

salvos

magazine

The invisible generation

Tuning in to older people



Vol. 004 | No. 42
11 November 2023
AUD \$1.00
PRINT POST APPROVED
PP100001474

salvosonline.org.au

FEATURE

Living well at home

FAITH TALK

Meeting the criteria

MY STORY

Support in tough times

**“Youth is a gift of nature,
but age is a work of art.”**

– Stanislaw Jerzy Lec





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

Salvos Magazine

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Press date 27 October 2023

Printed and published for The Salvation Army by Commissioner Miriam Gluyas at Focus Print Group, South Granville, NSW

 salvosonline.org.au

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Generational support

It is estimated that, by 2050, around one-quarter of all Australians will be aged 65 years and over, with the proportion of younger Australians declining.

Despite the growing number of older people, many aged 70 and above today feel they have little to contribute, and that society isn't interested in listening to them anyway.

In this week's *Salvos Magazine*, Jo-anne Brown writes about how recognising, listening to and honouring older people not only gives them dignity, respect and support, but also offers the listener the benefit of life lessons, wisdom and lived experiences.

Remaining at home in their older years is the wish of most Australians. The Salvos offer a range of home care services to help make this possible, some of which are featured in this edition.

In Faith Talk, Phil Inglis has some encouraging words for those of us trying to live up to standards, criteria and expectations in so many areas of our lives – "Nobody is perfect, but God loves us already and what he did for us proves it!"

Simone Worthing **Editor**



The invisible generation

Tuning in to hear and see our seniors/older people

By Jo-anne Brown

I've recently had conversations with people in their 70s, or people who have recently retired. What connects these conversations is the feeling of being invisible in our society, and the awareness that ageing isn't much fun. Frequently, those in this age bracket really do feel unseen and unheard, as though they no longer have anything to contribute and that the world around them is no longer interested in listening to them.

In other cultures, and at other times, those who lived longest were highly esteemed and honoured. They were recognised as wise elders and their insights were sought after. Many of our favourite stories or movies feature a 'wise older man', or a 'wise older woman', some sort of wise guide who passes on the stories, experiences and insights that have been gathered over the ages.

“

*Many older persons
I know do not feel that
anyone is looking to them
for guidance and wisdom.*

”



I think of Gandalf, in the *Lord of the Rings*, as a beautiful and inspiring example of this. It is these characters in the books we read, the movies we watch or the video games we play that are the holders of wisdom and pass untold riches of knowledge and understanding to the younger generations. And it's the younger generations who have the energy to act on this knowledge and wisdom, and thus grow in wisdom themselves.

This seems to be more evident in fiction and entertainment, however, than in our real-life community. Many older persons



I know do not feel that anyone is looking to them for guidance and wisdom.

As I think about how I can best value and honour older persons in my community, I realise it's in the same ways we all want to know we're valued and appreciated: by being truly listened to, feeling that we are seen for who we are and by knowing we are respected by those around us.

“

*Perhaps in the ageing,
aching body of our neighbour
is a former ballerina, or
an adventurer who sailed
around the world ...*

”

Listen...

Everyone has a story to tell – multiple stories in fact. It's a gift to ourselves and to older persons when we listen to their stories – deeply listen. Sometimes this requires patience and grace, as

we may have heard these stories many times before.

When we listen with real interest and curiosity in the other person, we'll want to know more of their story. There is always more to tell. Gentle, interested questioning can help someone open up and we might discover a whole history we never even knew existed. As we listen more to someone's story, we discover more of the person who dwells there.

Recognise...

What we see in the person sitting with us is only a small part of that person and their history. We only ever catch a tiny glimpse of the fullness of anyone we encounter, and this is especially true of those who are older.

We are all more than our outward appearance, more than the sum of our parts, more than our ageing body and limitations. Perhaps in the ageing, aching body of our neighbour is a former ballerina, or an adventurer who sailed around the world, or a scientist who discovered something quite marvellous a long time ago – and no-one knows that anymore. Perhaps there is a mother who struggled ▶



to raise a family during tough times but whose children are no longer around to tell the stories. It seems our society has so stereotyped older persons that we often no longer see the vibrant personality and the real person within a body that is slower and less active than it used to be.

Respect...

We have all lived through and learned so much. Many older persons have endured conflict, trauma, sadness and failures of various kinds – and they are still here. Many have raised families, lived fruitful lives, shown great kindness and generosity, and persevered in the face of great difficulties. They have survived various experiences, despite perhaps being bruised and broken at times, and frequently have come through those experiences with greater wisdom and compassion.

“

*When an elder dies,
it's as if a library is burned.*

”

Everyone, regardless of age or circumstances, has gifts and abilities, and has developed some sort of resilience and coping mechanisms. When we look at older persons and recognise what they've experienced and how they've persevered, we know we can learn from them. Even when perhaps they're no longer able to share their stories and their wisdom, they still deserve our respect and recognition.

I read recently that when an elder dies, it's as if a library is burned. The older



persons in our community, in all their experiences, have gathered and stored much knowledge and wisdom. If we cannot find a way to draw on what they've learned, we'll have to learn it all over again. When we take time to truly listen to the stories and history of our older neighbours, when we recognise they've lived full and interesting lives and have shared gifts and skills that we might never know about, and when we offer respect for their endurance, their wisdom and what they have to offer, then we are not only giving them an amazing gift that can sustain them as they age, but we are also receiving far more than we could possibly imagine.

And just think, as we honour and respect the older persons in our lives now, perhaps the younger persons will learn from us and will offer us the same honour and respect as we age!



Scan here for more stories of hope.

Sleepout raises funds for women's homelessness

The Salvation Army Brisbane City Women's Homelessness Services was the beneficiary of funds raised by the recent Brisbane Sleepout at the RNA Showgrounds.



About 70 people participated in the event, raising more than \$33,000 for women's services. These services provide supported accommodation for 35 women at a time and a mobile support service focused on early intervention and prevention of homelessness for women.

"It was a good night. Everyone was in a reflective space and shared their own stories and experiences," said Amelia Nixon, the Salvos community development worker at Brisbane City Women's Homelessness Services. "It was great to build relationships with lots of like-minded people with a shared purpose."

Program Manager Jocelyn Harrison provided an overview of the service and encouraged participants to recognise the importance of listening to and reflecting on the experiences of women who had experienced homelessness.

A panel discussion that included two women with lived experience of homelessness enhanced participants'

understanding of the issues faced by women. Emma and Betty explained their challenges of escaping domestic violence, interactions with the Department of Child Safety and being priced out of the rental market.

"Emma and Betty really connected with the audience and appreciated being able to tell their story," Amelia said. "Connecting with the community this way is so important in reducing stigma and helps develop the community's understanding of homelessness and how to support people."

Funds raised will help the women's service support early interventions such as assisting with rental arrears, sustaining a current tenancy, furniture or relocation costs for new tenancies and addressing other barriers to keeping their children in the home and the family being able to stay where they are.



"We can respond as a community to address this growing issue, listening and valuing the contributions of those who have experienced this firsthand, alongside the work of government and social services in this space," Amelia said.

– **Cliff Worthing**

Salvos Home Care

Helping older people live well at home

By Sibel Bas

As the Salvos Home Care Operations Manager for NSW, ACT and Queensland my main responsibilities are oversight and management of our operational and financial performance. I oversee and support staff management; supervision and mentoring are a big part of the job. I ensure that our practice and our service delivery align with the mission and values of The Salvation Army.

I've been in the aged care and disability industry for the last 25 years and operated at the management level for the last 20. I came to work for The Salvation Army just over five years ago.

“

We have an empathetic, compassionate bunch of people who really, genuinely care.

”

I definitely have a passion for the industry and the people. I think we have a lot to give in this space.

The first home care service with The Salvation Army was established 20 years ago, in Queensland. It was a very small two-person service with probably about 10 clients, but with the reforms in the industry, data shows that more and more people want to stay living at home as opposed to going into permanent care.

The Salvation Army acknowledges that home care is the space that most people want to be in.

FOCUS ON HOMELESSNESS

We want to support people from all different circumstances. People with dementia, people who need palliative care, people with a disability, and those from culturally and linguistically diverse backgrounds. Our current focus is supporting people who are vulnerable, disadvantaged and at risk of homelessness. We support about 900 home care clients nationally.

When we're working with people who are at risk of homelessness or are homeless, and they don't have an iPad or a smartphone to communicate with us, we take the services to them. We value interpersonal relationships with our clients. We take the time to meet with them and talk with them.



As staff, we have an empathetic, compassionate bunch of people who really, genuinely care.

When we look at the feedback that we receive from our clients or their families, that is the theme – that our staff are very compassionate, they go above and beyond the requirements of the care plan. They take the time to talk. They create and establish a partnership or relationship, a friendship, and our clients feel quite safe in our hands.

OPTIONS

Our philosophy is to keep people at home for as long as possible. But we also have a relationship with our residential centres and independent living units, so when an individual says to us that they feel they're ready or need to go into permanent care, we can help them to find that care and integrate into it. We do acknowledge that there are times where it is unsafe for a person to remain at home, or that they might want to go into an independent living unit to be around other people and socialise.

“

What interests me most is working with ... those who are vulnerable or isolated.

”

What interests me most is working with the people we work with, particularly those who are vulnerable or isolated. Maybe they are single, or their spouse has passed away. They might have dementia or mobility issues. Or they're finding it very difficult to manage their life, but they



don't want to go into permanent care. They want support through the Salvos to keep them at home.

Helping these people navigate the system with their dignity intact, being able to put in the support to allow them to be at home for as long as possible, explaining some of the risks to them and working through those; but also providing the staffing, providing the networks, making the referrals, providing the equipment for them to be able to stay there, that's a great feeling.

I would hate to have a problem and not have family around me and be forced to go into permanent care because there is no other option. But we are here to find those other options for people – and I guess that's what gets me up in the morning.



Scan here for more information on Salvation Army Aged Care services.

Meeting the criteria

Living under, not up to, the perfect standard

By Phil Inglis

We live in a world that seems obsessed with standards. When you go for a job, you have to meet certain standards called 'eligibility criteria'. When you apply for entry into a selective high school or into some university courses, you have to sit for some exams to see if you are up to a certain standard. If you want to join a professional music group, you generally have to audition to see if you are up to the standard required to play in the orchestra or sing in the choir. When you meet your girlfriend's father for the first time, he will attempt to gauge whether you are up to his standard. When you join a sports team or almost anything else, you have to live up to a certain standard.

Many times in life we see opportunities and improvements being offered to people who meet these standards. I met the standards of my father-in-law (eventually) and was given permission to marry the greatest blessing of my life. A friend of mine was able to live up to the standards required for a Master of Education degree and was given a promotion as a result. Another friend was able to play a high standard of rugby league and was invited to play on a semi-professional team and now gets paid to play.

We are so conditioned to think this way that we sometimes think that God operates in kind of the same way. We are tempted to think that we can only receive God's blessing, attention or acceptance when we meet a certain standard.

BANNERS AND FLAGS

However, another definition of the word 'standard' is a banner or flag. Particularly, a standard is a banner or flag used to identify someone or a group of people. In a military parade a standard is carried at the front of a group to identify them.

In a throne room or banquet hall, standards are hung to identify those who sit beneath them. In a very poetic part of the Bible, God's love for us has been described as a banner, or a standard, being flown above us to identify us as people who are loved by God (Song of Solomon chapter 2, verse 4).

So, while the Bible does teach us that, in the words of the great philosopher Hannah Montana, *Nobody's Perfect*, that's not where it ends. Sure, we are not perfect, but God already loves us and what he did for us proves it. We simply need to accept the love of God; simply sit beneath the banner of love flown for us by Jesus.

In other words – you will never live up to a perfect standard, but you can live beneath one.

Major Phil Inglis is a Salvation Army officer (pastor) in Victoria.



Scan here for more information on Salvation Army services.



Getting through tough times

Home Care workers provide dignity and support

The bond between Salvos Home Care worker Mel, and client Cheryl, has strengthened throughout their time together as they support each other through life's tough moments.

Salvos Home Care Worker, Mel, has always respected The Salvation Army and the work the organisation does. "I know with my experience, when I was a single mum, the Salvos helped me out with a Christmas hamper for my kids," she explains. "I've always respected the Salvos; they're supportive. I've got a lot of appreciation for them, that's for sure," Mel tells. In fact, her experience with The Salvation Army has come full circle, as she is now able to give back to others in her role as a Salvos Home Care worker.

"The most rewarding thing is the feeling that you get inside from helping people," she says. "I just think it's a feeling like no other." This has been the case with Cheryl, a client Mel has been supporting over the last seven years. In more recent times, Cheryl's husband passed away and the bond between Mel and Cheryl has only strengthened. "We're quite close, because she's lost her husband and we've been there to support her emotionally as well."

BEACH TIME

"Since my husband passed away nearly a year ago", says Cheryl, "I go out once a week with Mel and we go down to the beach and we get our lunch and we just sit there and have a coffee and our lunch, and we watch the water."

When speaking of her Salvos Home Care workers, Cheryl emphasises the significance they have in her life. "They

have got me through some tough times," she affirms. "I've had days where I've been very teary and upset, and Mel's been wonderful."

“

We're completely different people, but we just click.

”

When reflecting on what she most appreciates about her friendship with Mel, she says it is their ability to chat and connect with each other. "We seem to get on so well. We're completely different people, but we just click, and I can talk to her about anything. She's very reassuring to me. She knows what I need. On my bad days, we go down to the beach and sit there for hours. It's lovely."

As well as the emotional and mental-health support Mel provides, she also assists Cheryl with her everyday tasks such as shopping, cleaning and more recently, moving homes.



Scan here for more information on Salvation Army Aged Care services.



Chicken pilaf



Ingredients

1 tbsp olive oil; 1 cup chicken, diced; 1 small onion, finely chopped; 1 cup rice (uncooked); 2 cups chicken stock; 1 cup frozen mixed vegetables.

Method

- Heat 2 tsp olive oil in frying pan.
- Cook chicken for 3-4 minutes and set aside.
- Add remaining olive oil and onion to pan and cook for 5 minutes.
- Add chicken and rice to pan and mix well. Add stock.
- Bring to the boil, reduce heat and cook uncovered for 12 minutes.
- Add frozen vegetables and cook for 3-4 minutes until liquid is absorbed.

HAVE A LAUGH



Did you hear about the first restaurant to open on the moon? It had great food, but no atmosphere.

What did Mr and Mrs Hamburger name their daughter?
Patty.

Why do they serve yogurt at museums?
Because it's cultured.

What do you call a group of berries playing instruments?
A jam session.

SIGNING IN



Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

		4		3	7			8
	8			6	5	9	3	
6		3	8					
		1						
4						3		
3	2					4		9
			6	7				
			4		8		9	

Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



Bible byte

"Love is patient and kind."

1 Corinthians chapter 13, verse 4
New Living Translation

Quiz answers: 1. Stamps 2. Autographs 3. Matchboxes and matchbook labels 4. Teddy bears 5. Dolls 6. Shells
Tum-Tum: is hiding in the tent on page 7.



Quick quiz

1. What does a philatelist collect?
2. What does a philographist collect?
3. What does a phillumenist collect?
4. What does an archtophilist collect?
5. What does a plangonologist collect?
6. What does a conchologist collect?

ON THIS DAY

14 November 1851

Moby Dick makes its debut in the United States

The epic novel by Herman Melville about Captain Ahab's quest to find and kill Moby Dick, a white whale, was released in the UK in October under the name *The Whale*. Considered to be one of the best fictional works written in recent history, the book did not sell many copies after its launch or during Melville's lifetime.

14 November 1889

Nellie Bly sets out to go around the world in 80 days

The American journalist, whose real name was Elizabeth Cochrane Seaman, followed the footsteps of fictional character Phileas Fogg from Jules Verne's *Around the World in 80 Days*. She started her adventure in Hoboken and came back 72 days later.

14 November 1971

First spacecraft to orbit a planet

NASA's Mariner 9 entered Mars' orbit after 167 days in space, becoming the first spacecraft to orbit another planet. A dust storm on the planet made it impossible for Mariner 9 to take pictures of Mars until January.

6	4	8	2	5	2	3	9	1	7
5	7	9	8	1	4	6	3	2	3
3	2	7	5	8	6	4	1	9	8
4	6	8	7	9	1	3	5	2	4
9	5	1	2	4	3	6	8	7	6
6	9	3	8	2	4	5	7	1	1
7	8	2	1	6	5	9	3	4	4
5	1	4	9	3	7	2	6	8	8

DEFENDERS OF JUSTICE

2023 COMMISSIONING

Ordination, Commissioning
and Sending Out.



Eva Burrows
College

Save the date

Please mark your calendars for this significant date
in the lives of our soon-to-be-commissioned cadets.

Adelaide City Salvos

7.30pm Friday
24 November 2023

.....
Cadet Leeanne Pattison

Auburn Salvation Army

10.30am Sunday
26 November 2023

.....
Cadet Beola Conteh
Cadet Edward Conteh

Cadet David Delany
Cadet Vikki Song