



**liberty**  
community connect

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**We are Liberty**



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# Commonwealth Games : 4 - 15 April 2018

## LIBERTY COMMUNITY CONNECT COMMONWEALTH GAMES CLOSURE INFORMATION

Over the past months Liberty Community Connect staff have attended several Get Set for the Games community planning meetings with the intent that we would continue to provide services. The prediction of the Commonwealth Games committee is for up to 6 million additional journeys on our roads during 4 – 15 April meaning our staff and volunteers would have enormous challenges getting to work. With road and traffic changes across the City heavy traffic congestion is expected from mid-March to mid-April.

Additionally there will be parking and access changes near venues (including access permits in some areas), security checks and, impacting our community based services, there will be restricted public use of some parks, beaches and open spaces. In consideration of the above it has become apparent that Liberty is left with no alternative other than to minimise the delivery of our services and support for the duration of the Games.

We will be treating this period of time as we do with Christmas – **all leisure and lifestyle centre based / community access services will cease from Thursday, 29 March** (due to the Easter long weekend) **and recommence on Monday, 16 April**. If you attend a program with Katrina, Jenny, Joanne, Nicole, Grant or Wendy and have **a need for this service** however, please urgently speak to Nahum or Lyn so that we can consider what capacity we may have to offer an alternative to you.

If you **receive help in your home** (such as cleaning, shopping, respite, showers, etc.) our staff will be in touch with you to discuss your needs. Our aim will be to ensure that services such as personal care, respite and meal preparation will continue to the absolute best of our capacity. We **recommend you prepare in advance to ensure you have an adequate supply of medications, frozen meals, cartons of milk and canned foods**. Staff from Home Services will touch base with clients prior to the Games to discuss alterations to services and we thank you in advance for your patience and consideration. If you are going away, or have family coming to stay, and therefore won't need our service, please let us know as early as possible.

If you would like to **discuss your individual needs in this period of time we urge you to please phone 5578 1668 for the Supervisor of your service urgently** ensuring adequate time for planning and preparation. Our Supervisors are:

- Melissa Flaherty - Home Services and Home Maintenance Services,
- Lyn Pascoe - Community Services / Leisure and Lifestyle centre based and community access, and
- Rowena Jones - Home Care Packages.

Additionally, based on the Get Set committee feedback, we anticipate extended challenges in service delivery in the week prior and post the Games however these appear to be traffic congestion only and we are hopeful of working around these disruptions as they arise. Your Supervisor will be doing their best to keep you informed of any changes, which may include a change of support worker, day/time and length of your service. We apologise for any inconvenience these changes may cause and thank you for your flexibility and understanding throughout this period.



We hope you are able to enjoy the Games whether attending an event or watching them on the tele.

Yours sincerely  
Jo Todoruk  
General Manager

# Greetings from Management



## A few words from the General Manager

Howdy all – what a busy time we have had since our last Magazine and what a busy few months ahead! On 28 February we bid adieu to summer and on 1 March said hello autumn. Apparently many Queenslanders are not as fond of the summer months as I am so I trust this is a welcome turn of seasons. We'll now have to suffer through the chilly autumn days with an average temperature of 25-27ish degrees. Tough life heh! Some of my family were here from Canada (Kamloops for those interested) for January and returned home to temperatures well in to the minuses and three days of non-stop snow! WOW heh ... imagine that! FYI – that is a lot of snow shovelling!

Right around the corner from 'the last day of summer' the Easter bunny will be hop, hop hopping along. Whether you celebrate this occasion due to religious beliefs or because it is a traditional family time (with excessive chocolate) I hope it is a happy time for you. On the subject of Easter, if you receive a service from Liberty please be mindful of our closure on the public holidays as mentioned on Page 19. The opening of the Commonwealth Games immediately follows Easter - a memorable event for the Gold Coast I am sure.

Food for thought – as I proofread this Magazine I found it very thought provoking that ALL of our 'Getting to Know our Clients/Volunteers' made almost the exact same comment to the question 'What is your pet peeve'. All made reference to people who are rude; not kind to each other, etc. That led me to wonder one of two conclusions – either Liberty is blessed with the association of a lot of very kind hearted people who share like minded values or, on another note, it made me wonder if our world is becoming less kind and we need to stop, focus and commit to thinking more about how we treat each other - *"Kindness is contagious - if you would like to spoil the day for a grouch, give him a smile"*.

Last, but not least, I take this moment to announce and acknowledge Allan Reeve. In the past few years Allan has been employed by Liberty in the role of Business Manager. Good fortune – for both Liberty and (I would like to believe) him - has recently seen Allan appointed to the role of Operations Manager. This means that one of his many key tasks is the leadership of our four Supervisors and therefore will also work closer with the whole Liberty team. Since the commencement of his employment, I have had the privilege of working closely with Allan and Liberty can power forward with complete confidence in his ability to continue to create awesome opportunities for our clients and staff while maintaining 'state of the art' business practices. *Go Allan* (no pressure)!

Until next time – be healthy and be happy - *Jo*



## And the President

Over the last few years the Committee of Management (CoM) has been actively working toward assisting senior staff in reviewing,

developing and fine tuning various fundamental business practices. This has also included a review of its roles and operations to ensure that all the checks and balances are in place to enable the committee to monitor Liberty's goals and objectives and ensure that they are in line with Liberty's overall mission. One specific area we have identified and incorporated into Liberty's overall strategic plan is the ongoing development and enhancement of the management committee's skills.

Although the members of the CoM come from a wide range of backgrounds and skill sets, we understand that the sector is continually changing and evolving. Therefore, it is very important for us to keep building expertise, skills and knowledge to ensure Liberty remains at the forefront of the industry in which it operates. In the last few months, leaders from the sector have made presentations to the committee and senior management on the anticipated trends and risks as well as briefings on current and future Government initiatives.

Arrangements are also currently being made for the CoM to attend further development in the area of governance which will in turn lead to identification of areas where the committee's performance can be improved and /or enhanced.

With the challenges facing the sector, the committee totally understands the importance of its role and, in particular, the need to remain relevant and effective in moving Liberty forward to meet these challenges.

*Vitay - President, Management Committee*



## Greetings from Management (*Con't*)

### From the Operations Manager



As a young person growing up in regional Tasmania my first career was as a nurse. It was challenging to say the least but I loved caring for people. Scarily that was over 30 years ago... gasp!! Having settled on the sunny Gold Coast for the last 15 years, the last four I have been involved with the amazing Liberty Community Connect. Funnily enough my wife also worked for Liberty when we were Nerang Community Respite Care Association. I have served on the committee and have now worked as a paid employee for almost three years. All of this to say, that holding the new role of Operations Manager makes me proud as punch. As Operations Manager I support our Supervisors in the daily delivery and administration of our services and programs. We have a big task but I love what I do and the team I work with.

The challenges facing any community organisation in our current environment are unprecedented and yet Liberty is truly flourishing on so many levels. We have brilliant staff, a broad and comprehensive service offering, we are steadily growing, we have a solid history of financial stability and we know exactly who we are and what we want to be! We are dedicated to keeping our clients as our priority, being an employer that staff love working for and being an organisation that volunteers are proud to support. All of this is true and my job is to do my bit to keep it that way.

If you have concerns about your service, any suggestions on how we can support you better or you simply want to let us know that we are doing a great job, please email, write or call - we would love to hear from you.

*Cheers,*

*Allan Reeve*

### GETTING TO KNOW OUR CLIENTS - *Mary Walsh*



What is your favourite movie? *Titanic - I found it hard to believe that this could actually happen.*

Your hobbies? *Tennis.*

Do you have a nickname and why? *Mezza. It came from my brother when I was young.*

What is your pet hate in life? *Rudeness.*

What is better ... coffee, chocolate, beer or beach? *Dark chocolate.*

If you could travel to any place in the world tomorrow, where would you like to go? *Rome.*

How did you become a Liberty client? *I lived around the corner and would see Liberty as they past by.*

What is a favourite saying that you live your life by? *Treat others as you would like to be treated yourself.*

Tell us the thing you feel most proud of in your life? *That I look for the good in people and care so much about people.*

### Testimonial

*"At first I didn't want to come along to Liberty, but I am so glad now that I did. Coming along to Liberty has made a real difference to my life. My family have even said they have seen a real change in me, that I am much brighter and happier now than ever before and all due to my attendance at Liberty Community Connect."*

*Gloria Notman - Client*



# Home Care Packages

Home care packages (HCPs) are designed to assist people 65 years and over (55 for Aboriginal and Torres Strait Islanders) to remain living in their own homes for longer and gives them the ability to purchase the services that are unique to them.

For you this could mean enhancing your independence and living a valued life where you are able to continue to make choices about the types of things you need. In addition to a wide variety of assistance within the home (cleaning, shopping, meal preparation, personal care, garden maintenance, etc) you could also receive services such as podiatry, physio, remedial massage, acupuncture, nursing and more in your home. Items to assist you to remain independent (bed, grab rails, etc.) may also be available.



A home care package can also help you achieve affordable and wonderful life experiences. When was the last time you felt the sand between your toes? What was the last movie you saw at the theatre? If your desire is to get out and about more we can organise for one of our friendly qualified staff to transport you to wherever you would like to go, or perhaps you might like to join in the activities we offer here at our Centre.

The maximum fee set by the government is \$10.17 per day. For full pensioners Liberty will negotiate a financial contribution that each individual person can afford and take into consideration what they wish to achieve. You will see and feel the benefits of the services you choose, with both your health and financially. A compulsory income tested fee, which is determined by the Department of Human Services, may be payable by some people so it is advisable to investigate whether this may be applicable to you to help you to make an informed decision prior to signing on for a home care package. We also offer a private fee for service as an alternative.

We will always aim to maximise your experience here at Liberty. If we don't have it, we will get it. If you want to know more just pick up the phone and call me on 5585 1312 as I'd love to chat with you about home care packages and/or private services.

*Rowena :-)*

I would like to thank one of our lovely clients, Nola, for sharing with us her insight as to how the assignment of a home care package has made a world of difference to her life.

*Q. Nola, what are the benefits you have obtained from the home care package?*

A. A better lifestyle. It is good to not feel so loaded down with the everyday things. It has made things happen (my gardening, lawns, podiatry, physio, home support). When you're not able to do things it makes you feel useless. I really appreciate all the services that have been put in place. The lawns and yard are done each week and they do such a good job. Laurie (my husband) would hurt himself if he were to do it so it has helped him too. It is such a relief to know that everything is done. I look outside and am so happy with how my home looks.

*Q. Would you encourage others to take up a package if they were assigned one?*

A. I have put a couple of friends on to My Aged Care and Liberty. A friend had an assessment done yesterday. Yes, I would definitely encourage others.

*Q. Are there any negative aspects of the package?*

A. No not really. Reiko is a big help to me in my home, she is very good. Podiatry is really good. My condition is chronic so having my own Physiotherapist is amazing, she knows me so well. I have also found a pool with a walking ramp for entry.

*Q. In terms of your future how has the package influenced your health?*

A. It is definitely possible to stay at home with a lot of help in place. Apart from my current condition I have since been diagnosed with Polymyalgia. Help has come at a desperate time. Any help enables me to do the things I need to do. It provides more balance in my life. I dream to look like some of those 80 year olds you see around who are fit and healthy. I might just get there with the help of my home care package.

## Leisure & Lifestyle - *ELDERLY* - Centre Based



We have had lots of great theme days at the centre over the summer months as well as celebrating Christmas, New Year, Australia Day and Chinese New Year.

Our **Christmas parties** were fun and festive with lots of delectable food and a visit from Santa. We also enjoyed the sharing of our special memories of times spent with our family and friends, and the **New Year** was a time for sharing our plans for the future and our thoughts on how to make the most of every day for our mind, body and spirit. Some people expressed how much they missed us when we were closed between the Christmas and New Year period so it was wonderful to see everyone's smiling faces when we got back together early in the New Year.



The **Australia Day** program saw us watching iconic Aussie ads from the past such as the Vegemite, Aeroplane Jelly and Mortein ads with their catchy jingles. We also loved the 'Aussie icons' quiz and 'thong throwing' competition which produced some interesting results and lots of laughter. The week was also filled with great Aussie music, Aussie humour and delicious Aussie food from Yvonne's kitchen.

We celebrated the **Chinese New Year** in February which heralded the start of **The Year of the Dog**, this year being the Earth Dog. The date of the Chinese New Year is based on the lunar calendar and the dog is the eleventh in the twelve year cycle of Chinese zodiac signs. May this year bring good luck to everyone.



The summer months have also seen us enjoying ourselves playing bingo, whiteboard games, bocce-in-the-round, Finska, quizzes, ten-pin bowling, crafts, videos, raffles, sing-a-longs and even a BBQ at the centre, as well as picnics at Schusters Park in West Burleigh and Laguna Lake in Palm Beach and a bus trip to Helensvale Bowls Club.

With the **Commonwealth Games** fast approaching, we will be holding our own modified version of the Games with various activities - what a great opportunity for some friendly competition. Let's support our local heroes during the games - Aussie! Aussie! Aussie! Oi! Oi! Oi! We will also be looking forward to our Wellness Weeks with plenty of tips for health and wellbeing and we welcome your suggestions for guest speakers for Wellness Weeks. **Our program will be in recess over the Commonwealth Games period - please see Page 3 for more information.**

**A big thank you to all our fabulous volunteers** - such wonderful people, selfless in nature and so generous with their time in helping us with our activities and decorating the Centre.

*We look forward to seeing you over the coming months -  
Katrina, Jenny, Nicole, Joanne, Yvonne, Peter,  
Lyn, Nahum and all our volunteers.*





## Leisure & Lifestyle - *disABILITY* - Centre Based

Our centre based activities have been very festive over the summer months. We have enjoyed decorating the Martin Street centre for Christmas, entertained ourselves with a 'round' of golf, been entertained by the wonderful Rob Passfield, have had Santa join us to celebrate with an absolutely delicious Christmas lunch and had a guest speaker give us more information about the changes that will occur for under 65 year olds when the NDIS (National Disability Insurance Scheme) is implemented across the region in July.

In December we also visited The Village Green shopping centre in Mudgeeraba and had a fabulous lunch with lots of giggles at Club Helensvale. January saw everyone relaxing and enjoying the pamper day, even the men! Australia Day celebrations were a special time with homemade meat pies and damper with fresh cream and golden syrup. We also celebrated the Chinese New Year, bringing in the Year of the Dog with activities, music and a wonderful Chinese lunch.



Utilising our culinary talents was also so much fun. We love to show our creativity in the kitchen and were lucky to do this on two occasions where we made and decorated our own cupcakes and made our own personal pizzas - these days are always a hit as we get to eat our own creations.

We are looking forward to the next few months when we will have fun with some games to honour the athletes of the Commonwealth Games, as well as Easter, ANZAC and Mothers Day celebrations, and of course the days out to the clubs and picnics in the park are always a welcome change especially as the weather starts to cool down. **Our activities will be in recess over the Commonwealth Games period - please see Page 3 for more information.**

Also, a big welcome to Sharon Galvan who joins our wonderful team of volunteers.

- Jenny, Joanne, Nicole, Kevin, Nahum and Lyn

If our centre based program sounds like something you or someone you know may enjoy then please phone the centre on 5578 1668 and talk with Nahum or Lyn.



## Leisure & Lifestyle - *disABILITY*- Out & About

Welcome to the New Year, fellow out and abouters. We wish you all a healthy, happy and prosperous year filled with an abundance of all things wonderful!



We should reflect on things past, and we have a one of a kind, a rarity, a first in fact at Liberty Community Connect. We have had a wedding, a tying of the knot, two who shall become one. Judy Clarke and Michael Ibell met while attending the AWD Community Access program many years ago and were married on 14 January this year after a very long courtship. Grant had the honour of being best man for this very special occasion. The wedding was lovely, the bride stunning and it was the very first time Michael has been lost for words. Liberty has had many accolades over the years but never a marriage. Judy and Michael both blame Di and Grant for this union of two compatible souls and we wish nothing but sunshine and happiness for them both.



As we reflect on the recent past – wow December was a busy month! We had Christmas week with food that was outstanding. Our Christmas lunch of glazed ham with fresh salads was very well received by all.

As an out and about group we don't get to enjoy live entertainment very often. For Christmas week, we were fortunate to be entertained by Rob Passfield. For any of you requiring entertainment of the highest order, this bloke is very good. Rob had the group singing along and thoroughly enjoying each and every song. There was even dancing in the aisles. He is a most engaging entertainer and a very nice bloke (Rob, two words ..... Gordon Lightfoot).

In the coming months we are looking forward to visiting the lovely parks and gardens in the region as well as celebrating Easter, which as we all know will be immediately followed by the Gold Coast 2018 Commonwealth Games. **Our activities will be in recess over the Commonwealth Games period - please see Page 3 for more information.**

We are well into the new year and have new goals to achieve. We are looking forward to a year of great achievement, growth and personal development.

*- Wendy, Grant, David, Lyn, Nahum and all our exceptional volunteers.*



Our Out and About program is about helping people, who have a range of disabilities, to connect with others while enjoying picnics, local parks, beach trips, scenic drives, shopping, clubs and restaurants, health and wellness and art.

If you would like to know more about this awesome program please phone Nahum on 5578 1668.

# Home Services

Autumn is upon us already, the ground will finally soften after a long dry summer, the leaves will gradually start to change colour and the trees will spread their seeds. What a beautiful time of year to 'hop' into the Easter spirit. Whatever your Easter tradition may be, may it bring your family and friends together for a great celebration filled with lots of joy, happiness and of course CHOCOLATE. Speaking of Easter, Liberty will be **closed** on the following public holidays:



**Good Friday, 30 March 2018**

**Wednesday, 25 April 2018 (Anzac Day)**

**Easter Monday, 2 April 2018**

**Monday, 7 May 2018 (Labour Day)**

All home services leading up to the Easter long weekend will operate as normal as possible with consideration to any road closures due to the Commonwealth Games. If your service falls on a Public Holiday, as usual we will call you to do our best to reschedule or cancel, whichever is your preference and dependent upon availability. **Services will also be disrupted during the Commonwealth Games - please see Page 3 for more information.**

Our home service delivery is increasing at a rapid rate and as a result we have recently employed two new staff members, so please extend a big welcome to Pru Macheda and Aisha Nleya if you happen to see them out and about in the community.

**We have plenty of social support and in home respite available** for people **both over and under 65 years** of age, so if you feel that you need assistance with shopping, or perhaps you might like to go out for a cuppa or other activity, **or you are a carer and need a break**, don't hesitate to call and have a chat. The added bonus to receiving social support is our ability to support you to medical appointments. I would like to clarify that this support is for the duration of the appointment, Liberty does not provide transport only. Your contribution is \$8.00 per hour and \$0.80 per kilometre when travelling further than 10 kilometres.

**If you are interested in strength training** please give Melissa or Vicki a call, you may just be the perfect candidate to attend our newest program '**Growing Stronger**'. This is a fantastic exercise program that runs every Thursday morning in Pacific Pines. If you live in Nerang or Helensvale our Liberty care staff will provide transport to and from the venue. Exercising has been shown to increase the strength of your muscles, maintain the integrity of your bones, and **improve your balance, coordination, and mobility**. If you're not physically active now, 'Growing Stronger' will help you make daily activity a regular part of your life by building the essential strength that makes all movement easier and more enjoyable.

*From Mel, Vicki, Karen and the Home Support Staff.*

## GETTING TO KNOW OUR CLIENTS - *Gwen Paradies*

What is your favourite movie? *Easter Parade (one of many).*  
Your hobbies? *Gardening, handicrafts, catching up with friends and meeting for coffee.*

Do you have a nickname and why? *When I was young, Skeeter because I was small and brown.*

What is your pet hate in life? *Nasty people.*

What is better ... coffee, chocolate, beer or beach? *Coffee.*

If you could travel to any place in the world tomorrow, where would you like to go? *U.S.A.*

How did you become a Liberty client? *I can't remember but I've been coming to Liberty for 5 or 6 years.*

What is a favourite saying that you live your life by? *"The day on which you don't laugh is the most lost day of all," author unknown.*

Tell us what you feel most proud of in your life? *My granddaughter is going to university and she will become a music teacher.*





## Community Connections - *Man 2 Man*

After devouring some spring rolls and home made biscuits for morning tea we were ready for our Man 2 Man trip north to visit the **Dick Johnson Racing Museum** located at Yatala.

There were four cars on display including a Nascar and an Indycar. Some of our group were obviously "rev heads" who were able to enlighten us with many stories about Dick Johnson's career. The infamous "rock" was also on display - this was the cause of one of the most famous Bathurst moments where Dick Johnson hit the "rock" on the track and ended up crashing in 1980 - worth a look and a read. Guys having a close up look at a rock for several minutes - does seem a bit strange, doesn't it! We were also able to look into the workshop area which was spotless - not like your average car workshop!

After leaving the museum we drove through the cane fields to **Cabbage Tree Point** for lunch. The perfect spot for lots of chatting over lunch. Yvonne's sandwiches were thoroughly appreciated as we took in the water views and enjoyed the breeze off the water on what was another very hot day on the Goldie.

On our return journey we drove around **Horizon Shores** enjoying a look at all the amazing boats, yachts and houseboats. Another "guys" day appreciated by all.

*Peter*



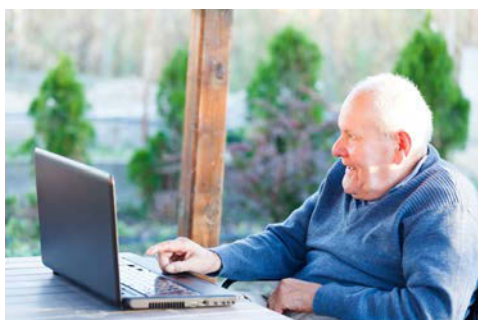
Our Man 2 Man trips are available to all male current clients of Liberty at a cost of \$17.00.

If you are not a client, but are a man who is eager to join in these outings, you are most welcome to do so at a cost of \$40.00 for the day.

You must be able to safely and independently mobilise and be able to cope with the days outing. Unfortunately we cannot take anyone in a wheelchair.

If you would like some more information about these trips then please phone Peter on 5578 1668.

## Community Connections - *Connect 2 Tech*



*Would you like to learn more about using your computer or Ipad?*

Liberty runs a very popular basic beginner computer course called Connect 2 Tech. This tuition is for 2 hours per week on a Friday (9.30am to 11.30am) and teaches skills such as downloading music, games, puzzles, browsing the internet, using Google, setting up your own Facebook page, using email and much more.

The cost is only \$10 per week for 6 weeks and includes morning tea. Please phone Nahum on 5578 1668 to book your place at the next 'Meet and Greet' session (prior to the six week course) with our experienced tutor Carole.

## Community Connections - Deja Vu ~ *Gifts 2 Please*



Hi and welcome to the start of another new year. It's been great to catch up with the Liberty family over the festive season and now I'm working on revamping our little shop to keep it fresh and interesting for you all to enjoy.

The bookshelves have been filled with new novels for your reading pleasure, including James Patterson, Clive Cussler, Dan Brown, Wilbur Smith, Bryce Courtney and others too numerous to mention, and all our novels sell for a bargain price of \$1.00 each. The clothing racks are always changing and we have received a new supply of larger sizes for the ladies. Sweets, chocolates and chips have been proving a popular choice - after all who doesn't enjoy a special treat.

**A big thank you** to the generosity of those who donate items and also to the customers who purchase our stock as the money raised from Deja Vu goes back into supporting Liberty programs. I look forward to helping you find that special bargain, so come on in for a browse or a chat.

*Cheers,*

*Sharyn from the shop.*



### Just for Fun

**I knew that my husband's hearing had deteriorated after our friend (new to town) asked where he could meet some singles.**

**"Well," said my husband, "I see them in the Kmart parking lot diving for fries."**

**"Dear," I intervened, "singles, not seagulls."**

## GETTING TO KNOW OUR VOLUNTEERS - Sharyn Heslop

What is your favourite movie? *"It's Complicated", starring Meryl Streep. A romantic comedy involving a dysfunctional family with a happy ending.*

Your Hobbies? *Cooking, gardening, craft and having a coffee with friends.*

Do you have a nickname and why? *Possum - my dad called me this as I was so shy as a child. Also, Moooo - my children call me this, something to do with old cows - Ha Ha - said with love I'm sure!*

What is your pet hate in life? *Bullies and people being unkind.*

What is better ... coffee, chocolate, beer or beach? *Beer on a hot day or a really chilled iced coffee.*

If you could travel to any place in the world tomorrow, where would you like to go? *Tasmania. I have great memories of previous holidays and look forward to new adventures there.*

How long have you been a Liberty Volunteer? *I have been working to make our little shop, Deja Vu, a nice place to visit since April 2014.*

What is a favourite saying that you live your life by? *Do the best you can with what you have got.*

Tell us the thing you feel most proud of in your life? *That my children are happy and making a difference in the world.*





## Wellness Week



We welcome you to visit our Martin Street centre to take part in 'Wellness Week' where we have guest speakers presenting on topics that you may find interesting and useful.

**If you receive home services** (ie. domestic assistance, shopping, respite or personal care) and are interested in attending any of our Wellness Week presentations at the centre, please phone Nahum on 5578 1668. We will also provide you with morning tea and transport (if required).

### Monday, 19 March - Wednesday, 21 March 2018

A guest speaker from Optimise Health will be talking about the correct use of wheelie walkers, walking sticks, etc.

### Thursday, 22 March - Friday, 23 March 2018

Walk on Wheels will give a demonstration on some of the assistance products that they offer.

**Podiatry services** are also available during Wellness Week and the subsidised cost is only \$20.00 so please phone Nahum or Anne at the Centre on 5578 1668 to make your appointment.

## News from the Salon



Hello everyone and welcome to 2018. I'm looking forward to another year of fun and laughter with you at the Liberty Hair Salon.

Easter isn't that far away, so good people if you are thinking of a new look, maybe a colour, style cut or foils call into the salon and we will get creative. If a new look isn't for you, I look forward to doing your hair how you like it. I am in the centre every day unless there is a bus trip.

See you soon.

*Cheers from Lorraine.*

### Hairdressing Price List

Cut (female).....	\$ 18.00
Cut (male).....	\$ 10.00
Shampoo & set or B/W.....	\$ 18.00
Cut, shampoo & set or B/D ..	\$ 28.00
Perm only.....	\$ 36.00
Perm & cut.....	\$ 46.00
Perm, cut, shampoo & set or B/W.....	\$ 55.00
Colours-short.....	\$ 36.00
Colours-long.....	\$ 46.00
Own colours from.....	\$ 18.00
Own colour+ trim.....	\$ 32.00
Own colour+ blow dry .....	\$ 32.00
Foils(perfoil).....	\$ 2.00
Shampoo & towel dry.....	\$ 6.00
Beard trim/Personal groom ...	\$ 8.00

## Home Maintenance

**Liberty's subsidised lawn mowing service** aims to support elderly persons and persons over 65 with a disability to maintain their independence and assist them to stay in their homes.

To organise a booking or find out more about this service please phone Melissa on 5578 1668. The cost of our lawn mowing service is a minimum of \$20.00 for a small yard (approximately 13 mows annually).



## Community Development News

Happy New Year and a very warm welcome to 2018 and the 'Ryan Report'.

My role at Liberty is to help develop community connections and as you may know it takes time for connections to bloom, and when they do you will reap the rewards. "So what's coming up?" I hear you ask.

**Home Care Packages** - We are committed to informing the community about home care packages so touching base with people living in independent living units, including Golden Crest Manors and Paradise Lake Resort Runaway Bay, has been part of our focus and we have had a great response to over 480 invites going out to residents to attend our own Aged Care Information sessions.



I have been delighted to receive many opportunities these past months to present and talk about Liberty out in the community so if you are part of a group and would like to arrange to have a presentation about Liberty and what we can do for you please do not hesitate to email me at [anita@libertycommunity.org.au](mailto:anita@libertycommunity.org.au) or phone me on 5578 1668. I've also enjoyed visiting hospitals, doctors clinics, pharmacies, libraries, financial services, Department of Human Services, hearing and podiatry services, just to name a few to share Liberty's community spirit.

With a recent successful outcome from a grant application, Liberty will see new boundary fences and gates being replaced at our Martin Street centre. This will also be made possible with the support of volunteer trade labour through Elevation Church - thank you! If you or someone else you know would like to get involved with volunteering with any of our projects please contact our reception on 5578 1668.



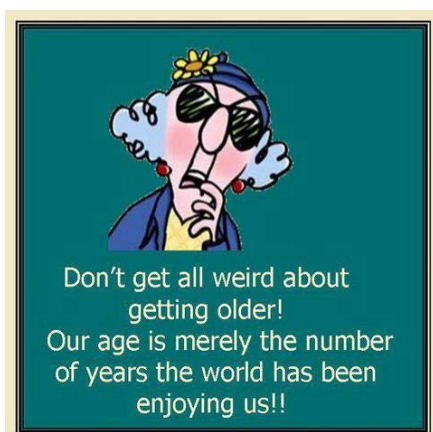
The amazing "Colour My Life" Disability Action Week Artwork was on display at the Nerang Library during the month of February. If you didn't get to see it there are photos on our Facebook Page.

Our Liberty Easter Raffle is here and we will be providing our home services clients with an opportunity to purchase raffle tickets - just ask your support worker as they will have tickets with them. Also, I would love to accept any donations for the next major raffle.

Check out the Liberty Events Calendar on Page 19 for more information on Liberty events including the Free Carer's Morning Tea, the Liberty stand at the Gold Coast Seniors Health & Lifestyle Expo and our fundraising event. I would also like to thank all of our supporters and volunteers these past few months.

*Worthwhile things don't happen without hard work.*

*Anita Ryan*





## Liberty Update - Staff

We would like to welcome a couple of new staff to our Home Services team:

**Pru Macheda** joined our Liberty family in December 2017 and has come to us highly recommended, having recently completed her Certificate III in Individual Support. Pru is an enthusiastic and passionate care worker who will add great value to our home support team.

**Pru Macheda**



**Sue Cooper**

**Aisha Nleya** is the newest kid on the block (literally), being our youngest support worker, having just joined Liberty in January. It is exciting to see our younger generation entering this field of employment. Aisha comes with much compassion, drive and cheer. You won't miss her as she is always smiling.

With a heavy heart we farewelled **Sue Cooper** in January, our Client Liaison Officer and treasured employee. After five years of dedicated service in both home support roles and most recently as our Client Liaison Officer, Sue is retiring. From all Liberty staff and volunteers we wish Sue much joy and happiness as she begins a new chapter in her life.

## Just for Fun

### FAMOUS PAINTERS WORD SEARCH PUZZLE



### Just for Fun

I was feeling pretty.... creaky after hearing the TV reporter say,  
*"To contact me, go to my Facebook page, follow me on Twitter, or try me the old-fashioned way - e-mail."*



"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."

ANDY WARHOL  
 CLAUDE MONET  
 DIEGO RIVERA  
 EDGAR DEGAS  
 EDVARD MUNCH

FRIDA KAHLO  
 GEORGIA OKEEFE  
 GUSTAV KLIMT  
 HENRY MOORE  
 JACKSON POLLOCK

JASPER JOHNS  
 LEONARDO DA VINCI  
 MICHELANGELO  
 PABLO PICASSO  
 PAUL CEZANNE

REMBRANDT  
 RENE MAGRITTE  
 SALVADOR DALI  
 VINCENT VAN GOGH  
 WINSLOW HOMER



# NDIS Update

## The National Disability Insurance Scheme – What Does it Mean for You?

The National Disability Insurance Scheme puts you at the centre of the decision making process about how you want to live your life, your choice of support and who you would like to deliver your supports. For the first time in Australia, funding is applied directly to the person who can then choose the provider they want, rather than funding being directly applied to service providers.

NDIS (National Disability Insurance Scheme) will commence rolling out on the Gold Coast starting **from 1 July 2018**. Liberty is in the process of **becoming an approved NDIS provider** and is working hard to prepare for what will be a significant change for all involved. If **you** are a person who **may be eligible for NDIS** funding, or you are **a carer of a person** who may be eligible, we strongly recommend that you contact us so that we can assist you. We will be progressively contacting all our clients and carers who may be eligible to conduct a preplanning session with you.

**The better prepared you are the more likely it is that you will receive the support you need.**  
Please call us on 5578 1668 and ask for Lyn, Rowena or Mel.

### NDIS Contact Details:

The NDIS contact centre is open from 8.00am to 11.00pm Monday to Friday where you can access information and check available NDIS resources as follows:

- If you require a free-of-charge translator, interpreter or other assistance, phone 1800 800 110.
- If you are a text telephone (TTY) user, phone 1800 555 677 then ask for 1800 800 110.
- If you are a Speak and Listen (speech-to-speech relay) user, phone 1800 555 727 then ask for 1800 800 110.
- If you are an internet relay user, visit the National Relay Service website (external) and ask for 1800 800 110.

**Visit their website:** [www.ndis.gov.au](http://www.ndis.gov.au)

**Online:** If you would like them to contact you, send a request via their online Contact Form.

National  
**disabilityinsurance**  
Scheme

## Important Contacts

Able Australia Transport: 5600 0700

Aged Care Complaints Commissioner: 1800 550 552

Beyond Blue - *depression anxiety and related disorders*: 1300 224 636

Carers Queensland: 1800 242 636

Deaf Services Queensland: 3892 8500

Disability Information Service: 1800 177 120

Energex - *power supply/outages*: 13 62 62

Gold Coast City Council Seniors and Disability Directory: 1300 465 326

Lifeline - *counselling and support*: 13 11 14

Life threatening emergencies - *critical or serious situations only*: 000 or from mobile 112

Meals on Wheels - *Nerang*: 5596 1026

My Aged Care: 1800 200 422

NDIS Get Ready: 1800 772 383

Seniors One Stop Information Line - *no question too big or small*: 1300 135 500

SES - *flood & storm assistance (fallen trees, roof damage, floods)*: 13 25 00

Transcend Community Transport Services : 5539 3733

Volunteering Gold Coast Transport: 5526 5288





# Liberty Policy Highlight

## SERVICE DELIVERY POLICY NO.: 7.17 CLIENT DOES NOT RESPOND to a SCHEDULED VISIT

### POLICY STATEMENT:

LIBERTY has a duty of care to investigate the safety and well being of a client who does not respond to a staff member on a scheduled service.

### PROCEDURES:

- 7.17.1 Each client is required to have an individualised planned response for when they do not respond to a scheduled service, which will be documented in their Care Plan, and a copy made available to the client.
- 7.17.4 The individualised planned response may include any of the following actions by the staff member, and/or others as identified and agreed by the client:
- call out client's name;
  - check front door to see if it is locked;
  - phone their Supervisor to check if the client has advised they will not be home;
  - if this is not the case, the Supervisor will then ring the client's home/mobile contact number/s;
  - if no response, staff member may check other doors and windows for signs the client is home;
  - Supervisor will call client's emergency contacts to confirm the client's safety;
  - if still unable to confirm safety, the Supervisor will also call local hospitals;
  - as advised by the Supervisor, staff member may then leave a note at the client's front door to let them know that they called at the arranged time, and for the client to contact the centre to confirm their safety. The staff member may then proceed to their next client as advised by their Supervisor; and
  - if no response from client or emergency contacts, the Supervisor will then contact local police.
- 7.17.5 Supervisor will be responsible for assessing any ongoing likely level of risk, and will instruct the staff member accordingly.
- 7.17.6 If the staff member, on conducting checks at the home, finds the client in such condition that warrants concern for their well-being, they will immediately:
- notify their Supervisor who will notify emergency services; and
  - commence any appropriate first aid protocol and wait for assistance.



## GETTING TO KNOW OUR CLIENTS - Judy Ibell

What is your favourite movie? *Grease.*  
 Your hobbies? *Playing games on the computer.*  
 Do you have a nickname and why? *Jude. You can work that one out!*  
 What is your pet hate in life? *Judgemental people.*  
 What is better ... coffee, chocolate, beer or beach? *Coffee, hands down.*  
 If you could travel to any place in the world tomorrow, where would you like to go? *Canada because it is a lot like New Zealand.*

How did you become a Liberty client? *I was doing exercises at the pool when I was advised to look at "Nerang Community Respite" as Liberty was known then. The best thing I've done.*  
 What is a favourite saying that you live your life by? *Do unto others, as you would have them do unto you.*

Tell us the thing you feel most proud of in your life? *Getting married. I met Michael many years ago when we were both clients of 'Nerang Community Respite'. We both blame Grant and Di.*



# Liberty Feedback

As we all know "little things matter" and its often the small details that make a big difference. So big or small we want to hear from you. What do you love about Liberty? What do you think could be improved? It certainly matters to us if it matters to you, but we won't know unless you tell us.

We encourage you to:

- \* send us an email ([allan@libertycommunity.org.au](mailto:allan@libertycommunity.org.au))
- \* Give us a call on 5578 1668
- \* Fill in the form and return to us at the Centre or post to PO Box 446, Nerang Qld 4211.

## LIBERTY FEEDBACK FORM

Complete and return PO Box 446, Nerang Qld 4211

Name : \_\_\_\_\_

Suggestion/Compliment : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Suggestions and feedback are welcome at any time and can also be submitted on our Continuous Improvement Form, which is available by either contacting us on 5578 1668 or visting our website at [www.libertycommunity.org.au](http://www.libertycommunity.org.au).

We look forward to hearing from you.

## Acknowledgements



We would like to thank and acknowledge The Hon Steven Ciobo MP, Federal Member for Moncrieff, who has very generously printed our quarterly Magazine in colour for our clients.

Commonwealth Respite and Carelink Centres



# Liberty Calendar

## 2018 Dates for your Diary



Please phone us on 5578 1668 for further information on any of the following events.

Date	Event
15 March	Gold Coast Seniors Health & Lifestyle Expo, The Palm Beach Share N Care Centre, 10th Ave, Palm Beach - Free Entry
16 March	Direct Debit for services received between 22 February - 7 March
19 March to 23 March	Wellness / Podiatry
7 March	Drawing of the Liberty Easter Raffle
29 March	Carer's Morning Tea - Includes Speed Art Activity - 9.30am - 12.30pm
30 March	Direct Debit for services received between 8 March - 21 March ( <i>please note</i> : deduction may be delayed due to the public holiday)
30 March	Good Friday - Public Holiday – CLOSED
31 March	Easter Saturday
1 April	Easter Sunday
2 April	Easter Monday - Public Holiday – CLOSED
3 April to 16 April	Qld School Holidays
4 April to 15 April	Commonwealth Games
13 April	Direct Debit for services received between 22 March - 4 April
25 April	ANZAC Day - Public Holiday - CLOSED
27 April	Direct Debit for services received between 5 April - 18 April
30 April to 4 May	Wellness / Podiatry Week - Guest speaker Home Library Service
4 May	Connect 2 Tech - Meet & Greet for New Course
7 May	Labour Day - Public Holiday – CLOSED
10 May	Man 2 Man Day Trip
11 May	Direct Debit for services received between 19 April - 2 May
17 May	Gold Coast Seniors Health and Lifestyles Expo, Lae Drive, Runaway Bay
25 May	Direct Debit for services received between 3 May - 16 May
June	Liberty Fundraising Event – date to be confirmed
5 June	Liberty Convoy Day, Southport Broadwater
8 June	Direct Debit for services received between 17 May - 30 May
11 June to 15 June	Wellness / Podiatry Week
22 June	Direct Debit for services received between 31 May - 13 June
2 July to 13 July	Qld School Holidays
6 July	Direct Debit for services received between 14 June - 27 June
18 July	Gold Coast Seniors Expo, Runaway Bay Indoor Basketball Stadium, Sports Drive, Runaway Bay
Weekly Group	Growing Stronger - Thursday weekly fitness group from 9.30-11.30am

As we approach ANZAC day  
we pay our respects remembering  
those who have served our country  
during times of conflict and crisis, and  
to reflect upon their selfless sacrifice.



## Your Support - Volunteering, Donations, Sponsorships & Bequests

Would you like to support US in making a difference in  
**"Enhancing the Quality of Life"**

for people who have a disability, older people, their carers and their families?

Liberty Community Connect offers a diverse range of support services, providing assistance to over 670 clients and carers living on the Gold Coast. Opportunities include activities that are fun, interactive and offer choice and are available in either our 'home away from home' Centre or within the community ~ out and about exploring and participating in all that the Gold Coast has to offer, shopping, attending appointments and much more. Additionally we assist with support within the home - house cleaning tasks, personal care/hygiene, laundry and respite care (to name but a few). Allied health services, such as podiatry and a broad range of support on various health and wellness issues, lawn mowing and yard tidies are available. We tailor support ranging from basic needs to managing a diverse range of home care packages. All up... we're the true meaning of a one stop shop in supporting people to live in their home and to be a part of their community ensuring a better life for all.

Without community spirit and support Liberty Community Connect could not provide the quality care that we are renowned for nor could we maintain the outstanding reputation that we have achieved.

**So, how can YOU make a difference  
 and empower people to actively participate and live a life of their choice ?**

People choose to volunteer for a variety of reasons - for some it offers the chance to give something back to the community or make a difference to the people around them and for others it provides an opportunity to develop new skills or build on existing experience and knowledge. Liberty proudly boasts a large **VOLUNTEER** base who share in our vision, mission and values and donate an average of 800 hours of support each month. There is a range of volunteering opportunities available if you are interested in becoming part of our team.

It is through the generosity of our financial supporters and the power of community, that Liberty can continue the great work it does. We assure you, that with Liberty being a local and independent charity, all **DONATIONS** - big or small - make a difference and go directly towards the enhancement of services and meeting the needs of our community. We invite **CORPORATE** donations and acknowledge **PARTNERSHIPS** and **SPONSORSHIPS** in a variety of ways including in our Magazine, on our website and via social media.

The simple fact is that without the generosity of normal, everyday Australians, many of the charities wouldn't even exist. **BEQUESTS** form the financial basis of most major Australian charities and are absolutely essential for ensuring the good work continues into the future. It's a common misconception that only wealthy people leave money to charity when they die. The reality is that most bequests are made by ordinary, hard-working people who want to make a positive difference to their community after they're gone.

*We welcome your enquiry to find out more about Us. For more information please give us a call on 5578 1668 or go to our website at [www.libertycommunity.org.au](http://www.libertycommunity.org.au)*



## A Donation For Liberty Community Connect

I am happy to support the work of Liberty Community Connect in "Enhancing the Quality of Life" for people with a disability, people who are older, their carers and their families.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile/Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Donated Amount: \$ \_\_\_\_\_

I have included Liberty Community Connect in my Will: Y / N

Payment Type:

☐ Cash ☐ Cheque ☐ Electronic Transfer



BSB: 633-000

Account No: 133382044

Reference : *Your Name*

Liberty Community Connect  
 is a registered Charity  
 (DGR 900 490 770)

Please forward to: PO Box 446, Nerang, Qld 4211

All donations \$2 and over are tax deductible.