



LOCAL TASTES AND TALES OF AUSTRALIA

On April 4th in Port Stephens, well renowned one hatted Chef Clayton Donovan was alongside the integratedliving team as we launched our Indigenous Meals and Cook n Yarn Programs.

People were treated to a tasting of some of the exquisite recipes that are being produced and will eventually include a range of nutritious meals with protein bases such as beef, chicken, kangaroo, fish and vegetarian options coupled with native Australian ingredients such as bush peppers, myrtles and relishes to add to the unique new flavour options.

Initiated by Bron McCrae of integratedliving, this is an innovative approach to meal delivery. 'The new meal offerings give our consumers healthy, Indigenous options to choose

from' said Bron McCrae. 'When we looked at this as an idea we discovered that there wasn't anything available, so it is great to see this idea become reality' added Bron.

Another important element to the project launched on the day includes the Cook n Yarn schools program – a project of connecting school children and providing a chance for them to yarn with Aboriginal and Torres Strait Islanders about local bush foods.

Hunter River High School students and local Indigenous Elders participated in this yarning circle and shared local bush food knowledge, memories and experiences of hunting and gathering with the youngsters.

Meals are available now from integratedliving's Staying Healthy Eating Well Meal Service for everyone to enjoy.

To Be Inspired...

Inside this issue

- *Local Tastes and Tales of Australia*
- *From the CEO's Desk*
- *Looking After My Brain*
- *All Stars 2016*
- *Bill's Backyard Official Opening*
- *The Spotlight is on integratedliving*
- *The Call For More Has Been Heard*
- *Volunteer with us*
- *Seniors Festival 2016 NSW*
- *Live Long & Prosper*

Welcome to the Autumn Edition!



This edition is filled with stories and events showcasing community activities and events.

Indigenous meals based on the recipes of Clayton Donovan are available as part of our meals service across New South Wales and Queensland. Using ingredients native to Australia now being recognised for their high nutritional value, the meals combine ingredients with a range of influences.

Many Seniors Festival events and functions were held during April. While this edition focuses on Seniors Festival in NSW, events are scheduled for other states over the following months with QLD in August, TAS and VIC events in October and ACT celebrated in March.

We were very pleased to be part of Edna's 100th birthday celebrations. As we all expect to live longer we hope you find reading about care for your brain and keeping healthy informative. We will be extending our Memory Wellness Program across all states and keep you updated on when this will be available in your community.

Ten years of All Stars is another program we are particularly proud to have developed and supported in partnership with a local high school. Not only do participants enjoy companionship and social connectedness, develop a range of new skills and have a great deal of fun, but over the years hundreds of young people have developed leadership skills, learnt about inclusiveness and a focus on ability rather than disability. These are the future leaders of society who will ensure we all enjoy a more compassionate, tolerant and inclusive society.

Awards represent an acknowledgement of the work our teams do every day to ensure proactive, responsive and individualised service that is innovative and solutions focused. This edition highlights a number of awards received for individual, team and organisational activities.

The Values Based Awards are a local way of recognising an individual staff member or volunteer who provides exceptional service aligned to our values. To nominate a staff member or volunteer you feel demonstrates the values please complete the enclosed nomination form. However if we can improve on our service delivery I encourage you to also let us know so we can address any issues or concerns you may have.

We are also very excited to announce the availability of home care packages across 21 regions in QLD, NSW, VIC and TAS following additional funding from the Government. These packages are Level 3 and Level 4 and support older people in rural and regional areas, many of whom are living with chronic conditions, to receive support to remain living at home and prevent unnecessary hospital admissions.

I hope you enjoy reading this edition.

Catherine Daley, CEO

LOOKING AFTER MY BRAIN... *Keeping Healthy!*

Do you know, the things we can do to reduce the risk of heart disease and some cancers also reduce the risk of developing dementia? Regular exercise, enjoying a healthy balanced diet, and feeling happy with lowered stress is good for our physical and emotional wellbeing and brain function.

As we live longer, the incidence of dementia in society increases. Reports estimate 330,000 people in Australia live with dementia, 9% of people are aged over 65 years and 35% over 85.

According to Alzheimer's Australia, dementia is not one specific disease, it is a collection of symptoms caused by disorders affecting the brain's ability to think, behave and perform everyday tasks. It is not a normal part of ageing. Commonly the **symptoms** include progressive and frequent memory loss, confusion, personality change, apathy and withdrawal.

There are over 100 diseases which may cause dementia. Alzheimer's disease the most common, then vascular dementia, then dementia with Lewy bodies. As different conditions affect the brain's function, it is important to obtain a medical diagnosis when symptoms appear, to ensure appropriate information, support, and treatment is provided.

Alzheimer's Australia has many resources, activities, fact sheets and videos if you want to know more. The national dementia helpline is 1800 100 500.

In the coming months, integratedliving is conducting **Memory Wellness Programs** in communities across our organisation. The fun, free program introduces a range of strategies for self-management of general wellbeing and brain health. For more information, ask your care professional for details.



www.  Stars

2016 Celebrates a decade of fun!

Every year for the past decade **integratedliving consumers from Overton House** have partnered with **students from St Joseph's High School at Aberdeen NSW** for the week long **All Stars production**.

Excitement filled the buses as everyone was picked up for the first day of our annual All Stars week. This year also being the 10 Year Anniversary for this much loved event added promise of an extra special milestone celebration to come.

The theme for 2016 was "Movie Greats" and included Frozen, The Lion King, Aladdin, The Little Mermaid and Mulan, chosen by our 5 groups. Our first day saw plenty of laughs while everyone auditioned for their acting roles.

It was an action packed week of drama,



music, dance and art sessions leading up to the concert and this year students also organised a special anniversary celebration for the Thursday night in the school hall - "The Oscars" where everyone enjoyed dinner followed by a disco and danced the night away.

The All Stars concert performances on the Saturday night thoroughly entertained the huge crowd that once again filled the school hall to capacity and the fun was loved by all. One of the crowd was heard saying "there were enough smiles to light up Australia" and indeed there was, throughout the entire week.

Sunday Fun Day included a visit to High Brook Park in Muswellbrook then back to watch a movie on the big screen at the school hall and a dip in the pool to end the day.

The whole week certainly gives true meaning to the word "inclusion".

St Joseph students yet again never cease to amaze us with their enthusiasm, commitment, leadership and friendships.

Overton House Team Leader Chic Taylor said "We received a thank you card from a student's parent who said that her younger daughter can't wait to go to St Joeys in a couple of years so she can be part of All Stars".

A stunning finale of fireworks lit up the sky with a bang and wowed the crowd, commemorating a decade of All Stars events and many more to come.

A huge shout out to all involved for all that you do and a special thank you to sponsors: Bengalla Mining, Muswellbrook Workers Club, RMS Services Muswellbrook, Bakers Delight and especially Muswellbrook RSL Club for their ongoing sponsorship and keeping the All Stars shining bright.

"Bill's Backyard" OFFICIAL OPENING

integratedliving's new community sensory garden, aimed at helping improve the quality of life for those living with dementia opened in Port Stephens on Friday December 11, officiated by The Hon. Bob Baldwin Federal Member for Paterson.

The garden, which is the first of its kind in the region not attached to an aged care facility, is an initiative of integratedliving in recognition of the need for people living with dementia, seniors, frail and aged community members and community groups to have access to a safe, secure and tranquil outdoor space. Consultation with several organisations provided planning advice on design and plant selection to suit the purpose and safety of the garden.

The name "Bill's Backyard" was revealed which pays tribute to one of our long standing volunteers the late William "Bill" Pringle, a devoted and tireless volunteer who generously dedicated his time to helping those in need and particularly to our Port Stephens Aboriginal social support consumers.

The opening commenced with a cleansing smoking ceremony by Worimi Elder Leigh Ridgeway, followed by Welcome to Worimi Country by Worimi Elder Neville Lilley.

CEO Catherine Daley thanked the many supporters present from the business and local community, with special mention for funding received from the department of Ageing, Disability and Home Care, Family and Community Services; major sponsorship by Raymond Terrace Bowling Club; and planning development and ongoing support from Port Stephens Council.

Catherine said "Sensory gardens like this provide therapeutic activities for those living with dementia, to maximise retained cognitive and physical abilities and lessen the confusion and agitation often associated with the condition. Gardens and outdoor environments are increasingly being re-introduced as an important support tool in the care and quality of life of people living with dementia."

"Research indicated physical as well as visual access to nature had many health benefits for the aged including quicker recovery from illness, reducing stress, lowering blood pressure, improving sleep patterns and aiding the natural absorption of vitamin D therefore maintaining strong bones.

Access to the garden is available to integratedliving Activity Centre and respite consumers. Please phone Intake Hotline on 1300 782 896.

The spotlight is on integratedliving



OUR TALENTED TEAMS strive hard to develop new and innovative services and programs which benefit local communities across regional and rural Australia.

Over the last few months the exceptional quality and innovation around our Indigenous meals partnership with Clayton Donovan, work on our clinical systems and framework and creation of our Memory Wellness Clinics has been widely recognised – internationally, nationally and locally in the communities we serve.

Internationally we achieved finalist position for Best Dementia Care Programme at the APAC Eldercare Innovation Awards in Singapore. Announced late April, these prestigious

awards are known affectionately as the "Oscars of Aged Care" and we are delighted to be recognised at such a high level. This award was for our Memory Wellness Clinics, supporting both 'brain and body' to provide better health outcomes for older people.

The HESTA Nursing Awards have awarded us finalist ranking in the Team Excellence Category for the development of our very tasty Indigenous Meals Program. You can learn more about this program elsewhere in this newsletter. The winner will be announced on the 12th of May in Melbourne.

In Queensland Leading Age Services Australia Queensland (LASA Q) Awards awarded integratedliving

THE CALL FOR MORE HAS BEEN HEARD

For a considerable time many older people have been trying to get higher level support to allow them to stay at home longer. The call has been answered with the Commonwealth Government announcing an extra \$910million to support an increased number of people in their homes.

The additional funding is heavily focused on providing a higher level of care to people who haven't been able to access these services before in terms of more funding for personal care, household assistance, meals and medications, nursing and/or allied health care, support with memory or behaviour changes, or

assistance with aids and appliances.

integratedliving Australia received the second highest allocation of home care packages nationally, reinforcing our reputation as a leading In-home & Community Aged Care Provider, and reassuring you that your care is in safe hands.

If you or someone you know needs support – have a chat with them about integratedliving, give them this newsletter when you have finished with it or just refer them to our website www.integratedliving.org.au. Alternatively they can call our team on 1300 782 896.



Above: Eldercare finalist trophy.
Left: Our staff thrilled with their win at the Muswellbrook Chamber of Commerce Business Awards
Photo courtesy of photographer Roger Skinner.

finalist position in the Organisational Excellence category. This saw our team recognised for our leadership, innovation, selflessness and commitment in making a difference to the quality care of older people across regional and remote Queensland.

We're delighted to announce that for the second year running integratedliving won the Community Group/Not-For-Profit Organisation of the Year at the Muswellbrook Chamber of Commerce Business Awards 2015. Muswellbrook, in the Hunter Valley NSW is where integratedliving began its operations and is still very much the heart of who we are in terms of supporting people living in regional, rural and remote areas.

IN THE COMMUNITY

DO YOU WANT TO ENRICH YOUR LIFE AND YOUR COMMUNITY?
VOLUNTEER WITH US!

We have a variety of volunteer roles available in, but not limited to the following areas:
Muswellbrook and surrounds, Dubbo, Ballina, Coffs Harbour, Port Stephens, Cairns and TAS. Plus more...

ENQUIRE TODAY!
Volunteer Services 1300 364 584 or volunteer@integratedliving.org.au

Welcome to the Autumn Edition!



This edition is filled with stories and events showcasing community activities and events.

Indigenous meals based on the recipes of Clayton Donovan are available as part of our meals service across New South Wales and Queensland. Using ingredients native to Australia now being recognised for their high nutritional value, the meals combine ingredients with a range of influences.

Many Seniors Festival events and functions were held during April. While this edition focuses on Seniors Festival in NSW, events are scheduled for other states over the following months with QLD in August, TAS and VIC events in October and ACT celebrated in March.

We were very pleased to be part of Edna's 100th birthday celebrations. As we all expect to live longer we hope you find reading about care for your brain and keeping healthy informative. We will be extending our Memory Wellness Program across all states and keep you updated on when this will be available in your community.

Ten years of All Stars is another program we are particularly proud to have developed and supported in partnership with a local high school. Not only do participants enjoy companionship and social connectedness, develop a range of new skills and have a great deal of fun, but over the years hundreds of young people have developed leadership skills, learnt about inclusiveness and a focus on ability rather than disability. These are the future leaders of society who will ensure we all enjoy a more compassionate, tolerant and inclusive society.

Awards represent an acknowledgement of the work our teams do every day to ensure proactive, responsive and individualised service that is innovative and solutions focused. This edition highlights a number of awards received for individual, team and organisational activities.

The Values Based Awards are a local way of recognising an individual staff member or volunteer who provides exceptional service aligned to our values. To nominate a staff member or volunteer you feel demonstrates the values please complete the enclosed nomination form. However if we can improve on our service delivery I encourage you to also let us know so we can address any issues or concerns you may have.

We are also very excited to announce the availability of home care packages across 21 regions in QLD, NSW, VIC and TAS following additional funding from the Government. These packages are Level 3 and Level 4 and support older people in rural and regional areas, many of whom are living with chronic conditions, to receive support to remain living at home and prevent unnecessary hospital admissions.

I hope you enjoy reading this edition.

Catherine Daley, CEO

LOOKING AFTER MY BRAIN... *Keeping Healthy!*

Do you know, the things we can do to reduce the risk of heart disease and some cancers also reduce the risk of developing dementia? Regular exercise, enjoying a healthy balanced diet, and feeling happy with lowered stress is good for our physical and emotional wellbeing and brain function.

As we live longer, the incidence of dementia in society increases. Reports estimate 330,000 people in Australia live with dementia, 9% of people are aged over 65 years and 35% over 85.

According to Alzheimer's Australia, dementia is not one specific disease, it is a collection of symptoms caused by disorders affecting the brain's ability to think, behave and perform everyday tasks. It is not a normal part of ageing. Commonly the **symptoms** include progressive and frequent memory loss, confusion, personality change, apathy and withdrawal.

There are over 100 diseases which may cause dementia. Alzheimer's disease the most common, then vascular dementia, then dementia with Lewy bodies. As different conditions affect the brain's function, it is important to obtain a medical diagnosis when symptoms appear, to ensure appropriate information, support, and treatment is provided.

Alzheimer's Australia has many resources, activities, fact sheets and videos if you want to know more. The national dementia helpline is 1800 100 500.

In the coming months, integratedliving is conducting **Memory Wellness Programs** in communities across our organisation. The fun, free program introduces a range of strategies for self-management of general wellbeing and brain health. For more information, ask your care professional for details.



www.  Stars

2016 Celebrates a decade of fun!

Every year for the past decade **integratedliving consumers from Overton House** have partnered with **students from St Joseph's High School at Aberdeen NSW** for the week long **All Stars production**.

Excitement filled the buses as everyone was picked up for the first day of our annual All Stars week. This year also being the 10 Year Anniversary for this much loved event added promise of an extra special milestone celebration to come.

The theme for 2016 was "Movie Greats" and included Frozen, The Lion King, Aladdin, The Little Mermaid and Mulan, chosen by our 5 groups. Our first day saw plenty of laughs while everyone auditioned for their acting roles.

It was an action packed week of drama,



music, dance and art sessions leading up to the concert and this year students also organised a special anniversary celebration for the Thursday night in the school hall - "The Oscars" where everyone enjoyed dinner followed by a disco and danced the night away.

The All Stars concert performances on the Saturday night thoroughly entertained the huge crowd that once again filled the school hall to capacity and the fun was loved by all. One of the crowd was heard saying "there were enough smiles to light up Australia" and indeed there was, throughout the entire week.

Sunday Fun Day included a visit to High Brook Park in Muswellbrook then back to watch a movie on the big screen at the school hall and a dip in the pool to end the day.

The whole week certainly gives true meaning to the word "inclusion".

St Joseph students yet again never cease to amaze us with their enthusiasm, commitment, leadership and friendships.

Overton House Team Leader Chic Taylor said "We received a thank you card from a student's parent who said that her younger daughter can't wait to go to St Joeys in a couple of years so she can be part of All Stars".

A stunning finale of fireworks lit up the sky with a bang and wowed the crowd, commemorating a decade of All Stars events and many more to come.

A huge shout out to all involved for all that you do and a special thank you to sponsors: Bengalla Mining, Muswellbrook Workers Club, RMS Services Muswellbrook, Bakers Delight and especially Muswellbrook RSL Club for their ongoing sponsorship and keeping the All Stars shining bright.

"Bill's Backyard" OFFICIAL OPENING

integratedliving's new community sensory garden, aimed at helping improve the quality of life for those living with dementia opened in Port Stephens on Friday December 11, officiated by The Hon. Bob Baldwin Federal Member for Paterson.

The garden, which is the first of its kind in the region not attached to an aged care facility, is an initiative of integratedliving in recognition of the need for people living with dementia, seniors, frail and aged community members and community groups to have access to a safe, secure and tranquil outdoor space. Consultation with several organisations provided planning advice on design and plant selection to suit the purpose and safety of the garden.

The name "Bill's Backyard" was revealed which pays tribute to one of our long standing volunteers the late William "Bill" Pringle, a devoted and tireless volunteer who generously dedicated his time to helping those in need and particularly to our Port Stephens Aboriginal social support consumers.

The opening commenced with a cleansing smoking ceremony by Worimi Elder Leigh Ridgeway, followed by Welcome to Worimi Country by Worimi Elder Neville Lilley.

CEO Catherine Daley thanked the many supporters present from the business and local community, with special mention for funding received from the department of Ageing, Disability and Home Care, Family and Community Services; major sponsorship by Raymond Terrace Bowling Club; and planning development and ongoing support from Port Stephens Council.

Catherine said "Sensory gardens like this provide therapeutic activities for those living with dementia, to maximise retained cognitive and physical abilities and lessen the confusion and agitation often associated with the condition. Gardens and outdoor environments are increasingly being re-introduced as an important support tool in the care and quality of life of people living with dementia."

"Research indicated physical as well as visual access to nature had many health benefits for the aged including quicker recovery from illness, reducing stress, lowering blood pressure, improving sleep patterns and aiding the natural absorption of vitamin D therefore maintaining strong bones.

Access to the garden is available to integratedliving Activity Centre and respite consumers. Please phone Intake Hotline on 1300 782 896.

The spotlight is on integratedliving



OUR TALENTED TEAMS strive hard to develop new and innovative services and programs which benefit local communities across regional and rural Australia.

Over the last few months the exceptional quality and innovation around our Indigenous meals partnership with Clayton Donovan, work on our clinical systems and framework and creation of our Memory Wellness Clinics has been widely recognised – internationally, nationally and locally in the communities we serve.

Internationally we achieved finalist position for Best Dementia Care Programme at the APAC Eldercare Innovation Awards in Singapore. Announced late April, these prestigious

awards are known affectionately as the "Oscars of Aged Care" and we are delighted to be recognised at such a high level. This award was for our Memory Wellness Clinics, supporting both 'brain and body' to provide better health outcomes for older people.

The HESTA Nursing Awards have awarded us finalist ranking in the Team Excellence Category for the development of our very tasty Indigenous Meals Program. You can learn more about this program elsewhere in this newsletter. The winner will be announced on the 12th of May in Melbourne.

In Queensland Leading Age Services Australia Queensland (LASA Q) Awards awarded integratedliving

THE CALL FOR MORE HAS BEEN HEARD

For a considerable time many older people have been trying to get higher level support to allow them to stay at home longer. The call has been answered with the Commonwealth Government announcing an extra \$910million to support an increased number of people in their homes.

The additional funding is heavily focused on providing a higher level of care to people who haven't been able to access these services before in terms of more funding for personal care, household assistance, meals and medications, nursing and/or allied health care, support with memory or behaviour changes, or

assistance with aids and appliances.

integratedliving Australia received the second highest allocation of home care packages nationally, reinforcing our reputation as a leading In-home & Community Aged Care Provider, and reassuring you that your care is in safe hands.

If you or someone you know needs support – have a chat with them about integratedliving, give them this newsletter when you have finished with it or just refer them to our website www.integratedliving.org.au. Alternatively they can call our team on 1300 782 896.



Above: Eldercare finalist trophy.
Left: Our staff thrilled with their win at the Muswellbrook Chamber of Commerce Business Awards
Photo courtesy of photographer Roger Skinner.

finalist position in the Organisational Excellence category. This saw our team recognised for our leadership, innovation, selflessness and commitment in making a difference to the quality care of older people across regional and remote Queensland.

We're delighted to announce that for the second year running integratedliving won the Community Group/Not-For-Profit Organisation of the Year at the Muswellbrook Chamber of Commerce Business Awards 2015. Muswellbrook, in the Hunter Valley NSW is where integratedliving began its operations and is still very much the heart of who we are in terms of supporting people living in regional, rural and remote areas.

IN THE COMMUNITY

DO YOU WANT TO ENRICH YOUR LIFE AND YOUR COMMUNITY? VOLUNTEER WITH US!

We have a variety of volunteer roles available in, but not limited to the following areas:
Muswellbrook and surrounds, Dubbo, Ballina, Coffs Harbour, Port Stephens, Cairns and TAS. Plus more...

ENQUIRE TODAY!
Volunteer Services 1300 364 584 or volunteer@integratedliving.org.au