



Happy Mother's Day

**CHRISTIAN
HOME CARE
NEWSLETTER**

MAY 2022

WHO TO CALL FOR SUPPORT

ANCA STAMATESCU



Anca oversees the Care Coordinators' Team. She is the main point of contact for new enquiries as well as feedback, concerns or suggestions.

Direct Phone: (03) 9069 6202

E: anca@christianhomecare.com.au

DINU STAMATESCU



Call Dinu for any Accounting and Compliance matters that could not be resolved with other members of the CHC Team.

Direct Phone: (03) 9069 6201

E: dinu@christianhomecare.com.au

JANINE HOWARD



Call Janine for scheduling new services with a caregiver, changing or cancelling scheduled services, booking events and general admin matters.

Phone: (03) 7019 2147

E: office@christianhomecare.com.au

MICHELLE BRAID



If Michelle is your allocated Care Coordinator, please call her for support with assessments, care plans, purchase approvals, service reviews or any other general inquiries.

Direct Phone: (03) 9069 6206

E: michelle@christianhomecare.com.au

NISHANTHI DHARMAKEERTHI



Nishanthi is our new Accountant Assistant. Call Nishanthi for support with reimbursements, purchases, budgets and statements.

Direct Phone: (03) 9069 6203

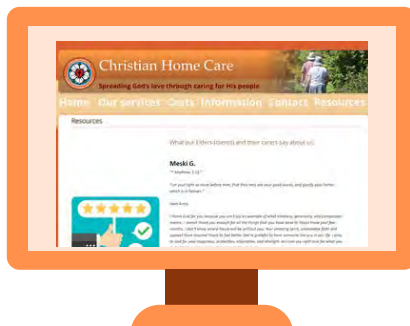
E: accounts@christianhomecare.com.au

PENNY SHIPMAN



Penny is assisting with Marketing and Advertising. Email Penny with articles on your hobbies or significant anniversaries for our newsletter.

E: manda@christianhomecare.com.au



CONNECT WITH US



<https://www.facebook.com/schristianhomecare/>



www.christianhomecare.com.au

WHAT ELDERS SAY ABOUT US:

For the latest endorsements and comments you could go to our website, at:

<https://christianhomecare.com.au/testimonials.htm>

"Sitting here sipping coffee this morning and reflecting on yesterday's outing ... it was excellent... good food, fun, fellowship and friends ... there was a real buzz in the air of togetherness and being united, all with a common goal ... it's all about Jesus... and always will be.

I thank God for Christian Home Care and your willingness and obedience to serve Him ... your doing a great job and I thank you so much for all that you do, Bless you both, B xx"

(RE: Easter Luncheon)

Please continue to bless us with your feedback and testimonies.

CELEBRATING OUR COMMUNITY

We would love to highlight the testimonies, stories, special anniversaries or events of the Elders in our community.

If you have anything to share, please email us at CRR@christianhomecare.com.au and we would love to feature you!

HAPPY BIRTHDAY TO OUR COMMUNITY MEMBERS BORN IN MAY



Skaidrite A. Thilagawathy B. Alison B. Juanita H.

Veronica I. Inge J. Dorothy L. Edelgard M.

Nirmala N. Jessie S. Ken T. Smaro T.

CHRISTIAN HOME CARE NEWS

The Christian Home Care Monthly Newsletter

May

In this newsletter:

**Word of the month:
Happy Mother's Day**

Page 03

Schads Award

Changes

Page 04

Message from

Pastor Aldis

Page 06

**Christian Home
Church**

Page 07

**Invitation: Cooking
with Nirmala**

Page 08

**Invitation: Fashion
Flashback**

Page 08

Easter Reflections

Page 09

**COVID restrictions
Easing**

Pages 10 and 11

Codewords

Page 12



WORD OF THE MONTH: HAPPY MOTHER'S DAY

Whether we celebrate mothers on the 8th of February (International Women's Day) or on Mother's Day, it is very important each year to focus on mothers' unbound, unlimited love!

Of all mothers I know of and I can think of, there is one that stands out as an example to be mindful of: who else other than Mary, the mother of Jesus?

Mary's life has never been easy: from blessed and highly favoured, as described in Luke 1:28 "The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you.", Mary faithfully travelled along her son and also our Saviour, to being told by Simeon of what lies ahead, in Luke 2:34: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

Mary's love and abidance has influenced many generations, and I could find many reflections of her character in my own mother, her unflinching love for me and her wonderful influence in my whole life.

I would like to thank all mothers in our community for bringing life into the world and, through caring and teaching their children, for making the world a better place!

Dinu Stamatescu

MAJOR SCHADS CHANGES FROM JULY 2022

Why is the SCHADS Award Relevant to You?

All caregivers employed in the Home Care Package service provision are covered by the SCHADS Modern Award. The award determines the conditions of employment, pay rates, etc. and all these matters make their way in the calculation of service costs to you.

The Fair Work Commission reviewed the SCHADS Award to assess what changes are needed to create reasonable conditions for workers in the aged care and disability sector. There were many submissions from stakeholders including employers, peak bodies and unions.

Here are the key changes from the Fair Work Commission's decision that are important to you. The changes are effective from 1 July 2022.

Minimum shift duration of 2 hours

Closing a gap in the previous Award, there are now minimum engagement periods for part-time and casual workers. Staff undertaking aged care and disability services work will need to be rostered shifts that are a minimum of 2 hours long.

Workers to be paid for broken shifts

A broken shift is defined as a shift with one or more breaks (that aren't meal breaks) within a 12hr period. For example, if a worker is rostered from 8am to 11am, then 2pm to 6pm, that would be considered a broken shift.

Workers will now be paid an additional allowance of 1.7% of the standard rate per broken shift, or 2.25% of the standard rate for two unpaid breaks in shifts in a 12 hour period.

Worker reimbursement for client cancellations

Under the changes, if a client cancels a service rostered for a full or part time employee within 7 days, the employer must either find an equivalent shift for the worker or pay them the full rate.

Overtime rates and on-call allowances

The Award provides some clarity about overtime rates. There is also a minimum engagement period of 2 hours for workers who have left the workplace and are called back to work. Where an employee is required to be on-call, they will be paid an additional allowance of 2% of the standard rate for weekdays or 3.96% of the standard rate for public holidays.

What Does all This Means to You?

The Aged Care sector is, for good reason, subject to significant compliance.

CHC stays abreast of all such changes and your Care Coordinator will be in contact with you over the next few weeks to discuss the specifics.

While the changes to SCHADS Award will have an impact on the pricing and structure of the home care package services across the whole aged care industry, the intent of the changes is to remunerate better and fairer the caregivers and recognise this way their important role in the way you are looked after.



HELP STOP THE FLU IN 2022

THIS YEAR, IT'S EVEN MORE IMPORTANT TO GET THE FLU VACCINE

What is influenza?

Influenza is a highly contagious viral infection that can cause widespread illness and deaths every year.

Influenza viruses usually spread when an infected person coughs or sneezes. People may spread the virus before they know they are infected.

This year we are all more vulnerable to influenza due to lower recent exposure to the virus and lower uptake of influenza vaccines. With international borders reopening, it's likely we will see more influenza in 2022.

Symptoms of influenza infection usually come on suddenly and may include:

- fever (high temperature)
- cough
- muscle or body aches
- fatigue (tiredness)
- headaches
- sore throat
- runny or stuffy nose

Influenza infection is more serious in pregnant women, babies, older people, and people with chronic health conditions such as heart, lung or kidney diseases, or weakened immune systems.

However, even fit and healthy people, especially children, can get very sick from influenza. Influenza can cause a serious infection in the lungs and can make chronic health conditions worse. Some people can even die from influenza and its complications.

The influenza vaccine

Vaccination is our best defence against influenza viruses. Even fit and healthy people should get the influenza vaccine to protect themselves and help to stop the spread of influenza.

Influenza vaccination prepares your immune system to fight influenza viruses. The influenza vaccine uses parts of killed viruses to create an immune response following vaccination. The influenza vaccine cannot give you influenza because it does not contain any live viruses.

The immunity provided by the vaccine can protect you from becoming sick if you get exposed to influenza in the community. This immunity can also reduce the severity of illness if you do get sick.

Who should receive the influenza vaccine?

Everyone six months and older is recommended to get an influenza vaccine each year.

Some people in our community are more vulnerable to the influenza virus and can suffer more serious complications from influenza. These people are eligible for free influenza vaccination through the National Immunisation Program:

- People aged 65 years and over
- Pregnant women (at any stage during pregnancy)
- All Aboriginal and Torres Strait Islander people aged 6 months and over
- All children aged 6 months to less than 5 years
- People aged 6 months and over with certain medical conditions that increase their chance of severe influenza and its complications.

In some states and territories, influenza vaccines may also be provided for free to other people not listed above. Speak to your GP or visit your state or territory Department of Health website to find out.

If you are not eligible for a free vaccine, you can also purchase an influenza vaccine. Speak to your GP or other immunisation provider for more information.

MARY

I recently finished a brilliant chapter titled, "Mary," in a terrific book titled, *Christians – The Urgent Case for Jesus in Our World* (Greg Sheridan). It increased my appreciation of Mary, the mother of Jesus, as well as all mothers. The chapter began, "The first person in the Gospels to proclaim Jesus was Mary, his mother. And she remains today, more than 2000 years later, the most popular Christian saint. She is the most influential woman in history, and the most loved." Hopefully, we could speak similarly about many, if not all, of our mothers. Our mothers are often the ones who taught us about Jesus, how to pray, how to feel His love, which was and is unconditional. Sheridan cites Paul McCartney from the Beatles, who penned the song, "Let it be." In it he sings, "When I find myself in times of trouble, Mother Mary comes to me Speaking words of wisdom, Let it be." It just so happens Paul's mother's name was Mary, and he himself came from a Catholic background, but he was happy with others giving his song a religious interpretation. Having said that, Mary, the mother of Jesus, is a woman for our times. We learn several things from her.

The art of surrender. When the angel explains how this miracle birth will take place we read, "Here am I, the servant of the Lord; let it be with me according to your word." (Luke 1:38). *The art of activism.* After the angel's annunciation, she takes off alone to visit and stay with her cousin Elizabeth for three months (Luke 1:39).

The art of contemplation. After the shepherds visited her and shared what they had experienced, "Mary treasured up all these things and pondered them in her heart." (Luke 2:19).



The art of obedience. When they run out of wine at the wedding feast in Cana, she tells the disciples, "Do whatever he tells you." (John 2:5).

The art of loyalty. As Sheridan writes, "It would seem Jesus had only four supporters willing to stand with him at the cross and three of these were women. We read, "When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home." (John 19:26-27). Mary was warned much earlier that "a sword will pierce your own soul." (Luke 2:35). The cruel death of her son was it. The final lesson is *the art of prayer*. The final mention of Mary is after the resurrection and ascension of Jesus. "All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers." (Acts 1:14). As we celebrate Mother's Day, let us also honour Mary, the mother of our Lord, Jesus Christ. It is mothers like this, that have taught and continue to teach us so much.

- Pastor Aldis



Christian Home Church

Christian Home Church Meetings:

Our next Church services and afternoon tea meetings will be in-person on:

04.05.2022 (followed by Mother's Day High Tea)

18.05.2022 (followed by Nirmala's Cooking)

01.06.2022

and then fortnightly on Wednesdays **from 2pm.**

We meet on the premises of : St Paul's Anglican Church at 40 Warrandyte Rd, Ringwood - there is ample parking available on-site.

As we meet on St Paul's Anglican Church premises, we have been advised by the host that there is no further need to check vaccination status.

However, we still highly recommend that you get the vaccinations as your GP advises, keep social distancing and wear a mask if concerned about COVID.

You also need to self-screen for COVID before attending the services according to CHC procedures already notified to you.

Please **RSVP to anca@christianhomecare.com.au or (03) 9069 6202.**

Pastor Aldis will be away on sabbatical leave from June 6th to September 6th - we wish him a great trip overseas and we look forward to hearing his stories upon his return.

In Pastor Aldis' absence we shall have various guest pastors and other people of God to guide us each fortnight so the services will continue as usual!

HAVE YOU VISITED OUR CHRISTIAN HOME CHURCH WEBSITE AT [HTTPS://CHRISTIANHOME.CHURCH](https://christianhome.church) ?

PLEASE DO SO FOR UPCOMING SERVICE DATES, SERVICES RECORDINGS, PRAYER REQUESTS, ETC.

Christian Home Church is an ecumenical non-denominational church where we welcome people from any background and hope that irrespective of having been brought up as Catholics or Baptists or Pentecostal, Methodists, Lutherans, Presbyterians and so on, or maybe having no prior connection with church, we will all meet up in unity to bring glory to our God, praise our Saviour and thank our Holy Spirit.

SCAN ME



Have you got used to scanning QR codes wherever you go?

You might like to try a different reason for scanning: just to get to our website, see what is coming up, leave prayer requests. **Try it now!**

PSALM OF THE MONTH

Psalm 139 Verses 13-17

13 For you created my inmost being;
you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made;

your works are wonderful, I know that full well.

15 My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

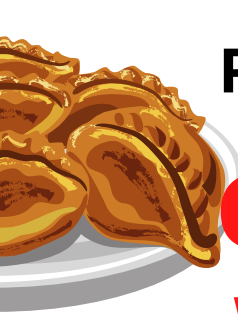
16 Your eyes saw my unformed body;
all the days ordained for me were written
in your book

before one of them came to be.

17 How precious to me are your thoughts,
God!

How vast is the sum of them!

Please join us for our next two events



Cooking with Nirmala

Wednesday 18th of May 3.00 pm to 4.30pm

We warmly invite you to a cooking and tasting demonstration with one of our very own Elders, Nirmala. The dish will be a delicious pastry snack similar to Spanish empanadas, adapted to Nirmala's Sri Lankan culture with a unique curry-based filling.

The cooking event follows straight after our regular Christian Home Church service and you are welcome to join us from 2pm for both the Church service and Nirmala's Cooking if you like, or just for Nirmala's Cooking from 3pm.

St Paul's Anglican Church, 40 Warrandyte Rd, Ringwood

Please RSVP to Janine by 12th of May at office@christianhomecare.com.au or (03) 9069 6204 (please also advise us of any allergies and carer / transport needs)

During our Christian Home Care and Christian Home Church services and events we take photos and videos which we may use in our publications such as newsletters, invitations, presentations, websites, steamed church services, etc. By participating to our services and events you give us permission to use such photos and recordings.



Fashion Parade

from 1920th to 1980th

**Wednesday 29th of June
from 2.00pm to 4.00 pm**



We warmly invite you to join us for our fashion parade where models dress and show off all the clothes of the past from the 20's to the 80's. It is a great walk down memory lane and a beautiful way for the old frocks to be treasured.



St Paul's Anglican Church, 40 Warrandyte Rd, Ringwood

Please RSVP to Janine by 23rd of June at office@christianhomecare.com.au or (03) 9069 6204 (please also advise us of any carer / transport needs)

EASTER LUNCHEON REFLECTIONS

Thank you to everyone who joined us for a blessed and special Easter Lunch. It was so wonderful to be able to spend this time with you all in fellowship and union.



Media Release

The Hon Martin Foley MP
Minister for Health
Minister for Ambulance Services
Minister for Equality



Wednesday, 20 April 2022

HIGH VAX RATE MEANS MOST RESTRICTIONS CAN SAFELY EASE

As the peak of the Omicron wave begins to subside – and with almost 70 per cent of adults now armed with their third dose – Victoria will move into winter safely with most restrictions removed from 11:59pm, Friday 22 April.

As part of the Minister for Health's changes to pandemic orders:

- Patrons won't be required to have two doses or show their vaccination status before entering any venue
- The requirement for staff and patrons of venues to check-in using the Service Victoria app will end, with operators not required to keep any attendance records or maintain a check-in marshal
- Masks will no longer be required in primary schools, early childhood, hospitality and retail settings, or at events of any size
- Close contacts will no longer have to quarantine – provided they wear a mask indoors and avoid sensitive settings. They will also need to undertake at least five negative rapid tests over the seven days that would previously have been the self-quarantine period
- All visitor restrictions in hospitals will be removed except for mask requirements, with health services able to tailor their own settings based on their own circumstances
- Events with more than 30,000 people will no longer require public health pre-approval
- International travellers who are symptom-free will be recommended but not required to get a PCR or rapid test on arrival, and unvaccinated travellers will no longer complete 7 days' quarantine. Pre-departure tests for unvaccinated air crew will also be lifted
- People are exempt from testing or quarantine for 12 weeks if they've had COVID-19 – up from 8 weeks
- Individuals will be required to notify their workplace contacts, in addition to informing their social contacts. Workplaces won't have to individually identify and notify each potentially exposed worker

A number of critical and common-sense settings will be retained, including the essential requirement to isolate for seven days following a COVID-19 diagnosis and existing two-dose and three-dose vaccination mandates for workers.

Visitor restrictions in care facilities will be retained to protect the vulnerable. Residents can currently have up to five visitors per day if each show a negative rapid antigen test result – or two visitors if no test results are provided.

Face coverings will still be required on public transport and at airports – excluding airport workers who aren't public facing – and in sensitive health, aged care and justice settings. All workplaces will still require a COVIDSafe Plan.

Many rules which are no longer required will be recommended, including working from home if you're a close contact exempt from quarantine. Masks are strongly recommended when you can't physically distance.

Victoria continues to monitor epidemiological conditions and work with other jurisdictions and to ensure COVID settings are aligned. See more information at coronavirus.vic.gov.au.

Quotes attributable to Minister for Health Martin Foley

"This sensible easing of restrictions is only possible because we are one of the most vaccinated societies in the world, with almost 70 per cent of Victorian adults already armed with their third dose."

"The vaccinated economy kept Victorians safe and businesses open during an unpredictable time when we saw our highest case numbers ever – but now is the right time to set it aside and focus on the highest risk settings."

Media contact: Kieran Jones 0421 031 900 | kieran.jones@minstaff.vic.gov.au

THE GOVERNMENT ADVICES: COVID RESTRICTIONS CAN SAFELY EASE

(continued from page 10)

Thanks to the high COVID vaccination rates, restrictions were eased in Victoria from the 20th of April. The Aged Care sector is also easing the COVID restrictions, but we cannot let our guard down. The Omicron version of COVID-19 is highly infectious, new infection numbers are still too high.

Our RA Testing policy (daily for Caregivers when they have shifts with CHC Elders) continues until 15th of May. From the 16th of May the policy changes to:

- Caregivers must perform one RA test weekly, on the first day of the week when the Caregiver has a shift with CHC Elders
- Caregivers must perform a RA Test if experiencing any COVID-like symptoms, however mild.

We propose hereby that, on a temporary basis, from the 16th of May we change the RAT cost recovery policy from a shift-based costing to a flat monthly increase of Care Management fees of \$20 to cover some of the RA Testing COVID cost, in line with the Government guidelines.

It means that Elders' packages will be temporarily charged a \$20/month higher Care Management fee for RAT Recovery Cost regardless of the number of shifts they have per month.

You could opt out of this new arrangement but please keep in mind that \$20 per month is a small cost for increased peace of mind and for protecting our community.

If you would like to provide feedback on this or to opt out please ring Dinu on (03) 9069 6201 or email dinu@christianhomecare.com.au

Have you got a complaint?

At Christian Home Care we strive daily to provide excellence in Home Care Package Service Delivery.

Have we missed something?

Raising your complaint promptly and directly with us gives you the best chance of a satisfactory resolution - please call us on 03 9069 6201.

If you don't receive a response to your complaint or are not satisfied with the response, you can contact Aged Care Quality and Safety Commission (ACQSC) or an advocate.

For more information on how to raise a complaint, you can find resources on ACQSC website agedcarequality.gov.au.

If you want to contact an aged care advocate, call 1800 700 600.

If you can't do it on your own or with the help of an advocate, the ACQSC can support you. You can contact ACQSC on 1800 951 822.

Want to unsubscribe for the newsletter? If for any reason you would like to unsubscribe from this newsletter please call us on 03 9069 6202 or email anca@christianhomecare.com.au

CODEWORDS

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	12	22	17	24	10	21			11		2	17	25
2		17			9		24	19	15	18	17		24
3	25	24	11	11	15	17	16		19		1		5
4		9			25		24		26	7	15	19	18
5	12	5	24	9	25	24	20	18			11		10
6		18			11		18		5		18		24
7	13	9	18	3	18	9		4	14	18	18	9	8
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14	15	16	17	18	19	20	21	22	23	24	25	26

Enter the letter in each circled cell in the order given below to reveal a themed answer:

9J	11G	3C	11E	3M	2I	7H	12L