

Making Pizzas Has Never Been So Much Fun



The regular visitors from St Nicholas Pre-School in Singleton once again joined the residents of the Singleton Mercy Aged Care on Monday, 9 September.

This time, making pizzas was on the menu! Students sat with the residents and each made their very own specialty pizza with as many toppings as the pizza could hold. Conversations were flowing as each was sharing their thoughts on what makes the best pizza toppings as well as what other foods are a favourite.

Once the pizzas were made, they were whisked away into the kitchen to be cooked up for everyone's lunch.

Lunch was a very sociable affair with children and residents sharing spaces and each enjoyed their creations.

The meal was topped off with dessert from the 'McMercy Ice Creamery'.

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2019 - A Year of Change and Focus

Across Mercy Services, it remains true that 2019 has been a year for change and focus. Our focus remains on the exceptional care we look to deliver to each client and resident, each day. The forces for change have been numerous, and necessary in ensuring that our services continue to meet the needs of the community.

We have had a set of new Aged Care Standards, focusing on quality of care. While the care we deliver remains fundamentally unchanged, we are now required to record some things differently than we had before, and in other ways use different terms (like sometimes referring to people who use our services as 'consumers'). We are also obliged to be more focused on your goals, and how best we can support you to meet those goals.

In our Home and Community team, there has been some staffing and role changes, to best meet the needs of those who use these services. Coordinators were previously focused on geographic areas within which they arranged services. We now have "Care Managers" and "Client Service Officers" that will ensure a holistic service delivery to our clients. This doesn't affect our Community Care Assistants, or other staff in these teams, outside of learning some new names, and learning some new systems to add efficiency in the offices. Some of the staff in these new roles would be familiar to you - Marion, Lisa, Debbie, Judy G and Rachelle. We warmly welcome Stuart, Judy H and Cheryn to the Mercy Services team as new employees.

We are also adding a new service in this area, with Jolynn (Jo) joining us as a Nurse Specialist. Jo has a wealth of

experience in our sector, and with her exceptional clinical skills will be helping with holistic health assessments and interventions. Jo will be working across both the Home and Community and Residential Aged Care for Mercy Services.

With the Royal Commission into Aged Care Quality and Safety continuing its hearings progressively around Australia, we are confident that there are additional changes to be seen in the coming years. The recent focuses have included the current status of the Department of Health's involvement and their My Aged Care services, the increasing instances of disable younger Australians being placed in Aged Care, and the funding issues in both the home and community sector, as well as the residential funding required to run at the level required in the new Standards. It's also worth noting that the original timeline for the Royal Commission has been officially extended for an additional six months, to continue to hear evidence and make deliberations. The due date for the final report is now 12 November 2020, however, an interim report is still expected by 31 October this year. We hope to provide an additional update once the interim report has been received.

I look forward to continuing to walk this road with our clients, residents, families, our staff, our volunteers, our community and their families, meeting each of the challenges on the way. Should any of the above be of concern to you, please feel free to get in touch.

Tony Bidstrup, CEO, Mercy Services

*"The simplest and most practical lesson I know ...
is to resolve to be good today - but better tomorrow."*

Catherine McAuley, Foundress, Sisters of Mercy

We Appreciate Our Volunteers

We've been very pleased to have the assistance of volunteers from Newcastle High School and Job Quest at the Newcastle Elderly Citizens Centre. On 6 September we presented them with the Certificates of Appreciation.



Spot-the-Difference

ComParrot
by Bonnie Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Line on man's right shoe is missing. 2. Circle on sneaker missing. 3. Line under dog's nose missing. 4. Line on bottom of man's shoe missing. 5. Man's watch is black. 6. Dot on shirt is colored in. 7. Post on sign colored in. 8. Bandage on leg moved. 9. Group of trees moved. 10. Tail on dog is facing down. 11. Pocket on shorts is longer. 12. Pants are shorter.

"In all our work we strive to provide compassionate, respectful, high quality and environmentally sustainable practices."

Part of Mercy Services Mission Statement

A Helping Hand For Our Neighbours

The residents and staff at the Singleton Mercy Aged Care are taking up a collection for drought-affected residents in Murrurundi.

Since July last year, Murrurundi has been on Level 6 water restrictions. These restrictions are quite severe and mean that water is not to be used for watering lawns or gardens, topping up pools or water features or washing outside surfaces or vehicles. It also means that showers must be no more than 3 minutes and that there is only one bath (100mm depth) per person, per day. The washing of clothes can only occur when there is a full load and there can be no more than two full loads per week.

Even with these restrictions, Murrurundi ran out of water in March this year.

With no rain in sight, it was decided by the residents and staff of Singleton Mercy Aged Care, that they needed to help.

A collection of non-perishable items, including food, water, toys, groceries or personal care is taking place and your assistance would be greatly appreciated.



All items can be dropped off at Singleton Mercy Aged Care, or contact mercymatters@mercyservices.org.au and we'll work something out.

Items need to be donated by 31 October 2019 as the residents and staff will be delivering the items in November.

For further information, contact Jenny Yates on 6572 2499.

Diary Dates

Mercy Services clients will be treated to a wonderful variety of events in the coming months. Below are a list of events planned at our Day Centres. To book your place at these events, please call 4962 6680 and your call will be directed to the fantastic staff at each of our Day Centres.

October 2019

- 03 Steve Conden at Newcastle Elderly Citizens Centre
- 03 Daniel Overton at West Wallsend Day Centre
- 04 Heart Moves at West Wallsend Day Centre
- 10 Allan Walsh at Newcastle Elderly Citizens Centre
- 11 Heart Moves at West Wallsend Day Centre
- 17 Peter Cosimo Octoberfest at Newcastle Elderly Citizens Centre - Tickets on sale now
- 17 Sonia Erskine at West Wallsend Day Centre
- 18 Heart Moves at West Wallsend Day Centre
- 23 Chair Yoga at West Wallsend Day Centre
- 24 Greg Mason at Newcastle Elderly Citizens Centre
- 25 Heart Moves at West Wallsend Day Centre
- 31 Daniel Arvidson at Newcastle Elderly Citizens Centre

November 2019

- 07 Wayne Metcalf at Newcastle Elderly Citizens Centre
- 14 Peter Stefenson at Newcastle Elderly Citizens Centre
- 21 Sonia Erskine at Newcastle Elderly Citizens Centre
- 28 Daniel Arvidson at Newcastle Elderly Citizens Centre

"We must strive to do ordinary things extraordinarily well."

Catherine McAuley, Foundress, Sisters of Mercy

Lamb and Cherry Salad

With cherry season approaching, we thought you might like a recipe for a meal that includes the sweetness of cherries. This recipe serves four people in no time.



Salad

500g lamb backstraps
10ml (2 tsp) olive oil
2 tsp dried rosemary
2 tsp dried mint
100g (3 cups) baby spinach leaves
1/2 cup fresh mint leaves
1/2 cup basil leaves
3 spring onions, finely chopped
300g cherries, pitted and chopped

Dressing

20ml (1 tbsp) extra virgin olive oil
20ml (1 tbsp) red wine vinegar
1 small garlic clove, minced
10ml (2 tsp) honey
10ml (2 tsp) Dijon mustard
20ml (1 tbsp) water

Method

- Marinate backstraps in oil and dried herbs for 10 minutes.
- While lamb is marinating, mix together spinach, fresh mint leaves, basil, spring onions and cherries.
- Divide among 4 bowls or plates.
- Heat a large non-stick frying pan on medium-high and add the backstraps.
- Cook for 2-3 minutes on each side.
- Remove from the pan and allow to rest on a board for 5 minutes before slicing and dividing among plates.
- Mix dressing ingredients in a jar, give a good shake and pour over salad.

If you are enjoying these recipes and have made them at home, we would love to see a picture of how it turned out. Please feel free to email your photo and description to mercymatters@mercyservices.org.au

Or ... if you would like to share your own recipe, please feel free to email that to us as well.

Tighes Hill Day Centre ... so much to do



Top Left: Molly gave a lovely Harp recital (August 2019); Top Right: Dancing for wellbeing - a new regular activity;
Bottom Left: checking out the new tram (May 2019);
Bottom Centre: Celebrating 64 years of marriage with Doug and Peggy; and Bottom Right: Yoga time!!



Do you have any spare tools?



As many readers will recall, Bronte House has established a wonderful garden that residents have worked hard to achieve. They are now asking for donations for garden tools such as a toolbox, a set of screwdrivers, hammer, flat head nails (assorted), shifter, WD40, graphite - anything that would be handy for making and creating.

If you can help, please drop off items to the Tighes Hill Office, 20 Union Street, Tighes Hill or call us on 4962 6680.

"A good beginning is of great importance. You must waste some time with visitors."
Catherine McAuley, Foundress, Sisters of Mercy