

The Jubilee

OCTOBER / NOVEMBER / DECEMBER 2021 LATEST NEWS

Spring's here so it's time to get out in the garden or create one indoors! Find out how on page 10.

Plus, check out our gardening event on October 6 in our events calendar and book in today!

Jubilee
COMMUNITY CARE

Enriching later life



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STAFF & CLIENT RESILIENCE BRINGS NEW HOPE ACTIVITIES CAN GET BACK ON TRACK



Spring has sprung and with it, my favourite time of the year begins. What a beautiful city Brisbane is at this time of year!

We continue to live in a tumultuous world with COVID-19 mutations impacting & disrupting our lives. All of our Jubilee family can be very pleased with the amazing efforts of our staff during our most recent high-risk COVID-19 period. I have been impressed on a daily basis with the professionalism of our Jubilee support workers who have responded to the changing requirements for enhanced protective Covid measures with minimal fuss and a can-do attitude!

The exceptional activities program created by Jubilee's Activities Officer Vicki has been affected for the past three months, resulting in events being postponed until restrictions lift. This newsletter edition's activities calendar is therefore eagerly anticipated and I trust you will book in early to avoid disappointment. Lockdowns and border restrictions have seen families separated so I encourage you to join some of the youngest in our community to celebrate Grandparents' Day at Gan Gani Kindergarten plus morning teas with Holy Family School and Journey Early Learning Centre.

In the meantime, don't forget to chat to Vicki online each Wednesday.

I am pleased to report vaccination rate amongst Jubilee staff is now at about 80 per cent either fully vaccinated or moving toward achieving full status. This figure is expected to continue to improve in the coming weeks. Also, 75 per cent of our Jubilee clients have progressed toward being fully vaccinated. Please phone the Jubilee office should you require support, assistance or information to help you access this important public health measure.

I wish to apologise for an error in the postage of our July newsletter. Some of our clients received a newsletter sent to the correct address but with an incorrect name on the front of the envelope. Thank you to those who brought it to our attention. This incident was investigated and we've taken further steps with our printer to ensure this doesn't happen again.

Finally, I'd like to take this opportunity to extend a warm welcome to our new Jubilee chairperson Sabina Janstrom who has transitioned into this important role replacing Judy Salecich. The Jubilee team and I look forward to working closely with Sabina and the Management Committee over the months and years ahead.

Darren Sonter, Executive Director

CHILDHOOD EXPERIENCES SET DR D'URSO ON PATH TO ACTIVISM AND ACADEMIA

For Jubilee client Dr Salvatore (Ted) D'Urso knowing your history and your culture is vitally important. That philosophy is one which has driven his actions on both a personal and an academic note, leading to numerous publications about his family life and fields of study - education and politics.

Salvatore has released his latest book *Outlook Critical: Essays On My Political Journey*, to record his family history. "I have four gorgeous grandchildren and the best thing I can do for them is to write down my memoirs and where I came from," Salvatore said. While the memoirs were never meant to be published as a book, a friend suggested its content about Salvatore's wider cultural and political journey could be valuable to a larger audience. "And so my memoirs accidentally came out as a book," Salvatore said.

Born in Sicily in 1928, Salvatore's family moved to Innisfail in 1931. He then moved to Brisbane for university, earning five degrees in the next 20-odd years. It was in his early university days that Salvatore began mixing with radicals, leading to a PHD about student radical movements on Australian university campuses and the remarkable journey of activism highlighted in *Outlook Critical*.

Salvatore pursued a teaching career, later becoming a Teachers College lecturer which then led to academic appointments at the University of New England and the University of Queensland where he remained until his retirement in 1993.

Along the way he founded a journal titled *Discourse: Australian Journal of Educational Studies*, which has now become the international journal *Discourse: Studies in the Cultural Politics of Education*. Other books were published including *Counterpoints: Critical Writings on Australian Education*, and *Changes, Issues and Prospects in Australian Education*.

It was Salvatore's childhood that forged his interest in activism, education and politics. "It was because of the racism when I was growing up," Salvatore said. "We were taught to be ashamed of our (Italian) names and so I never used it. It sparked something in me and that was the beginning of my radicalism."

"But I am really culturally conservative and by culture I mean academic works," Salvatore said. "Young people should be introduced to the best that has been thought and done in our culture."



SERVICE CHANGES WITH PUBLIC HOLIDAYS

There will be changes to Jubilee services with several upcoming public holidays.

These are the Queen's Birthday holiday on Monday, October 4; the rescheduled Ekka holiday on Friday, October 29; Christmas Eve, Christmas Day and Boxing Day from December 24-26; the Christmas Day scheduled public holiday on Monday, December 27; and the Boxing Day scheduled public holiday on Tuesday, December 28. Lastly, there is the New Year's Day public holiday on Monday, January 3, 2022.

On these days essential services of personal care, medication assistance and meal preparation will be provided while domestic assistance, social support, respite and shopping services will not be. Also, please note that your services supplied on these days may not be with a known support worker and might not be at your preferred time due to staffing limitations.

The office will be closed on these public holidays. For more information phone the Jubilee office on 3871 3220.

MAKE FRIENDS IN OUR ACTIVITIES PROGRAM

Jubilee has wonderful activities coming up in the next three months so make new friends and have a great day out with the our Wanderers activities group!

Due to Covid-19 restrictions, there may be changes to activities so contact Vicki on 3871 3220 for information about cost & transport. Here's some highlights:

Succulents Garden Workshop - celebrate spring by creating your own low-maintenance, succulent garden in a pot. All plants and tools provided.

Exercise Classes - low-impact, gentle exercise classes at Bodytrack and the University of Queensland (UQ) Healthy Living with personalised assessments and programs.

Oxley Dog Squad - visit & spend time with some lovable, smart and furry friends.

Mental Olympics Challenge - challenge one another and test your knowledge with Pictionary, Scrabble and more!

Zoom Chit Chats - Join Vicki online each Wednesday to chat about an array of subjects with special guests.

Teppanyaki Lunch - experience a scrumptious Japanese dining experience at Redcliffe.

Fish & chips - an old favourite at Shorncliffe and The Fishmonger's Wife.

WELCOME TO OUR NEW STAFF MEMBERS

Jubilee Community Care has welcomed new senior staff members to its office. Joining us are Courtney Webber, Anushka Goonetilleke, Kate Stephens and Alex Hetherington. The four, all part-time, will be integral to Jubilee's growth and provision of best-practice care in the ever-changing aged care environment. Join us in welcoming them.



**COURTNEY WEBBER,
CLIENT CARE AND
COORDINATION
MANAGER:**

After 15 years in aviation I completed

my Diploma and then Bachelor Degree in Nursing. I have worked in residential aged care, transition care and community care over the past five years, including being the manager of a home care provider. I love making a difference to our clients by assisting them to stay at home and to remain as independent as possible by providing the support they need. I am also a mum of two small children who make my life complete.



**KATE, STEPHENS PEOPLE
AND CULTURE MANAGER:**

I have been working in human resources for nearly 20 years. After an undergraduate

degree in Primary School Teaching I later studied Business. I have worked across construction, physiotherapy and workplace injury management to name a few positions. Most recently I spent three years in the disability support sector. I am really excited to join Jubilee. The ability to be part of building a workforce that is skilled, empathetic and passionate is very exciting. At home there are five of us - my husband and kids, aged 13, 15 and 17.



**ANUSHKA GOONETILLEKE,
MARKETING AND
COMMUNICATIONS
MANAGER:**

It is an honour to join Jubilee. I was

taught from a young age to care for and respect our elders, ensuring they are supported and nurtured in their later years with dignity. I have worked in Australia and overseas in an advisory capacity with not-for-profits, governments and multinational organisations. I have lived in Sri Lanka, Kenya and Australia. I am bilingual, also speaking Sinhalese and have interests in history, art and culture, architecture, nature and hiking.



**ALEX HETHERINGTON,
BUSINESS IMPROVEMENT
MANAGER:**

Working within and for the community has always interested me as it

gives value to the work I do. I have a double degree in Secondary Education and the Arts and bring considerable experience in care system analysis and implementation, business process improvement, scheduling and rostering, project management and reporting. Outside work, I love time with my young family, especially at the beach where I live. I also try to continue my passion of creating art when there's time! I am excited to begin my journey with Jubilee and hope to meet you all.

JUBILEE WANDERERS ACTIVITIES PROGRAM

3871 3220 TO BOOK YOUR PLACE

**WE CAN PICK YOU UP, TAKE YOU OUT AND DROP YOU HOME!
PAYMENT IS VIA DIRECT DEBIT. ASK FOR DETAILS WHEN YOU BOOK.**

October is Queensland Seniors Month with the theme this year being Social Connections. Invite a friend or neighbour to join us as we celebrate collective wisdom, have fun and connect across the generations.
Call Vicki on 3871 3220 to find out more and book your spot!

OCTOBER 2021 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Exercise class (UQ Healthy Living) 1pm-2pm
4 Queen's Birthday public holiday - no activities	5 Exercise class (Bodytrack) 10.30am-11am Exercise (UQ Healthy Living) 1pm-2pm	6 Succulents Garden Workshop (Corinda Bowls Club) Zoom Morning Chit Chat with Vicki 10am-11am	7 Mental Olympics Challenge with morning tea 9.30am-11am or with afternoon tea 1pm-2.30pm (St Lucia Hall)	8 Exercise class (UQ Healthy Living) 1pm-2pm
11 Oxley Dog Squad visit	12 Gan Gani Kindergarten Exercise class (Bodytrack) 10.30am-11am Exercise (UQ Healthy Living) 1pm-2pm	13 Gan Gani Kindergarten visit Zoom Morning Chit Chat with Vicki 10am-11am	14 High Tea (Dinmore Cottage Tea House)	15 Exercise class (UQ Healthy Living) 1pm-2pm
18 Morning tea with Journey Early Learning Centre	19 Bellbowrie Community Church Seniors Morning Tea Exercise class (Bodytrack) 10.30am-11am Exercise class (UQ Healthy Living) 1pm-2pm	20 Christmas Card Craft Day (Corinda Bowls Club) Zoom Morning Chit Chat with Vicki 10am-11am	21 Teppanyaki lunch at Tempest Restaurant (Redcliffe)	22 Exercise class (UQ Healthy Living) 1pm-2pm
25 Mystery Seniors Month activity	26 Toowong National Seniors Association Morning Tea Exercise class (Bodytrack) 10.30am-11am Exercise class at UQ Healthy Living. 1pm-2pm	27 Celebrate Grandparents' Day with Holy Family School Zoom Morning Chit Chat with Vicki 10am-11am	28 Mental Olympics Challenge and find with morning tea 9.30am-11am or afternoon tea 1pm-2.30pm (St Lucia Hall)	29 Ekka public holiday - no activities

NOVEMBER 2021 ACTIVITIES

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Oxley Dog Squad visit	2	Melbourne Cup Function (Yeronga Services Club) Exercise class (Bodytrack) 10.30am-11am. Exercise class (UQ Healthy Living) 1pm-2pm	3	Zoom Chit Chat with Vicki 10am-11am	4	Morning tea 9.30am-11am or afternoon tea 1pm-2.30pm (St Lucia Hall)	5	Exercise class (UQ Healthy Living) 1-2pm
8	Joncia Garden visit with lunch	9	Exercise class (Bodytrack) 10.30am-11am. Exercise class (UQ Healthy Living) 1pm-2pm	10	Zoom Morning Chit Chat with Vicki 10am-11am	11	Fish & chips (Fishmongers Wife)	12	Exercise class (UQ Healthy Living) 1pm-2pm
15	Fish & chips (Coochiemudlo Island)	16	Exercise class (Bodytrack) 10.30am-11am. Exercise class (UQ Healthy Living) 1pm-2pm	17	Zoom Morning Chit Chat with Vicki 10am-11am	18	Kafe Meze luncheon (Graceville)	19	Exercise class (UQ Healthy Living) 1pm-2pm
22	Christmas shopping (DFO Skygate - Brisbane Airport)	23	Exercise class (Bodytrack) 10.30am-11am. Exercise class (UQ Healthy Living) 1pm-2pm	24	Zoom Morning Chit Chat with Vicki 10am-11am	25	Morning tea 9.30-11am or afternoon tea 1-2.30pm (St Lucia Hall)	26	Exercise class (UQ Healthy Living) 1pm-2pm

DECEMBER 2021 ACTIVITIES

Monday		Tuesday		Wednesday		Thursday		Friday	
				1	Zoom online chit chat with Vicki 10am-11am	2	Morning tea 9.30-11am or afternoon tea 1-2.30pm (St Lucia Hall) Special Guest: QLD Police on Home Safety	3	Exercise class (UQ Healthy Living) 1pm-2pm
6	Shopping with (Kingston Arts and Crafts)	7	Exercise class (Bodytrack) 10.30am-11am Exercise class (UQ Healthy Living) 1pm-2pm	8	Zoom online chit chat with Vicki 10am-11am	9	Fish & chips (Shorncliffe)	10	Exercise class (UQ Healthy Living) 1pm-2pm
13	Christmas Party (Bronco's Leagues Club)	14	Exercise class (Bodytrack) 10.30am-11am Exercise class (UQ Healthy Living) 1pm-2pm	15	Zoom online chit chat with Vicki. 10am-11am	16	Morning tea 9.30am-11am or afternoon tea 1pm-2.30pm (St Lucia Hall)	17	Exercise class (UQ Healthy Living) 1pm-2pm
20	The Jubilee Wanderers will take a break over the Christmas and New Year festive period. Activities will resume on January 24. Bookings for January activities can be taken from January 17. Have a wonderful break.								24
27	Christmas Day public holiday - no activities	28	Boxing Day public holiday - no activities	29		30		31	

SPRING IS HERE! IT'S TIME TO SPRUCE UP YOUR GARDEN OR GO GREEN INDOORS

Our beautiful weather at this time of year is the perfect chance to get out in the garden or to bring some of it inside if you live in an apartment or unit.

Gardening has many benefits - it is an enjoyable form of exercise, helps mobility and flexibility, encourages the use of all motor skills, improves endurance and strength, reduces stress, and can provide nutritious home-grown produce.



Some medical conditions and physical disabilities may restrict or prevent older people from participating in gardening. However, with a few tips from the *Better Health Channel* website, you can create a safe, accessible and pleasant space. The website details how garden spaces, tools and equipment can be modified or adapted to help reduce the physical stress associated with gardening for older people. Suggestions include:

- ➔ Using vertical planting to make garden beds accessible for planting and harvesting – try using wall and trellis spaces.
- ➔ Raising garden beds to enable people to avoid bending and stooping.
- ➔ Using retractable hanging baskets, wheelbarrows and containers on castors to make suitable movable and elevated garden beds.
- ➔ Finding adaptive tools and equipment – these are available from some hardware shops.
- ➔ Using foam, tape and plastic tubing to modify existing tools for a better grip.
- ➔ Using lightweight tools that are easier to handle.
- ➔ Providing shade areas and a suitable chair for working in summer months.
- ➔ Having stable chairs and tables to use for comfortable gardening.
- ➔ Making sure that there is a tap nearby or consider installing a drip feeder system for easy watering.

For older people living in a unit or apartment complex without their own garden it is easy to bring a touch of green indoors. Ideas include creating a cluster of mid-size plants in a spare space, planting a herb garden, creating a mini-garden in pots on a windowsill or a maintenance-free terrarium in an old glass or plastic container. Or start simply by nurturing a small collection of succulents.

Or perhaps you can join one of the many community gardens scattered across Brisbane and get out and about, lift your spirits and gain some exercise.

STAY ACTIVE AT HOME WITH EXERCISES

Did you know Jubilee Community Care can facilitate a home exercise program for you to boost your physical wellbeing?

Active at Home is a simple, in-home exercise program designed specifically for older people who want to slow down the ageing process and regain their strength and confidence to keep active and independent. The program consists of weight bearing and balance exercises which improve your walking speed, balance and general mobility.



Jubilee has support workers trained to deliver the program. The support workers visit a client's home to teach them one-on-one the correct techniques for the exercises which were developed by qualified exercise physiologists. The support worker also provides basic equipment for the exercises, regularly monitors a participant's progress, and undertakes reviews as needed.

Jubilee is seeking clients who want to join the program. To find out more phone Jubilee Community Care on 3871 3220.

TIME TO REFLECT ON THE FINANCIAL YEAR

The Jubilee Community Care Annual General Meeting will be held on Tuesday, November 16, providing an overview of our 2020/2021 financial year operations and highlights. In-person attendance will depend on the COVID-19 restrictions at the time of the event. If you are interested in attending please phone our office on 3871 3220 to find out more.

DO YOU HAVE ANY FEEDBACK FOR JUBILEE?

At Jubilee Community Care we are always seeking feedback - any comments or compliments will help us shape our organisation and improve the services we deliver to our valued clients. Your opinion matters to us.

In the case of complaints, they will be investigated in confidence and with the complainant kept updated about the progress and outcome of their feedback.

You can offer your feedback in various ways. Write a letter addressed to Jubilee Community Care, PO Box 1052, Indooroopilly, 4068 or send an email to admin@jccagedcare.org.au Alternatively, you can phone us on 3871 3220. We look forward to hearing from you soon.

PUZZLES TO BOOST YOUR BRAIN POWER

HOW MANY WORDS CAN YOU MAKE FROM THE SIX LETTERS IN BOLD BLACK TYPE BELOW TO THE RIGHT? EACH WORD MUST BE THREE LETTERS OR MORE. PLURALS ARE ALLOWED. THERE ARE:

- ➔ 1 x 6-letter word
- ➔ 6 x 5-letter words
- ➔ 27 x 4-letter words
- ➔ 16 x 3-letter words

I B L S A E

WHICH COUNTRIES HAVE THESE FLAGS?



WHAT DO YOU KNOW ABOUT BRISBANE?

1. What year was Brisbane founded as a city.
2. Suncorp Stadium was the site of Brisbane's biggest what?
3. How many bridges cross the Brisbane River?
4. Why type of sport do the Brisbane Roar team play?
5. What is Brisbane's highest peak?

TRY YOUR HAND AT THESE TRICKY RIDDLES

1. What travels the world while stuck in one spot?
2. What can you hold without touching it at all?

1. A stamp; 2. A conversation.

Tricky riddles

1. 1824; 2. Cemetery; 3. Fifteen; 4. Soccer; 5. Mt Coot-tha.

Brisbane trivia:

The flags, in order from left to right, are: Austria, Fiji, Finland, South Africa and Sri Lanka.

Name the flag puzzle:

Three-letter words - abs, ail, alb, ale, bel, bis, els, lab, lea, lei, lib, lie, sal, sea, sei, sib.

Four-letter words - able, als, albs, ales, bail, bale, base, bels, bias, bile, bise, blae, ilea, isba, isle, labs,

Five-letter words - aisle, bails, bales, basil, blase, sable.

Six-letter word - Absell.

Find the words puzzle: