



Kellock Lodge
Alexandra Inc.
RESIDENTIAL AGED CARE

Kellock Times

April 2023

A community where people matter, and life is celebrated !

From the desk of the Acting CEO ...



Kellock Lodge is fortunate to be overseen by a Board of Management who are aware of their accountability for the delivery of safe and quality care and services. Their collective experience covers a wide area of expertise, and we can all have confidence our organisation is in good

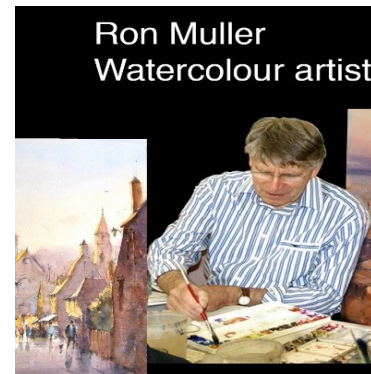
hands. With the alarming announcements in the media of aged care closures we can be assured that Kellock Lodge will fight fiercely to protect our precious asset with everything we have despite difficult legislative challenges.

I am pleased to share that there is revitalised enthusiasm and collaboration with our neighbouring health partnerships including Menzies Support Services, ADH, Darlingford, and Yea District Memorial Health. We serve the same community and share the path of continuity of care. The more transparent and closer we work together the smoother the pathway of care for each of us.

We can also announce that over the coming weeks you will see many new faces. We have already welcomed Admin Assistant Lynda, and PCW Ella and we are looking forward to meeting Registered Nurse Patrick, and Personal Carers Sammi, Megan, and Leanne over coming weeks. We also pay immense gratitude to Enrolled Nurses Danielle and Katie for increasing their time with us.

Lastly, I must highlight the extraordinary effort of our catering team with special events. Our visit from the Easter Bunny (Sophie) and helper (Pam) put smiles on many resident faces.

Tania Hunter



Ron Muller
Watercolour artist

Kellock Lodge would like to thank local artist Ron for the generous donation of twenty original paintings.

RON MULLER is widely recognised as an outstanding professional artist and teacher. He has been a tutor at the Doncaster Templestowe Art Society for many years and has conducted numerous workshops in Australia and overseas, particularly Tuscany and France.

Ron has a diverse background and education including Mechanical Engineering, Theology and Psychology and most of his working career has been in Personal Management. He has always had an artistic ability which was guided as a student of the late C. Dudley Wood, an eminent Australian watercolourist. Ron has been largely self-taught, developing a unique style that aims to capture the light, atmosphere, and natural beauty of the Australian landscape. He is influenced by the Romantic tradition which inspires him to capture particularly the light of the early morning and late afternoon, to create "visible poetry".

Ron has won numerous awards and was featured in a cover article in the February 1995 issue of the 'Australian Artist'. He has had many successful solo exhibitions and been a judge at many Rotary Art Shows.



Staff News

We are delighted to announce that Kalli Gesler and Leanne Sinclair (members of the Catering Team) are both expanding their career horizons and in March 2023 commenced their (PCW) Personal Care Worker Training, fabulous news for Kellock Lodge.



Dimi Kontos (PCW) for helping to cover night shifts

Marie Bristow for the donation of Easter Eggs for each resident



We are delighted to share Jemma Berryman's news (a member of the Care Team) Congratulations to Jemma and Travis who were wed on March 25th, 2023, Wishing you a life time of happiness, Mr & Mrs Travis & Jemma Drague.



Introducing Mr & Mrs Travis & Jemma Drague with their gorgeous daughter Paisley.



We are always looking for ways to improve the care and services we provide to our residents and their family and friends.

Your feedback is vitally important and assists us in improving the quality care and services we provide to our residents.

Have-Your-Say Forms are available at

Reception on the brochure stand on the wall.

Staff are happy to assist if you are not able to collect a form yourself and would be pleased if needed to help you complete the form.

Feedback can also be given via the Kellock Lodge website at kellocklodge.org.au/have-your-say



Thank you to all our Families and Staff for taking the time to complete Have Your Say Forms to date. We are looking forward to exploring your suggestions and feedback, which we will share in our May Newsletter.

Please keep your comments, compliments, suggestions and concerns coming.

Care Matters

If I get dementia,

I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.

If I get dementia, don't argue with me about what is true for me versus what is true for you.

If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.

If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.

If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find way to exercise, dance, listen to music and visit with friends. Those that know me know what I want to listen to.

If I get dementia, ask me to tell you a story from my past.

If I get dementia, and I become agitated, take the time to figure out what is bothering me.

If I get dementia, treat me the way that you would want to be treated.

If I get dementia, make sure that there are plenty of snacks for me in the house. Even know if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.

If I get dementia, don't talk about me as if I'm not in the room.

If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you or choose a great new place for me to live.

If I get dementia, and I live in a dementia care community, please visit me often.

If I get dementia, don't act frustrated if I mix up names, events or places. Take a deep breath. It's not my fault.

If I get dementia, make sure I always have my favourite music playing within earshot.

If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.

If I get dementia, don't exclude me from parties and family gatherings.

If I get dementia, know that I still like receiving hugs or handshakes.

If I get dementia, remember that I am still the person you know and love.

The Importance of Oral Care:



[This Photo](#) by Unknown

Good oral health is an essential part of older people's health care. For older people living with frailty it is critical to ensuring they are hydrated and their nutritional needs are well supported. Poor oral health care can lead to difficulties in eating, and absorbing medications properly. Keeping teeth in optimal condition as we age means taking a little extra care to maintain good oral hygiene practices and stay on top of our dental health. If you need assistance to maintain the health of your teeth please reach out and let us know.

A friendly reminder to please undertake a Rapid Antigen Test (RAT) before entering Kellock Lodge and complete your Visitors Declaration Form - a Commonwealth requirement.



Residents: Karen Scott, Iris Bray, Len Meath, Don Lovett and Anna Maltha

Staff: Tania Hunter

Best Wishes for a wonderful day and year ahead

From the Kitchen - a chat with Pam



We would like to hero the members of the Community that donate food to Kellock Lodge, we extend our heartfelt thanks to;

Dobsons Family for providing us with four boxes of potatoes each week and have done so since Kellock Lodge opened.

John Horton who donates Silver beet, Rhubarb, Tomatoes, Zucchini's and Cucumbers that are made into delicious crumbles, sponges, roasted tomatoes and Zucchini Soup.

And to the **Members of the Community** who donate their excess produce.

We are always open to taking produce from gardens who are overwhelmed with excess.

We need your help please

We are in the early planning stages of putting together a Kellock Lodge Recipe Book. We welcome your favourite recipes and cooking tips to include in our Cook Book, which we'll develop over the next couple of months.

Please submit your recipes and cooking tips to mprice@kellocklodge.com.au. Stay tuned for further updates.

Do you have a favourite winter meal, dessert, cake, biscuit or slice that you would like to see on our menu? Let Pam and the Catering Team know.

Kellock Lodge Independent Living Units News.

An interview with Mr & Mrs Maurie & Marida Pawsey, members of our ILU Community.

Maurie and Marida met at the Anglican Church through the Youth Group in Coburg and married in 1959. They are blessed with 4 children, 4 granddaughters and 2 grandsons.

Maurie and Marida have travelled extensively overseas and throughout Australia. Their unit wall is adorned with a Map of Australia with orange dots placed on the parts of Australia they have visited, far too numerous to count. Wilson's Prom was a favourite spot which saw them visit 14 years in a row, entering a Ballot each June to get a camp site.



As Deputy Vice Principal (Property Management) of Melbourne University, Maurie visited 100 universities over a 3 year period gathering ideas and innovations.

After retiring from his position at Melbourne University, Maurie relocated to Taggerty joining the Board of Management of Kellock Lodge in 1991. The events of the next 15 years saw great changes at Kellock under his ever watchful eye and in 2016, Maurie was awarded a life governorship for his many achievements.

Maurie's passions include Basketball (playing for the YMCA in Victorian Grand Finals, 9 out of 10 years), travel, Kellock Lodge and various Shire Committees over the years. His commitment for Rotary has spanned 48 years and his passion very much alive with Maurie still attending Rotary Meetings.

Marida undertook an apprenticeship as a Dressmaker and in 1956 took herself off by boat (4 weeks travel) to England with a friend from school and hitchhiked around Europe for 12 months. Marida has a love of family history that has spanned a 40 year passion, having done the Family History on both sides of the family. Marida is also a Community Visitor.

A truly remarkable couple, Maurice whose expertise and enthusiasm knows no boundaries and Marida with such a zest and passion for life and it's opportunities.

Activities

March has come and gone so quickly with so many new activities to attend, first we want to thank the Dindi Line dancers they put on a wonderful performance residents can't wait for them to return.

Steve Paix showed off his talents of playing the piano as well as playing a mouth accordion. The following day we had the Sea Shanty performance which residents sang along to the tunes and in awe of the harmonies without music.

The football tipping commenced in March and the staff and residents are really enjoying the chit-chat about the game already, possibly we could go to a local match soon.

Now that the weather has cooled down, it is much more comfortable on the bus without the sun beaming through windows. We have had two trips this March looking at the landscapes after the floods. So far we only have one bus trip for April but things can change.

With Easter craft coming to an end we will start craft for our country visit, this year it is Holland. A few ideas from residents is to make a large windmill and paper tulips.

Our Men's group has become a regular feature with John Sharwood bringing in all sorts of memorabilia.

If you wondering what the 'Spanish Dreamer' story is about, Viv bought a book about the history of Paronella Park in Mena Creek Queensland. It is the biography of a Spanish man called Jose Paronella and his vision to make a luxury Spanish castle and pleasure grounds set in a tropical rain forest in the early 1920's, the residents are enjoying this story with attendances of about 15 or more each session some closing there eyes to imagine what life was like washing clothes in the creek or finding cane toads in there shoes if left outside.

We have had very good attendances in Quoits, Carpet Bowls and Chimney Toss and hopefully Balloon Tennis will be a hit as we have new smaller bats too play this game arise.

Our Anzac day service will be held on Monday the 24th as the Tuesday is such a busy day for the RSL.

Best Wishes from the Lifestyle Team—Viv, Jill, and Noelene.

Residents of the Month

This month it with great pleasure we feature. our residents **Mr & Mrs Max and Joan Coller.**

Max and Joan joined the Kellock Family three years ago. Joan was born in Geelong and Max in Alexandra. Max and Joan met 70 years ago through Max's sister who was teaching in Geelong.

Max and Joan lived on the land all their married life on the their farm, 8 kilometres from Alexandra, with Max farming 200 acres specialising in Sheep and Cattle. They are so proud that the farm continues on in the family under the management of their grandson.

Max and Joan have been married for 64 years and family is everything to them. They are incredibly proud of their three children and their achievements in Teaching, Nursing and Chemical Management. Family is located in Victoria and Ireland, with their son marrying an Irish Lass and moving to Ireland.

When Max wasn't busy farming the land he gave his time to the Fire Brigade and SES. Joan a member of the CWA for 75 years which saw her take on the role of State Vice President from 2000-2002. Joan still attends CWA Meetings.

A couple we all very fond of and admire greatly.



Activity High Lights—it's been a busy Month



An outing to see the local sights with an icecream stop was enjoyed by Ben Sheppard, Wilma Keath, Estelle Shaw, Len Meath and Stan Kisler



Line Dancing on St Patrick's Day with the Dindi Line Dancers, very much enjoyed by all.



At our Birthday BBQ we celebrated Len Meath, Roma Docking, Johanna Maltha, Iris Bray, June Cookson & Don Lovett's special day. Thank you to Viv and volunteer Pamela Thompson .

Activity High Lights



The Sea Shanty Spectacular

Thank you to the supporters of the Yarck Hall for hosting The Sea Shanty Spectacular at Kellock Lodge on Saturday 25th March. The world famous a-capella group delivered their sea-faring tunes with much fun and frivolity to the delight of residents.

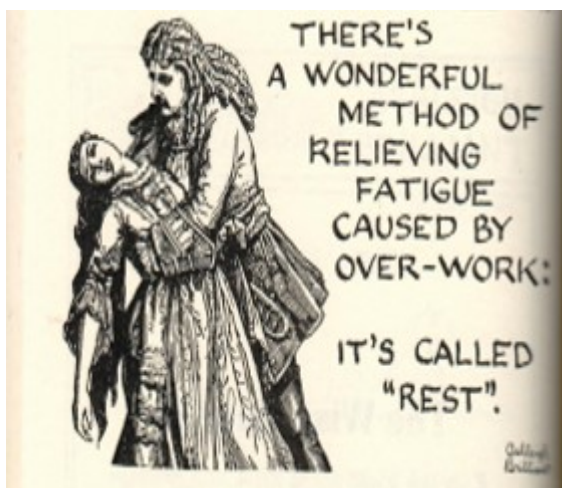
#Arts @ Yarck
Regional Arts Victoria

SA TOUR READY AWARD
Melbourne Fringe 2021

"Popstastic"
Time Out Melbourne

HYBRID TOUR READY AWARD
Melbourne Fringe 2021

Our hairdresser Michelle brings laughter and fun to Tuesdays—pictured are Michelle, Pattie Brown and Wilma Keith enjoying their visit to the Salon.



Note from the Editor:

We very much welcome content for our monthly newsletter and feedback — please see Maria Price to provide your feedback and material, stories or quotes you wish to have included, thank you. You can email your contribution's to mprice@kellocklodge.com.au if you wish.



Easter at Kellock Lodge



A big thank you to Consuela (daughter of Johanna Maltha pictured to the left) for holding our Easter Egg making class, an activity very much enjoyed over a number of days by our residents. Below is the finished product.



Easter at Kellock Lodge



Amelia & Isaac (children of Donna Hunter) who dropped by to hand out Easter Eggs to the residents and staff, and caught up with Max Parsons (pictured) thank you Amelia, Isaac & Donna.



Marlene Sheridan enjoyed a visit from Easter Bunny.



Rita Walker wishes Easter Bunny a Happy Easter

Murrindindi Job's Expo

Choose Kellock Lodge to start your Career in Aged Care



Sharon Searle (Kellock Lodge RN) manning the Kellock Lodge Stall at the Murrindindi Jobs Expo held on 27/3/23. Tania Hunter (Acting CEO) organised the stall to show case the career opportunities available at Kellock Lodge.

The photographer is Tania Hunter (Acting CEO) who also manned the stall.