



# RESIDENT NEWSLETTER

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## COUNCIL CHAIR'S MESSAGE

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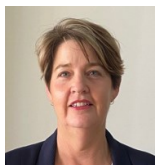
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Alison Cottrell (Council Chair)



Brian Matthews (CEO)



Leonie O'Neill (DOC)

Last weekend Good Shepherd Day was celebrated, and we thanked the staff for their contribution and service to the Home and its residents. Bishop Keith provided a lovely service. It was a pleasure to recognise several staff for their length of service - 10, 15 and 20 years!. It was also a pleasure to meet Ken, the new Chaplain.

In mid May, we will recognise the contribution made by the wonderful volunteers who donate their time to the Home. Prior to the Covid 19 situation when volunteers were not allowed on site, I am advised there were, on average, 650 hours per month of volunteer time. Over the last six months, the volunteer hours have gradually risen again and for April had risen to 600 hours for the month. Volunteers provide support on the basis of the skills they have, and we are grateful for their contributions to TGSH.

The Leisure and Lifestyle staff provide a variety of entertaining activities for residents to choose from. The monthly activity calendar is circulated to residents, staff remind residents of what is available on the day, and the calendars for each House are on display. So, keep your eye out for what is happening. I do hope you have been able to enjoy the leisure and lifestyle activities organised over recent times.

The cooler weather is upon us, so I hope you can enjoy being outdoors more and enjoy the gardens.

There has been some progress on the design of the refurbishment of Grevillea House, and hopefully progress will be speedier from now on.

The installation of solar panels on Pinnacles House is progressing and will be finished by mid May. Don't forget that if you feel the need to raise issues with me, I can be reached on:

[alisoncottrell@telstra.com](mailto:alisoncottrell@telstra.com) or 0408365447

*Warm regards*  
**Alison Cottrell**  
Chair Council

TGSH acknowledges the Wulgurukaba of Gurambillarra 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



Dear Friends,



As we continue to celebrate Easter, we give thanks for our risen Lord Jesus Christ. On the fourth Sunday after Easter (this year, 30<sup>th</sup> April), we celebrate Good Shepherd Sunday. This is an important day for the home as we celebrate the love and care that Jesus has for us.

In some ways, the idea of Jesus as the Good Shepherd makes little sense in Australia. We do not have shepherds out in the fields keeping watch over the sheep at night. Rather we have huge paddocks with very large flocks of sheep. The idea that the farmer would know each one personally is a bit strange. But if we go back to the time of Jesus, flocks were much smaller and the shepherds knew every sheep and every lamb. The shepherd would look after them night and day, and in the coldest part of the year they would often be kept indoors with the shepherd and his family. In the same way, Jesus knows each of us individually and cares for us: and so it is good to celebrate Good Shepherd Sunday as we continue to celebrate Easter.

This is also a good time to give a special thanks to our staff and volunteers. In their care for those who live at the Good Shepherd Home they follow the example of Jesus. Such care at its best is like having Jesus in the room: the carer becomes the hands of Jesus reaching out in care and love. So as we celebrate Good Shepherd Sunday we give thanks for all who show the care and love that is seen at its best in Jesus; and we give thanks for Jesus our Lord who came into this world to be our Good Shepherd and our brother.

May God bless you and keep you

+ Keith

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



## FRIENDS PROGRAM UPDATE

**Great news this week!** The FRIEND study which is a world first collaboration in the Aged Care Industry has received approval for commencement of the intervention stage between The Good Shepherd Home, University of Sydney and James Cook University. The intervention phase began on Tuesday 2<sup>nd</sup> May 2023. The aim of this study is to reduce frailty in aged care residents and investigate how to provide all people living within aged care best practice treatment for frailty which consists of strength and balance exercise, good nutrition, and optimal medication usage.

The research team has been busy in the first few months of this year performing assessments on residents; meeting with staff to prepare the interventions; and developing a comprehensive website and resources for the treatment of frailty in aged care residents. These will be used to provide education for residents, staff and caregivers.

The program will take place over six months and will include 26 residents from Riverview, Grevillea and Hibiscus Wings who have joined the study. They will commence strength and balance training in the clinic gym two days a week. We will also review and optimise their medications, and make suggestions to enhance their nutritional status and enjoyment of the overall dining experience.

Importantly, these interventions will be carried out by a combination of research staff, students, and TGSH staff trained in our FRIEND principles. This will ensure the sustainability of this frailty treatment program beyond the 6 months so that it will be available for *all residents* after the study finishes later in the year, and ultimately disseminated to aged care providers throughout Australia.





# ACTIVITIES AT THE GOOD SHEPHERD HOME

Solar installation has commenced at Pinnacles House. The proposed completion is the mid May 2023. There will be 629 panels installed on the roof which will provide 251 kilowatts of power. This project has the potential to save The Good Shepherd Home around \$80,000 per year and has been funded from a government grant.



## RAR BAND PERFORMING AROUND THE HOME



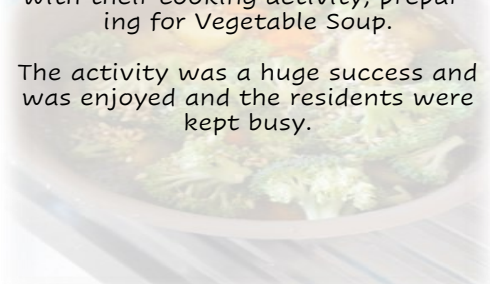
## RAR VISIT THE HOME GOOD SHEPHERD HOME

The first week of April the RAR visited and walked along our pathways and entertained us all. Some residents were lucky enough for band members to ask them for a dance. We would like to say thank you to the RAR for bringing huge smiles and making our residents day. We are looking forward to their next visit

## Cooking Day

Pinnacles House Ground were busy with their cooking activity, preparing for Vegetable Soup.

The activity was a huge success and was enjoyed and the residents were kept busy.



## Vegetable Soup - Prepared by Us



## Kokoda Pool March 2023

## Enjoy an Amazing Afternoon At Kokoda Pool

You will be assisted to swim/float and will feel the benefits of immersing your body in water

Dates for May 3<sup>rd</sup> and 25<sup>th</sup>

Check your Activity Calendar for future dates.

Book in with either Andrea or Simone



## MISCELLANEOUS RESIDENTS NEWS

*Resident meetings will be held in Rotary Hall at 2pm  
On  
Thursday 2<sup>nd</sup> March                      Thursday 1<sup>st</sup> June  
Thursday 7<sup>th</sup> September                Thursday 2<sup>nd</sup> November  
Any changes will be advised accordingly*

**Earlier in the year we supported the Australian Police Golden Oldies Rugby**



### Mother's Day Raffle

Beautiful handcrafted patchwork quilts donated by Chris Ruffle

**\$1.00 a Ticket**  
From Café Memories or Administration

Drawn 12May

1st

2nd

### Raffle Winner

Pricey's signed Book

Congratulations Donna Lovelady

★ Thank you to all who bought a ticket



# UPDATES AND EVENTS

Save the Date

**You are invited to the 2023 return of the Carlyle Gardens Health & Wellbeing Expo**



**Wednesday May 17<sup>th</sup>, 2023  
9am - 12pm**



The event aims to provide residents of Carlyle Gardens and the Townsville community with information relating to all aspects of health & wellness, along with aged care related financial and legal services.

The expo draws interest from a range of organisations, health providers, residents and the general public, and is a great way to showcase your products or services.

If you would like to be a part of this, please reply with your expression of interest by December 14<sup>th</sup>, 2022 to [p.clarkson1@bluecare.org.au](mailto:p.clarkson1@bluecare.org.au)



CARLYLE GARDENS  
Townsville's Premier Lifestyle Resort



LADIES ONLY

**MOTHERS DAY**

HIGH TEA

THURSDAY  
11TH MAY 2023

ROTARY HALL



All Welcome

**Fun Day**  
9.00am - 3.30pm

MINI **GOLF** Wednesday  
24<sup>th</sup> April

**\*\*Free Raffle\*\***

Families Welcome

Ice Creams & Cold Drinks Sale

As well as Café Memories open

Please RSVP by  
8<sup>th</sup> April

To Andrea  
[aelson@tqsh.org.au](mailto:aelson@tqsh.org.au)  
or 4772 9900



## WIFI UPDATE



The Good Shepherd Home Finance Committee has agreed to not charge for Wifi. Subscription based Streaming Services will be the responsibility of the Resident. Please contact Administration if you have any issues.



**Enjoy An Amazing Afternoon At Kokoda Pool**

You will be assisted to swim/float and will feel the benefits of immersing your body in water

Check your Activity Calendar for future date  
Book in with either Andrea or Simone

