

belong

Sweet sounds
of retirement

A thriving 50 year friendship

Young
at heart

Intergenerational activities
provide magical moments



The desire to feel like we belong in a community is a human trait deeply embedded within us. The connections we make with others are amongst the most important things in life.

Jesus Christ himself taught (see Matthew 22:37-40) that our love for the people we contact is second only in importance to our love for God. For Carinity, our Guiding Purpose is 'Following the

example of Jesus Christ, we exist to reflect God's love to people in need.'

Therefore, building and facilitating connections is central to everything we do at Carinity and is reflected in our vision to create communities where people are loved, accepted and supported to reach their full potential.

We understand the benefits of staying active and engaged with the world around us at all stages of life – and we are dedicated to enhancing and solidifying the connections that our clients have with people around them and the broader community.

These important social connections are visible every day in our aged care homes, where seniors live a life with purpose in the caring communities which we facilitate.

School students know the value of giving back to others and

are active participants in social endeavours such as engaging in intergenerational activities.

The sense of community is ever-present in our retirement villages where friends – old and new – enjoy each other's company in a communal environment during this special season of their lives.

People living with disability and those facing challenges in their lives can often feel isolated and withdrawn from society, which is why Carinity has introduced a number of initiatives in recent times aimed at offering enrichment and support to these people's lives.

We remain fully committed to ensuring vulnerable people who use our services know that we are by their side, and that we care.

DAVID ANGELL
CARINITY INTERIM
CHIEF EXECUTIVE OFFICER

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AN OUTREACH OF
QUEENSLAND BAPTISTS



COVER IMAGE

Friends of 50 years, Del Wood and Jean Miller enjoy their retirement lifestyle at Wishart Gardens.



Young at heart

At Carinity's aged care communities, the sound of children's laughter, friendly competition and happy chatter often rings through the halls. Students from local primary schools, high schools, and kindergartens regularly visit the aged care residents, bringing joy, excitement and a little good-natured chaos through the doors.

While centenarians and teenagers might not seem to have much in common, intergenerational programs bring enormous benefits and learning opportunities for both residents and young people by building a deeper understanding of each other.

Students from Kedron State High School are regular visitors at

nearby Carinity Clifford House. Members of the school's Interact Club join the residents in a wide range of activities, including concerts, magic acts, delivering parcels, playing bingo and even playing bocce - where the residents remain undefeated.

The regular visits are a highlight for students and residents alike.

"The residents have lots of stories to tell. It's lovely to connect and talk face to face with them," student Roisin said.

For resident Alex, the visits are a chance to stay connected with the world outside.

"They make us feel like we're part of a larger community," he said. "I feel like a new man interacting with the young people of today. It's such a gift."

According to Experienced Senior Teacher, Kathleen Maguire, the visits improve mental and

emotional health for residents and students alike and provide an opportunity for students to approach the world with an open mind, helping to develop their critical and creative thinking as they're encouraged to see perspectives from a different generational point of view.

"This interaction helps to build understanding by both the young and old and promotes inclusivity and empathy. Some of our students do not have their grandparents close by and the visits help to strengthen the connections between generations," Kathleen said.

And while the students love hearing the stories of when the residents were younger and how things were different for them, it also shines a light

Above: Students from Kedron State High School enjoy their visit to Carinity Clifford House.

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on how to navigate the more challenging parts of their own lives with grace.

“They are so resilient,” noted Jemma, a visiting Kedron student. “Even as they’re going through their health challenges, they still give things a go. They’re always happy to be there.”

In Laidley, primary school students from Prenzlau State School love being able to visit Karinya Place. The community’s Activities Officer, Kerrie Kirk, said the visits boost resident self-esteem, motivation and engagement.

“The residents enjoy being able to share their life experiences and stories with the younger generation, sharing what it was like for them growing up and how things have changed. The projects and shared activities also increase their sense of purpose and accomplishment.”

“The residents are relaxed and happy to watch and play with the children, which prompts reminiscence about their own children and grandchildren.”

Principal Jo Odorici sees the visits as an important opportunity to foster a greater appreciation for diversity and differing perspectives, which helps to bridge the generational gap. The year 4, 5 and 6 students learn to communicate effectively, practice active listening, and understand the importance of empathy.

“The interaction with older Australians provides students with a holistic educational experience, encompassing social, cultural, and emotional aspects. It contributes to the development of well-rounded individuals with a broader understanding of



society and a heightened sense of social responsibility.”

“It builds a sense of companionship for our students and the residents. Many of the students look forward to reading to the residents, who are a supportive, encouraging audience. Doing craft activities, and even balloon volleyball, are also highlights,” Ms Odorici adds.

While residents share their lifetime of wisdom, social skills and stories of the past, the children bring new insights and experiences from today’s childhood, including an insight into how technology shapes their world. For all participants, social



connection, friendship and the opportunity to be seen and have their story heard is a benefit that transcends age.

Activities Officer Kerrie sees the positive impact on residents instantly, with the arrival of the young students helping to bring some less active residents out of their shells.

“We have residents that have really engaged with the students. The joy and enthusiasm of the children uplifts their spirits,” she said.

In Wishart, two Carinity services come together to learn, share and play. Residents at Wishart Gardens welcome high school students from Carinity Education Southside every Friday.

“I look forward to it each week,” said resident Elizabeth Vogler. “I love being back in touch with young people as I used to be a teacher. The girls are delightful, well-mannered and lots of fun.”

While their presence brings joy and excitement for the residents, it’s the reciprocity that makes the visits truly special. With youth and seniors often suffering from feelings of isolation, social connections are important on both sides.

Southside student Chekaela enjoys seeing the residents have fun playing games.

“I feel so happy after coming here for a visit. We talk about the fun things they did when they were our age, and I’ve learnt that they are all very unique people,” Chekaela said.

Engaging across the generations also allows the residents and students to look beyond ageist stereotypes to break down preconceived ideologies, leading to a stronger, more inclusive community.

According to Kerrie Kirk, the visits act as an antidote to some of the negativity that is directed towards young people in the news.

“The residents are consistently delighted by how polite and well-behaved the students are, despite the bad rap they’ve given in the media,” Kerrie says.

It’s not just the older students who enjoy visiting. Residents at Brownesholme in Highfields have started monthly visits with the kindergarten children from Freckles Kindy.

Diversional Therapist Jeannie Healy said the residents adore

having the pint-sized visitors, with more than 25 residents attending to share games, stories, songs and a morning tea of fruit and home-baked biscuits.

“The residents are relaxed and happy to watch and play with the children, which prompts reminiscence about their own children and grandchildren,” Jeannie said.

Ultimately though, the joy that each visit brings is the best reward.

“(After each visit) I feel on top of the world,” Alex at Clifford House states. “Why wouldn’t I be? The kids are well mannered and their enthusiasm is amazing.”

It’s a joy that is set to continue with more intergenerational activities planned across all of Carinity’s aged care communities.

Opposite page: Carinity Southside student, Alice playing Scattagories with Carinity Wishart Gardens resident, Sue Folkman.; Carinity Clifford House resident, Robin, taking on Kedron State High School students at their annual bocce game; resident Joyce Margaret Ellis of Carinity Wishart Gardens is full of smiles when the girls visit each month. **Above:** The residents of Carinity Clifford House are crowned bocce champions in the annual bocce game against Kedron State High students.

The sweet sounds of retirement

When it was time for Del Wood and her husband Basil to downsize the family home for a more relaxing lifestyle, there was only one place in the world they wanted to be.

In October last year, they officially became residents of the retirement community at Carinity Wishart Gardens, although they have felt at home there for a great deal longer. Del's mother Mabel had been one of the very first residents of the adjoining aged care facility, where Del has volunteered for many years.

At the retirement village, the couple's long-time friend Jean Miller was there to welcome her new neighbours, marking a joyous next

chapter in their 50 year friendship. Del and Jean first met in a local choir before eventually becoming part of the Christian vocal trio *Celebration*.

Del said that *Celebration* began in 1985 at Salisbury Baptist Church, when Reverend Norm Weston asked if she would organise a group of ladies to be on call at a moment's notice to sing at some of the services.

"It all started from there, with Jean joining us six years later when one of the original singers was unable to continue," she said.

"*Celebration* started out not too confidently, but we were willing to be available for the Lord's service and we realised that, with God's help, we had a ministry.

"We travelled to many places in South-East Queensland and presented more than 300 programmes over almost 25 years, in aged care homes, prisons, denominational events, birthday parties and wedding anniversaries. We sang twice at the CWCI Convention at Mount Tamborine, which resulted in us releasing a CD of gospel music.

"I made all our costumes, and we came together every Monday to rehearse our songs, as we wanted each presentation to be different than the time before."

"Our lives were busy with children, elderly parents, work and volunteering, but we always stood together and sought to encourage and build one another up."

When Del and Basil moved to Wishart Gardens, they brought their love of music with them, donating their grand piano and organ to the community pavilion to be enjoyed by all the residents. This has allowed Del and Jean to continue their musical collaboration, playing together at weekly chapel services.

As one of the original residents of Wishart Gardens, Jean was pleased to see her friends move in, and they often enjoy each other's company at village social events.

Jean was only 61 when she and her husband Reg moved in 28 years ago, which she said was one of the best decisions she'd ever made.

"I've never for one moment regretted making this village my home," she said.

"My advice to any couples considering retirement living, is to make the move, if possible, when you are still relatively fit and healthy so you have time to enjoy this stage of your life together.



"The great thing about the village here at Wishart Gardens is that it is co-located with an aged care community. This was such a blessing when my husband Reg needed full-time support towards the end of his life. He simply transferred over to aged care, and I could walk over and visit him every day.

"With Reg now gone and my children living far away, this retirement community means the world to me.

"I only need to step out my front door and I'm surrounded by the support of friends and wonderful neighbours. For that, I am truly grateful."



Opposite and above: Del and Basil Wood enjoy their retirement lifestyle at Wishart Gardens with friend of 50 years, Jean Miller.



Students shine bright with cultural showcase

The first term of school has been nothing short of unforgettable for students at Carinity Education Shalom. They've had not one, but two remarkable opportunities to share their rich cultural heritage with the Townsville community through dance.

Students played an important role in the recent NRL All Stars match, a rugby league game contested by players from and representing Indigenous Australian and New Zealand Maori cultures. In the lead up to the event, a dozen Shalom students received an exclusive invitation to participate in the player signing event hosted by Harvey Norman.

At the event, they had the thrilling opportunity to perform the opening dance alongside fellow

Indigenous Australians and NRL icons Josh Addo-Carr and Latrell Mitchell. For student Arthur, it was an unforgettable moment when Addo-Carr described him as "a deadly dancer."

Under the guidance of Campus Pastor Andy Bollom and visiting Indigenous elders, the students dedicated weeks to perfecting the choreography.

"During the rehearsals we had the honour of welcoming Uncle David Mundraby and family from Yarrabah, as well as a collaborative session with local Indigenous artist Normey Jay," Andy explained.

The visiting NRL players and game garnered significant media attention, leading to an invitation for the students to appear on 7 News Townsville and the national Sky News service,

as well as local Indigenous radio station 4K1G.

The week culminated with the Friday night televised game at Townsville stadium, where the students emerged as true stars. They didn't just dance; they commanded the stage, radiating pride in their cultural heritage.

"This is the first big opportunity I have had to really represent my culture," Arthur said.

The highlight of the game for the students was in the third and fourth quarters, where they were given the chance to perform. Arthur, the group's songman, sang three traditional songlines from the Lower Coastal Yidinji tribe. The audience witnessed a walk-on song, a hunting and fishing men's dance, and a 'Waddama' showoff dance.

Despite the challenges of wet weather, their energy and



"You could see that the students not only believe in themselves, but they were proud of themselves! This is one of our school's goals for all our students and a moment I will never forget.."

enthusiasm were infectious, captivating the hearts of thousands in attendance. Year 8 student Akeira recalls that, "I felt kind of famous and it was cool." Pastor Andy, who accompanied the students to the stadium, was thrilled they had been given such a memorable opportunity to celebrate their culture.

"After the kids left the field following their final performance, there was plenty of tears and shouts of joy," Andy said.

"You could see that the students not only believe in themselves, but they were proud of themselves! This is one of our school's goals for all our students and a moment I will never forget."

For these young dancers, the NRL All Stars event was more than just a showcase of talent; it was a powerful statement of cultural pride and determination.

Tenth-grader Ashley summed up the sentiment perfectly.

"It felt amazing. It was really cool to show 16,000 people my culture. It made me feel really proud to be an Aboriginal Australian."



Opposite: Carinity Education Shalom students prepare for one of their dances. **Above (clockwise from left):** Dancing on the field at the NRL All Star match; performing at the player signing event; preparing at Townsville Stadium; dancing with NRL star Latrell Mitchell; posing for media coverage of their unforgettable week.

Communities bloom with cultivation of new services

Helping to improve the lives of people affected by disadvantage has been a key purpose at Carinity for nearly 75 years. This commitment has reached new heights recently through an expansion of services to support vulnerable people in the community.

Community Services and Improvement Manager Chris Shannon said Carinity had launched a number of new projects in the last 12 months.

“We can help more people who live with disability than ever before, thanks to the opening of a brand new purpose-built house, and the introduction of counselling and therapies that can be funded through the National Disability Insurance Scheme (NDIS),” he said

“Our commitment to our existing clients has also been re-affirmed with the purchase of one of our disability houses, which we previously leased.

“Our community centre has been assisting local residents who need help with yard maintenance thanks to a new community outreach program.

“Of course, Carinity also continues to provide a range of other important community services such as specialist domestic violence counselling and a safe place to call home for young people at risk of homelessness.

“It gives me great satisfaction to know that together, our team is making a real difference to the lives of people who need it.”

Disability accommodation

In August last year, Carinity opened a new support service for people living with disability. Sunflower House is a thoughtfully designed home in the Scenic Rim offering respite accommodation for up to 14 days at a time.



Opposite and above: Carinity Fassifern Community Centre Coordinator Rhys Wilson transforms a local resident's yard with the support of volunteers Broderick Skinner and Stuart Prout.

A stay at Sunflower House can be fully funded by an individual's eligible NDIS plan with no out-of-pocket expenses, making it the perfect destination for a country retreat. When guests visit they will enjoy a welcoming environment with around-the-clock support, personal care, nutritious meals prepared fresh onsite and a fully accessible van to explore the local area.

Mental health

Carinity has expanded its counselling program to include therapies that can be fully funded by an eligible NDIS plan. The new services have been designed specifically for people with disabilities and include counselling, art therapy, play-based therapy, expressive therapies and group therapy.

Counselling and therapies can be beneficial for a range of individuals, including those with physical, psychosocial, sensory, cognitive, neurological and intellectual disabilities. Parents and carers can also receive

support to develop skills and understanding of neurodiversity in children and adolescents.

Face-to-face appointments are available in Beaudesert or the Narangba area in north Brisbane, with telehealth appointments available anywhere in Australia.

Disability support

Carinity has solidified its ongoing commitment to the Somerset Region by purchasing the property from which it operates Our House - a home away from home for people with disability.

Our House supports individuals to develop skills, live independently at home, participate in social activities and enjoy respite when needed.

Carinity took over the management of Our House in 2007 and had been leasing the property from the Queensland Government. The acquisition helps to ensure that Our House can continue providing disability services to the local community well into the future.

Community outreach

The Carinity Fassifern Community Centre has launched a new community outreach project to help the vulnerable and elderly who are struggling with garden maintenance at home.

Carinity Connections has been designed to assist people in need and help alleviate social isolation in the community. It enables Boonah residents to access help with tasks such as lawn mowing, weeding, rubbish removal, small errands or even moving a piece of furniture.

Gardening equipment and a box trailer used for the program have been funded by Scenic Rim Regional Council's Community Grant Program. Services are available on the last Wednesday of each month, delivered by a team of volunteers passionate about sowing the seeds of community connection.

Aged care trusted by families.

At Carinity, we know it's the little things that make a big difference. Our Living With Purpose philosophy and dedication to delivering the best care means we're trusted and loved by families and residents. Don't just take our word for it – see what families have said about us on Product Review.



“We can never thank Colthup Manor enough for the way they treated Mum with dignity and love. They were amazing...”

Annette C



“The staff at all levels are so caring and truly loving to the people in their care. We couldn't be happier...”

Ann



“The care is second to none. Nothing is too hard or too much trouble. The food is delicious and appropriate for an aged person...”

Elaine



To find out more visit carinity.org.au or call 1300 109 109.



AN OUTREACH OF  QUEENSLAND BAPTISTS

MY STORY Michael Wilson



What is your role at Carinity? I manage major projects that build new Carinity services or improve the physical environment of existing services for our customers and staff.

What do you enjoy about your role? I enjoy the variety of the projects – I work across aged care, retirement living, education and community services. I have also been given the opportunity to provide some great outcomes for our residents, our clients and our staff.

What drew you to the community sector? Originally an engineer, I have spent my career predominantly working in construction and building material industries. I was drawn to being able to focus on people and community outcomes, rather than shareholder profit. There is something very special about providing real uplift to people's lives.

How does design impact on the overall resident experience in aged care? The primary goal is always to make the resident feel the warmth and embrace of home. The big challenge is achieving that goal within the operational requirements of an aged care community. We do our best to make sure that our aged care environments don't feel like a hospital.

Could you explain a little more about your involvement in community choir? I am a big believer in the power of community. Choirs have been my community for over 30 years and have brought me so much joy. I've been the musical director of several community choirs, and I currently sing with a chamber choir.

I am also the Producer of Brisbane Sings, a community event featuring choirs and singing groups from all over the city performing separately and together. Last year a massed choir of over 500 voices and a stage band came together to perform in the QPAC Concert Hall.

Being a musical director has allowed me to create a space where people find happiness, make long-lasting friendships, boost their confidence and experience the joy of performing. I know that I have made a difference in many people's lives.

For me the biggest consideration for design in seniors living is dementia. Understanding the needs of people with dementia is really important when undertaking all elements of design.



Chaplain tackling alcohol and gambling issues

In his role as a chaplain, Russell Hinds has supported some of Australia’s top sports stars.

“Chaplaincy has been a big part of my life, having now served at four Olympics, one Commonwealth Games, a National Rugby League team, and cricket at the state and national levels,” Russell said.

Now Russell assists people facing personal challenges at a different type of sports club. Rather than rubbing shoulders with athletes, he interacts with people such as problem gamblers and those facing financial hardship at a licensed venue on the Gold Coast.

As part of an initial two-year partnership with CrossLife Baptist Church, Russell is the new chaplain at Club Helensvale. The ministry is funded by Carinity’s Collaborative Community Projects.

“I am available to all the staff and patrons of the club, whether they

“Having a chaplain that is visible and on site has been received very well. Most clubs that I know don’t have a chaplain, however I believe that it will be a growing trend.”

just want to have a coffee and someone to talk to confidentially, or they need help with something specific,” said Russell, a church pastor of 45 years.

“My role is to be a listening ear and then, when requested, put them in touch with the appropriate people that may be of assistance to them.”

Club Helensvale General Manager, Damon Gerebtzoff, said enlisting a chaplain is part of the club’s commitment to “preventing any negative impacts of alcohol and gambling on our members and the community”.

“Russell is also providing guidance and support for people with mental health issues. We

recognise that is a very real problem in modern society,” Damon said.

“Having a chaplain that is visible and on site has been received very well. Most clubs that I know don’t have a chaplain, however I believe that it will be a growing trend.”

CrossLife was one of eight Queensland Baptist churches allocated funding in the latest round of Collaborative Community Projects grants, a program that helps churches address serious societal issues in their communities.

Above: CrossLife Baptist Church Lead Pastor, Matt Hunt, with chaplain Russell Hinds at Club Helensvale.

CHAPLAIN’S CHAT



Celebrating God’s gift to us through Baptism

I was privileged to baptise my daughter in February this year and it was such an honour!

Baptism is a meaningful event that occurs in a variety of ways. Some may have experienced the Christian tradition of being ‘sprinkled’ as a baby in a church, with the intent of the baby’s family and friends to devote their child to the Lord. Others celebrate ‘believers baptism’, where people voluntary decide to identify as a Christian and follow Jesus by being submerged

There is such meaning in baptism because of what Jesus has accomplished for us at Easter. New life! Forgiveness and amazing grace! Jesus has been changing lives for over 2,000 years.

either at the beach, in someone’s pool, or in a church service.

Both methods hold significance because of what happened to Jesus at Easter when He deliberately surrendered to death, nailed to a wooden cross, for a specific reason – to be the atoning sacrifice for all sin. This is something only God could achieve. He then rose again three days later revealing that He has ultimate power over both sin AND death. Christians receive Jesus’ death and resurrection by faith and publicly declare that by baptism.

In the New Testament, the act of baptism was a common cultural occurrence that demonstrated someone surrendering their lives to Jesus (going under the water represents Jesus dying for our

sins) and living washed as a new person (coming out of the water identifying with the resurrected new life).

There is such meaning in baptism because of what Jesus has accomplished for us at Easter. New life! Forgiveness and amazing grace! Jesus has been changing lives for over 2,000 years.

I hope you had the opportunity to reflect on God’s amazing gift to us, his only Son, over Easter. If you’d like to find out more about Easter, baptism, or the Queensland Baptists movement, feel free to contact one of Carinity’s 75 chaplains or visit a Queensland Baptist church.

DAN LYONS
DIRECTOR OF MISSION



Welcome Philip!

Philip Hamilton has recently joined the Carinity team as a Community Development Coordinator. In his new role, Philip will support Queensland Baptist churches in articulating and designing life-changing projects that empower individuals who are doing life tough - building their capacity to become leaders of transformation in their local communities.

Philip brings 12 years of experience in both international development and local church community development to this newly created position at Carinity. He is passionate about equipping local churches to reach out meaningfully and strategically to disadvantaged people groups in their local neighbourhoods.

Having grown up in the UK, his wife and three young boys are very much enjoying living in the warmer climates of Brisbane!



WE BELIEVE LIVES ARE FOR LIVING

Maintaining your independence in the comfort and familiarity of your home is something we all strive for as we get older.

While the goal of aging at home is the same, it will look different for everyone. Some may have unique medical needs; others may find moving around their home difficult; and the moment when

things start to get a bit more challenging will happen at different times for everyone.

At Carinity we're experts in supporting seniors to navigate **what** support you might need, **how** you can access it, and **how** it can be funded.

Don't hesitate to ask for some extra help, so you can get the most out of your life!



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- › how you can access it,
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- › what to consider when looking for a provider.

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