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# link



SILVER CHAIN

EVERY MINUTE. EVERY HOUR. EVERY DAY. WE CARE.

## Young People Who Care Awards 2009

Each year, thanks to Woodside Energy, The West Australian and The Government of Western Australia; Silver Chain along with Carers WA recognise the many outstanding young people who care for others in our community, through the Young People Who Care Awards.

Last year, which marked the awards 21st year, we received more than 30 nominations from across the three categories. Reading through each nomination, we discovered just how these extraordinary young carers voluntarily make a difference to the lives of their family members, friends and our community. This certainly proved no easy feat for our judges!

Ten finalists, each exemplifying the true essence of the awards, were chosen across the three award categories – the 'Young Carer' award, the 'Caring in the Community' award and the 'Caring Together' award.

On Wednesday, 21 October 2009 finalists were invited to attend the award ceremony hosted by the Honourable Robyn McSweeney MLC at the Aboriginal Peoples Gallery at Parliament House.

Thirteen year old Tamika O'Malley was the recipient of the 2009 'Young Carer' award. From a very young age, Tamika has provided care to her Aunt Tammy who was born with Cerebral Palsy. As Tammy is in a wheelchair, Tamika uses a hoist to lift Tammy to and from bed, as well as assisting with toileting, reading, medications and comforting Tammy when she is upset.

The 'Caring in the Community' award was presented to Santa Maria student Kim Landers. Kim is a long standing volunteer for St Vincent de Paul Society and the Red Cross and has also volunteered her time for the Cerebral Palsy Association. Over the past two years, Kim has dedicated more than 200 hours of community service, while being a full time student and working part time.

And, the 'Young Vinnie's' group of Sacred Heart College of Sorrento was presented with the 'Caring Together' award. The group of 60 students aged from 12 to 17 years volunteer their time assisting the community and helping those in need. The 'Young Vinnie's' aim to reach out to young children and families in

disadvantaged situations, elderly residents, the oncology patients at Princess Margaret Hospital, the families staying at Ronald McDonald House and raise funds for various charities.

Young carers play a special role in our community – one you should all be very proud of!

We would like to thank the following supporters of the 2009 Young People Who Care Awards, who kindly donated prizes:

- AQWA
- Chicken Treat
- Event Cinemas, Innaloo
- Perth Wildcats
- Scitech
- Skywest Airlines
- Super Golf, Swan Valley Oasis Resort
- The Great Escape
- The Perth Zoo
- Timezone

To find out more or to read about the 2009 award recipients, visit [www.youngpeoplewhocare.com.au](http://www.youngpeoplewhocare.com.au).

Nominations for the 2010 Young People Who Care Awards open June 2010, for further details visit [www.youngpeoplewhocare.com.au](http://www.youngpeoplewhocare.com.au) or stay tuned for the Winter 2010 edition of *Link*.



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## Contenance Management and Advice Service

\*Over two million Australians are affected by bladder or bowel problems. We can help.

The Contenance Management and Advice Service's trained nurses understand bladder and bowel conditions and can give you advice on how best to manage and improve your bladder or bowel problem.

If you are eligible, you will receive:

- FREE consultation with a Silver Chain continence nurse.
- FREE pads and other products (up to the value of \$480 every year).

This service is available throughout Western Australia at 17 clinics, including two new clinics at Joondalup and Guildford. CMAS is also available by telephone for people living in the country outside of clinic catchment areas.

If you already receive assistance through the Contenance Aids Assistance Scheme (CAAS) you may still be able to apply for help through CMAS.

To find out more information about CMAS please call 1300 787 055 (for the cost of a local call) or visit [www.silverchain.org.au/continence](http://www.silverchain.org.au/continence).

\*[www.health.gov.au](http://www.health.gov.au)



## Plum Sponge Pudding

**Preparation Time – 15 minutes  
+ 30 minutes cooking**

**Serves – 6**

**Serves of fruit in this recipe – 4**

### Ingredients

Olive or canola oil spray  
 2 cups stewed, poached or canned plums, well drained  
 3 eggs  
 ½ cup caster sugar  
 ¾ cup self-raising flour, sifted  
 1 tablespoon low-fat milk, hot

### Method

Preheat oven to 180°C. Lightly spray baking pan (20cm x 20cm) with oil. Place fruit in pan. Whisk eggs and sugar in an electric mixer for 4 – 5 minutes until very thick and creamy.

With a spatula fold in flour and hot milk as lightly as possible. Pour over fruit to cover and bake for 25 – 30 minutes until golden brown and firm to touch.

### Hint

Make sure there is no liquid or juice with the fruit or the sponge topping will not cook properly.

### Variation

Try canned apricots, peaches or pie apples. When in season, try the following combinations:

- Mulberry and apple.
- Rhubarb and raspberries.
- Pear and rhubarb.

### Serving Suggestion

Serve with reduced-fat custard.

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## SILVER CHAIN MERCHANDISE STORE

Are you always looking for a pen? Our Silver Chain pens are very popular at just \$5.00 each (including postage and handling) and what's more, they can be refilled!

For a limited time only, we are offering our *Link* readers one free pen for every four purchased in one transaction!

**To purchase a Silver Chain pen/s please call Marketing and Communications on 9201 6755 or visit Silver Chain House Reception, 6 Sundercombe Street, Osborne Park WA between 8:30am and 5:00pm, Monday to Friday.**





## ‘The Swimming Club’

Having recently launched their 2010 season, Black Swan State Theatre Company are kindly giving one lucky *Link* reader the chance to win a double pass to see ‘The Swimming Club’ by Hannie Rayson.

‘The Swimming Club’, starring John Waters, Igor Sas, Caroline Gillmer and Megan Holloway will show at the Playhouse Theatre from 27 March 2010 to 18 April 2010. A co-production with Melbourne Theatre Company, this is a play for baby boomers and all those who love them.

Six young people from around the world, including two University of Western Australia students, spend one glorious summer together on a Greek island in 1983. They are beautiful, adventurous, idealistic and believe the world is theirs for the taking.

Fast forward to 2009. These footloose and fancy-free types have turned into successful and driven people who are juggling careers, families and mortgages and are grappling with middle age. Each in their own way, they feel trapped by their life choices and are baffled by their children’s youth culture in the new millennium. Will a reunion on their magical Greek island be able to rekindle their spiritual fire?

For your chance to be in the running to win this great prize, simply write your name and address along with the correct answer to the question below on the back of an envelope and send it to:

*Link* Newsletter Competition, Silver Chain, 6 Sundercombe Street, Osborne Park WA 6017 (please don’t use the reply paid envelope).

**Question – Name one of the actors starring in ‘The Swimming Club’?**

The competition will be drawn on Thursday, 11 March 2010 and winners will be notified by mail.



**black swan**  
STATE THEATRE COMPANY

## Nominate a Nurse – International Nurses Day

The birthday of Florence Nightingale, 12 May, is celebrated as International Nurses Day. Each year we like to mark this day and pay tribute to all of our nurses, who play an integral role in our organisation. In particular, Silver Chain aspires to encourage and acknowledge nursing excellence.

Excellence in nursing is indeed a combination of many things – advanced skills, a commitment to continued learning and naturally, the dedication to care. We extend an invitation to our clients and/or their carers to nominate a Silver Chain nurse who demonstrates excellence in nursing.

Nominations will be considered by a panel. The selected nurses will be recognised by the Chief Executive of the Nurses Board of Western Australia at a formal ceremony.

If you would like to nominate a Silver Chain nurse who you believe deserves to be acknowledged for nursing excellence or their commitment to care, please send your nomination and reasons for nominating the nurse in writing before Thursday, 15 April 2010 to:

**Stephen Carmody, General Manager, Health Silver Chain House**  
**6 Sundercombe Street**  
**Osborne Park WA 6017**

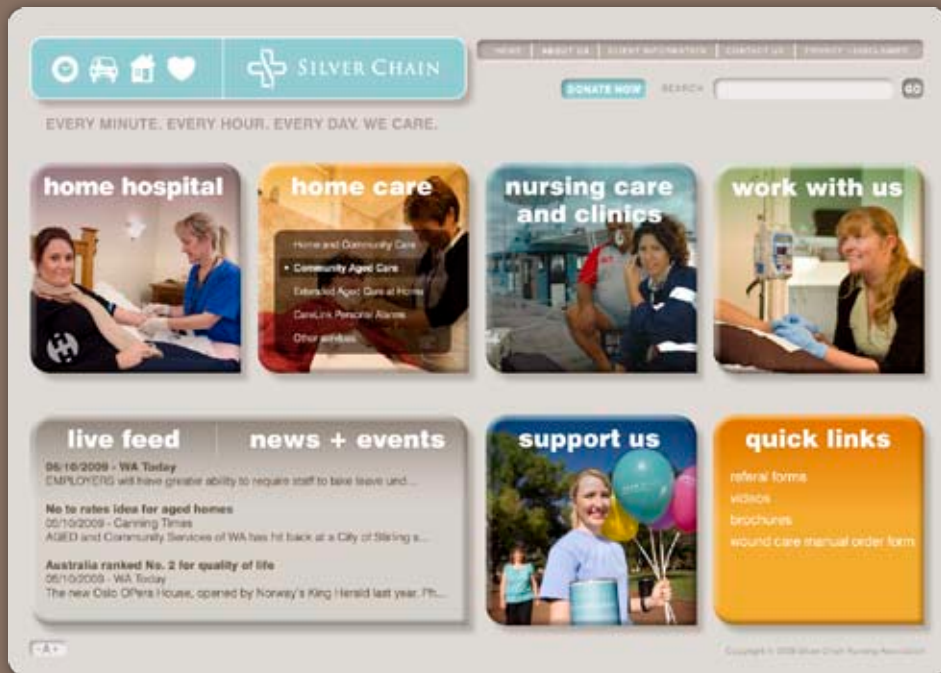


## Useful Tips for Home Care

If you receive home based care, your home becomes our workplace.

To help prevent slips, trips and falls please ensure steps are in good condition, rugs and mats are flat and stable and cords are not across walkways.

Working together, we can help one another to ensure that both you and our staff stay safe at all times.



## Our New Website Goes Live!

If you have visited our website lately, you will have probably noticed its changed.

Launched late last year our new website features not only a new look, but it is now easier to find exactly what you are looking for.

You can continue to make an online donation to Silver Chain using the secure form, as well as purchase our Wound Care Manual or place an order from our merchandise range.

Check out our homepage [www.silverchain.org.au](http://www.silverchain.org.au) to find out the

latest Silver Chain news, which events you can find us at throughout Western Australia and download editions of *Link*. You can also find out about joining our team and search current vacancies that are available.



## Green Corner RECYCLING HOUSEHOLD BATTERIES

Did you know there is an easy way to recycle household batteries?

Dry-cell batteries can be dropped off at any one of the 150 new battery recycling bins around Perth. The components and metals can be separated, melted and used to make new products such as street lights, car parts, new batteries and steel frames for houses, rather than going to waste. This community initiative is a first of its kind in Australia.

It is estimated over 18 million household batteries are thrown away in Western Australia each year. Batteries are the most common form of hazardous waste disposed of by Australian households, with 97% ending up amongst usual rubbish collection in landfill.

And, what's more, when batteries are landfilled their castings disintegrate and the metals and chemicals used within batteries can leach into the surrounding environment.

Types of household batteries accepted in the recycling bins include:

- AA and AAA cells (single use and rechargeable batteries).
- C and D sized batteries.
- Button batteries (eg from watches).
- 9V batteries.
- 6V batteries (eg from torches).

If you would like to find a battery recycling bin near you or would like to find out more about this initiative visit [www.zerowastewa.com.au/recovery/community/batteries](http://www.zerowastewa.com.au/recovery/community/batteries).

# Are You Eating Yourself Healthy?

Have you heard the saying 'you are what you eat?' It was first coined by a Frenchman in the 1820s and then again by a German in the 1850s. But it wasn't until the 1920s to 1930s we started to seriously consider the concept and actually look at the effect our eating habits were having on our wellbeing.



Of course we know we aren't literally what we eat but it stands to reason that if your diet is not as healthy as it could be your health and wellbeing could be paying the price. It depends on where we are in our life cycle as to what our nutritional needs will be. It's no good eating like a teenager when your grandchildren are teenagers!

So, what is right for you? There are some basic rules you can follow:

- Drink at least two litres of water a day.
- Don't skip meals; your meal portions don't need to be large, each day you need just three balanced meals with a couple of healthy snacks in between. Moderation is the key.
- Portion control is important to maintaining a healthy weight.

There's plenty of information out there about what we should eat. Keeping it simple means that it's easier to achieve, try to aim towards eating two portions of fruit and five portions of vegetables every day is a good place to start.

Start your day by eating a healthy breakfast with grains including a little fruit and/or yoghurt. If you prefer your main meal in the evening, eat a light lunch something as simple as a sandwich; cheese, chicken or tuna with salad. Have you tried avocado or cream cheese instead of butter? It really adds to the taste!

You can add variety to your diet and get a balance of different nutrients by being colour co-ordinated. It also makes the plate look a lot more appealing and you will really want to eat it.

For your main meal try including a colourful food selection including orange (eg. carrot or pumpkin), green (eg. cabbage, beans or broccoli) and a small side of white (eg. potato, pasta or rice). Then add your choice of lean protein for a balanced meal. Protein will also help to maintain your muscle tone and keep your body strong and there are protein alternatives if you don't eat meat.

For example, one of our clients living in Shark Bay recently rediscovered his love for food and has began developing his cooking skills. After a nasty, acute illness which left him feeling quite miserable, he lost interest in his kitchen and resorted to the local take away for a pie followed by a beer as his staple diet for the day.

With the help of Silver Chain staff, who noticed he was losing weight, he was encouraged to make some healthier choices.

Together they went grocery shopping and the care aide lent a hand as necessary with food preparation, which was a joint effort. Armed with some simple, healthy recipes he got himself back to eating well. Now, he has quite a repertoire of dishes he can prepare

himself including some exotic soups and stews from the wonderful local produce they get in Shark Bay. On occasion he can even be convinced to share a little with his friends.

While it's important to eat healthy, it is also important to exercise each day which will help you maintain your muscle tone and strength. You could try walking to the shops to pick up the newspaper rather than retrieving it off the lawn, take the stairs instead of the lift or do active jobs around the house (eg. gardening).

At the end of the day we don't have a choice about getting older and it's never too late to make small changes which can have really positive effects on our lives. In the immortal words of Virginia Woolf "one cannot think well, love well, sleep well, if one has not dined well".



## We're Wrapped!

Silver Chain are grateful for the kind support of Westfield Shopping Centres – Innaloo, Carousel and Whitford City.

Gifts were wrapped for a gold coin donation to Silver Chain, which we will use to support our services. Special thanks to Westfield Shopping Centres who allowed us the opportunity to gift wrap in their centres, providing mall space free of charge.

We would also like to thank the many volunteers who gift wrapped during the weeks leading up to Christmas including volunteers from ENI Australia Limited, Hesta Super Fund, Scitech, WestNet Infrastructure Group, Easifleet, Royal Perth Hospital, Padbury Senior High, Ansvr Insurance, Tronox, Wesfarmers, La Salle College and West Coast Therapy.

*Westfield* Carousel . Innaloo . Whitford City

## Volunteer Fundraisers

We would like to especially thank our 16 branch committees who together with their local communities raise funds to support Silver Chain in various ways. Their efforts never cease to amaze us and we are very grateful for all that they do.

The efforts of one particular branch committee we would like to pay homage to is our Rockingham Branch Committee (pictured).

This incredible group of approximately 70 volunteers last year presented a cheque for \$27,000 to Silver Chain which enabled us to purchase equipment for our hospice, clinical and home support clients living in the Rockingham/ Kwinana area.

And now, they are busy accumulating funds for their next project!



## Forsyth Family – Cancer Awareness Night

Silver Chain would like to thank Jason Forsyth and family for this year donating the proceeds of their fundraising country music event to Silver Chain, in memory of his wife Rebecca.

We would also like to thank Amber and Jamie Forsyth, Stan and Jean Mason, Crossroads Country Music Club, Bands 'HideAway', 'Bad Hearts' and 'Cruising Deuces' and the Thornlie Bowling Club for helping to support this event and making it a great success.

Rebecca, who was a much loved personality in Western Australian country music, created this entertaining and informative event to raise awareness of how common cancer is, to encourage regular check ups and that early detection is a huge part to surviving the illness.

In the last couple of years, Jason, his children and extended family have carried on the event each year as a tribute to Rebecca, to keep her memory alive and to raise funds for community organisations that provide cancer support.

More than 200 people attended the event and helped raise more than \$3,300, which will be used towards supporting our Hospice Care Service.

# thank you! ♥

## Health Pit Stops

We would like to acknowledge the following corporate organisations and their staff who participated in a 2009 Silver Chain Health Pit Stop at their workplace:

- Computronics Corporation Ltd.
- Doral Fused Materials.
- D'orsogna Limited.
- Dwyer Durack.
- Grant Thornton.
- Hilton Perth.
- Holiday Inn City Centre.
- Insurance Australia Group Limited.
- La Salle College.
- Sheraton Perth Hotel.
- Southern Cross Electrical Engineering Pty Ltd.
- Total Marine Technology Pty Ltd.
- WestNet Infrastructure.

- Williams Electrical.

Our Health Pit Stops involve staff being screened for three modifiable cardiovascular disease risk factors including blood pressure, Body Mass Index (BMI) and waist to hip ratio. This is a free service for corporate organisations – all we ask for is a gold coin donation from staff who take part.

By holding a Health Pit Stop, workplaces are provided an opportunity to develop a healthier corporate culture and encourage staff to become more aware of their current health status as well as how to prevent lifestyle related diseases. Staff who took part commented saying they found the Health Pit Stops to be of great benefit, as they often don't have the time to go to their doctor for a checkup.



If you would like to hold a Health Pit Stop at your workplace please call Deida Nicholls, Relationship Marketing Officer 9201 6768.

## Pneumococcal Disease – A Booster Reminder!

Recently, the spotlight has been on how important vaccinations are in the prevention of the Pandemic (H1N1) 2009 or Human Swine Influenza.

There are other important diseases, which are vaccine preventable and one of these is a particular type of pneumonia caused by the bacterium *Streptococcus Pneumonia*.

This bacterium is responsible for considerable morbidity and mortality rates worldwide. In 2006, 1,445 cases and 130 deaths of invasive pneumococcal disease were reported in Australia\*. Invasive pneumococcal disease is most frequently reported in people who are elderly (30.8% cases per 100,000 in those aged 85 years and over) and children aged one and under (26.5 cases per 100,000)\*.

The vaccination is recommended for:

- All people 65 years and over.
- Aboriginal and Torres Strait Islander people 50 years or over.
- People who have underlying chronic illnesses such as asplenia, impaired immunity and chronic illness including cardiac, renal or pulmonary disease.

The vaccination can be administered by your general practitioner (GP) or practice nurse and is an initial dose followed by a boosted dose five years later. If you have had your initial vaccination five years ago, don't forget your boosted dose this year when you next visit your GP.

\*Communicable Disease Intelligence Volume 32, Number 1 – March 2008.  
<http://www.health.gov.au>



## Your Feedback Counts

**If you currently receive services or are a former client, family member, advocate or unpaid carer, Silver Chain welcomes your say on how we can improve our services.**

### How?

- Tell a staff member as soon as possible if you are not happy with a service or have a complaint.
- Telephone our 24 hour Customer Operations Centre or Client Liaison Service on 9242 0242 or country callers 1300 650 803 (for the cost of a local call).
- Write to the Chief Executive Officer at **Silver Chain, 6 Sundercombe Street, Osborne Park WA 6017.**

### How will Silver Chain Respond?

- All complaints will be dealt with in complete confidence.
- You will be treated with respect and dignity.
- You will be able to have someone of your choice help you with a complaint or problem.
- We will attempt to resolve the issue within three working days where possible, or will keep you informed of progress until resolution.

### Advocacy Alternatives

Advocare Inc 9479 7566 or Country Freecall™ 1800 655 566.

People with Disabilities (WA) Inc 9386 6477 or Country Freecall™ 1800 193 331.

Health Consumers Council (WA) 9221 3422 or Country Freecall™ 1800 620 780.

For unresolved health and disability complaints you can also contact the Office of Health Review on 9323 0600 or Country Freecall™ 1800 813 583.

\*Calls from mobile telephones are charged at applicable rates.

## Client Liaison – Advocacy and Understanding

Silver Chain's Client Liaison Service provides advocacy, complaints monitoring and general support for clients and carers.

We welcome feedback and are committed to resolving issues presented that are affecting a clients or carers ability to continue to live independently and participate as members of their community.

Our regular presentations to community groups and forums give us very useful feedback. If you belong to a group that is interested in participating please contact one of us.

Please do not hesitate to call us at Silver Chain on 9242 0242 or country callers 1300 650 803 (for the cost of a local call) and we will do everything to assist with whatever issue is presented.

**Carole Harris and Peter Biggins**  
Client Liaison Service

# Making a World of Difference . . .

Each week, we receive a number of letters from clients and client's families thanking us for the services they or their loved ones have received. We thought we'd share with you an excerpt of a letter, which to us is the essence of what our Hospice Care Service is all about.

Silver Chain Hospice Staff

To my dear friends of the Silver Chain Nursing Staff, I wish to thank all of you for the special care that you gave to my beloved wife Lesley in the last weeks of her life.

When I promised Lesley, my beautiful wife of nearly forty five years, that I would care for her at home until she died, I had no idea of the enormity of the task. I now know that without your help this would have been an agonising and awful time for her.

As it was, you came, day or night, often driving through the wind and pouring rain, each of you bringing a sense of calm and compassion combined with the special nursing skills you have to make my poor girl more comfortable. Your professional skills and your attention to detail were outstanding.

In addition to the care that you gave Lesley, you also helped me to become a more proficient carer and gave me huge emotional support when I needed it most...

...I have mentioned the extent of your care and support to my family and friends and mere words cannot express my appreciation...

Yours sincerely

*Colin Maggs*

## Donate at any Australia Post

Making a donation to Silver Chain through any Australia Post outlet is both easy and quick.

There's no need to purchase a money order, simply take your donation coupon (attached to the bottom of the enclosed letter) into Australia Post. Your coupon will be scanned and Australia Post will notify us of your donation, which we use the information to record your donation against your donor record.

You don't even have to send us your receipt, but make sure you keep it in a safe place as this is your record to claim on your tax return.

If you would like to find out more about making a donation to Silver Chain through Australia Post please call our Relationship Officers Kaye or Lynne on 9242 0233.



## Calendar of Events

### MARCH

6 – 7 Channel 7 Crab Fest, Mandurah.

19 – 20 Kalgoorlie Boulder Community Fair, Cruikshank Sports Arena.

### APRIL

30 Silver Chain Golf Day, Lake Karryinup Country Club.

### MAY

12 International Nurses Day.

13 – 16 Careers, Education and Employment Expo 2010, Perth Convention and Exhibition Centre.

23 – 29 National Palliative Care Week.

To find out about our events visit [www.silverchain.org.au/events](http://www.silverchain.org.au/events).



6 Sundercombe Street Osborne Park WA 6017

• Phone (08) 9242 0242 • Facsimile (08) 9242 0268

• Email [info@silverchain.org.au](mailto:info@silverchain.org.au)

Silver Chain Nursing Association (Incorporated) ABN 77 119 417 018



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