

NOVEMBER 2017



## Diversicare launches Conciliation Action Plan

ECCQ recently unveiled the organisation's newly developed Conciliation Action Plan (CAP). The vision for the conciliation is to acknowledge Aboriginal and Torres Strait Islander people as the First Peoples, embracing the richness and diversity of their cultures, which are the oldest continuing cultures in the world.

This conciliation strategy is an essential first step in demonstrating the organisation's commitment, aiming to increase their cultural awareness of Aboriginal and Torres Strait Islander peoples and building strong and meaningful relationships. To make this commitment a reality, the organisation will

build strong relationships with local Aboriginal and Torres Strait Islander businesses and communities and will actively seek to promote and support business development, education and employment opportunities.

Local artist Nicole Newley-Guivarra was commissioned to paint an artwork of this new vision which was unveiled at the launch at West End. General Manager Vivienne McDonald said: "We support and promote the development of healthy and vibrant Aboriginal and Torres Strait Islander communities and continue to establish and build strong relationships."

## New website for CALD carers and families

Diversicare has received funding to develop a cutting-edge website, which will raise awareness and understanding of planning for ageing.

The website will be for people from culturally and linguistically diverse backgrounds (CALD), their carers and families.

General Manager Vivienne McDonald said that the website will be a new approach to assist CALD consumers with planning for the future with an emphasis on visual engagement and interactivity.

"This web based interactive information site will enable consumers and carers (impacted by dementia) to 'virtually' move through a home environment, identifying possible and or future risks and hazards, and safely plan for their lifestyle," said Ms McDonald.

The resource will be available in seven different languages, including English and will be developed over the next two years.

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Visit the Department of Health website for  
more information. [www.health.gov.au](http://www.health.gov.au)



Ethnic Communities  
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## Talking scarecrow a hit at this year's WIGY event

He's been light-heartedly called the 'talking scarecrow', 'garden gnome', 'half man half hedge', but landscape gardener Costa Georgiadis has always been at one with nature.

Costa who was the keynote speaker at the Annual Diversicare Wellness in the Golden Years event, gave an inspiring talk on his simple approach to holistic and healthy eating, the focus for this year's expo.

Visitors at the event also had the opportunity to experience the Dementia Live™ Experience, a virtual simulator that takes people into the world of a person living with dementia. The experience gives an insight and understanding of the sensory changes that people with dementia experience.

The lively day also featured health and wellness speakers and exhibitors, a yummy lunch, yoga and dance activities, a photobooth, swing dancing and free health checks.

## Challenge Your Mind

Throughout the ageing journey it is important to stay on top of your health and wellbeing.

Research released by Alzheimer's QLD emphasises the importance of not only keeping your mind active, but also the body.



Brisbane Seniors Online and the University of the Third Age (U3A) are great examples of organisations that encourage further education during retirement.

Challenge your mind with a variety of classes at U3A, the next term start date is 3 October 2017. Learn the ins and outs of surfing the web, online communication and using devices like your smartphone or tablet.

Both of these organisations have multiple locations in Queensland. For more information Brisbane Seniors Online <https://www.bsol.asn.au/pages/> and the University of the Third Age



## Recipe Brown Rice Salad

### Ingredients

1 1/2 cups brown rice  
3 spring onions, finely chopped  
1 red capsicum, cored, seeded and chopped  
1 green capsicum, cored, seeded and chopped  
3/4 cup raisins  
75g cashews, raw or roasted and roughly chopped  
2 tablespoons chopped parsley  
3 tablespoon of soy sauce dressing (or to taste)

### Soy Sauce Dressing

1/2 cup cooking oil  
2 tablespoons soy sauce  
1 tablespoon lemon juice  
2 level teaspoons sugar  
1 clove garlic crushed or finely chopped  
1cm root ginger finely chopped

### Directions

To make the soy sauce dressing, put all sauce ingredients into a jar with a lid and shake well to blend.

Cook rice in boiling salted water for 40-45 minutes until soft. Rinse, drain well and cool.

Place in a bowl and add remaining ingredients. Toss thoroughly before serving.

10 minutes before serving, add the soy sauce dressing to the rice and veg and toss well and serve. Serves: 10

Diversicare is looking for recipes for our Multicultural Cookbook. If you have a recipe to share please contact 1300 348 377 or email [akropp@diversicare.com.au](mailto:akropp@diversicare.com.au)

*Recipe source: [www.allrecipes.com.au](http://www.allrecipes.com.au)*

## Staff profile



**Name:** Priscilla Jiang

**Job title:** Rostering officer

**How long have you worked for Diversicare?** 10 months

**Where were you born/ what languages do you speak?** I was born in Liyang, Jiangsu, China. I speak Mandarin and English.

**What is the most rewarding aspect of your job?** When I get appreciation from my clients and my colleagues – when we work out a result that makes the majority of people happy is a great sense of achievement.

**Fun fact about you:** I like to read. I am a Buddhist; I enjoy studying the Buddhist principles and applying them to my daily life.

## New Staff Member

**Laurah Coulton** is Diversicare's new Clinical Care Coordinator and has been working alongside Liz Kelly, our Enrolled Endorsed Nurse, in providing nursing services to Diversicare's clients. Laura has been getting out and about meeting our clients: updating client care plans, undertaking a general assessment of their health and wellbeing as well as attending to wound care, catheter care and continence assessment.

Laurah has over nine years' experience within the health care industry mostly in community care. Laurah holds a Bachelor degree in nursing which she completed in 2008.



## West End *CONNECT* news



*The Conciliation working group showed its support by having a stall at the the NAIDOC Family Fun Day.*



*The Samoan respite group enjoying a day out at the Newstead House Museum.*



*Mrs Janina Zarnecka celebrated her 90th birthday party at the West End Connect respite centre with her friends in the Polish group.*



Early in July Diversicare's West End Connect centre garden had a complete overhaul. Jim's Gardening put together brand new planting boxes at the back of the respite centre. All of our respite groups have helped to plant, water and nurture the new gardens. A variety of small shrubs and trees, herbs and flowers have been planted. Everyone has been having fun helping with the respite gardening project.

Activities coordinator Julie and Lifestyle assistant Kerry are both really excited to see the garden looking so lovely after all the effort staff and clients have put into the project

The Chinese respite group enjoyed a lovely day soaking up the sunshine at D.M. Henderson Park. The group enjoyed morning tea, played cards and made use of the exercise equipment at the park.

Over the past couple of months most of the respite groups have visited Newstead House in Newstead, Brisbane. Newstead House is Brisbane's oldest surviving home, established in 1846. The house is an established house museum with all of the rooms decorated to reflect the late Victorian period.



*Diversicare Home Care Workers and the Chinese respite clients enjoying a game of chess.*

## Would you like to donate to Diversicare?



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Please find attached my: cheque or money order (payable to Diversicare) for:

\$5 ☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50 ☐ \$100 ☐ \$150 ☐ \$500 ☐ or other amount: \_\_\_\_\_

Return this slip to Diversicare: PO Box 5199, West End QLD 4101 **Donations over \$2 are tax deductible**  
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