



# RESIDENT NEWSLETTER

565 University Road,  
Annandale 4814  
PO Box 212  
Aitkenvale 4814  
Ph: 47729900  
E: admin@tgsh.org.au  
W: www.tgsh.org.au

## COUNCIL CHAIR'S MESSAGE

### Inside this issue:

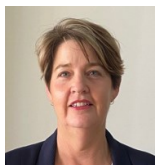
Chairman's Message	1
From the Bishop	2
Staff Updates	4
TGSH Activities	5



Alison Cottrell (Council Chair)



Brian Matthews (CEO)



Leonie O'Neill (DOC)



*Colin White, a former Chair of Council and the first Chair of the Board for The Good Shepherd Home (1996) passed away earlier this year after a short illness. Over the years Colin made a significant contribution to the Home for which we are all grateful.*

*Although the public interest in the covid virus seems to have waned, you may be aware that infections rates have risen in the community. The Home is as concerned as ever to protect residents from infection and appreciates residents and their supporters in helping reduce the risk of infections.*

*Like many other regional aged care facilities, The Good Shepherd has struggled to attract registered nurses to its staff. Whilst some recent success has been encouraging, recruitment remains very difficult. Other improvements include an improved WiFi and medication dispensing systems.*

*The Home is also currently implementing a food services project that incorporates a new menu which we hope Residents will enjoy. The Resident Advocate, David Glasgow, is on leave until the end of March. Now that I have recovered from a covid infection, I will be spending more time at the Home while David is away. In the meantime, if residents or their significant others wish to contact me they can reach me on:*

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

*Best Wishes for the coming year.*

*Warm regards*

*Alison Cottrell*

*Chair Council*

*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



Greetings from Western Australia! I am in the middle of February to March madness, where I am doing all six states (and the Northern Territory) in less than four weeks.

Look forward to being back in North Queensland soon...

We are now in the middle of Lent, which is a period of prayer and repentance before we come to Holy Week and then Easter. Traditionally during Lent we fast, or give up something we like. But why do we observe Lent?

Our message as Christians is about love: that God loves us, and we are called to love God and love our neighbours. Sometimes we stuff up: we make mistakes or choose to do that which is wrong. This is part of being sinful. We sin against God and against each other. So at Lent, as we prepare for Easter, we remember our sins and repent of them. We remember when we have done things which are not loving, and done things which have hurt other people, and we are very sorry.

But why at this time of year? Because shortly we will come to Holy Week. Holy Week starts on Palm Sunday (this year, 2<sup>nd</sup> April). During Holy Week we journey with Jesus in the events that culminate with Good Friday. We remember that Jesus was crucified as an innocent man. He took upon himself our sins, and our pain and suffering. We sorrow for the death of the one perfect man. We know that his death was due to ordinary humans like ourselves doing the wrong thing, committing injustices, and sinning. So as we prepare for this observance of Holy Week, Christians reflect on their own sinfulness and repent of all the things that we have done wrong.

However, thanks be to God, this is not the end of the story. The pain of Holy Week and Good Friday is replaced with the absolute joy of Easter, when Jesus was resurrected. Sorrow turns into joy, and grief gives way to salvation. In the end, Christians are an optimistic lot who are called to love, because that is where God leads us. So at Lent we fast and sorrow, but do so in the confidence that at Easter all is redeemed. May God be with you this Lent and as we continue our journey to Easter Sunday, may our Lord comfort you with the assurance that love wins out over hate, life overcomes death, and our God is Lord of all. God bless you all.

+ Keith

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



## RESIDENT MEETING



# INVITATION TO ATTEND RESIDENT MEETING

A chance to hear what's happening at the Home  
and raise any questions.

**WHEN:** Tuesday 7<sup>th</sup> March 2023

**AT:** 2:00 PM

**WHERE:** ROTARY HALL

In Attendance: Brian Matthews (CEO)  
Alison Cottrell (Council Chair)

Refreshments provided



# STAFF UPDATES and MOVEMENTS

## WELCOME! TO THE TEAM!



*Soniya Anoop started in February and has moved from Ireland where she has lived for the last 5 years to Townsville. Soniya has been an RN for 13 years and is adjusting to Townsville temperatures.*



*Sarah Kerr accepted a permanent position in December 2022 currently working at GRG with the interim patients from Townsville University Hospital. Sarah moved from Melbourne and has been an EN for the last 6 years.*



*Tahlia Wood commenced working with The Good Shepherd Home, October 2022 in a temporary role. Tahlia has extensive administration experience and has accepted a permanent position as the Finance Assistant.*



*Kellie Woolley has started with The Good Shepherd Home as the HR Assistant and has 5 years' experience, in a HR role. Kellie has previously worked in childcare and is looking forward to being part of our team.*



*Ammie Johnson has joined our team and has taken on the challenging role of Rosters. Ammie has worked in Administration for the last 12 years in various roles such Executive Assistant, payroll, and rosters.*

*Dog biscuits are being made by our residents and will be available on a monthly basis. You can purchase the dog biscuits from Café Memories.*

# DOGONE

Dog Biscuits



*Produced by the Dog Biscuit Factory  
Ingredients: Flour, Peanut Paste, Eggs*

**3 for \$1.00**

**NOT FOR HUMAN CONSUMPTION**



If you have a couple of spare hours a week to put a smile on someone's face, **You** are who we are looking for. From Café to Cards to Chair Yoga and more in between. We have countless opportunities across Our Home. No special skills required. Call me today: [Kim 47729900](tel:47729900) or email [vol@tqsh.org.au](mailto:vol@tqsh.org.au)



# ACTIVITIES AT TGSH



Thank you to our gardening staff.  
Photos outside Riverveiw and  
reception showing amazing  
transformations.



Millie and Daughters celebrating her Birthday at Café Memories



Volunteers in and around the Home

Breakfast At Podium Watching  
The Cowboys Train

WELCOMING THE MARK OF MEMBERSHIP IN 2023

Jo feeds the birds daily and now has them trained to eat

