



NAZARETH HOUSE - CAMBERWELL

NEWSLETTER

Issue 13 / July 2019

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General Manager

Marg Curtis

It seems a long time since I sat down to write for our March newsletter, and once again it is my fault that this June newsletter is now 'July'! (Sorry again, Tania.)

Since the last newsletter we have had our very successful Easter Fete in glorious weather, celebrated the Golden Jubilee of our Regional Superior, Sr Margaret, and marked our annual Victoire Larmenier celebrations with a breakfast and beautiful mass in which many of our staff participated.

The age of the new Aged Care Quality Standards commenced on Monday 1 July and we await our next unannounced contact visit to see how assessment against the 'new framework' plays out.

I look forward to a system that continues to put residents and their choices and preferences, as well as their needs, squarely at the centre of what we do. For our residents, life will probably change very little except that on our next (unannounced) Assessment Audit, the auditors' major focus will be on interviewing individuals to discover what their experience of living here is really like, as opposed to us telling the auditors "this is what we do, these are the services and care we provide and here is the paperwork to prove it."

On another note, but still related to Quality of care, the 'Flu season is upon us, as well as the season of general coughs and colds. I remind you, for everyone's well being (not the least, yours and our residents), please do not attend Nazareth House if you are unwell with sneezing or coughing.



Additionally, the best way to prevent the spread of any cough or cold (apart from sneezing or coughing into your elbow) is frequent use of hand hygiene gels, especially after every time you use a tissue or hanky. Those sneaky cold and flu viruses can live on door handles, coffee mugs and pens you know!



The other piece of exciting news is the significant refurbishment we will be undertaking at Nazareth House Camberwell. It is 2 decades since our last renovation and resident preference and market forces are telling us it's time to do it again. This piece of work will result in every room at Nazareth House becoming a single room with its own ensuite bathroom, bar two. Those remaining two rooms will still share a bathroom, enabling provision of care for all types of budgets, or accommodation of a couple who wish to still remain in close proximity.

The organisation has recently employed a Project Manager, as our Wynnum (Brisbane) and Geraldton (WA) sites will also be undertaking similar improvements, and coordination of these three pieces of work needs a dedicated and experienced person to oversee them. We are at the 'finalising plans' and costing stage right now, so when I have more specific information to share with you, especially how it will affect our residents, I will communicate it then.



Lastly, thank you to those 34 staff who completed the annual staff survey. I had hoped more of you would respond, as your feedback is so helpful in helping me plan for the next 12 months. The survey is a good opportunity for you to tell me what you like and don't like and what you would like to see happen to improve your experience working here. I will circulate the results once they have been collated by our HR Manager.

Enjoy the winter sunshine when it comes, and remember, we're past the shortest day of the year so we are heading into the light!

And remember,



It is all of our responsibility to speak up, to stand up and to hold up the standard of care you would want for yourself.



We have had a challenging few months here at Nazareth House, and our continued provision of high quality care and service is only possible due to the combined efforts of our wonderful staff.

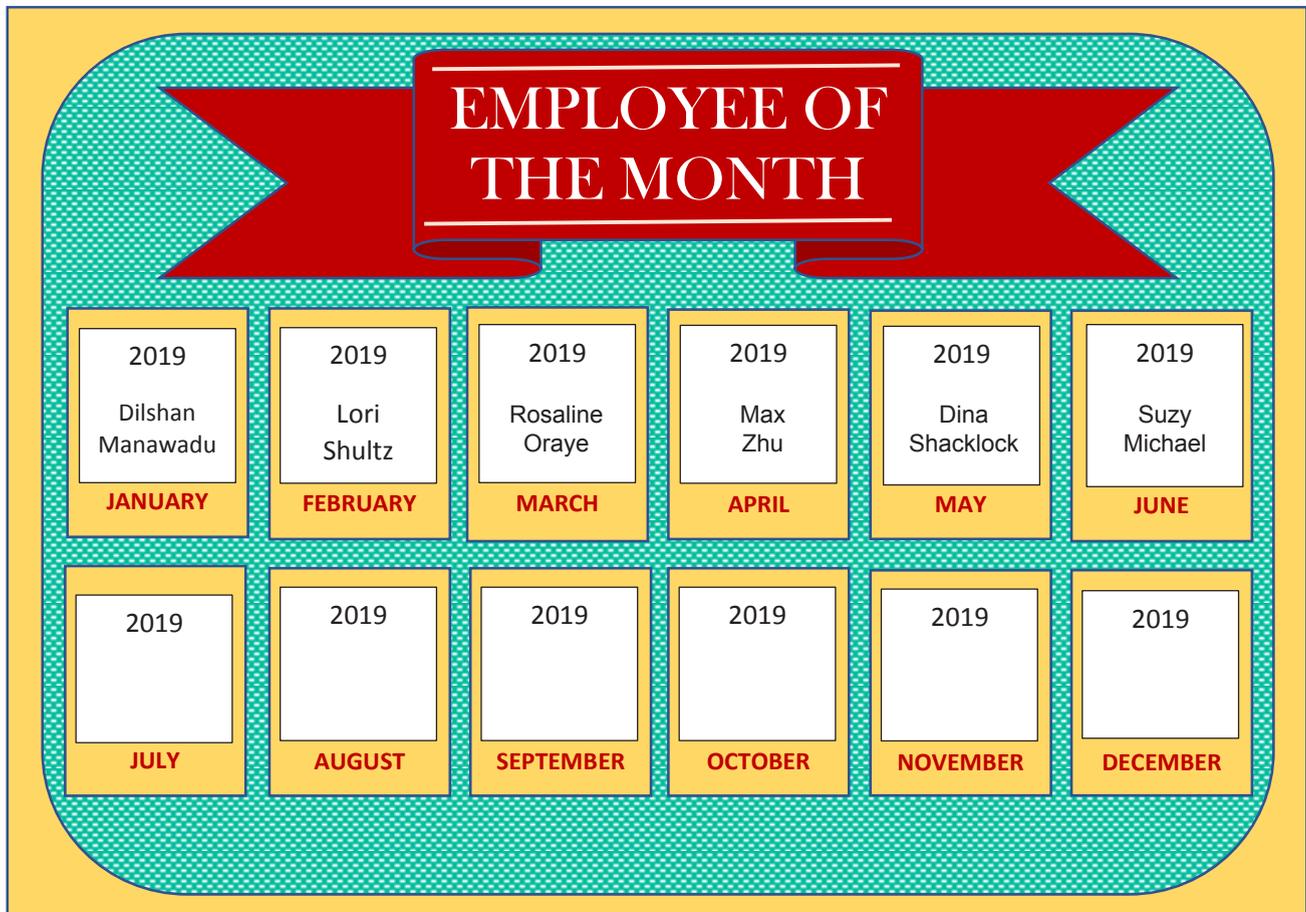
The (belated) recipient of our May Employee of the Month award is Dina Shacklock. Dina has managed some difficult situations recently, while still retaining the courteous and respectful manner that characterises her every interaction. She is one of our very competent PCA team leaders and a living representative of our values in action.

June's award goes to Suzy Michael, from the Support Services team. During Alicia's recent (unplanned) extended sick leave, Suzy and her team managed to maintain their usual standard of environmental excellence, despite other sick leave within the team, as well as onboarding a new staff member!

Congratulations Dina and Suzy!



Employee of the Month



Wellbeing and Lifestyle

Getting to Know a Employee

Karuna Singh - Holy Family

In my working span of almost 20 years, I feel immensely grateful to have worked in this glorious environment of care and love that we share within the Nazareth Family.

When we migrated to Australia about 22 years ago, Nazareth was my first job and will be my last job also. I remember meeting Sr Veronica 20 years ago around the year 2000 and she taught me ABC of care, and the trust she had in me still motivates me to perform my best to date.

I have Pauline from Wellbeing & Lifestyle department and Jenny our Care Services Co-Ordinator amongst first few people I met and are still working together as a team.

I am fondly grateful for everyone from the management team, Sisters and residents and our lovely staff for building a strong, friendly working environment.

I have gained invaluable skills on the job, which are essential to every aspect of life. I have also received many accolades, rewards and recognition from Doctors and other important associates. I share major part of my credit with my amazing family to have always been there and encouraged me to fulfil my dreams and aspirations both personally and professionally.

Furthermore, I have a great accumulation of stories and real life experiences of memories of wonderful residents to cherish for a lifetime. I thank residents for sharing their experiences with me and making us staff a part of their life. I feel their solitude, and take care of them as my own parents with all my heart.

In the end, I would say that my working life would have been incomplete without these wonderful two decades of Nazareth Care Experience. I have a lot to thank this amazing place for.

Warm Regards.



Consider the Poor - The Nazareth Knitting Group

[David Halliday] Editor Melbourne Catholic

The Sisters of Nazareth are proving there's always something you can do to help the needy, no matter your situation.

Demand for handmade artisan wares has never been stronger thanks to online marketplaces like Etsy. For a handcrafted woollen blanket you could expect to pay anything from \$60 to \$200 plus shipping.

With winter coming on, the elderly residents of Nazareth House in Camberwell want to make sure Melbourne's poorest people have access to handmade knitted products at no cost. To do so, they're taking up their knitting needles with Melbourne's poor in mind.

Nazareth House is a home for the aged run by the Sisters of Nazareth and accommodates 100 residents. The Sisters have been based in Camberwell since 1929 when then Archbishop Mannix requested that the Sisters come to Melbourne. The group are particularly motivated by a passage in St Matthew's Gospel, chapter 25:40. 'Truly I tell you, whatever you do for one of the least of these brothers and sisters of mine, you did for me.'

'We knit scarves and blankets for the homeless,' says nurse and Nazareth House resident Sister Margaret Anne Hill. 'We turn it into a fun social gathering every Wednesday morning.

We call ourselves the Nazareth, Knitting Club.'

The group started in 2014 and currently consists of 13 residents and five volunteers. 'We get together every week for two-and-a-half hours and knit for the homeless.' The age of the knitters spans from 85 to 97 and the number of handmade blankets has surpassed a hundred.

After they've finished knitting the blankets and garments, the group distributes their wares to people in need of them. So far they've donated the fruits of their labour to St Vincent de Paul and local families in need, a women's refuge, Mother Teresa's Sisters in Fitzroy, and Briar Terrace in Fitzroy Street, run by the Sisters of Charity. Both places run by the Sisters serve men and women who come in off the streets.

'We donate everything we make. We don't sell the items here ourselves, even though we could make a packet!' Sr Margaret laughs. 'But we don't want to sell them-we want to give them directly to the needy.'

Each time the group gathers, the benefit is twofold, Sr Margaret says sharing the company of others and the joy of making a difference for the common good. 'It's quite a social event really,' says Sr Margaret. 'We talk and cover so many topics over a cup of tea.'

Neither the Nazareth Knitting Club nor Sisters of Nazareth are much used to blowing their own trumpet.

'We do things quietly as a rule. Because it's a giving thing,' says Sr Margaret. 'It's not a sensational story,' she admits. 'But it is good.'

It's a small gesture, Sr Margaret says, but she hopes it inspires others to assess what kinds of actions they could take themselves to help. 'We're not looking for donations; we're not looking for wool, because people have been very generous donating wool to us. We just want to remind people to consider the poor and the needy. We'd love to give them so much more than blankets, beanies and scarves. So just consider what you can do to help the poor.'

The Nazareth Knitting Club serves as proof that when it comes to meeting social challenges like urban poverty and homelessness, everyone can contribute something.





Welcome to Nazareth House Residents

Nazareth Care Camberwell have welcomed new residents.

*Mrs Abigail Beecher
Mrs Rosa Messina
Mrs Gina Serraglio
Ms Sheila Chamberlain
Mr Henri Micallef*



Respite Residents

Mrs Cecilia Choudhury

Goodbye & good luck



Farewell to Nazareth House Residents

Residents who said goodbye, but not forgotten.

*Mrs Mary Holdsworth
Mrs Brenda Murphy
Mrs Hazel Chrisitansz
Mrs Imogene Henley
Mrs Yvonne Burke
Mr Fortunato Serraglio
Mrs Mary Xuereb
Mr Maurice Northey
Mrs Maria Simonella
Mrs Joan Massey*



Weekly Mass Times - Nazareth House - Camberwell

Main Chapel: Monday to Friday 6.45am - Saturday 7.00am - Sunday 10.00am
St Michael's Dining Room: Monday to Saturday 10.00am
Rosary before Mass at 9.30am
St Joseph's: Monday to Saturday 9:30am





Care Services Manager Delia Naumann

Flu Season

Just a timely reminder to families that with the flu season now upon us, in order to protect our residents, we request that you do not visit if you are unwell or have been in contact with anyone who is unwell with cold or flu like symptoms.

This also applies to gastro which is always present in the community.

Remember also the importance of good hand hygiene to protect yourselves.



Administration Manager Tania D'Angelo-Bowman

The Charter of Aged Care Rights

The new Department of Health, Charter of Aged Care Rights come into effect on 1st July 2019. The new Charter will replace the existing Charter of Care Recipients Rights & Responsibilities-Residential Care. The new Charter provides aged care recipients with the same rights regardless of the type of care they receive.

The new framework requires all Residential Aged Care Facilities to provide residents or their designated representative with information about the new Charter of Aged Care Rights. Nazareth Care has fulfilled this obligation by emailing all resident representatives a copy for signing and submitting back to the Administration Team. Copies will also be provided to current residents who wish to sign the Charter of Rights independently.

Upon receiving the signed copies the Administrative team ensures this signed copy is saved in each resident file and a copy is returned to the resident and or their representative. Residents receiving care and services also have the right not to sign, if they chose to.

Resident admission packs have also been updated with the new Charter of Rights for any new residents to sign and return to administration.

Copies of the new Charter of Rights are available from the Administration Team and also on the Department of Health website.

<https://agedcare.health.gov.au/charter-of-aged-care-rights-resources>



Quality Department

Donna Cole

The Charter of Aged Care Rights

You may have noticed as you make your way throughout the Camberwell facility a new poster titled

“The Charter of Aged Care Rights “

The new set of resident rights have condensed the previous 21 residential care rights into 14 key statements that are relevant to persons living in an aged care facility, receiving home care and receiving care services out in the community.

All persons living in residential aged care have the same legal rights as those persons living in the community; the rights endorsed by the “Charter of Aged Care Rights” are additional and are also legislated by the Federal Government under the “User Rights Amendment (Charter of Aged Care Rights) Principles 2019.

All residential aged care facilities in receipt of ACFI funding are required to ensure, by 1st July 2019 that residents coming into care are aware of the rights, and if willing are to sign, along with the provider, a copy of the Charter.

The Charter is an agreement that ensures the provider understands that there is an obligation to provide care that encompasses the full extent of the charter and ensures residents understand that this level of care is an expected industry benchmark.

Care Recipients’ Rights

I have the right to:

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



Wellbeing and Lifestyle Men's Get Together

Guest Speaker: Chris McLeod
Journalist /Editor

Chris McLeod retired Journalist and Editor of the Herald Sun Newspaper was invited to attend 'Men's Get Together' as a Guest Speaker on Wednesday 29 May 2019.

Chris shared a brief overview of his career with the residents.

"I began work as a Journalist in 1970 as a Cadet Journalist - Advocate and the Entrance Guardian in NSW after leaving school in Armidale NSW. My family were farmers."

1973 - Journalist Tamworth NSW

1974 – Journalist NSW

1976 – Journalist Newcastle NSW

1978 – Journalist Herald & Weekly Times Melbourne – Deputy Chief Sub Editor, Features Editor and News Editor

1990 – "I joined the Management Team - Herald and Weekly Times as Editor Business Manager. I was involved in the Herald Sun establishment program (merger of the Herald Sun), development of the new computerised publication system and transfer of the office relocation from Flinders Street to Southbank".

Chris was also responsible for managing legal affairs, and the development of training programs.

2003 – "I was appointed Editorial Development Manager, responsible for managing Legal Affairs, Editorial training including Australia wide News Group online course development, Human resources (Editorial employment), managing staff contracts, Herald and Weekly Times representative on Australian Press Council, and lectured in Defamation Law".

"I retired in 2007".

Chris stated "this is a bit of a pat on the back ... I never applied for a 'job' I have always been head hunted".

Chris concluded his session with a powerpoint presentation highlighting articles and humorous headlines which received much laughter from the residents. Chris invited and encouraged the residents to ask questions to which he answered many!

Nazareth Care Fundraiser - Cancer Council Research



In recognition of the annual Cancer Council's 'Australia's Biggest Morning Tea' Nazareth Care Wellbeing and Lifestyle Department hosted a 'Raisin Toast and Cup Cakes Morning Tea' on Tuesday 21 May 2019 in the Jacaranda Room.

The Morning tea was well attended and enjoyed by Sisters, employees, residents, representatives and volunteers.

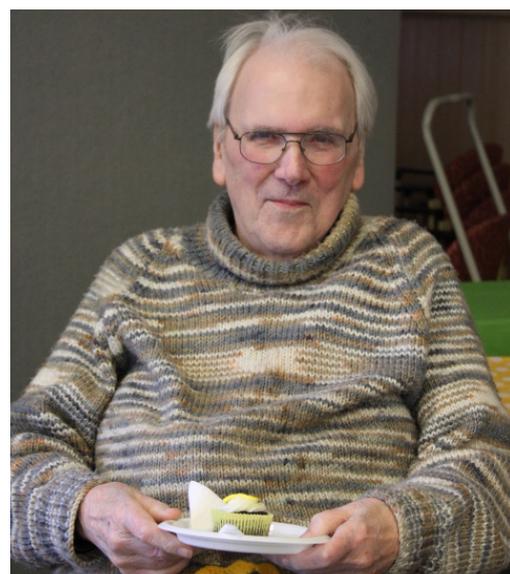
This was an opportunity for the Nazareth Community to come together, share a 'Cuppa' and delicious treats and help support the Cancer Council Research program.

The total raised on the day was \$315.70 with an additional \$55.00 post event.

Thank You for supporting the Nazareth Care fundraiser Morning Tea.

"Every dollar raised helps support those impacted by cancer"

(Cancer Council - 2019)







Resident Testimonial

I went to stay at Nazareth Care,
 "Home away from home", a place so fair.
 All the staff had smiles on their dials.
 And hearts of gold, no place for cold.
 They gave us all a loving welcome.
 And nurtured us all as once did our dear mum.
 The rooms were cosy, the heating was warm,
 Because is it Winter, so this is the norm.
 The meals were all tasty, our tummies to fill,
 To keep us all healthy, so we don't get the chill
 They thought of our welfare and gave us a
 prayer,
 Longing, the Lord's love, to pour out and share
 "Whenever you did it to the least of my brethren
 You did it to me"

Many thanks to all – Sheila Chamberlain

N is for Nazareth
 the Holy Family's home
A is for Australia
 where we love to roam
Z is for zero
 when the weather get real cold
A is for Autumn
 when the leave turn to gold
R is for Respite Care
 that helps us revive
E is for everything
 that helps us survive
T is for Tuesday
 and tomorrow and today
H is for happiness
 and hip-hip and hooray!

Hairdressing

Nazareth House houses a hairdressing salon, on level 2. Our visiting hairdressers are Stefania Pinnisi and Jennifer Karam from Stefania Hair Care.

The hairdressing salon is open for business
 Tuesdays 10am -12.15pm & 1.15pm - Finish



House Shop

There is a Shop on the ground floor opposite our reception. The shop is coordinated by Sr Therese, the Auxiliary and our dedicated volunteers.

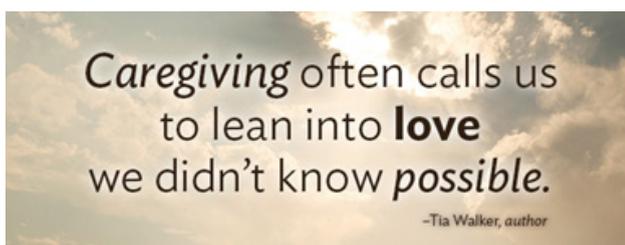
You can purchase basic toiletry items, biscuits, sweets, drinks, ice creams and snacks. Gift items and cards are also available. These gifts may include special seasonal and events such as, Easter, Christmas, Mother's and Father's Day.

A trolley service is available weekly on Wednesday's. This is usually co-ordinated by one of the Nazareth Care volunteers. The trolley service is a service which enables residents to purchase goods from the comfort of their rooms.

The shop is open for business

Monday, Tuesday, Thursday, Friday
 11am - 12pm & 2pm - 3pm

Wednesdays - trolley service





Trivia Corner

Answers from last edition...

1. Joern Utzon
2. 103
3. Arthur Boyd
4. Tim Winton
5. 1982

New Questions

1. Which band has received an Australian of the Year Award?
2. Who was the first Australian to win the Booker Prize?
3. Who was the subject of the 2003 Archibald Prize winning portrait?
4. Who is the lead singer of Silverchair?
5. Who has an award-winning album is titled Barricades and Brickwalls?

Answers : In next edition.



Book Sale

Alzheimer's ... My Memories Journal
\$5.00 - Beautiful gift idea.

Available for purchase at Reception.



Chefs Corner

Classic Marinated London Broil



Ingredients

- 1 (2 - 2¹/₂ pound Certified Angus Beef shoulder clod roast (London broil)
- 1 cup beef stock
- 2 tablespoons brown sugar
- 2 tablespoons soy sauce
- 1 tablespoon balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dried Italian seasoning
- 1 tablespoon light olive oil, canola or vegetable oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons unsalted butter, cut in 1/2-inch dice and kept cold

Method

- Combine beef stock, brown sugar, soy sauce, vinegar, Worcestershire and Italian seasoning. Marinate London broil roast overnight, 2 days for bolder flavor.
- Preheat broiler or grill. Remove roast from marinade, reserving marinade. Pat roast dry, rub with oil, season with salt and pepper and place on broiler pan; broil 15 minutes. Flip and broil an additional 12-15 minutes for medium rare (when internal thermometer registers 125°F). Allow roast to rest 10 minutes on carving board, tented with foil.
- Bring reserved marinade to a boil in a small saucepan, reduce heat and simmer 10 minutes, reduce sauce by half. Whisk in butter.
- Slice roast very thinly against the grain; serve with warm sauce.



Support Nazareth Care Australia

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Given Name:

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Suburb:

State:Postcode:

Phone (day):

Email:

To receive your receipt by email please tick here:

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Or my donation choice of \$.....

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