



liberty
community connect

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Leisure &
Lifestyle's
upcoming events
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Volume 75~2020

Elma's Story

Many years ago Elma lived with her family on a large property. They spent most days training horses, and Elma and her sister had quite a gift when it came to breaking them in. "The most aggressive horses would be tamed by my sister with such ease. I remember a horse biting at the bit and soon after he was bowing his head at my sister for a pat." Elma also recalls her father bringing home a horse that had been abused and neglected, warning her not to go near the horse because it was dangerous. Her father left the property for the day and on his return he found Elma riding the horse. "I still remember the look on my father's face when he saw me riding it."

"I had a marvellous childhood and my parents were fantastic. They loved us unconditionally and it truly did show. They would invite all the kids in the neighbourhood over and they would join in on the fun and games with everyone. I couldn't have asked for a better childhood. My siblings all agree."

Elma has been married to her husband for 79 years and remembers the day she got married vividly. "We married in December 1941, and as we were reciting our wedding vows Japan bombed Pearl Harbour." This was not only a life changing event for the nation but it was a life changing day for her and her husband. "We have a happy marriage and raised two marvellous kids, one boy and one girl."

Elma turned 101 this year and she believes that there is no secret to living a long and happy life. "I have a good attitude and great genetics. I ignore my age and I continue to do the things I like doing. I keep active physically and mentally by participating in pottery, going to the RSL and the Casino, doing puzzles with my family and friends and caring and cooking for them. I also attend the Liberty leisure and lifestyle program to spend time with the people there and I really enjoy the company of the staff. They are lovely and make me feel welcome. I have been coming for a few years now."

"I believe in only love, and to be kind to all people."

It is incredibly important to us that you have a safe experience when you receive services from Liberty Community Connect. We have a COVID-19 Safe Plan and there are some new conditions which you can read on our website. This Plan is updated regularly in line with Directions of the Department of Health. All events are set up to ensure we meet social distancing and hygiene guidelines. If you feel unwell please phone your General Practitioner or the Public Health Unit on (07) 5667 3200

Leisure & Lifestyle

Upcoming Events!



First visit is
complimentary.
Please phone
to book
T&C apply

We make only fun
memories here!

~ Christmas EVENTS ~

8 and 9 December ~ Centre Based Christmas Parties

14 - 18 December ~ Elderly and Community Access Christmas Parties

21 - 23 December ~ Christmas Carols, Games and Trivia

Activities in the Centre ~ A HOME AWAY FROM HOME

18 - 22 January ~ Country Music Festival

Time to get your cowgirl/cowboy boots on and your Akubras ready. We are celebrating the week with some boot 'scootin', line dancing and of course country music.

25 - 29 January ~ Australia Day

What a proud week to be Australian! Come join our crew and celebrate the history and culture of Australia, with food, thong toss, and plenty of other activities.

1 - 5 February ~ Wellness Week

Guest speakers will be educating us with all things health. There will be games to keep us laughing and a variety of food.

8 - 12 February ~ Armchair Travel to New Zealand

Come along and learn about New Zealand's culture, with some fun games, activities and native food.

Like to Get Out n' About on the Gold Coast?

Come and join our Community Access Group for picnics, games and good company

7 December - Santa Barbara Park

11 December - Kropp Park

22 December - Nikiforides Family Park

23 December - Preston Park

Transport, morning tea and lunch are included in our community access fee (unless attending a Club/Pub for a meal)

8 January - Schuster's Park

13 January - Margaret Beach

15 January - Winders Park

18 - 22 January - Mystery Tours

29 January - Burleigh Beach

Supporting all LEVELS of NEED

COMMONWEALTH HOME SUPPORT PROGRAMME ~ CHSP

CHSP is government subsidised funding to enable service providers to provide basic support and care. To be eligible you must be aged 65+, or 50+ for Aboriginal and/or Torres Strait Islander peoples, and have a referral from My Aged Care. A minimal client contribution is required. We aim to support people to reach their goals ~ living a life of their choice.

HOME CARE PACKAGES ~ HCP

Home care packages are for people aged 65+, or 50+ for Aboriginal and/or Torres Strait Islander peoples, with more complex needs that go beyond what CHSP can provide. Costs are covered within your package.

A home care package offers a coordinated approach, with your care designed specific to your identified needs and goals.

NATIONAL DISABILITY INSURANCE SCHEME ~ NDIS

Liberty is dedicated to supporting adults with a physical disability, primarily providing group activities in our centre and/or the community in our leisure and lifestyle programs. Under the NDIS we welcome enquiries to discuss your individual needs and goals that will best support your independence in the community and activities of your choice.

WHAT WE CAN DO FOR YOU ~ pending assessment for CHSP or a home care package, we offer services in your home, in our centre and/or in the community. These services may include either one or a combination of:

- **Domestic Assistance** ~ house cleaning
- **Social Support** ~ assistance with shopping and banking, one on one outings ~ e.g. library, picnic, participating in a hobby
- **Personal Care** ~ hygiene assistance/personal grooming
- **In Home Respite** ~ allowing our carers a well-deserved break
- **Home Maintenance** ~ lawn and garden maintenance
- **Nursing**
- **Medical Aids and Equipment**
- **Home Modifications**
- **Community Access** ~ outings from the beach, to the bush; enjoy picnics, parks, shopping, movies, fitness, attending local events, dining and more
- **Centre Based** ~ programs include a tonne of fun, entertainment, interesting guest speakers, fitness, fun, board games, quizzes, art, craft and above all conversation and laughter



- Picture above was taken last Christmas, prior to Covid-19 restrictions.

If you would like to discuss your individual support needs or your eligibility, please phone Rowena or Melissa on 5578 1668.

PUBLIC HOLIDAYS

Leisure & lifestyle programs will be in recess as follows
24 December, recommencing on 4 January
and 26 January (Australia Day Holiday)

Home services will be closed on the following public holidays

Friday, 25 December - Christmas Day

Monday, 28 December - Boxing Day

Friday, 1 January - New Year's Day

Tuesday, 26 January - Australia Day

To assist Liberty in planning the Christmas roster, we ask you to phone our team as soon as possible on 5578 1668 to let us know if you are going away or you do not require services over the Christmas period.

If your service falls on a public holiday we will be in contact with you to discuss alternate arrangements.

No one should spend Christmas alone

FREE COMMUNITY CHRISTMAS LUNCH

Free Christmas lunch at Labrador State School Hall (Imperial Parade, Labrador, off Government Road). There will be plenty to keep the kids entertained and a visit from Santa too. All welcome, the more the merrier.

DATE: 25 December 2020

TIME: 11am - 2pm

To book please email goldcoastchristmaslunch@gmail.com or phone 0416 313 482 for further information or if you are in need of transport to and from the event.

For many, Christmas can be a time of loneliness. If you are feeling a little down this festive season, please call Lifeline for a free confidential chat on 13 11 14



We would like to thank Angie Bell and her team for printing Liberty's Mini Magazine.



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