

JULY



Mon	Tue	Wed	Thu	Fri
	1 JCC Exercises	2 "100 years of Hats" Expo, including lunch Café Dolci \$20	3 Morning Melodies at Bronco's \$5. Buy own lunch today.	4 Tai Chi / Stay Standing commences (course full)
7 Hydrotherapy	8 JCC Exercises	9 Lunch at the "Blue Fin" Club \$17	10 Fish & Chips at Redcliffe! \$15	11 Tai Chi
14 Hydrotherapy	15 JCC Exercises	16 Client Forum – "Life-tec" Great Gadgets !! 10.30-12.00 at JCC with refreshments provided.	17 A visit to Old Petrie Town m/tea included \$10 (buy own lunch today)	18 Tai Chi
21 Hydrotherapy	22 JCC Exercises	23 Chinese Banquet at "China View" Kenmore \$24	24 A visit to "Emu Heaven" Emu Farm. Tour & m/tea included \$15 (buy own lunch today)	25 Tai Chi / Christmas in July with Bardon Lions Club, lunch provided \$5 pp
28 Hydrotherapy	29 JCC Exercises	30 Guided Tour of Ipswich inc M/Tea \$15 (buy own lunch today)	31 Guided Tour of Ipswich inc M/Tea \$15 (buy own lunch today)	



AUGUST

Mon	Tue	Wed	Thu	Fri
				1 Tai Chi
4 Hydrotherapy	5 JCC Exercise Class	6 Boggo Road Gaol History Tour \$25. (Buy own Lunch today at Yeronga RSL)	7 Morning Melodies at Bronco's \$5. (Buy own lunch today)	8 Tai Chi
11 Hydrotherapy	12 JCC Exercise Class Prep Morning for Seniors Showcase	13 SHOW DAY HOLIDAY	14 EKKA Fun Day in local hall, come and enjoy some entertainment, food and games \$20	15 Tai Chi
18 Hydrotherapy	19 JCC Exercise Class	20 Lets get creative at the "Plaster Fun House" \$15 (buy own lunch today)	21 Seniors Showcase Event – Lunch provided. Call for more details.	22 Tai Chi
25 Hydrotherapy	26 JCC Exercise Class	27 Fish and Chips "down by the bay" \$15	28 A tour of the RSPCA at Wacol inc m/ tea \$17 (Buy own lunch today)	29 Tai Chi / Little Kings – m/tea, concert and lunch \$15



Jubilee Community Care

Newsletter July/August 2014

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Call us on:

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www.jccagedcare.org.au

Donations to JCC are tax deductible.

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Manager's Foreword

Welcome to the Newsletter for July and August

Farewell Dave Rose

I start by informing you that Dave Rose has tendered his resignation to take up a business development role with a private organisation that provide staff to the health care industry. He finishes up at the beginning of July. Dave has worked at JCC for 3½ years and in his words "it has been one of the best positions he has had". I would like to thank Dave for his positive contribution to the work of Jubilee Community Care and wish him well for his future career.

As we move towards July:

- Elisabeth Schaller Senior Coordinator will take on responsibility for CACPs clients and will provide line supervision to our coordinators
- Nicky Panagopoulos will take up responsibilities for the EACH clients and a number of CACPs clients
- Sandy Kelly will continue working with HACC/DVA clients.
- Sue-Ellen Jaensch currently one of our care workers is being seconded into the role of Assistant Coordinator and

will coordinate services within the HACC/DVA programs.

Pins not Pens

You will need PINs, not pens when making a credit card purchase from August 1. Under changes designed to reduce fraud, all major credit card holders will need to remember a four-figure PIN code. It will be mandatory - signatures will no longer be sufficient.

The change will effect all major card issuers, including Visa, MasterCard, American Express and Diners Club International.

From 1 August 2014, PIN will become the main form of card payment authorisation in Australia when you process credit and debit card transactions.

Input to the Newsletter

Our Marketing Officer Liz Upham would welcome client input into the newsletter at any time. Please send in any articles or photos or email to lupham@jccagedcare.org.au

Kind Regards
Shaun

Shaun Riley



Meet Tracy...

Tracy Burton is the Scheduling Coordinator or 'Rostering Queen' at Jubilee Community Care.

Favourite food: Spicy Curries

Favourite colour: green

After finishing school, I went to uni and did a Tourism degree, but I've never used it. I realized while doing the course that I didn't want to

work in tourism – it would have meant working in a hotel and moving to a holiday island and I didn't want to do that. I had a few jobs that I hated. Before coming to JCC, I was working as warehouse manager for a shoe company which I didn't enjoy.

My mother Jessica, is a care worker, and she suggested that I become a care worker as well. I came to JCC in mid-2012. Within 3 months, the receptionist position opened up and then the rostering position. I like working here. It's busy and no two weeks are ever the same. I NEVER get bored! I love talking to people on the phone. I put in place every piece of care that happens. It's my job to match client needs with care worker availability. This can be a juggling act! My favourite part of the job is getting to talk with all the clients and all the care workers, which is nice.

Outside of work, I'm a really crafty person. I entered some crochet pieces in the Brookfield Show this year – a tea cosy and a crocheted yoke – and won a prize. I paint, I make jewelry, I crochet and I sew. I taught myself to sew recently and I've made some dresses and shirts. I find that making things with my hands is good stress relief.

I'm like the quintessential 1950's housewife!! I iron, cook, clean and do everything around the house. I love baking. Making cookies and other sweet things are my favourite things to bake. My current favourite recipe is one for corn bread which has polenta, buttermilk and lots of other sweet ingredients.



Tracy with her crocheted tea cosy.

Keep Warm this Winter with Exercise!

Remember that Jubilee Community Care offers Exercise Classes on Tuesdays and Tai Chi on Fridays. Both of these classes are designed with the needs of older people in mind.



The Stay Standing Course is fully booked for the rest of 2014. If you are on the waiting list for this course, or would like to be, it may be worth attending Tai Chi or Exercise Classes in the meantime.

Classes are at the Indooroopilly Senior Citizens Centre on Tuesday and Friday mornings and transport is provided.

Call Vicki on 3871 3220 to book your place.



5 WAYS TO STAY WARM IN WINTER

There are a few simple things you can do to keep warm in winter, which don't involve cranking up the heater. Here are a few tips which should help stave off the cold.

1 Layer up

Although you might think that big winter jumpers are the way to go, wearing layers of thin clothes will keep you warmer as they trap body heat.



2 Eat well and drink warm

Eating regular meals will also help keep you warm. Healthy hearty foods such as soup and stews are great for warming you up. Try to include carbohydrates in your dishes too. Porridge and soup are great winter-warmers.

3 Get moving

Working out in the cold may be the last thing you feel like doing this winter but it has the opposite effect too. As well as giving you a rush of endorphins which boosts mood, exercise will get the blood pumping around your body and, vitally, heat up your skin.



"When we are hot we increase the blood flow to the skin. That is why people get red when they exercise – because we are trying to release heat – so the blood flow to the skin increases and your skin feels warmer".



4 Stay social

With chilly, longer nights in winter, you might feel like hibernating at home than catching up with friends, but research shows the later might help with the warm and fuzzies – literally. Scientists from the University of Toronto discovered social exclusion makes you feel colder than if you were socialising and spending time with people, which warms you up.

5 Snuggle up

Save on your electricity bills this winter and get cosy with warm blankets and doonas instead. Maybe even dig out your hot water bottle, although you should never use it in bed when using an electric blanket too. While sleeping, ensure you stay toasty by wearing pyjamas and bed socks to keep your feet from getting cold overnight.





Bev tries it on at the PNG Military Museum



Fig Tree Pocket



Sausages and wine by the river on a sunny day.

Out and About with the Activities Team.....



facebook

We had some terrific activities and outings during May and June, including a Picnic at Fig Tree pocket, sausage sizzle under the Story Bridge, and visits to the PNG Military Museum, RAAF Amberley, and a Rocking Horse Collection. Many of the photos of our outings are displayed on the Jubilee Community Care Facebook page. Your grandkids can see what you've been up to!!

Margaret gives a chopper shell the thumbs down as a mode of transport, while Daya watches on, at the RAAF base.



Maybe I could take it for a ride? At the Rocking Horse Collection.



Seniors Showcase

Do you have stories to tell? Have you had an interesting career or hobby during your life? Have you received awards? Do you have interesting photos and memorabilia?

Then we want YOU!

On **Thursday August 21**, Jubilee Community Care is hosting a Seniors Showcase at Holy Family Primary School and you are the stars...

We are hoping that you will come along and display your memorabilia for the students at the school. We will assist with transport and setting up your display. The event will run from 11.30am—1.30pm and we will provide you with lunch.

On Tuesday 12th August, you will be welcome to come in to JCC to prepare your display. We can copy, scan and laminate documents and photos as required. We can assist with signage for your display. This is an event to celebrate Seniors Week. If you are interested in having a display, please call Liz at JCC on 38713220. You are also welcome to come along and look at the displays even if you don't want to have a display yourself.

The aim of this event is to improve attitudes towards ageing, and to build inter-generational understanding between the school students and our talented seniors.



WE WANT YOU!



Meet Harry...

Harry Throssell is a Social Worker, Journalist, Advocate and client of JCC!



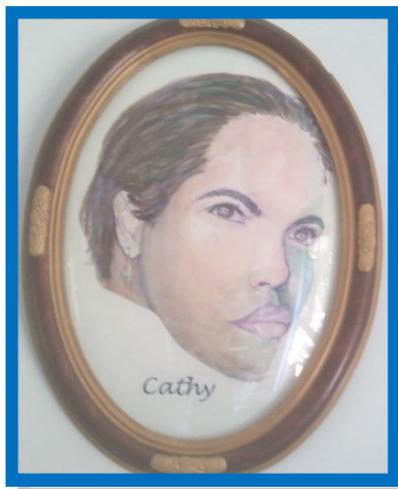
'I was born in Lancashire in the UK and enjoyed my childhood, attending the school at the end of the street and a large extended family. My father was a clerk in a flour mill. It was only when I joined the army after high school that I realized I was working class, and the impact this could have on my career. After two years in the army, I studied Social Work at Birmingham University then worked in child welfare in rural Yorkshire. After further training in psychiatry I worked in London in a clinic with some world renowned psychotherapists of the time, including Anna Freud.

'In 1966, I accepted the offer of a teaching position at the University of Queensland in the Department of Social Work. Soon after, I was offered a job at the prestigious Tavistock Institute in London and would have loved that job, but it was too late; I'd already accepted the job in Australia. I've often wondered "Did I make the right decision?" or "How different would my life be now if I'd stayed in London?"

'So I travelled out to Australia with my wife Kathleen and two small children. I enjoyed teaching in the newly-established Department of Social Work in Queensland University. I was outspoken politically – a mixed blessing! - but they were exciting times. [Harry's reflections on this time can be read online: <http://www.onlineopinion.com.au/view.asp?article=14192>]

'Up to this time, I had enjoyed writing throughout my life and numerous articles were published in the Manchester Guardian. I decided to pursue a career in journalism and secured a position at the Gold Coast Bulletin. I was a features writer, able to write on any topic that took my fancy. My family thrived.

'After 10 years at the Gold Coast Bulletin, I retired. I've continued to write regularly and also my lifelong hobby of painting – particularly portraits.



'The highlight of my life was the time I spent working in London – I was working with world class psychoanalysts in a variety of roles and loved it!

'These days I live alone at Indooroopilly. My daughter is a GP in Brisbane, my first son an IT professional in Canberra, and my second lives in Melbourne with his family.

'Jubilee staff have been very helpful especially since my recent illness, assisting with cleaning once a fortnight and with transport and shopping'.

Harry's portrait of Cathy Freeman

Elder Abuse: A Hidden Problem?

Elder abuse is a form of family or domestic violence. Like family violence, elder abuse is about one person having power and control over another. June 15 each year is the day designated by the United Nations as the international day of action, when the whole world voices its opposition to the abuse of older people.

Elder abuse is an often hidden problem and includes psychological, financial, social, physical, and sexual abuse. In Queensland last financial year the Elder Abuse Prevention Unit (EAPU) received calls on their helping regarding 1204 abuse situations. They find that in Queensland, like elsewhere in the world, women are more likely than men to experience abuse, the majority of abusers are adult sons or daughters of the older person, and the most common forms of abuse were psychological and financial.

If you know someone who may be being abused or would like more information, call the hotline on 1300651192.

World Elder Abuse Awareness Day
June 15

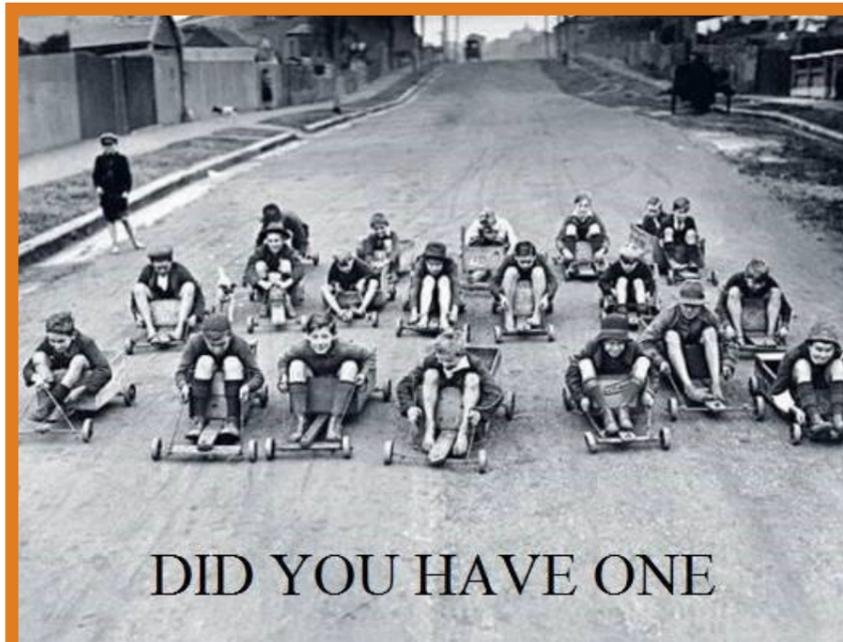
Elder Abuse Helpline - anyone can make the call
call 1300 651 192

Lifetec: Client Forum 16th July at JCC



LifeTec is focused on providing you with free specialist information, advice and support to maximise your independence and safety through the use of assistive technology. They will be

visiting the office of JCC to provide a talk and demonstration of their gadgets on July 16th from 10.30am until 12 noon. We'll provide refreshments. Call Vicki to book your place.



Billy Carts: Whether you call it a soapbox car, a soapbox cart, go-kart or go cart, many a boy and girl's days have been filled with building and racing a billy cart.

For the record, billy carts are motor-less vehicles usually with only space for a small, fearless driver. Using gravity and the steepest hills in their neighbourhood, billy carts have been known to reach speeds of 50 km/h and more.