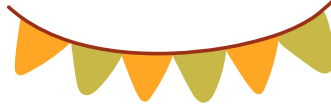


Hello  
Autumn

# March 2023

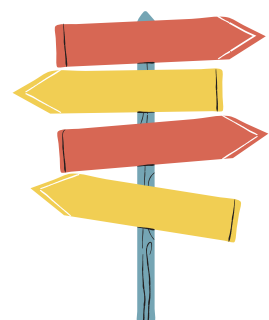
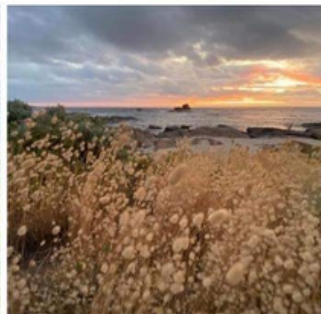
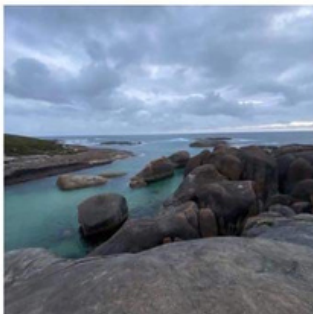


Welcome to the March edition of the RC Staff Newsletter. Please enjoy this edition and remember to contact Admin if you would like to share a little bit of your life and hopefully encourage us to connect with the people we work with each day.

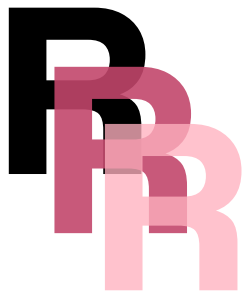


Field Team Manager Janene McCarthy recently had a trip over to WA, she had a fantastic time and has shared with you some photos and a little blurb on each of them:

1. Elephant Rocks at William Bay Denmark - looks exactly like a herd of elephants, paddling in the shallow waters
2. Tingle Tree at Valley of the Giants – this tree now burnt out could be 400+ years old. Amazing Tree Top Walk here too
3. Sunset at Bunbury
4. Wardondi Boodji The wise custodian - sculpture celebrating and paying respect to the original inhabitants – the Noongar nation
5. Simmo's Ice Creamery in Dunsborough – 60 different flavours – delicious – situated in beautiful grounds where families can picnic, kids playground...delightful
6. Wet suits on and ready to go Swimming with the Dolphins – awesome experience







## Rewards and Recognition

A big congratulations to our March Triple R Star!

### Cynthia Dunn

Cynthia was very aware of changes in my father's health, even though she is my mum's carer. Because of her observations, and insistence that my mother contact me, we as a family feel she saved his life. Thank you Cynthia.

A special mention to all our nominees ...

Linda Woodward (Driver)

Kath Hetherington (Field Team Manager Gympie)

Nikki Delforce (Scheduler)

Lois White (Admin Officer Maleny)

Margaret Rowe (CSW Gympie)



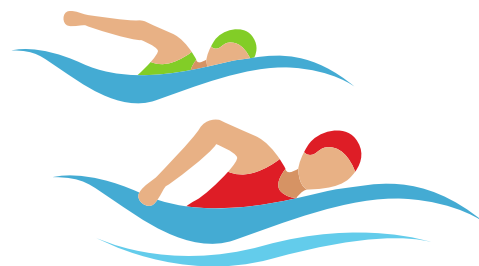
Please only submit one nomination per month via the employee portal on our website. If multiple nominations are submitted by the same person, only the first nomination will be counted.

Nominations for March are now open for OUTSTANDING SERVICE emulating our values.



Our Nurse Kym is undertaking a fundraiser in the month of March to raise awareness for ReachOut who provide a safe, online place for young people to chat anonymously, get support, and feel better.

Kym's team (the Krazy Crustaceans) will be swimming 31km throughout March and is looking for anyone keen to join her team (you can set your own limits). She has also signed up to swim the Mooloolaba mile too! For more information or to sponsor please click [here](#)



Total containers recycled

1583



Total amount raised

\$158.30



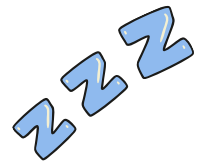
**Range Care**

Here's your organisation's scheme ID. Keep it handy - share it with your supporters to raise funds and to track your fundraising efforts.

**C10687387**



# World Sleep Day - March 17th



The theme for this World Sleep Day is Sleep is Essential for Health. Just like eating well and exercising, sleep is a behavior that is foundational to one's physical, mental, and social well-being. However, sleep is not yet commonly considered an essential behavior for good health. World Sleep Day is an opportunity to promote sleep health alongside thousands of sleep health professionals and advocates.

Below are some tips and tricks you might find helpful, and if you would like some further insight from the sleep experts click [HERE](#)



Don't eat or drink too much too close to bed time



Physical activity throughout the day can aid in falling asleep faster



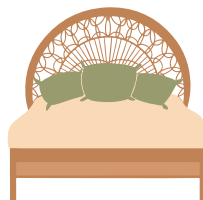
Go to bed and wake up at the same time each day



Log off social media and put down electronic devices an hour before bed time



Caffeine is a stimulant, avoid consuming before bed



Create a tranquil sleep environment



## Family celebrates as Fred Sandell turned 102

RangeCare client and Nambour resident Fred Sandell turned 102 in January. Daughter Mirth said a family luncheon was held in his honour.

Fred began as a commercial accountant in December 1935 as a junior clerk with Australian Iron & Steel Ltd at Port Kembla NSW. His career finished in Rockhampton in 1989 when Mr Sandel retired from Australian Provincial Newspapers as assistant manager. In 2013, when Fred was 92, he was acknowledged with a 70 years of membership from CPA Australia.

It was only five years ago Fred and his wife Jean sold their Kenilworth property, which had been in the family for 100 years and moved to Nambour to be closer to daughter Mirth. Fred is pictured with one of his congratulatory letters and certificates from the who's who of politics!

# Celebrating with the Eastern Star Foundation

A few weeks ago, we hosted a morning tea event for the Eastern Star Foundation Directors at our Nambour Day Respite Centre.

In 2020, a grant was awarded to RangeCare by the Eastern Star Foundation to help us remodel and refurbish our Day Respite Centre in Nambour, allowing us to expand the services we are able to offer.

This event was a wonderful opportunity to show the immensely positive impact that the generous donation from Eastern Star Foundation had on our local community. Eastern Star Foundation Chair, Elizabeth Watt, said it was rewarding to see the impact that the grant is making in the community.

“We were welcomed with open arms by staff, volunteers and around 40 clients who attended a special morning tea with speeches and a symbolic ribbon cutting to celebrate the refurbished centre and the grant that helped to make it possible,” said Elizabeth.

“It was great to see so many elderly people able to participate in their community and stay connected in this lovely, refurbished community centre where they can socialise over a game of cards, be entertained by local musicians and take part in arts and crafts and many other activities.”

“We are proud to have supported this regional initiative that will help more aged people in the Sunshine Coast Hinterland to live well for many years to come.”

To learn more about Eastern Star Foundation visit [www.easternstarfoundation.org.au](http://www.easternstarfoundation.org.au)

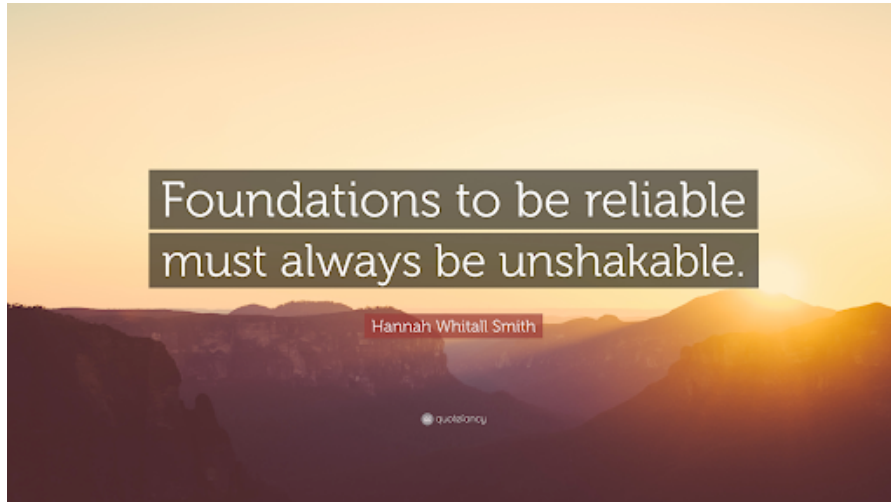


# Our Value "Reliable"

- We are aware of clients' and colleagues' needs and we react appropriately in a timely manner.
- We are open to feedback and work collaboratively to address any issues that are raised.
- We listen.

Definition: adj. Consistently good in quality or performance; able to be trusted.

Synonyms: authentic, genuine, true, safe, secure, honest, positive, predictable, respectable.



While each of us has the capacity to be reliable there are always moments where we feel shaky. It is the ability to ensure that our foundations are reliable, that gives us the propensity to be reliable.

Without a solid foundation to build your life upon, it's easy to bend and break under pressure. Sometimes it's necessary to bend a little, but you don't want to break.

Remember...a little shaky/bendy is sometimes good, we just don't want you to break....ever!



**Our first fundraiser and Sausage Sizzle at Bunnings at Caloundra on 26th February was a great success with takings on the day of over \$2,300. A HUGE thank you to everyone who gave up their Sunday to sweat it out and join in on the fun on the day!!!**

The next Bunnings Sausage Sizzle is on:

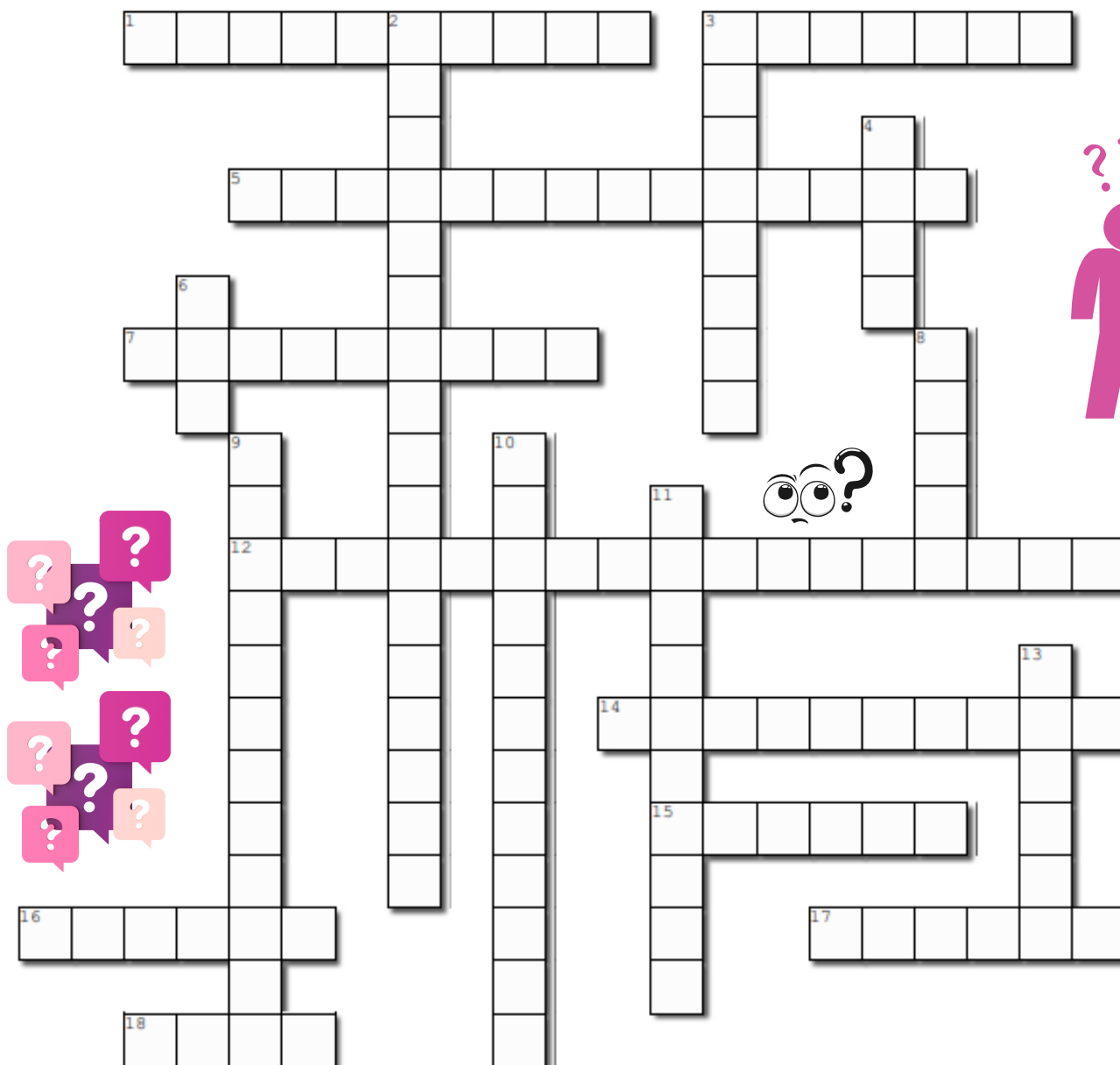
Sunday 26th March 2023 – Bunnings Gympie, Corner Bruce Highway and Hall Road, Gympie 4570

BBQ Start Time: 7.00am

BBQ End Time: 4pm + clean up

Please see Admin or Toni Hinton if you wish to volunteer for a shift or head on down to Bunnings and support your RangeCare by purchasing a sausage on the day!

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

1. Group of people that raised \$561,000 last year for RangeCare
3. Location of main office
5. Form completed if a client falls over
7. The best Home Care organisation
12. Year RangeCare started as Mapleton Care Group
14. Location of Nambour Day centre BBQ outing in January
15. RangeCare's senior RN
16. Which office is closest to Cooloola Cove
17. Triple R Star in November
18. Next to the R in RangeCare

**Down**

2. Recipe in January Newsletter
3. Social media platform that RangeCare use
4. Name of RangeCare's Executive Director
6. Program offered to all employees that is intended to assist them with personal or work-related problems
8. One of RC's all round great drivers
9. Program introduced to give the brain a workout
10. Which state and national award did RC win in 2021. Excellence in ..
11. RC value where we are aware of our clients' and colleagues' needs and we react appropriately in a timely manner
13. Chair of the board

If you have visited the Flaxton office recently, you may have noticed the reception area has been freshly painted courtesy of the Admin Team. We are looking to update the look further by fixing some signage to the PPE cupboard doors. We are hoping to gain your opinion on which design you think would look best.



To view the designs and [cast your vote click here.](#)

## "A day in the life of a community nurse!"

This was the Nurse Chris's encounter whilst approaching the house of a client in Reeseville.



# Contractor Showcase



Tel: 0459 669 996 [www.yardcraft.com.au](http://www.yardcraft.com.au)

### **External cleaning**

Gutter cleans (some restrictions on high set homes)

Pressure cleaning

External window cleaning

### **Internal Cleaning**

All interior surfaces, fixtures and fittings (kitchens, bathrooms, bedrooms, walls, floors, fans, blinds etc)

Routine cleans, spring cleans, settlement or vacate cleans

*Scott Forsyth*

Director

0459 669 996

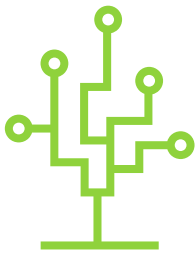
[admin@yardcraft.com.au](mailto:admin@yardcraft.com.au)

[www.yardcraft.com.au](http://www.yardcraft.com.au)

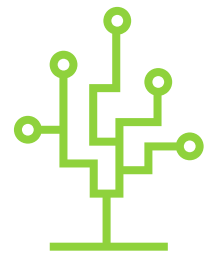
[facebook.com/yardcraftgroup](https://facebook.com/yardcraftgroup)

[instagram.com/yardcraftgroup](https://instagram.com/yardcraftgroup)





# Pavels Fun IT Tips



## **Apple Watch Selfie**

The following tip is for those who own an Apple Watch. You probably know that the back cameras of your phone are much better cameras than the front camera. It would be good if you could use the back cameras for selfies or video calls but at the same time it's inconvenient as you can't really see what's on the screen when using the back cameras. There is a way around it if you are lucky enough to own an Apple Watch and an iPhone.

Put your Apple Watch around your iPhone just like you wear it on your arm. Make sure you position the watch face right next to the back cameras of your iPhone (see picture).



On the Apple Watch open the Camera Remote app and you'll be able to see what the back cameras of your phone see.



# This is why we do what we do! Some of the feedback received from clients and staff...

Please pass on my thanks to the nurses. They have been such a help during my convalescence and were so professional, compassionate and caring. They certainly filled the gap in our medical system left by doctors, who no longer do home visits. I am so grateful to them and RangeCare for providing this service.

**AWESOME!**



Client wanted a compliment entered for DA worker "S" - he is such a polite, caring man who is very efficient at his job. Client feels we are lucky to have him working for RC

**Well Done!**

Client wanted to put in a compliment for DA worker "J" - she is very fast, efficient and client feels very lucky to have her.

Call from client to say thank you so much for his birthday card! His wife has not long passed so it was a nice surprise to get a card. Client also wanted to say thank you to RangeCare for being so caring and compassionate - so easy to deal with and makes the aged care process so easy.

HCP client "HW" wife called and wanted to pass on how grateful she is to CSW "G" for the work she has done. Client reports "G" has helped so much with relieving some of her care givers strain.

**GOOD JOB**



Call from client "I" to say she had DA "J" for the first time today and she loved him! She was so happy and said she would have him back anytime

On behalf of my family, we want to thank CSW "C" for observation of our father's decline in health. Even though she is our mother's regular carer she noticed my father wasn't his usual self, she insisted my mother ring me to come before she left for her next job. Due to her observation and insistence, we as a family are certain that she saved my father's life.

**Well Done**

Client compliment CSW "M"  
"She is an absolute Diamond!"

