

LIBERTY'S Mini Magazine

Volume 79 - 2022

Welcome all to the latest edition of Liberty's Mini Magazine. The last two years have been filled with unexpected twists and turns as we have all adjusted to the impacts of the COVID-19 pandemic. As much as we would love to wish it all away and go back to the way things were, our reality is vaccinations, masks, social distancing, monitoring for symptoms, and testing. This is our new normal. Lock-downs, empty streets, social unrest, and response to compulsory vaccination requirements have contributed to some unsettling times - the upheaval to our society has been remarkable.

At times a complete lockdown and reconfiguration of workforces was required. People were left wondering if they would even have a job next week or not, and yet dedicated, compassionate, and resilient people stood up to the challenge and simply got on with it. It's inspiring to be part of a team that knows why we do what we do. Our job is to help our clients to live the life they choose. Even in the middle of a global pandemic, the job remains the same. We help people to love the life they are living.

Whilst the challenges have been real what stands out to me, is the resilience and the compassion of community. Medical professionals, Aged and Disability Care Workers, Community Support Staff, and Volunteers have simply continued to do what they do to keep our vulnerable community as safe as possible.

The pandemic, in an odd way, has created opportunities for many of us, myself included. Today I sit at my desk, after commencing in December 2021 as the new CEO of Liberty Community Connect. A few short months ago that would have not been a consideration, but the last two years have forced many of us to see things differently. When opportunity comes your way, or when life or fate, chance or God bring you a challenge or a new venture to experience, I think many of us have a better understanding of what truly matters, and this makes us more inclined to take a risk and go for it, rather than stay in what is familiar or safe. Drink the life out of every day, soak it up, and make the most of what ever opportunity comes and give our best to it. That's what I plan to do as the new CEO, give my best, make the most of it, and make a lasting difference.

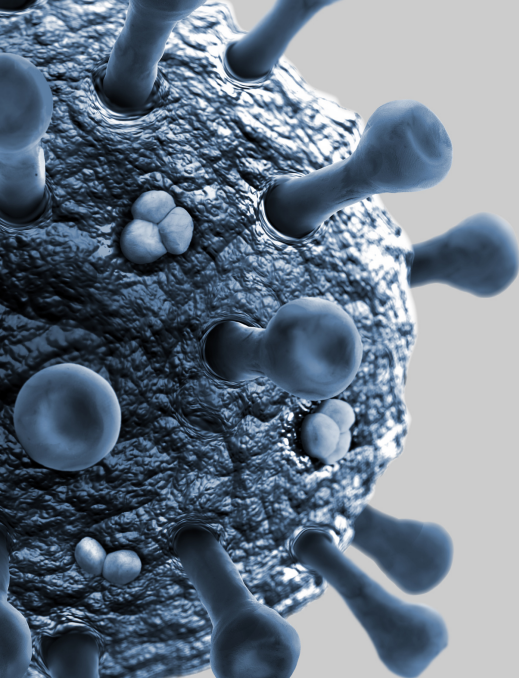
If you have any comments or feedback, or any ideas or concerns, Liberty welcomes your responses. Please drop a letter, or an email via info@libertycommunity.org.au and I will be glad to hear from you.

A final word... It's more important to be kind than it is to be right. So be kind... to yourself and others. We all need it.

"Liberty Community Connect has stood for over 30 years in our local community as an outstanding source of strength and support. Many others have dedicated themselves to its vision and values. To ensure we are still here in another 30 years, we will need to adjust and grow. Our clients will tell us what they need and we will change and evolve with them. As our community changes, we will change with it. We look forward to seeing how we can help you love the life you live."



~ Allan Reeve, CEO



COVID-19

Here are a few things we are doing to assist you during the pandemic.

- 24 hour a day emergency support - If you are a Liberty client and you have become a close contact or diagnosed as COVID-19 positive, you can call us for assistance during business hours on 07 5578 1668 or after hours on 0455 740 888. This number will be monitored. Leave a message and someone will get back to you as soon as possible.
- Extended our service delivery hours to enable us to more effectively meet your needs.
- Maintained our groups so that you have the opportunity to safely access the community. We are taking extra precautions to keep people safe and group sizes are smaller, but we are open for business and committed to offering social connection and outings.
- We are here for you, even if you are COVID-19 positive, by continuing to deliver essential in home services.

How to avoid infection and spreading the virus

- *Wash your hands often for at least 20 seconds*
- *Avoid touching your eyes, nose or mouth*
- *Cover your mouth and nose when coughing or sneezing with your elbow*
- *Practise physical distancing by staying 1.5m from others*
- *Wear a mask when in crowded situations*
- *Clean and disinfect frequently touched objects and surfaces*
- *Stay at home if you are feeling unwell*

Benefits of a booster dose

A booster dose will make sure the protection from the first two doses is even stronger and longer lasting, and should help prevent the spread of the virus.

If you need support to access your COVID-19 Booster vaccination please contact us on 5578 1668, and we will do what we can to support you.



Australian Government

OFFICIAL MEDICAL ADVICE



Boost your protection against COVID-19 with a free booster vaccination.
Book your vaccination at australia.gov.au

Authorised by the Australian Government, Canberra.



Max M, a Liberty client

Home & Community Support

Liberty is happy to announce that we continue to safely support our clients. We follow the latest directions and guidance of Queensland Health so that we can maintain the highest level of service delivery. This means our staff are required to wear a range of personal protective equipment which may include aprons, gowns, masks, goggles, face shields, and/or gloves to minimise transmission.

If you are a client of Liberty, you may notice your services are being delivered by an alternate support worker, or, your service time has changed. Ultimately, we are trying our best to meet the needs of all clients, however, during these difficult times, unavoidable obstacles are changing the way we deliver these services. We thank you for your adaptability and understanding during these ever-changing times.

We would like to acknowledge and thank Liberty's team of Support Workers for being flexible and cooperating with the many changes to minimise the risk and maintain service. The management team is truly grateful for your delivery of these supports.

Stay well, may kindness keep your heart warm and your smile vibrant.

If you have tested positive for COVID-19, are in isolation or feeling unwell with covid like symptoms please advise our office on 5578 1668. Alternatively, if it's outside business hours please leave a message on our COVID-19 emergency number - 0455 740 888.

—

"Helping one person might not change the whole world, but it could change the world for one person."
~ Braymondi

If you are feeling down during these difficult times, please call lifeline for a free confidential chat on 13 11 14



Heather S, a Liberty client and Santa

Learning technology has improved Heather's confidence

Connect 2 Tech has been a fabulous experience for me. I have loved communicating with others and learning all about technology and gadgets.

The classes change from week to week - one week it could be 'online security', and the next could be 'surfing the net'. All topics contain valuable information and we are able to take home notes on the topics for reference when we need them. The volunteers and staff are very knowledgeable and explain things clearly, which make it easy to understand. The classes are always quite small, which allows us to have some one on one time, which is very beneficial.

My confidence has definitely grown when using computers and other devices. I am looking forward to the next class!

If you are interested in joining our Connect 2 Tech class, please contact the office on - 5578 1668.

Liberty will no longer be providing its 6 weekly podiatry appointments in the centre. We encourage clients to speak to their doctor to check their eligibility for alternate subsidised podiatry services.

New Look Programs @ Liberty

Liberty is excited to announce the launch of our "New Look" program for our group social clients next month.

We will be providing clients with a menu booklet containing information on our community and centre-based activities. These activities have been planned and designed to expand your choices and assist you to remain socially connected and to enhance your physical and mental wellbeing.

Stay tuned for some fun opportunities to make lasting friendships.

If you would like any further information, please contact Karina on 07 5578 1668.

