonderful experiences, often staying in people’s homes. We have also incorporated into these trips a few visits to Europe where Paul has successfully driven rental cars, thanks to modern navigational tools.

In “The Canberra Times” I read about Covenant Care and noticed photographs of people I knew. Being free on Mondays I decided to come and have a look, and enjoyed the company of all. I felt comfortable with the atmosphere and getting involved with the various clients, creating smiles and generally helping out gives me pleasure. When stimulated, all our visitors have such interesting things to say and appear to enjoy the interaction, participating in the games, crosswords etc. all carefully thought out by our leaders, Lyn and Teresa. Those two ladies put in a lot of time and thought into the preparation of the various activities of the day.

Previously I have been involved with Meals on Wheels, school canteens, sometimes paid work, a short time as Honorary Treasurer of Alzheimers A.C.T. (before its wonderful growth over the past years) but I’ve never done anything quite like this before. Whenever I am free on a Monday mornings I intend to enjoy this new experience.

by Sue Street

A Note from Lyn and Teresa

Where has the time flown?? With the two October public holidays we have had a short two months so it seems like it was only yesterday that I was writing to you all.

We have reached a milestone. October marks the first year anniversary of Covenant Care Day Centre. In some small way we have made some sort of positive indent in the lives of elderly palliative clients and their carers. Big congrats to each and every one of you who have dedicated their time and effort in contributing to Covenant Care Day Centre. It is through your dedication that we can be proud of who we are and what we represent.

One of our lovely clients had an 80th Birthday and it was celebrated with a cake, present and song. Congratulations on this achievement, you know you don't look a day over 60!!



Spring is Here

Spring is a wonderful time of the year and we celebrated its beginning with making some paper tulips and some intricate paper bird crafts. We recited some lovely spring poems, which along with the warm day was a great way to start the season.

Floriade

We were blessed with a beautiful day when we ventured out to Floriade and it was good to have an outing. We had a short tour of the stunning display of flowers and enjoyed morning tea compliments of Anne Ranse. (Thanks Anne, you are so generous with your time and money.) I know that it was a bit rushed and we literally didn't have time to stop and smell the flowers. Next time round we will take more time observing all the wonderful stalls and flower displays. Thank you to all those volunteers that came along on that day. An outing like that cannot be done without your support.

There's history in the bottom drawers

Elisabeth Burness from Tuggeranong Schoolhouse visited us in September and what an interesting topic she presented. It was all about the history of clothes through the centuries including a display of various under garments. It was thoroughly enjoyable to be able to reminisce about days gone by and how far we have come. I took lots of photos on that day but unfortunately my camera played up and I lost the whole lot so if anyone else has captured any mementos could you please pass them on to me.

Australian National War Memorial

John McCaffrey, a tour guide from the Australian National War Memorial came along to give us a short and interesting spill about our war veterans and what life was like for some of our Australian soldiers. I certainly learnt a bit more about the war and the poor conditions that our soldiers had to endure. Lest we forget.



Wii Games

We are fortunate enough to have in our possession a Wii console and games. A couple of the clients, including Lyn and myself, have had a go at playing it and I can tell you some of the games can be pretty challenging but lots of laughter was had and that in itself was extremely satisfying. Please feel free to play one of the games along with a client so we make the most of its purchase. Again, thanks to Anne Ranse for her generosity.

Upcoming events

- The GIs, professional musicians, will entrance us with their talent and beautiful music;
- On Nov 12, CCDC will be having a memorial service for all our clients that have died. Even if you are not rostered on please feel free to join us in song and prayer;
- Connexion (a variety singing group) will visit us again so we will be able to join in with their frivolity and songs;
- Melbourne Cup will be celebrated at some point so make sure you get your fancy hats ready.
- On our last day, 17 December, we will have a traditional Christmas lunch along with a special visit by Santa.

Well that is it for now. Christmas is just around the corner.....what a scary thought. Are you prepared? I know I'm not!!!

Regards

Teresa & Lyn



Recipe for Christmas All Year Long

Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life—
Each day a sweet surprise.

Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles,
Each one has a special glow.

Add some giggles and some laughter,
A dash of Christmas food,
(Amazing how a piece of pie
Improves our attitude!)

Stir it all with human kindness;
Wrap it up in love and peace,
Decorate with optimism, and
Our joy will never cease.

If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit,
Even when it's not December.

By Joanna Fuchs

