



RESIDENT NEWSLETTER

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Inside this issue:

Chairman's Message	1
From the Bishop	2
TGSH Information	3
TGSH Messages	4
TGSH Activities	5



Brian Matthews (CEO)



Leonie O'Neill (ADOC)

CHAIRMAN'S MESSAGE

Greetings,

This is my last message to The Good Shepherd Home community as Council Chairman; I retire as Chairman at the end of February and pass on the Chairmanship to my deputy, Ms. Alison Cottrell.

The last two years as Chairman has been a challenging time; I have enjoyed the challenges, but sadly many of the challenges remain unresolved.

It has been an honour to work with the talented, caring, and compassionate staff at the Good Shepherd.

Covid has been hanging over everybody's head this past two years complication operations then culminating in a Omicron outbreak in Townsville in February which, through a massive effort from our staff, was contained and there were no fatalities at the Home.

Many changes have happened at the Home during the past two years, things at the Home are settling and the Home is on the road to further stability. The Home is dependent on the Federal Government for most of it's revenue and revenue has been in short supply; it is hoped that this being an election year, greater provision will be made for funding residential care.

I will be remaining on the Council for a transition period. I wish the new Chair every success and express my sincere thanks to the entire management and staff at the Home.



Best wishes,
Colin White
TGSH Council Chairman

As of March 1st, Colin White has passed on the Chair of The Good Shepherd Council. Colin is to be congratulated for his efforts over the previous two years to stabilize the Home's situation. His dedication to the Home has been apparent to all who have contact with him.

I have been on Council for the last two years and taking on the chair role will be an extension of activities already undertaken. I look forward to working with the diligent and caring staff at the Home.



Alison Cottrell
TGSH Council Chair

We acknowledge the Wulgurukaba of Gurambilbarra and Yunbenun, Bindal, Gugu Badhun and Nywaigi as the Traditional Owners of the region served by The Good Shepherd Home.

FROM THE BISHOP & CHAPLAIN



Dear Friends,

Some of you at the moment will be observing Lent. During Lent many people fast or give up something that is important or enjoyable for them. In this way we acknowledge that our world is broken and we ourselves are sinners.

Of course at this moment there are many bad things happening in this world. Some are natural, like the pandemic. Some are natural but probably reflect human induced climate change, such as the severe flooding that keeps on being repeated in south-east Australia. And others are evil created by man, such as the Russian invasion of the Ukraine. We do not live in a perfect world; and we repent of the bad things that we have done which have hurt other people.

After Lent comes Holy Week, when we observe the events leading up to the death of Jesus on the cross. We remember Palm Sunday and Maundy Thursday and Good Friday. We acknowledge human sinfulness and continue to repent of our own sins.

But then something amazing happens. Good Friday is followed by Easter Day. On the third day, on the Sunday morning, there is glorious resurrection! Death itself is defeated and there is joy and rebirth for all creation. As Christians we do not live for Good Friday: we live for Easter Sunday. So as we reflect on all the horrible things that are blighting the earth at the moment – pandemic, natural disasters, war – we also give thanks that in the end Jesus wins! We live not as people of despair, but as people of hope. And because we hope, because we have faith, we also love.

May your time of Lenten fasting be a blessing to you. But as you reflect on all that goes wrong, give thanks for all that goes right. Give thanks for all the gifts that you have received – light, love and life itself. May your Easter be a time of celebration and joy, as darkness gives way to light and evil gives way to love. May the light and love of God be with you always. Amen.

+ Keith
Bishop of North Queensland



TGSH INFORMATION

GREVILLEA HOUSE

The Home is very excited to advise that plans are currently in progress for the refurbishment of Grevillea House. This will take some time due to the careful planning required, however you will be kept up to date of the progress. Below are some designs created by an architect.



Royal Palms

The Royal Palms located alongside George Roberts House bordering the carpark are well-established palms reaching approximately 15m in height. While these palms are majestic in appearance, their advanced size poses additional hazards. These include:



- * Large seed pods and palm fronds reaching 4 metres in length. These present a hazard when they fall due to their size and weight.
- * The pruning of these palms presents challenges due to the tree's height. An elevated work platform is required to be hired for pruning. The Royal Palm can grow to 30m in height.
- * The Palm's fibrous roots damages the nearby irrigation system with regular maintenance required.

These hazardous palms will be removed and replaced with Xanthostemon chrysanthus, a native Australian evergreen tree related to eucalypts and bottlebrushes and produces masses of amazing yellow flowers in summer and autumn. The tree is more commonly known as the Golden Penda.



The foliage is attractive when the tree is not flowering, with the leaves being large and glossy. The root system is regarded as non-invasive, and the tree grows to approximately 10m tall. While the canopy fully grown can reach 5m, the plant can be pruned heavily and turned into a dense topiary or hedging plant.

Tree removal works will commence the end March/early April 2022 with expected completion including tree planting and reinstatement of turf finalised by the 30th April 2022.

Disabled parking bays.



Reminder to please do not park in the allocated disabled parking bays unless you have the appropriate permit to do so.

Ensure you display your permit in the window when you are parked in the designated area.



'Strong body, strong mind' 🏋️ 🧠
Liam, a resident of The Good Shepherd Home (pictured), lifts an amazing 180kg during a Leg press.

Masters of Clinical Exercise Physiology students Jye, Emma, Rebecca and Liam, supervised by Dr Michael Inskip, have been busy assessing and prescribing robust exercise to residents from The Good Shepherd Home during a placement experience aiming to give the students more exposure to aged care environment.



For more information please follow the Facebook link is below
<https://www.facebook.com/JCUdiscover/posts/4864450183608813>

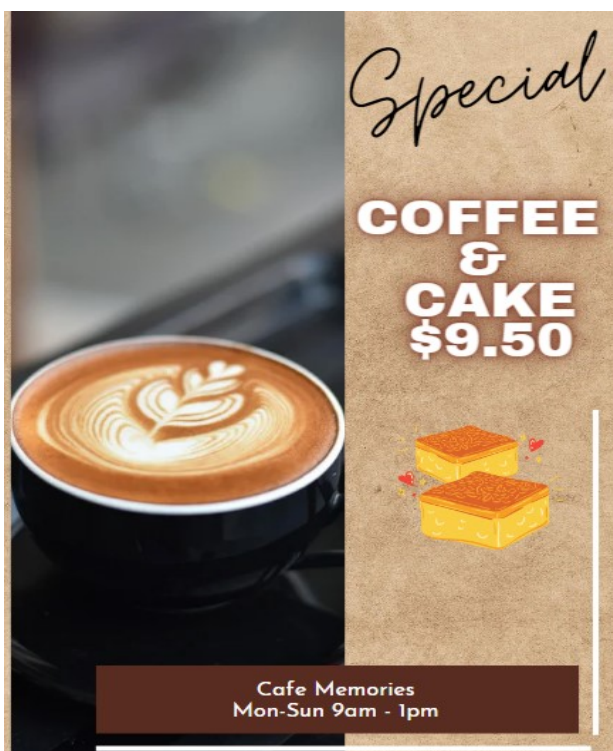
TGSH MESSAGES

Priority Communication

Our preferred method of communicating with you is via email. The advantage of email is you receive communication almost instantly. To receive the most recent communications from us in a timely manner, please ensure we have your email address on record.



If you haven't already provided us with an email address or would like to update your details, please send an email to our administration team at fs@tgsh.org.au. If you are not a resident with the Home please advise the name of the resident whom you are representing.



COMMENCING FROM 4TH MARCH



**EASTER BUNNY
VISITING FROM
4th to 8th APRIL**

Appreciation for making my Dad's 95th Birthday very special.

This has been a challenging time for my family, with my Dad's health deteriorating.

I want to let you all know about the caring and compassionate staff who went above and beyond, went the extra mile, to make my Dad's 95th Birthday very special.

To Wendy Bates EN, and the care staff in Pinnacles Ground, please accept my heartfelt appreciation.

You always know how to make life brighter for residents and families.

Staff took masks off briefly for the photo. Due to COVID-19 Restrictions, not all family could come in at the same time, so all were very pleased to see the photos with beautiful smiles and care from the staff to make this a very special day.

Many thanks from the Brake and Houghton families.

Café Memories & Welfare Shop



Open 9.00am—3.00pm

Tue, Wed, Thur & Fri

Sat, Sun & Mon 9.00am—1.00pm

Sorry no barista coffee after 1pm

**Lots of Cold Drinks, Ice Creams,
Chips, Cakes, Treasures & Treats**

Call in to say Hi to our wonderful

Volunteers in the afternoons.

ACTIVITIES AT TGSH

ROCK PAINTING



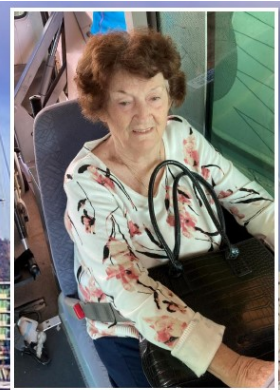
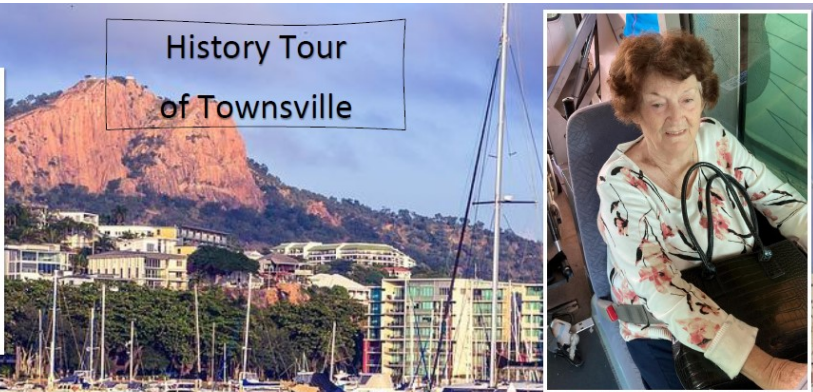
BUGGY RIDES



Our catering staff made sensational platters and distributed to our resident areas to celebrate St Patrick's Day.



History Tour of Townsville



13Jan2022