



**Kellock Lodge**  
Alexandra Inc.  
RESIDENTIAL AGED CARE

# Kellock Times

June 2023

*A community where people matter, and life is celebrated !*

From the desk of the Acting CEO ...



June has been a rewarding, busy and challenging month.

We unfortunately declared an outbreak of COVID which thankfully impacted only a small number of residents and was resolved within a fortnight. It was an opportunity to improve on our infection control knowledge and experience. Amy Webb, our Director of Nursing, quickly put processes into action which saw the Kellock Team manage the outbreak exceptionally well.

I am extremely proud of how hard all staff worked to care for our impacted residents, picking up additional shifts and working longer hours, thank you.

It becomes a timely reminder for us all to be aware of whom we come into contact with in the community who may be showing symptom's and to continue to practice precautions.

We welcomed new staff members to the Kellock Team, two new EN's and I am thrilled to say we now have five trainee Personal Care Workers.

It is wonderful to see the impact that Michelle Weeks (Physio) is having on our residents and her suggestions on how our residents quality of life can be improved.

We welcomed a new member of the Lifestyle Team, Leanne from our Environmental Department will be joining Viv, Jill and Noelene which will enable us on a Monday to increase the activities we have available for residents.

A piece of history returned to our Dining Room wall this month with the refurbishment of the Menu Board that was donated by the Friends of Kellock in 1993. My thanks to Bruce in our Maintenance Team for rejuvenating and hanging the menu board.

This month the Kellock Ball was hosted by Friends of Kellock. I thoroughly enjoyed attending the evening and offer many thanks to Jan Fallon and her team for putting on such a wonderful evening as a fundraising event to replace window furnishings.

We welcomed new residents to the Kellock Family—Henry and Lorna with Joan and Marjorie returning for respite. We say farewell to Roma Docking whom we have had the privilege of caring for and our thoughts are with Roma's family and friends at this time.

This month we held a Menu Planning meeting with residents to review the Winter Menu. I am pleased to advise that residents are very happy with Pam and the Team's Winter Menu and also requested some old favourites to return and would like to see more Chinese dishes included.

Kellock were pleased to receive feedback from the Aged Care Quality and Safety Commission that are recommending that we were now compliant in five of eight areas that needed improvement. We also received a visit from a surveyor from the Consumer Experience Team who spoke with 10% of our residents and we look forward the their feedback during July.

Stay warm and I look forward to catching up again in our July Newsletter.

*Regards and Best Wishes  
Tania Hunter, Acting CEO.*

## From Amy's Desk



Thankyou to everyone for welcoming me to Kellock Lodge for the second time in my career.

Here is a little bit about me, I grew up in Yarck and did all my schooling here in Alex. I have fond memories of visiting Kellock with the primary school choir for Christmas carols and walking up after school to hang out with the residents while I waited for Mum to finish work.

After I finished school, I went straight to University at Albury/Wodonga and studied my Bachelor of Nursing. While I studied, I worked here at Kellock as a Personal Carer on weekends and Uni holidays. I then ventured down to Melbourne working and studying at The Alfred Intensive Care Unit. After a couple of years I moved over to The Royal Childrens and studied there also. I then did a few years in the Emergency Department at The Royal Melbourne Hospital which was such an incredible experience and a career

My husband and I moved to Dubai at the start of 2019 where we spent almost 4 years, working and travelling. Sorry to say, specially to Victorians, but we got a lot of international travelling done while most of Australia was in and out of lockdowns. It was eventually time to come home so we bought a 23 acre property in Romsey, near Kilmore. We signed our settlement documents from our home in Dubai without having set foot on the property which was pretty daunting.

We have lived in Romsey since October and we now have 10 head of cattle. A bit of a mix with a highland steer (Hector), 1 angus steer (Angus), 4 little Dexter cows (Lima, Bolivia, Berlin and Sahara) and their 4 calves born this year (Lilly, Bill, Sully and Bindi).

We also have 4 chooks (Butter, Lemon, Honey and Kentucky....I didn't name them, they were a wedding present) and our little border terrier (Nugget) who is on permanent-loan from my parents

Outside of work I like to get involved in the farming jobs at my parents farm and my own place, learning about gardening, I like to read books and I watch Landline and Gardening Australia every week. I play netball for the Romsey Redbacks, which is why during netball season I'm not at Kellock on Fridays but working from home alternately so I can get to training. I also really enjoy photography, I had a photography business for a while and did a few weddings for my local mates as well as volunteering for the organisation Heartfelt. I intend to circulate a few of my own photos on the wall in my office.

For the 6months prior to becoming the Director of Nursing I was a roustabout (wool handler in the shearing sheds in the Murrindindi area). Rousing was a lot of fun and a very physically demanding job requiring plenty of concentration to keep the board clear for the shearers. I also went to shearing school only a few weeks before starting at Kellock. I am proud to say I can successfully shear a sheep. It was a really good break from Nursing, something I really needed after working in Dubai for 4 years.

When I was presented with the opportunity of interviewing for the role of Director of Nursing at Kellock I was interested straight away. It really felt like time to come back to my roots, come back to the community that supported me when I was growing up and come back to the place where my career literally started. I do feel very proud to be able to come to work everyday with the focus to try to make a difference to our staff, residents and their families.

I deliberately mention our staff first because without them Kellock does not exist to be able to serve our beautiful community. I believe my career has come a full circle now, and I feel comforted in being back at Kellock Lodge.

To finish I'd like to share two phrases I try to live by. "What you permit, you promote". Meaning if you walk by a problem or witness something not right and don't say anything or do something about it you inevitably promote that kind of behaviour.

The other one is "look for the good". Everyone has what you might consider weird or complicated lives. Everyone has their own baggage, bad days and problems. But everyone also has good in them. It's up to us to look for the good.

**Until next month,  
Regards Amy**



## Staff News



Congratulations to Steph Goonan on the arrival of their beautiful boy , River James born at 7.42am 15th of June, weighing 8.8 pound.

## Meet our Physio—Michelle Weeks



Michelle has lived in Alex with her family since 2009, and works 3 days a week as Physiotherapist at Alexandra District Health, and 1 day a week at Kellock Lodge

Michelle has worked in a variety of settings and Health Services including Melbourne Health and Wodonga Regional Health Services.

Michelle and her husband have 4 children which keeps them pretty busy outside of work hours.

## Jade Atwell’s journey to joining the Police Force.



Whilst my current role is assisting with meal service at dinner time to our beautiful residents, I thought I would try my luck at becoming a Police Officer and started this process in March 2023.

I completed an online questionnaire about myself and if they think you are a good fit you go through to the next stage, which was an entrance exam. The exam consists of eight topics and you must pass all eight to complete this stage. My scariest days were waiting for the results of the exam and I passed with flying colours.

Up next was the preliminary checks which consist of a medical and family checks which is the stage I am up to currently.

I am looking forward to hearing back from the Police Force soon with the all-clear to move to the next stage.

The Kellock Team is exceptionally proud of our Jade. Stay tuned we will provide updates on Jade’s journey in our July Newsletter.



### Alison Doyle’s family expands with a new addition.

Alison welcomed the very cute Maverick to the family and we are pleased to report that Goose (Cat) and Maverick have become great friends. As you can tell by the names, our Alison is a big fan of Top



Gun (Movie)

We celebrated the birthdays of;

**Residents:** Adrian Sier, June McLeod, June Cookson, Wendy Selover and Len Meath.

**Staff:** Danielle Sutherland, Radhika Saini, Mark Hunter, Amanda O’Meara and Vivian Gill.

Wishing everyone a wonderful year ahead full of good health and much happiness.

*Congratulations!*

### Proud Moments at Kellock Lodge



#### Kings Birthday honours

We extend our congratulations to Larry Fallon who was recognised for his service to the community through a range of roles. Larry was the Kellock Lodge Chair from 2018-2023, and a board member from 1998 to 2009. Larry was one of four Murrindindi residents to receive an OAM.

#### Alexandra Golfers win Avalon Bowl

Our very own Barb Doyle and her golfer team members pictured below Ruth, Barb (in the middle) and Marg scored Ruth 26 points, Marg 32 points and Barb 38 points, way to go Barb!



## From the Kitchen - a chat with Pam



Wow the year is really flying along and there's plenty to do. We farewelled Kereth and wish her all the best with her second attempt at retirement. Renee is on maternity leave and enjoying being mum to Olivia. Jana has begun training for tea cook and is busy baking for resident morning and afternoon teas. We welcomed Linda back to the Catering Team and she has been doing some tea shifts as well as cleaning.

As mentioned by Tania earlier a piece of history was restored to our dining room wall, by Bruce (maintenance) at the end of June. Our menu board donated by the Friends of Kellock and made by the Local Wood Workers Group back in 1993 is back in pride of place.



## Kellock Lodge Independent Living Units News.

An interview with Janet (McGahy) member of our ILU Community.



Janet's family owned property in Murrindindi Shire for the last 20 years and Janet regularly visited to see family. Thinking about the future Janet decided to move here in 2019 and join the Kellock Lodge Independent Living community

Janet grew up in Doncaster, which back then was a semi rural orchard community. Janet's family Orchard had been managed by her Great Grandfather, Grandfather and Father, growing Peaches, Nectarines, Lemons and Quinces.

Janet spent her career in a major public company firstly for the first 18 years as a Technical Officer and then having completed a mature aged degree at RMIT progressed to becoming the companies Librarian.

Janet's hobbies are farms, travels, knitting, gardening and 25 years devotion to volunteering. By way of the Girl Guides as a Guide Leader and also volunteer work through the Church.

Janet has enjoyed a long membership with Probus firstly in Doncaster and now at Alexandra.

# Activities

Hello to all,

We have made it though the first month of winter in activities.

This month we still had our BBQ but next month it will be hot breakfast with all the trimmings. The residents that haven't attended a BBQ will be first on the list when it warms up.

We had a display of all things unusual which was a hit. I didn't know what some of the items on display were, however the residents did. They knew all items, except for one. A staff member came in later and told us it was a fish de-scaler.

Residents enjoy all the floor games we have on our calendar with carpet bowls and bucket ball the best attended. Jill tried a game of darts for the first time in 5 years as we cleaned the cupboard out and found the set( ha ha its funny what you find during a clean up) We will get this out on a Saturday in future.

We are getting a start on our decorations for our armchair visit to Holland this year and have made some windmills and are making more today. As I write this, a small group of ladies are very proud of what they have achieved so far.

Although the weather can be a bit inclement it hasn't put off our bus trips. Our last one saw us out to Mansfield in hope of seeing snow on Mt Buller but there was too much low cloud. A highlight of the trip was the snow that someone brought back to the main shopping centre for others to see.

*July we are having a special day so all staff can dress in purple /mauve - residents chose this colour so best make it a wow of a day on Wednesday the 12<sup>th</sup> July.*

July we will celebrate Bastille Day, learn all about the history of July, enjoy a Spanish Dreamer Story and keep working on our Holland Art Work. Keep an eye on the calendar in July as we had to change the coffee café to the first and fourth Thursday. It's great to see the staff enjoying the Café as well. Thank you as this helps out with our fundraising for residents.

We also welcome Leanne to our Lifestyle Team, this will mean we can provide increased activities to our residents on a Monday.

*Until Next Month, stay warm and Well,  
Best Wishes from Viv, Jill, Noelene  
and Leanne.*



Birthday BBQ cooked and hosted by Vic (who is a volunteer), celebrating the birthdays of Adrian, June McL, June C, Wendy and Len.

# Friends of Kellock Lodge fund raise in style.

The Friends of Kellock Lodge fundraising dance was held on Saturday June 24th with over 100 members of the community dancing the night away. The funds raised on the evening will go towards funding new blinds for Kellock Lodge. Our heartfelt thanks to Jan Fallon and her dedicated committee for their care, support and dedication partnering with us to keep enriching and celebrating life at Kellock Lodge.



Ian Gibb (Chair of the Kellock Lodge Board) and Tania Hunter, Acting CEO address the group.



Friends of Kellock organising committee—Jan Fallon (President) and committee members include Jo Miller, Julie Devries, Judy Pearson, Sharon Hedger, Lyn Phelps and Melissa de Conti.

# Kellock Lodge 'Fur Friends' that make our day each and every visit.



Billie



Lili



Cora



Moose



Diamond Lil



Molly



## Special moments at Kellock Lodge

There are moments in our Kellock Life that touch our hearts and stay with us, many of our residents just seek out the company of staff. As I turned the corner one evening Noeline (Lifestyle Team) was delivering resident meal trays and Christine Maffei give me the biggest smile as she helped out with the meal trolley. One of our many special moments for the month, We hope to share more with you over the coming issues.



### **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 contributions to [mprice@kellocklodge.com.au](mailto:mprice@kellocklodge.com.au) if you wish.