



Whyalla Aged Care Inc.

Resident and Volunteer Newsletter

May 2018



Combined Bowls at ALC

Annie Lockwood Court and Yeltana residents attended a combined bowls tournament at ALC on 27th March. All present had a great time playing bowls and chatting together. The final result was a draw with both teams scoring 2 points each.

Both teams received a meerkat trophy on the day to display at each facility.

Derrick and Marjorie Hollingworth are pictured enjoying the day.

Announcements

Welcome

We welcome all our newest residents and their families. We hope our services provide you with a positive experience in your new home.

Helen Brice	Annie Lockwood Court
Patrick Leonard	Yeltana Nursing Home
June Enston	Yeltana Nursing Home



Resident Birthday Greetings May 2018

To all our residents who share a birthday in May, we hope your special day is filled with happiness and joy. Happy Birthday!

6 May	Lorna Appelby	92	Copperhouse Court
13 May	Carol Rowsell	58	Copperhouse Court
14 May	Margarete Andrew	87	Copperhouse Court
20 May	Eliza Cassetti	86	Annie Lockwood Court
24 May	Johan Krizmanits	80	Yeltana Nursing Home
27 May	Robert Kohlbach	74	Annie Lockwood Court

Calendar of Events

Highlights of the Lifestyle Program - Dates to remember May 2018

If you have a request for an activity or outing, please let the Lifestyle Officer know or discuss your idea at your next Resident Meeting.



Annie Lockwood Court

- 3 May Entertainment by Glen Smith
- 4 May Antique Visit with Pete Giles
- 11 May Mother's Day Lunch with Peter Brown on Piano
- 25 May Resident Meeting
- 31 May Teddy Bear Picnic with Kindy Visit

Copperhouse Court

- 11 May Mother's Day Lunch with Brass Band
- 16 May Karaoke
- 18 May Movie Afternoon
- 23 May Resident Meeting
- 25 May Elvis Museum Visit

Yeltana Nursing Home

- 1 May Resident Meeting
- 11 May Mother's Day Lunch with Glen Smith
- 15 May Gabmididi Manoo Kindy Visit
- 18 May Movie Afternoon
- 31 May Whiteboard Trivia and Jokes

Thanks...

...goes to the Whyalla Motorcycle Club for visiting and providing our residents with a demonstration of the fabulous motorcycles.



Grant for New Lifestyle Village

Whyalla Aged Care is delighted to announce that we have been awarded \$3,000,000 following a successful application in the Regional Jobs & Investment Package funding round towards building the 1st stage of a Lifestyle Village (Retirement Living) which when fully developed will accommodate 32 Independent Living Units and Community Centre in Whyalla.

The Minister for Regional Development, Territories and Local Governments the Hon Dr John McVeigh MP and Rowan Ramsey MP made the announcement at Whyalla Aged Care yesterday 10th April 2018.

Whyalla Aged Care has been planning the development of the Lifestyle Village and Community Centre for a number of years and the federal grant of \$3,000,000 will assist in delivering the critical infrastructure required to progress the development of the first 16 Independent Living Units and a Community Centre that will accommodate Whyalla Aged Care's Community team and consulting rooms for visiting Allied Health staff.

The Community Centre will include a hairdressing salon, commercial kitchen, training rooms, cafeteria, library/multimedia room, lounge room and outdoor landscaped entertainment areas that will support catered functions for up to 100 people as well as a gym and hydrotherapy pool designed for older people and those with a profound disability who may be living in the Lifestyle Village or for other community people undergoing rehabilitation.

The first stage of the project will cost approximately \$10,000,000 to complete over the next two and half years and will create up to 70 jobs during the construction phase and up to 50 ongoing jobs created in Whyalla and surrounding Region as a result of this project.



Annie Lockwood Court - Projects



As part of a three year replacement plan Annie Lockwood Court have updated the furniture in Cottage 1, including 22 colourful dining chairs and two x 2 seater couches and one x 3 seater couch. (\$25,000).

Other recent projects / purchases for the facility:

- Power generator to ensure our residents are not without services during a power outage (\$60,000).
- White ant infestation treatment and repairs (\$63,000). We were fortunate that the only building affected was the office areas.
- New dishwasher in ALC kitchen (\$9,000)
- Upgraded four of the units with new kitchenettes including plumbing, flooring and décor (\$7,000.00 each unit)
- Installed a pan steriliser for Cottage 3 and 4 (\$13,000)
- Upgraded distribution boards (14,000)

- Upgraded fire hydrant at front of facility (\$4,000)
- Cottage 4 garden and footpath upgrade (\$15,000)



- Painted Cottage 1 and 1b corridors, kitchen lounge (\$9,000)
- Upgraded lighting system to Cottage 1 lounges and kitchen (\$4,000)
- Painted rooves of Cottage 4, Cottage 3 and part of Cottage 2 with Dulux Cool Roof product. This product reduces surface temperatures by 25-30 degrees. Room air temps are reduced between 4-7 degrees (\$30,000)
- Purchase orders placed for replacement kitchen in Cottage 3 (\$13,000) and replacing floor coverings in Cottage 3 (\$5,000).



2018 Influenza Immunisation Program

The 2017 Flu season had a significant impact on both residents and staff of Whyalla Aged Care. We will shortly be embarking on the immunisation schedule to prepare for 2018.

The Chief Medical Officer for the Department of Health has informed us that *'recent evidence suggests that optimal protection against influenza occurs in the first three to four months following vaccination. Therefore, timing of vaccination should aim to achieve the highest level of protection during the peak influenza virus circulation (typically from June to September in Australia).'*

A specially formulated High Dose Vaccine for those over 65 years of aged has been made available (after April 12th) by the Commonwealth Government. This will be administered to residents within facilities as quickly as possible following arrival of supply.



**Spread the facts...
NOT THE FLU**

The flu is avoidable, so don't leave it to luck – act on the facts and stay well.

- Vaccination is the best protection against flu.
- Help contain the virus – stay at home if you have the flu.
- It takes at least 20 seconds to wash your hands properly.
- Coughing or sneezing into your hand allows germs to spread – use a tissue.
- The flu virus can live outside the human body for a number of hours – dispose of used tissues immediately and wash your hands.

For more information visit www.qld.gov.au/flu

Spread the facts... NOT THE FLU

Advance Care Directive

There may come a time when you are unable to make a decision or properly communicate your wishes on how you'd like to be cared for or treated.

It could be for a number of reasons including:

- 1) An accident or mental health episode
- 2) Dementia or similar condition
- 3) A sudden serious stroke or
- 4) Because you are unconscious or in a coma

This can happen at any age or stage of life.

If it did, how would you want decisions to be made for you about your ongoing health care, living arrangements and other personal matters?

And, who would you want to make those decisions for you?

The Advance Care Directive

The Advance Care Direction is an important step forward in planning for your health care.

The new Advance Care Directive replaces the existing Enduring Power of Guardianship, Medical Power of Attorney and Anticipatory Direction with a single Advance Care Directive Form.

What will it allow me to do?

The new Advance Care Directive allows you to:

Write down your wishes, preferences and instructions for your future health care, end of life, living arrangements and personal matters; and/or
Appoint one or more Substitute Decision-makers to make these decisions on your behalf, if you are unable to make them for yourself.

Why should I have one?

It will give you peace of mind that those caring for you will know what you want, when you are unable to make your own decisions or communicate your wishes and values.



Where can I get the Advance Care Directive Form and Kit?

Go to the Advance Care Directives website:

www.advancecaredirectives.sa.gov.au

or

Go to Services SA Centre to purchase a hard copy of the form and kit or call Service SA on 13 23 24 during business hours to order a hard copy to be sent to a nominated address

or

Contact Whyalla Aged Care Administration Office on 8645 5588 if you need any assistance

Men's Group Outing to Mount Laura Homestead

Men from Annie Lockwood Court and Yeltana enjoyed the outing to Mount Laura Homestead for a tool making demonstration on 26th March. It was a great day and the residents enjoyed morning tea after the demonstration.



Whyalla Aged Care Auxiliary

Our AGM was held on 12th April, 2018. Election of officers took place and are listed below.

President	Sandra Plew
Vice President	Helen Custance
Vice President	Debra Florentinus
Secretary	Marilyn Maxwell
Minute Secretary.	Bridget Arlott
Treasurer	Gisella Fletcher.

Stratco BBQ

During the month our Stratco BBQs raised \$449.00.

Mother's Day Raffle

The Mother's Day raffle is selling well at the aged care homes also Foodland Essington Lewis Avenue and Woolworths Viscount Slim Avenue.

The raffle will be drawn at 2p.m. Friday 4th May.

Morning Tea

Our next function will be May morning tea held at Souths Football Club at 10a.m. On 25th May Cost \$8.00. We will have our usual trading table.

It is important to pre-book. Bookings can be made by ringing Gisella Fletcher 86452874 or mobile 0467452874. If not available please leave message and you will be contacted as soon as possible.

Many thanks to everyone that has supported our morning teas quiz night, raffles and BBQs over the years.

New Members Welcome

If anyone is interested in joining the Auxiliary you would be most welcomed. For more information please ring Marilyn Maxwell 0467239278 or Gisella Fletcher 0467452874.



Pictured above is newly elected Auxiliary President Sandra Plew and below new Vice Presidents Helen Custance and Debra Florentinus.



What is ARAS? – Aged Care Advocacy Service

ARAS Residential Care Advocacy Program

The Australian Government funds nine community based advocacy organisations in each State and Territory under the National Aged Care Advocacy Program (NACAP). The program aims to assist consumers of Australian Government subsidised aged care services to exercise their rights through various advocacy processes. ARAS is the South Australian component of the NACAP.

The Residential Aged Care Advocacy Program assists:

- > Recipients and potential recipients of Australian Government subsidised aged care services including:
 - residential care
 - community care
 - flexible care.
- > People who have been assessed by an Aged Care Assessment Team (ACAT).
- > People caring for care recipients including their carers, family friends or representatives including a person who is the designated guardian of the care recipient.
- > Older people who are finding it difficult to negotiate the aged care system and are looking for appropriate care options.
- > Staff, allied health professionals, representatives and others who require information or strategies to uphold rights.
- > Former recipients of aged care services.

How ARAS advocates can assist you

Advocates can provide the following services through the delivery of advocacy, information and education:

- > Assist people receiving aged care services or their representatives to resolve problems or complaints in relation to aged care services, through the provision of advocacy.
- > Support people receiving aged care services to be involved in decisions that affect their life.
- > Provide people receiving aged care services with information and advice about their rights and responsibilities.
- > Promote the rights of people receiving aged care services to aged care service providers.
- > Speak up on behalf of the resident to help resolve their concern.
- > Conduct education sessions to Resident / Representative on resident's rights.
- > Conduct education sessions for residential and community care staff, students and other allied health professionals.
- > Level I - Residents rights/ community care rights and advocacy.
- > Level II -Taking Action to Prevent Elder Abuse.

Aged Rights Advocacy Service Inc.

Phone: (08) 8232 5377

Freecall for country callers only 1800 700 600





Residents and Relatives
are invited to attend a talk by the

Aged Rights Advocacy Service (ARAS)

Speaker: **Doris Gioffre**

Thursday 3 May, 2018

Resident Session at: 9.30 – 10.00am

Multi-Purpose Room
Annie Lockwood Court, Whyalla

The talk will cover:

- Role of ARAS
- Rights and responsibilities of people receiving aged care services
- Advocacy
- How ARAS can assist you to uphold your rights
- Any questions you may have regarding recent changes in the home

Whyalla Aged Care Inc

www.whyallaagedcare.org

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Leisure & Lifestyle Dept.

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4/17 Newton Street
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Feedback Compliments and Complaints

If you have any concerns in the residential sites please let the Residential Site Manager and/or the Clinical Nurse know immediately so it can be followed up in a timely manner.

To enable the organisation to deal with feedback appropriately there is a form that can be used to capture feedback from residents, clients and advocates:

'Have Your Say' brochure

This form has been designed for you to complete, however staff are available to help you.

You will find the brochure at the feedback stations in your facility.

Complaints and Compliments can be recorded on the brochure.



"Providing quality aged care services that value the individual and build community in the Spencer Gulf region"

Have Your Say

How can we improve our
service to you?



We're Listening

In Memory

Respectfully we advise the following residents have passed away and we extend our sincere sympathy to the family and friends.

Donald Granter	Yeltana Nursing Home
Elizabeth Murray	Copperhouse Court
Daphne Case	Annie Lockwood Court
Kathy Konstantatos	Copperhouse Court
Frank Schaedler	Yeltana Nursing Home