



# RESIDENT NEWSLETTER

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## COUNCIL CHAIR'S MESSAGE

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*As the end of the year approaches it is time for TGSH Council to wish you all a safe and happy festive season.*

*It is also time to acknowledge the great work done by staff and volunteers over the year.*

*It has been a busy year for everyone and to date TGSH has done remarkably well containing Covid infections. The 50 Year celebrations for the Home have gone well.*

*Staff and management have been working on improving various aspects of the home to better serve residents and their families/supporters. Residents and families/supporters are always welcome to provide recommendations for changes that they see necessary.*

*Best Wishes for the coming year.  
Warm regards*



Alison Cottrell (Council Chair)



Brian Matthews (CEO)



Leonie O'Neill (DOC)



*TGSH acknowledges the Wulgurukaba of Gurambilbarra and Yunbenun, Bindal, Gugu Badhun and Nywaigi as the Traditional Owners of this land. We pay our respects to their cultures, their ancestors and their Elders, past and present - and all future generations.*

## FROM THE BISHOP



*Another interesting year is almost ended, as we come towards Christmas 2022. The impacts of COVID-19 have abated a little bit, and it is a delight to see all the families and friends visiting again at The Good Shepherd Home. However, I know that the staff and volunteers have been working very hard this year, as they deal with all the impacts of COVID-19. Outside the home the world continues to be an uncertain place – war in the Ukraine, repression and riots in Iran and China and many other places, and inflation and high interest rates at home. Climate change continues to be a real challenge, with spectacular flooding this year further south. All this points out how difficult and broken our world is.*

*But as we come to Christmas, we celebrate the answer to this brokenness. We celebrate the birth of our Lord Jesus! God sends us the answer with the gift of himself, the gift of love. In his birth, our Lord becomes fully human and joins with us in our suffering and in our joys. This is certainly worth celebrating! Later on will be crucifixion and resurrection, but at Christmas we concentrate on the gift to us of love.*

*I know that for many people Christmas is not a time of joy; many people are not with family or friends. Some of you might be in that position. However, the staff and volunteers and the other residents are with you and will celebrate Christmas with you. I give thanks to God for all that the staff and volunteers do at The Good Shepherd Home, especially at this time of year.*

*We cannot guess at what the new year will bring. But as we come to Christmas, we give thanks for Jesus, who comes as a gift of love from God the father of all. May your Christmas be blessed with joy and love, and may we look forward with hope to the new year.*

*Yours in Christ*

**The Right Revd Dr Keith Joseph  
Bishop of North Queensland**



## STAFF UPDATES and MOVEMENTS



**Jasmine Gibson** has joined our team on the 5th December as one of our Clinical Nurse Managers. Jasmine brings a wealth of knowledge with her as she has experience across acute and medical nursing, community health, aged care as well as nursing education and training. Jasmine's post graduate qualifications include Advanced Assessment and Care Planning, Cancer Care and Geriatrics, Dementia Care, Strategic Management and Leadership in Healthcare Management.



**Rebecca Jackson** was our Clinical Manager from Mountainview and Palmview. Sadly Rebecca has resigned and finished on Monday 19th December 2022. We wish Rebecca lots of success and happiness in her new job, knowing that the residents and staff will miss her greatly.



**Naomi Vandermerwe** a face familiar to many, will be returning to the Clinical Nurse Manager role in Mountainview and Palmview. Naomi has been working in the aged care sector for many years fulfilling management, and clinical roles including most recently guiding our organisation in the introduction of the new Australian National Aged Care Classification (AN-ACC).



### FRIEND PROGRAM

(Frailty Reduction via Implementation of Exercise, Nutritional support and Deprescribing)

The names of residents that are keen to participate in the research program are presently being obtained, in preparation for assessment and consent processes by the researchers. All approvals for the research project have now been granted.

Medical assessment and treatment plans are expected to be completed in December and January with case conferences for all residents to be conducted from 23<sup>rd</sup> January 2023. Staff education via online platform is expected to roll out on 9<sup>th</sup> January 2023. Face to face education of staff has commenced December 2022. The research team are planning to be onsite for face-to-face education with residents and their family approx. 16<sup>th</sup> January 2023.

# CHRISTMAS NEWS

# Merry Christmas

**THE CAFÉ WILL BE CLOSED FOR THE CHRISTMAS HOLIDAYS**

**25 DEC 2022 - 02 JAN 2023**

**OPEN AGAIN  
3 JAN 2023 at 9:00AM**



**CHRISTMAS DAY MENU**

**Breakfast**

Selection of Danish Pastries  
Apple Cinnamon porridge with Seasonal fruit

**Lunch Menu**

Devils on Horseback  
Bread Rolls  
Turkey Breast  
Maple Syrup Glazed Ham  
Roast Apple Pork  
Roasted Vegetables with seasoned Pumpkin  
Salads & Sauces  
Sticky date pudding and Hot Custard and Brandy Sauce

**Evening Meal**

Ploughman Platters  
Chefs Choice Main  
Toasted Sandwiches  
Pavlova and Fruits

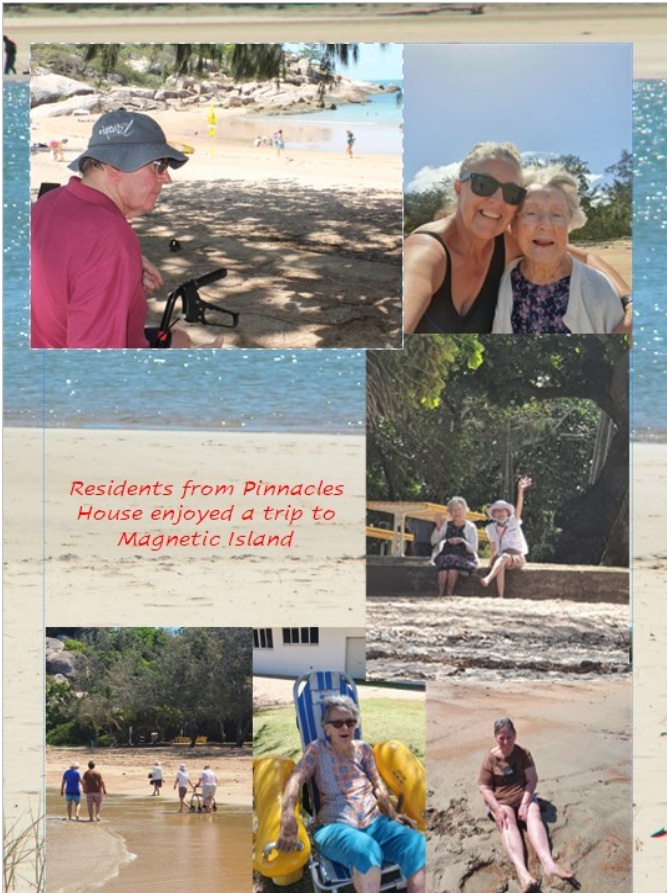
**CHRISTMAS COLOURING COMPETITION 2022**

*Open to all the Good Shepherd Community (Residents, Staff, Families)  
We would love to see your talents.*

*0 to 5yrs                      6 to 10yrs  
11 to 50yrs                  51 to 110yrs*

*Please encourage all your family to participate.  
A selection of Christmas pictures available from Administration and your staff rooms.  
Prizes for best colouring & best effort in each aged group.*

# ACTIVITIES AT TGSH



*Residents from Pinnacles House enjoyed a trip to Magnetic Island*



*Palmview have been busy with their craft activities*



*Jo from Hibiscus sorting out the North Queensland Cowboys*



*John enjoyed his afternoon catching up with the Cowboys*



*Above: Bishop Keith and Alison Cottrell-Chair Council cutting the 50th Celebration Cake in Rotary Hall.*

*Right: Residents enjoying celebrations*



*Colin and Ian showing the Cowboys how to use the exercise equipment.*



*Left: Staff being recognized for their 5 years of service at the home.*

*Below: Past and present Board Members, Advocates, Bishop Keith and Director of Care—Leonie O'Neil.*

*Barry letting the Cowboys know the Broncos are his favourite team.*

