



Kellock Lodge
A l e x a n d r a I n c .
RESIDENTIAL AGED CARE

Kellock Times

July 2023

A community where people matter, and life is celebrated !

From the desk of the Acting CEO ...



July has been a month that has brought us a great deal of joy and our hearts have been warmed by many special moments that have enhanced the day-to-day lives for our residents.

Our five new Personal Carers have embraced their roles, have been assessed as competent in their skills, and are eager to commence studying the theory component of the Certificate III in Individual Support. We welcomed a further two students to this program, during July, Donnie and Jodie who are already showing their enthusiasm and passion for providing excellence in care. My thanks to Amanda O'Meara, Carolyn Bridgart and our Care and Clinical Team for supporting us in this process.

We also welcome Abbey Gesler-Hanlon who is transferring her skills from Catering to the Environmental Services Team on a permanent basis as a Cleaner. We are thankful to retain her many skills. We continue in our pursuit to recruit Nurses and qualified Personal Carers to support and build our teams.

The special moments this month have come from the new shift we have put in place 12pm-6pm for our residents that are in need of 1:1 time. The program is directed by Amy Webb, Director of Nursing and Jen (PCW) who provides special one-on-one time with residents. One of our residents has benefited from hand massage and subsequently we have seen her hands become more relaxed. Our residents living with Dementia are really enjoying their one-on-one time with music therapy, poetry reading, and our male residents are discovering the delights of sensory fiddle boxes (a photo can be found later in this addition).

We have been humbled by the generosity of one of our residents daughter's who has asked to cover the cost of a Sensory Wizard. The Sensory Wizard is an interactive projector that responds to gestures and movement creating dynamic images on any surface including floors and walls. It supports emotional wellbeing by providing laughter and joy and reduces anxiety with calming activities for people living with Dementia. Amy Webb, Maria Price and Viv Gill will head up this project and we will bring you further details in our August issue

This month we also obtained a further quotation to have all of the sheer curtains in the facility replaced with blinds. We look forward to moving forward with this project thanks to the Friends of Kellock.

Sadly we farewelled Mrs Heather Long. It was a privilege to provide care for Heather and our thoughts are with her family.

We welcomed Marjorie Robson, Joyce Smart, James Tisdale, Beverley Skerritt, Valda McRae, Ann Eland, Patricia Taurins and Charlotte Sauerbeck to Kellock Lodge.

Due to the increase in our Care Team we have been able to take residents out on the sunny days for walks, wheelchairs and all. It's a delight to be able to spend more one-on-one time with all our residents.

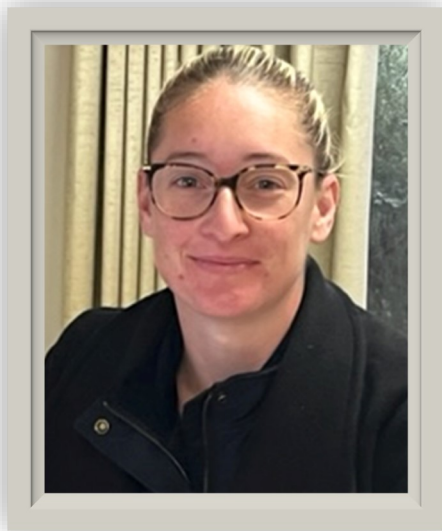
I have attended a number of community meetings such as the Murrindindi Health Network in which we brain storm and share ideas on how we can increase the health and aged care workforce within the Shire and wider industry. I am enjoying the opportunity to engage with other local services.

Viv and her team have kept the residents very busy with some very special activities in July, which you'll see as you turn the pages.

Take care and I look forward to catching up again in our August Newsletter.

Regards and Best Wishes
Jania Hunter, Acting CEO.

From Amy's Desk



Well, July has flown by for me. I have been learning more about Quality Improvement, Government reporting and the Incident reporting process. This is a major aspect of my role and the management team have been supporting me to get my teeth sunk into it. As Aged Care is a specialist role, I have (with some help) sought a formal mentor to help me settle into the leadership aspects of this role for support, wisdom and guidance. I feel lucky to have senior leaders with experience here at Kellock and with a formal external mentor, the support is setting me up to succeed.

Purple day and Hephner the Alpaca were definite highlights for the month. As you will see from the photo's I was getting into the spirit of purple day and the residents hopefully got a laugh. We said goodbye to a lovely resident who was palliative, and I have been informed her ashes will be spread in a lovely nature area next to a lake where some of her siblings ashes were also placed.

We welcomed new residents, some respite and some transferring to permanent care, which is great.

We have our consultant pharmacist educating our Nurses on medication administration education coming this month and a local Speech Pathologist educating our staff on textured diets. We also have our regular fortnightly 'inservice' education sessions running.

I am looking forward to getting more and more settled into the role and finding my feet Or just my balance on my ice skates.

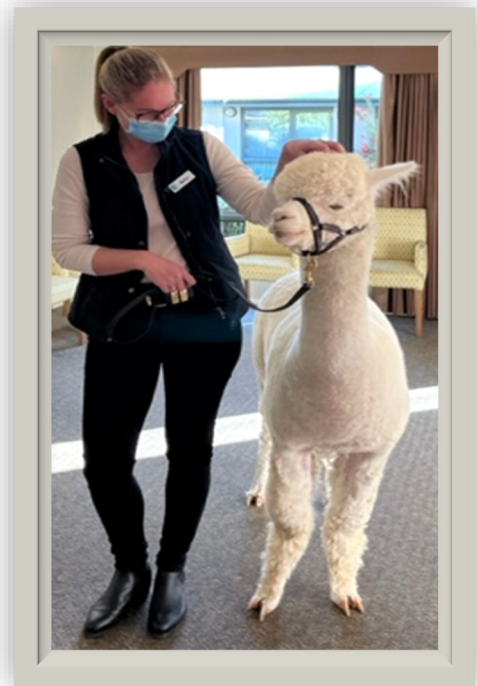
You'll hear from me again next month.

Take Care and Regards

Amy Webb, Director of Nursing

Some of the Special Moments I have been able to share

I meet Hephner the Alpaca



Embracing all things Purple on Purple Day

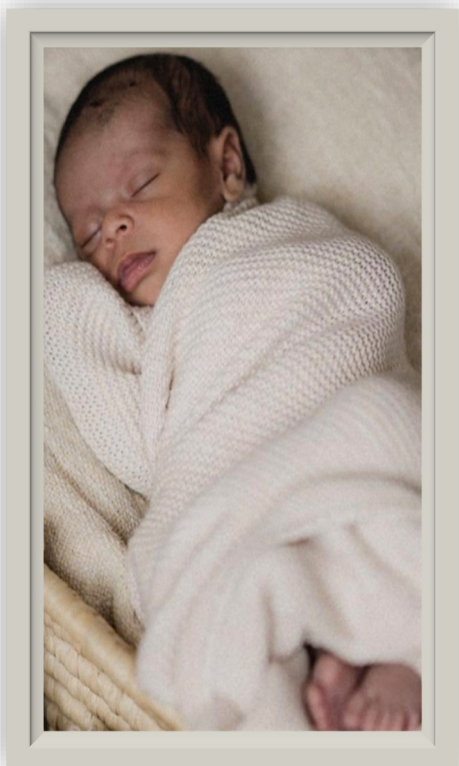


Staff New

Steph Goonan brought River to meet us all.



Radhika Saini welcomed Robinpreet



Update on Jade Atwell's journey to joining the Police Force.



Jade is well on her way to joining the Police Force as she attends a Psychological Testing at The Academy in the next couple of weeks. Stay tuned.

Bon Voyage!



Wishing Alison Doyle in the Clinical Team a wonderful 5 week break in Europe.

The Story of Carl & Christine Maffei



Christine celebrated her 4th birthday on the boat emigrating to Australia. She has one older brother Allan. Christine loves horses and owned her own horses for most of her life before meeting Carl.

Christine's Mother worked at an Italian Restaurant in Scotland before migrating and then cooked at the Tartan Restaurant in Yea and the love of cooking was continued by Christine.

Christine and Carl's story began in 2000 at the Yea Dance held on the 1st Saturday of the month. Christine was the first person that Carl danced with and it was love at first sight. Following a courtship, Christine relocated to Melbourne and she and Carl married and shared Carl's large new home. Christine worked at the Hospital in Yea for 23 years in Domestic Services and once relocating she retired from working and enjoyed life with Carl. Dancing at "Dance Energy" in Thornbury became a regular spot for Carl and Christine, and they made many friends from the regular dances. Carl played Lawn Bowls at the Reservoir Bowling Club and Christine soon joined. Christine had all her Mothers cookbooks but cooked from memory, and every night the table was set up like a feast as Carl returned home from his Transport business. Christine joined the Kellock Lodge family 14 months ago after Carl had cared for Christine for 2 years at home.

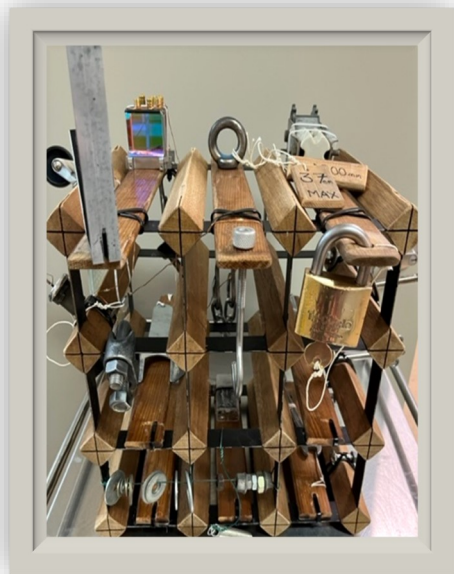
I thoroughly enjoyed the opportunity to spend time with Carl and hear their story and I could feel the love they have for each other. Since hearing their story I have been able to recant that story to Christine which always brings a smile to her face and the comment "that's right".

Thank you Carl and Christine

Resident & Relative Meetings for 2023

- 6th September at 2pm
- 1st November at 2pm

Jen Goates has made the most amazing Sensory Fiddle Box which are interactive puzzles which can improve cognitive function, promote relaxation and provides sensory stimulation. This 3D Puzzle was created for one of our residents that enjoy mechanics and fixing things, a great success!



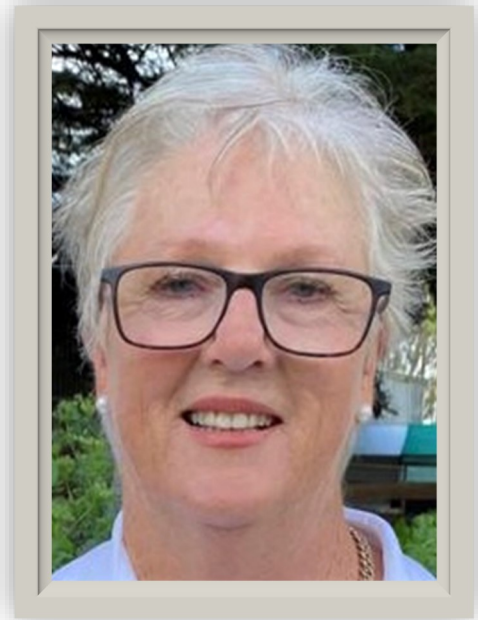
We celebrated the birthdays of;

Residents: Wilma Spencer & Stanley Kisler

Staff: Catherine Shannon, John Howlett and Abbey Gesler-Hanlon.

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

Friend of Kellock Lodge News from Jan Fallon



After an extremely successful Dance the Night Away on 24th June, the "Dance" committee has been a little quieter the last few weeks.

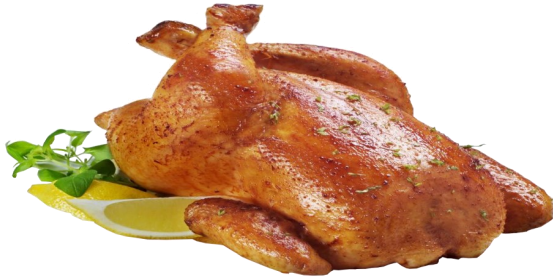
Dance the Night Away was a great financial and social success for Kellock Lodge with everyone having a great time. Our target to raise enough money to replace the blinds in the facility is getting closer. Our thanks to everyone who helped out and supported us in this huge event.

The last couple of weekends have seen our volunteers busy with selling raffle tickets for the trailer load of wood. Andrea from Buxton was the lucky winner. Thanks to all the volunteers who braved the freezing cold to assist in this latest fundraiser.

Until next month,

Warmest Regards. Jan

From the Kitchen



In July we caught up with the residents and held a Menu Planning Meeting.

We read through the entire Autumn Winter four week rotating menu and each meal along with morning and afternoon tea's.

Feedback from the residents—Wendy would like more fresh fruit cut up and peeled. The residents requested the return of a sponge cake, filled with jam and cream for an evening alternative to sweets. Don would like to see more Pies and Chinese Food, Len seconded Don on more Chinese Food. Rita would like Fried Rice and it would be lovely to have steamed Dim Sims with the Fried Rice, Joan would like Chicken and Cashews and some residents asked for smaller meal sizes.

We'll catch up again with the residents just before the Spring/Summer Menu commences in September.

Everyone enjoys the daily aroma's from the kitchen and the dedication that the Catering Team put into enhancing each and every dining experience.

Wishing Pam all the best during her convalescing period.

Kellock Lodge Independent Living Units News.

As we go to press we are awaiting a catch up with Bob Scott to hear about his journey through life, hopefully we'll catch up with Bob in August.

Our thoughts are with Maurie and Marida Pawsey as Maurie currently faces some health challenges. Our thoughts are with them both.

We welcomed Ann Eland for a convalescing period at Kellock Lodge. It's wonderful to have Ann stay with us.

A big shout out to Neil and Anne Robinson, an extremely kind and thoughtful couple, who support all members of the ILU Community—thank you.



July Activities

Hello to everyone that has links to Kellock,

We had a very busy and adventurous July on our art/craft days. We have completed making colourful tulips making one for each resident for when we do our travel to a country day (Netherlands). We still have some windmills to make but that will be in August.

Our invitation breakfast was a hit with most residents trying everything on the menu. Breakfast finished at 9:15 and residents didn't want morning tea and only a small serve for lunch that day.

At Happy Hour on the 14th we celebrated Bastille day with a triple onion tart and French stick with brie cheese. We were treated to music from Steve Paix who played the French national anthem while Estelle sang along to it. Well done Estelle, beautiful singing!

Unfortunately, we had the Four Fathers Quartet cancel their performance due to ill health. Hopefully they recover soon and able to reschedule.

We had a biscuit barrel display on the 20th and Pam from the kitchen made 3 different varieties of biscuits for residents to try. There were at least 50 biscuits to sample. thanks Pam they were yummy especially the cornflake & cranberry ones.

The different quiz and word games are very well attended. Last Saturday, Viv presented the G Quiz and kept the residents minds working hard with the odd hint. These are fun days we even had two residents bring along their cheat notes but it helps others to think harder and remember answers.

This month we enjoyed cooking for the Café and our wonderful Latte's and Cappuccino's, made by Viv.

We continued on with the Spanish Dreamer Story, Table Bobs, Hangman, Carpet Bowls, the History of July, our weekly Movement Classes, Walks and Talks, Good News Week, Snakes and Ladders, Manicures, Balloon Tennis and Target Words.

Our display of purple and getting everyone to wear purple on this day was a huge success. It's great to see the colour range which also creates much discussion about the style of clothes worn.

August we will have Jeans for Genes day, men's group to visit Tracy's model train set, Chinese lunch (residents choice from the recent meeting), daffodil craft, and a yellow day display among other activities. Keep your eyes on your calendar located at the side of your room door or the enlarged ones in both dining rooms and on the activities room door. If there is any changes they will be on the enlarged weekly calendars or lifestyle staff will let you know.

We enjoyed a surprise visit from Hephner the Alpaca. What a treat that was!

We farewelled Leanne in our Lifestyle Team. Unfortunately Leanne is looking for other opportunities closer to home and we wish her well.

Jill will be returning from a well rested three weeks of annual leave .

Until next month keep warm, stay active and enjoy activities from Viv, Noeline and Jill

Quality

About the Aged Care Standards

Organisations providing Commonwealth subsidised aged care services are required to comply with the Aged Care Quality Standards. Organisations are assessed and must be able to provide evidence of their compliance with and performance against the Quality Standards. The Quality Standards focus on outcomes for residents and reflect the level of care and services the community can expect from Kellock Lodge who provide Commonwealth subsidised aged care services.

The Quality Standards are made up of eight individual standards;

1. Consumer dignity and choice
2. Ongoing assessment and planning for consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organisations service environment
6. Feedback and complaints
7. Human resources
8. Organisational governance

In the coming issues we will focus on each of the Standards and provide you with an overview.

Standard 1:

Standard 1 is the foundation standard that reflects seven important concepts highlighting the importance of a residents sense of self. They highlight the importance of the resident being able to act independently, make their own choices and take part in the community. These are all important in fostering social inclusion, health and well being. Kellock Lodge must be able to demonstrate residents are or have; Dignity and Respect, Identity, Culture and Diversity, Cultural Safety, Choice, Dignity of Risk, Information and Personal Privacy.

Next edition we will cover Standard 2.



We are always looking for ways to improve the care and service 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 so much