

Friends of Fernlea

Carers Corner

February Edition 2011

Happenings at the House

Welcome everyone to 2011. The first month has gone so quickly as it always seem to do.

Over the Christmas break, we had the inside of the house painted, new blinds for the lounge room and moved some of the furniture around. The house now looks lovely and peaceful.

Remember that you are always welcome to join us for morning tea or lunch. Just a phone call to let us know when you would like to come is all that is required.

Did you know that there are over 700,000 people caring for a family member in Victoria, and carers save the Australian community a total of \$40 billion each year? Amazing statistics aren't they?

In December 2010, I read an excellent article in Carers Victoria Newsletter. In part it said: *"carers spend so much of their time chasing after the needs of others around them, including the person/s they care for, work, and other family members and friends.....Years of research has demonstrated that carers frequently place their own needs last and that this has very real physical and psychological health consequences. Self care strategies such as making time for friends, diet and exercise have all been linked with good health outcomes.*

Below is a few of the main stumbling blocks for carers when asking for time out."

Guilt – "I feel guilty taking time out for myself when the person I care for is so unwell."

Self worth – Do I really deserve to take time for myself when things are so bad?"

What my loved one thinks of me – "He/she accuses me of calling them a burden every time I bring up the topic of respite."

Letting go – "No one can look after her/him the way I do."

Maybe some of you may have had some of these thoughts at some time in your caring role. The

reality is that unless you look after yourself, by taking some time out, you won't be able to care for the person that you love.

So remember to look after YOU!

Carers Victoria has information and services to support carers. The web site is www.carersvic.org.au.

Another useful website if you are looking for respite is www.vcsn.com.au There is a link to "Respite Seeker". Simply type in the area of where you live and it will show you what respite services are available in your area.

Some of our guests painting the Fernlea mural.



The finished product!



Now that summer is actually happening just a reminder that Fernlea house is closed on days when a **Total Fire Ban** is declared for the area. There will be no programs on those days.

A message from Marian

Happy New Year and Hi to all our committed carers.

We have a fantastic month planned for February. Just in case you miss any reminders regarding the themes for each week, they are as follows: Rock around the clock, Valentine's Day Romance, Armchair travel to Italy and Let's Scrapbook. If your family member has any photos that have not been put into albums or lying around in boxes, or in an old album going yellow, they can be made up into acid free albums that will be long lasting and can have a special touch given by their owner. The only job for you for to make sure that your loved one brings them to Fernlea when they come and our wonderful volunteers will help them create their scrapbook. Now enjoy every day that you have free to pamper yourself.

Warm regards,
Marian

Companion Card

The companion card enables eligible people, who always require someone to be with them, to attend sporting and cultural events and other activities, without incurring the cost of a second ticket.

The cardholder presents their card at participating organisations to purchase a ticket or pay an entry fee and receives a ticket for their companion at no extra charge.

To apply for a companion card, contact your State office on the number below or go to

www.companioncard.gov.au

The number for Victoria is 1800 650 611



Tuning into digital television around Australia

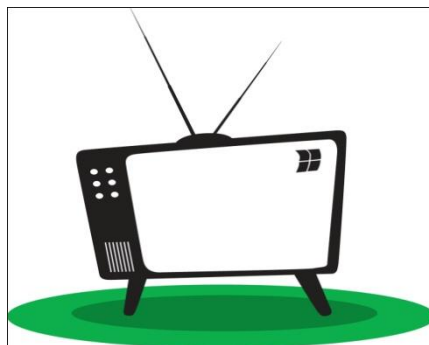
All Australians will need to have made the switch to digital television by the end of 2013 to continue to watch television.

To support you in making the switch, the Household Assistance Scheme (HAS) will be available during each regions switchover period to provide eligible customers with a high-definition set-top box.

You may be eligible for the scheme if you do not already have access to digital television on any television that you own and are receiving the maximum rate of the following payments:

- Carer Payment
- Age Pension
- Disability Support Pension
- DVA Service Pension
- DVA Income Support Supplement

For more information about the Household Assistance Scheme or to find out when your region is switching to digital television, visit www.digitalready.gov.au or call the Digital Ready Information Line on 1800 20 10 13.



Phones for Fernlea

We have a fundraising project going at the moment. If you have any old mobile phones, we are collecting them, having them recycled and Fernlea receives a small payment for each one. Drop them into the office or there are a few collection points around Emerald.

(Note: They need to be working and have their batteries in them)



Taking Care of Carers

Are you looking after someone who could not manage without you?

Who is looking after your needs?

Some carers may not think of themselves as “carers” or know that they are entitled to information and support. Often the focus is on the person being cared for and the needs of the carer are overlooked.

So remember to:

- tell your GP that you are a carer
- have regular health check-ups
- look after yourself
- contact your local Carer Association to find out about available support
- accept help in your caring role
- remain active
- maintain social contacts
- plan ahead and take a break.

Remember, if carers are not taken care of, they cannot take care of others.



A lovely photo of the garden at Fernlea to help you relax!

A message from Kathryn

By now most of you would have spoken to Kathryn (our new Clinical Services Coordinator) over the phone and some of you may have met her.

In trying to improve the support that we can provide to you the carers, Kathryn will be visiting you at home, possibly each 4- 6 weeks. She will ring first to find a time that is suitable for you. If you need to speak to her sooner, always just call.

YOUR INPUT IS NEEDED!

Recently we received a small amount of money to do something to increase the support that we provide to carers. We thought it best to ask YOU, the carers what you would like.

Attached is a short survey asking you what might be of benefit. Please complete and return to Fernlea House in the enclosed stamped self address envelope.

Thank you

Villa Maria Carer Events January / February 2011

Carers Health Retreat

If you are in need of a well deserved break, join us for a three day getaway at the beautiful Delvin Health retreat in the Dandenong Ranges. Activities include yoga, massage, short guided forest walk and presentation of mental well being and self care strategies.

Date: Tuesday 15th – Thursday 17th February 2011.

Cost: \$50 including all meals and activities

Location: Delvin Health Retreat 25 Monash Avenue, Olinda.

Meditation and Wellness Program

An exciting eight week program will be offered at the Heart and Soul Centre in Ferntree Gully focusing on meditation and relaxation. Sessions include: meditation, reiki, yoga, self development and relaxation.

Dates: Mondays 31st January - 28th March (excluding Labour Day 14th March).

Cost: \$50 for six sessions non refundable

Venue: Heart and Soul Centre, 1226 Burwood Highway Upper Ferntree Gully.

For further information, eligibility and bookings, which are essential, contact Villa Maria Carer Access 1300 650 615

RELAXATION CORNER

Joke of the Week

A truck driver was delivering 500 penguins to the zoo. As he was driving thru' the desert he broke down. Another truck passes about 3 hours later. He waves it down and offers the driver \$500 to take the penguins to the zoo. The next day the original truck driver is in town and sees the new driver crossing the road with the penguins walking single file behind him. The original driver jumps out of his truck and shouts "what's going on? I gave you \$500 to take the penguins to the zoo!" The new truck driver says "I did take them to the zoo, and have enough money left over so we are off to see a movie."



Take a break: Sudoku

History of Sudoku

Sudoku has a fascinating history. "Su" means number in Japanese, and "Doku" refers to the single place on the puzzle board that each number can fit into. It also connotes someone who is single—indeed, one way to describe the game is "Solitaire with numbers." Sometimes it is mis-spelled as "soduko" or "sudoko." Although its name is Japanese, its origins are actually European and American, and the game represents the best in cross-cultural fertilization. Unlike many games which spring from one culture and are then absorbed by others, Sudoku's development reveals it to be a true hybrid creation. The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple

constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

				5	4			7
1	8	2					5	
		4			1	9		3
	1		3	6			7	9
8			9		2			5
2	3			1	7		4	
9		6	8			4		
	5					7	6	8
7			1	3				

FERNLEA WEBSITE

Just to let you know that the new Fernlea website will be up and 'live' very soon. We are excited about the new look and simplified information.

We welcome feedback and suggestions about it, and every other aspect of Fernlea, so don't forget to give us suggestions:

- In the suggestion box at the house,
- By letter
- Via e-mail
- By fax
- And soon – on the website.

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