

# voice

M A G A Z I N E



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by Alinea

# Enriching Lives

Alinea has a long history of service provision within the Western Australian community. In October 2012, the Paraplegic-Quadriplegic Association of WA (Inc.), founded in 1955, and the Civilian Maimed and Limbless Association of Western Australia (Inc.), founded in 1945 amalgamated to form the Spine & Limb Foundation. Having made significant progress since then to expand its operations in Residential Aged Care, Supported Employment, Independent Community Living and Recreation Services, the Organisation announced a decision to unify its wide range of services under a new name.

As Alinea, the organisation's mission remains the same: to enrich the lives of elders and people living with a disability in the Western Australian community, by continuing to provide contemporary and holistic services. All of the services and programs operated by Alinea have been designed to cater for the needs of the unique individual.



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# Why older people may feel sad and think of suicide

*Our Education Coordinator Barbara Smith discusses the risks associated with older people in terms of feeling sad and contemplating suicide*

By Barbara Smith  
Alinea Education Coordinator

The truth is that most people who kill themselves are not mentally ill, at least in the way we think of people who are. The great majority of people who attempt or complete a suicide are so sad, hopeless, or angry that they simply can't stand life anymore. Or they have been dealt such a terrible blow by life that they are overwhelmed and can see no other way to end the feelings of loss, stop the suffering and regain control over their future. But they are not crazy

~ Paul Quinnett, Ph.D.

Why may older people feel sad? Many reasons:

- Isolation from friends, family and their community
- The death of a life partner, family members and friends
- Difficulty completing tasks that were once simple
- Boredom
- Declining physical health and chronic pain
- Changes in living arrangements, moving into an aged care facility
- Loss of drivers licence or ability to drive
- Admissions to hospital
- Side-effects from medications
- Non-death losses: work, independence, self-worth, mobility, eyesight, hearing



So what do you need to know to be informed?

1. Older adults are at higher risk for suicide than any other age group in Australia. As our population ages and unless we all take positive action steps now, suicide rates can be expected to rise among our oldest citizens.
2. Among the most serious risk factors for elders are the onset of mental disorders and especially major depression. In addition, older people are especially vulnerable to feelings of hopelessness and despair.
3. Older people, like younger people, are often reluctant to seek or ask for help, even when they are experiencing serious physical, psychological and emotional pain. Also like young people, older adults fear becoming a



“burden” to those around them.

4. 50% of residents in residential aged care facilities (RACFs) are depressed compared with 10-15% in the community being depressed. This is associated with losing purpose, associated with the ageing process and moving into RACFs, resulting in loneliness and isolation.

5. Residents are more likely to talk to care and nursing staff than professional counsellors.

6. When older adults make a suicide attempt it is always serious and should never be minimised as a “gesture” or “attention seeking.” Unlike some suicide attempts among younger people that may be a “cry for help,” older adults most often intend to die in their attempt. Consider that although people over age 65 have the highest rates of suicide of any age group, rates of hospitalised self-harm are far lower among both older men and women 65+ years at only 4%.

What should you look for in residents?

- Lacking energy
- Not sleeping well

- Spending more time in bed
- Not enjoying meals
- Not motivated to do things they normally enjoy
- Not wanting to go out
- Wanting to be left alone
- Withdrawing from family and friends
- Not talking as much as usual
- Irritable/angry
- Feeling worthless
- Saying things like: “I’ve had enough”
- Talking about life not being worth living

### How can you help?

Enhance the residents’ protective factors: A protective factor is something that helps to prevent problems. A risk factor is something that helps to create problems. Protective factors can be seen as the actions or efforts a person can take to reduce the negative impact of issues on their life.

\*Feeling like they have a purpose within the facility. Get to know them and then encourage them to perform “jobs” or activities that are useful and have a goal or purpose.

\*Encourage residents to connect with their fellow residents / the RACF community or the outside community.

\*Promote a sense of belonging with residents, by asking for their opinions, applying person centred care and promoting the activities within the facility.

\*Do not avoid residents who are isolating themselves. Engage them individually and ask them how they are.

\*Listen, REALLY HEAR, what your residents are saying to you - so they feel validated.

\*Treat their pain and other chronic discomfort promptly.

# Jacko gets the Goss

*ParaQuad Industries Manager Joe Tuson shares a celebrity encounter @ the Refund Point*



*By Joe Tuson  
Manager, ParaQuad Industries*

PQI's Jack "Jacko" Mason couldn't believe his eyes the other week when he recognised one of his heroes processing his drinks containers through one of the automatic counting machines in our Refund Point.

Jacko has been working at ParaQuad Industries for about 5 ½ months, the last few weeks of which he has been working in the Refund Point. Primarily a sorter, he has also been handling some front of house duties like customer service and it was while so occupied that Jacko spotted Tim Gossage, former Channel 10 Sports presenter and now co-host of SEN Breakfast with cricketing great Adam Gilchrist, 6-8am Monday and Friday.

Jacko, who fancies himself as a bit of a celebrity magnet, wasted no time in approaching Tim to see if it was really him. "I

told him that I'd watched him on Channel 10 for years and I was stoked to see him face to face," said Jacko, "so I wasted no time in asking him if he would mind having a selfie".

Tim says he uses our Refund Point "all the time" and also makes use of our Donation Point for dropping off donations for sorting and sale in ParaQuad's Op Shops.

"I enjoy the Refund Point experience", he adds, "as the guys I interact with are all a lot of fun – keep up the good work"!

PQI's Container Deposit Scheme Refund Point is open 7 days per week and processes around 30 thousand containers per day, each earning the recycler a refund of 10 cents. Jacko and several of his Supported Employee colleagues work in the Refund Point each weekday doing manual sorting, cleaning, stock movements and front of house duties.



*Opposite Page:  
Jacko gets the  
Goss.*

*Left: Jacko with  
colleague Basil  
Cooper in the  
Refund Point area.*



# The Greening of Shenton Park

*Recreation Services Manager Fran Wallis relates the 'green' efforts of a Quad Centre resident*

*By Fran Wallis  
Alinea Recreation Services Manager*

The much talked about topic of climate change has engendered many a discussion about what, we, as everyday citizens, can do to contribute to ground level solutions through personal practices that include conscientious recycling, reducing our dependency on fossil fuels, the elimination of gratuitous plastics from our daily routines and a raised general awareness of localised issues. Likewise, the 'Greening of the Planet' has been a matter of global debate and political chin wagging for many years.

One everyday citizen who is doing his bit for the local Shenton Park environment is Quadriplegic Centre resident Shane O'Connor, who has created a lush leafy, productive outdoor space. The space is equally enjoyed by his neighbours and the local fauna who share in the benefits as Shane's project slowly traverses the path that runs along the southerly side of the Gascoyne Ward of the Centre. The path has become more of a potted 'nature strip'



that draws attention from staff and visitors of the facility.

People who pass through the area cannot help but wonder at the transformation that has taken place and at the healthy condition and variety of the plants.

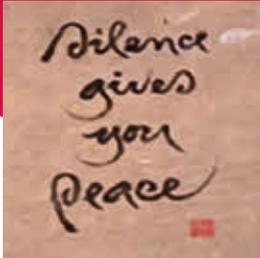
The 'seeds' of the project were sown when (a single mention of the pandemic here) lockdowns were in place and Shane focused on the small outdoor space adjacent to his room to keep himself occupied and mentally active. His interest in growing and propagating plants in pots led him to exploring the subject more deeply through Google and Facebook. He began to save the seeds from vegetables and fruits to propagate his plants to learn more. He purchased some larger mature specimens that provided height to the garden and that will no doubt also provide him with the opportunity to enjoy the fruits of his labour! The pictures speak for themselves.

And to position Shane in good company, a quote from David Suzuki: "The environment is so fundamental to our continued existence that it must transcend politics and become a central value to all members of society."

A lesson to be learned.



# A delightful surprise in Vietnam



*Education Coordinator Barbara Smith shares about a special experience she had on a visit to Vietnam not so long ago*

*By Barbara Smith  
Alinea Education Coordinator*

I was wandering around the historic 'old quarter' in Hoi An and found myself walking in the direction of the aroma of baking chocolate biscuits. This led me into the charming "Reaching Out craft shop and teahouse". For busy Hoi An, the atmosphere was surprisingly quiet and the environment calming and peaceful. I was shown to a seat, provided a menu and the server then pointed to a small tray holding signs, paper and pencils.

After communicating with the servers, in a mix of signing and pointing to the menu, I realised that all of the teahouse staff were deaf. These girls proudly showed me around and then, after my warm biscuits and coffee, they lead me to an outer room that was a craft shop.

The girl in the shop explained to me all about the not for profit organisation 'Reaching Out'. It was established in 2000 with the vision of providing opportunities for people with disabilities to learn skills and gain meaningful employment so that they could integrate fully with their communities and lead independent/fulfilling lives. With more than 70 employees, both able bodied and the disabled can display their unique talents in an array of exquisitely crafted goods and gracious services. Unfortunately, due to COVID, 'Reaching Out' had to close its few teahouses and craft shops, with one remaining open in Hoi An. I was so excited to share that I worked for Alinea and went on to describe our disability services.

This girl and her assistant were enthralled to hear about our services as I showed them our website. I chose some lovely crafts to bring home as gifts and promised to connect to the company via their website and Face Book. "Our name in Vietnamese, Hòa Nhp, means integration. We believe that a gift from Reaching Out gives twice."

To view the wonderful story of 'Reaching Out': <https://reachingoutvietnam.com/about-us/our-story/>



# A day in the life of an OTA

By Kasee Hutchinson  
OTA, Client Services



*Kasee pictured with supported employee Russell Torrance*

Previously, I worked in Aged Care for four years and loved every minute of it! I built wonderful relationships but felt I could give more to the industry by assisting in the Therapy side of things. So I completed a Therapy Assistant (TA) course as they work with Allied Health Professionals to enhance clients' lives. The TA follows the Allied Health Professionals' programs to assist their clients in learning new skills, upskilling current skills and helping them to become more independent. One benefit of accessing a Therapy Assistant to implement therapy programs is the value for money as it costs less; thus, the client's funding will stretch further.

I heard that a TA position was opening at Alinea and applied immediately! During my interview, I was shown around ParaQuad Industries (PQI) and felt that it would be an amazing place to work. So I was delighted when I was offered the position.

I now have some amazing clients that I work with, assisting them to become more independent and confident in their lives and their own decisions. They never fail to make me appreciate how special my job is every day when I work with them. Some of my clients are also supported employees at PQI, so it is interesting to see how they are at work and at home.

I also love crafting and have recently started a 'side hustle' with the team from Donated Goods, upcycling recycled goods into handy handbags! I have been working with teaching the supported employees basic sewing machine skills, cutting fabric and learning how to follow a pattern. So look out for some cute handbags for sale from the Upcycle Squad in the Op Shop!

### **A day in the life of an OT [Friday Morning]**

I begin at 7:30 am when I get into the office, check my emails and prepare for my first appointment at 8:00 am. Fridays are my busiest day of the week, so I make sure to

arrive early.

My first two appointments are cooking with two clients in their homes. Prior to this, I prepare some recipes for each participant and the client picks out which one they would like for the session. I then adjust the chosen recipe accordingly so that it is easy to follow. When selecting recipes, I take into account the level of understanding of written instructions and abilities in the kitchen, so I can set them up for success and ensure they enjoy themselves. Even though I support the participants during the cooking session, my goal is to assist and prompt them as little as possible. This way, they can eventually become confident and independent in cooking their own meals for themselves, their family and friends.

After the cooking sessions, I travel to another client's home to assist with a physiotherapy program. In these sessions, I guide the participant with the movements and support them when they are having difficulty. The physiotherapy programs are designed to improve a client's motion and strength. Before a physiotherapist implements a program, they would go through the details and goals with the participant and me so that we are all on the same page. I provide feedback to the physiotherapist on the client's progress and highlight any challenges the participant faces during the sessions.

After the appointments, I return to the office to record my notes and prepare programs or recipes for the following week. Whenever I create new programs, I run them by the supervising OT to ensure they are suitable. I also use this time to draft reports or NDIS billing.

On Friday afternoons, we have the Services team meetings. In these meetings, we discuss updates on the NDIS, feedback received and continuous improvement projects.

# Christmas Celebrations



## OSBOINE



## KOH-I-NOOR





# CAMELIA COURT



# RITCHER LODGE



# RECREATION SERVICES



# Christmas Celebrations @ Alinea/PQI





# Annual Awards



## LONG SERVICE

10 Years

*Evelyn Potter  
Lissa Ninyette  
William Donner  
Jordan Hill  
Joe Romeo  
Susan Hansen*

15 Years



*Stella Tun Aung  
Scott Muir  
Jason Dunstan*

20 Years

*Glen Evans  
Robert Mosor*

35 Years

*Basil Cooper*

40 Years

*Darron Smith  
Fred Ottobrinio  
Brian Ryan*





## Employee of the Year – Alex Hawes

Canteen – Ruth Cresswell

Cloth – Christian Nossiter

Book Bazaar – Andres Bruces Guzman

Donated Goods – Jessica Murphy

General Packing – Emma Cooper

Maintenance – Michael Schipper

Op Shop – Teegan Bedford

Recreation – Stephen Emms



*Congratulations  
to all our recipients!*

A woman with glasses and a striped apron is smiling in a kitchen. She is wearing blue gloves and holding tongs. In front of her is a large metal tray filled with potatoes. To her right, another tray contains orange vegetables. The background shows large windows with a view of the outdoors.

Thank you...

# ...to our staff and volunteers

Alinea is a community which relies on the hard work and dedication of our staff and volunteers.

So, from the Board and senior management, a  
BIG THANK YOU to you all!

# Events

# Calendar 2023

## Book Bazaar Sale Dates - Shenton Park

17th & 18th February  
17th & 18th March  
21st & 22nd April  
19th & 20th May  
16th & 17th June  
21st & 22nd July  
18th & 19th August  
22nd & 23rd September  
20th & 21st October  
17th & 18th November  
8th & 9th December

## NAIDOC Week

2nd - 9th July

## Aged Care Employee Day

7th August

## World Spinal Cord Injury Day

5th September

## International Day of Older Persons

1st October

## International Day of People with Disabilities

3rd December



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For the latest information  
on upcoming events,  
announcements and news

**@alineainc**



# Alinea

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Incorporating:

Koh-I-Noor Contemporary Care , Wembley | Camelia Court Retirement Village, Bayswater  
Osboine Contemporary Aged Care, Bayswater | Ritcher Lodge, Bayswater  
ParaQuad Industries, Shenton Park | Alinea Recreation Services  
Paravin, Campbellfield, Victoria | Alinea Client Services