

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

From the desk of the Acting CEO ...



As I reflect this month, Kellock Lodge is progressing in many areas, and I am very pleased with the team environment we are shaping and building. We have welcomed twenty-four new staff this year who are all settling in well and getting to know our wonderful residents. We've introduced fortnightly education to upskill our staff, and with much thanks to the Alexandra community we have maintenance projects on the go to freshen our look. We have so much to look forward to over the next few months.

We met with two senior regional officers from the Department of Health and Aged Care. We were fortunate to have the opportunity to discuss the issues facing aged care with like-minded people, hear what other facilities are facing and receive advice from the Department on services and projects that may be able to assist.

My proudest moment this month was to see Kellock start their own in-house Personal Care Worker (PCW) Traineeship Program in conjunction with the Alpine Institute. The program is being supervised by Amanda O'Meara (Registered Nurse) with on-site classes held each Tuesday with mentoring and group supports. We welcomed six eager trainees into the program Sam and Sami, Donnie, Leanne, Kalli, and Jodie. We wish them all the best this year.

Regarding our maintenance projects, I am overwhelmed by the fundraising efforts of our community and the 'Friends of Kellock'. In coming weeks, we will update our window furnishings with high quality day blinds to provide privacy whilst allowing lovely views out to our wonderful gardens. We thank Hedger Constructions for their referral to Upgrade Window Furnishings who use Australian Manufactured products.

Thanks to the generosity of the Uniting Church, Lions and the RSL, we've begun replacing door handles in the Gould Wing and we're painted and repaired rooms ready to welcome new residents .

Sadly this month, we farewelled Christine Maffei, a beautiful person who touched all our hearts and will be very missed. The residents and staff had the privilege of forming a guard of honour as we farewelled Christine leaving Kellock Lodge for the final time. Our thoughts and prayers are with Carl and family at this difficult time.

We also farewelled James Tisdale as he relocated to Mansfield to be closer to family. James was a pleasure to care for. On a happy note, I am pleased to share that Joan Coles, Joyce Smart, and Henry and Lorna Williamson who stayed at Kellock Lodge for respite for the last few months, have all chosen to make Kellock their permanent home. We look forward to celebrating life with you.

The Aged Community Care Providers Association hosted a forum of regional providers in Bendigo. We strive to continually improve how we deliver our care and services and attended education on Oral Health and the impact on eating and nutrition, and a Dementia enabling environment in resident care. With many thanks to our editor Maria Price, enjoy our August News ...

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

## From Amy's Desk



This month I presented a case study to a group of over 50 participants for a 'Benzodiazepine and Cognitive Decline' seminar where professors and specialists in this area gave advice and had discussions about our experiences in our own facilities. They discussed what worked for them and resources to access, I found this helpful with some great strategies discussed.

We are actively looking for EN's and RNs to join us. We are rapidly evolving and changing as a team and new, fresh faces are always welcome to join. If someone you may know who's looking to work in Aged Care please refer them. Every person comes with their own expertise and skill sets and we would love to hear from you or someone you may know who's looking to work in Aged Care.

We had a visit from Cassandra Fraser who is now a Nurse Practitioner. She was able to assist me with some advice on a complicated wound. I'm sure Cassandra will be a great support to us moving forward. It's great that our community has a valuable resource like Cass available.

The Aged Care sector is changing so much at the moment, and we have a new Aged Care Act coming in soon. This means industry standards are lifting, providers (like Kellock Lodge) are more accountable to the services we provide, and this also means staff skills, education and accountability also needs to lift to meet these standards.

My aim is to raise the bar in the care we provide and network with likeminded DON's. Tania and I went to Bendigo this month and we were able to meet other managers and leaders who also work in Aged Care. I was able to meet with a young leader from Kilmore and I'm excited to chat with her some more and share our experiences.

We are developing a new Palliative Care resource box currently. I'd like to have a variety of essential oils and some more diffusers available for aromatherapy, some music equipment and education resources available. We have some of these available now, but I feel the kit is not complete. I am reaching out to some local companies to gain some advice and expertise in the use of aromatherapy. Thank you to one of our agency nurses who has donated a diffuser for use for our Palliative Care residents- I'm sure it will be of great comfort.

In education- we have been looking at pain charting, wound care, dignity, and respect. We have some flyers up with education being provided by Yea Hospital around dementia, Alex Hospital for an EN study day, some online dementia resources and Maggie Beer Foundation education for chefs and cooks in aged care.

**From Amy's Desk cont..**

Nurses and care staff have both had their first official staff meetings with me since I started- one of the topics discussed was uniforms and the possibility of having scrubs as an option. Residents have expressed they don't really mind what the staff wear- as long as they have their name badges on. Staff are interested in a comfy and cost-effective option. Navy is a popular colour option. The navy scrub tops do look very smart and tidy, and they do have pockets which is always a plus for nurses.

We have a vase of daffodils from my garden at reception this week which are lasting really well and smell great. I'll refresh the vase each week as I have masses of bubs popping up every where at the moment out at Romsey. Looking forward to Daffodil day here at Kellock next Thursday.

Thank you to everyone for the ongoing support and encouragement. I must say this role is challenging but with the staff and communities support I am enjoying that challenge.



**Daffodil Day—from the left Viv, Sophie, Jana, Pam, Sallyann, Gabby and Amy.**



**Reminiscing today enjoying my Grandmas recipe from the kitchen, Mary's Steamed Pudding.**



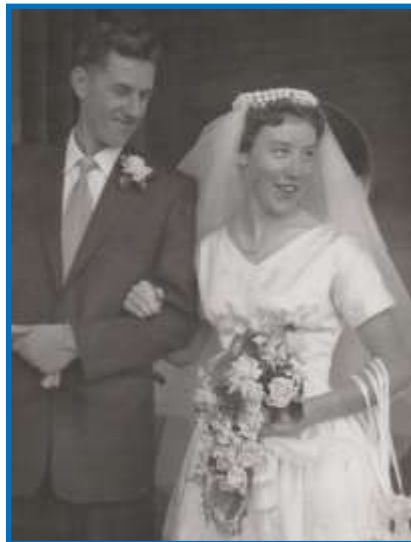
**Welcoming Sophia, who belonged to Herb Coopers granddaughter Gwen.**

*Take Care and until next month*

*Regards Amy*

**Way back then.....**

**Family members share their favourite photo's of their parent—Guess who am I?, answers published in our September Edition.**





## We give thanks to our “Maurie Pawsey”

Tania Hunter (Acting CEO), Amy Webb (Director of Nursing) and Maria Price (Acting Manager of Corporate Services) attended an invitation Morning Tea at the Alexandra RSL to celebrate Maurie Pawsey OAM as he retired from the position from the various committee’s Maurie held positions on. Maurie joined the Kellock Lodge Board in 1991 and joined the Friends of Kellock Auxiliary in 1984. Unfortunately Marida was unable to share in the celebrations but was kept up to date via texts and chats with their daughter Cathy who attended.

It was wonderful to hear from Jan Fallon (President—Friends of Kellock), Ian Gibb (Chairman of Kellock Board) and John Sharwood share their times with Maurie.



Daughter Cathy and Maurie



Ian Gibb, Chair Kellock Lodge Board praising Maurie’s dedication and commitment to Kellock Lodge and the Friends of Kellock Auxiliary



John Sharwood sharing his memories



From the left Ian Gibb, (Chair Kellock Board), John Scott (Board Member Kellock Lodge & Jan Fallon (President Friends of Kellock).

## Resident & Relative Meetings for 2023

- 1st November at 2pm

## Mask Update

At the Resident and Relative Meeting on Wednesday 6th September, Tania Hunter Acting CEO informed the meeting that as there was currently only one reported COVID case in the Murrundindi Shire, would the residents like staff and visitors to cease wearing masks. Residents voted in favor of staff and visitors no longer wearing masks. Tania advised that if staff and visitors would like to continue to wear masks if they wished.

## Rapid Antigen Testing is to continue please test prior to your visit



We celebrated the birthdays of;

**Residents:** Adrian Sier, Marlene Sheridan and Wendy Selover.

**Staff:** Alison Doyle, Tracy Halliburton, Pauline Darrington, Shianna Armstrong-Manna and Tina Knight.

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

## Friend of Kellock Lodge News from Jan Fallon



Our Treasurer and long time committee member, Maurie Pawsey, has resigned his position much to our sadness. He was a founding member of the first Board of Kellock and has been actively involved since those early years until the present day. His shoes are very big to fill and his knowledge of all things Kellock, is unsurpassed. We will miss him and wish he and Marida all the very best.

Our next big “thing” is a food stall and sausage sizzle in Grant St. on Saturday 4<sup>th</sup> November. Our aim is to capture the visitors coming up for Cup Weekend. A request for baking of yummy food items will be sent out a little later on, so watch this space.

*Warmest Regards. Jan*

## From the Kitchen



### Cooked Breakfasts

Residents are enjoying a hot breakfast each Monday cooked by Jana in Catering. Residents have been enjoying Eggs Benedict Casserole, Savoury Muffins and Blueberry Pancakes. At the recent resident meeting residents voted for Eggs, Bacon, Tomatoes & Hashbrowns to be added to the menu.

### Enhancing the resident dining experience

We have been working on enhancing our residents dining experience by way of our table settings. We now have bud vases on each table and a big thank you to Sophie for the daffodils a lovely touch. Thank you also to our Jen Goates and residents Joan Coles and Wilma Spencer for keeping the bud vases looking beautiful. We are currently trialling table cloth fabrics, stay tuned for an update next month.

## 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 September,.

Our thoughts are with Marida Pawsey post her return from hospital, wishing you a speedy recovery Marida .

Ann Eland has returned home post her convalescing period at Kellock Lodge, and we are pleased to say Ann is doing well.



# August Activities

## Hi to Everyone,

Wow this month has gone way too fast again as we have had a very busy month. We had 2 displays one for Genes Day which was great residents laughed when I showed them the new trend of ripped jeans and that they are more expensive than an ordinary pair. We marked Daffodil Day with two full tables of items, thanks to Sophie and Pam for their items.

Our residents this month have enjoyed Manicures, Quiz's, Table Bobs, Carpet Bowls, the Treats Trolley, Chair & Therapy Band Exercises, Bingo, Daffodil Craft, Cooking for the Café, Bucks & Deer's Café, Dice Floor Game, Chimney Toss, History of August, Quoits, Hangman, "Remember When", Bucket Ball, Spanish Dreamer Story Final, Photo's of Paronalla Park, Target Words, Walks or Talks, Rail Exercises, Snakes & Ladders, Carpet Bowls, Read & Discuss the Local Paper, Hoy Cards, making Pikelets and a game of Darts.

Happy Hour has had a very big attendance with the Four Fathers, Steve Paix and Dave Silverman is back from holidays. We are excited to hear one of our residents granddaughters come in and sing for us soon too.

The bus trip to Seymour was exciting as we haven't been able to go for at least three years, so it wasn't hard to fill the bus.

Craft days are busy as we come closer to our armchair travel to the Netherlands on October 4th. We are just finishing all the table decorations this week, then buntings to put together and passports to finish. We hope all staff have their outfit ready to go for the day.

The Men's Group went to Tracy's for a look at her working model train that is set up in her lounge (great set up) then had a yummy afternoon tea, thank you Tracy it was a highlight for the Men's Group. The ladies have expressed an interest to visit as well.

We had our first Chinese lunch which was a big hit, dessert was enjoyed as many residents had never tried Lychees before and all got eaten, one resident nearly inhaled his so he had a second one. The Chinese lunches will continue.

We are happy to have the Men's Group running again as John Sharwood is fighting fit.

Jen Goates has been doing a fantastic job having her small group activities and her 1:1's, it is wonderful to have her knowledge and crafty skills at Kellock. This month we enjoyed Jen's "Old News" Exhibition which Max Parsons and Lorna Williamson helped to put together with Jen.

Keep any eye out for the Weekly Calendars as this is where we make changes if needed through the month.

*Until next month we will see you in the Activities to have some fun or join our Quiz days.*

*Bye for now from Viv, Jill and Noeline*



# Quality

## About the Aged Care Standards

As promised we will continue our journey through Standards.

### Standard 2:

#### **Kellock Lodge's Statement:**

Kellock Lodge undertakes an initial and ongoing assessment and planning for care and services in partnership with the resident. Assessment and planning has a focus on optimizing health and wellbeing in accordance with the residents needs, goals and preferences.

#### **Resident Outcome:**

I am a partner in ongoing assessment and planning that helps me get the care and services I need for health and wellbeing.

Standard 2 is all about Assessment and Planning. It is based on an ongoing partnership with our residents and others that the resident wishes to have involved in their assessment, planning and review of the care and services that are provided to them by Kellock Lodge.

The Assessment and Care Planning includes other organisations and individuals and providers of other care and services that are involved in the care of our residents.

A resident can decide to be involved as much or as little as they want in the assessment care planning

**Next edition we will cover Standard 3—  
Personal Care and Clinical Care .**



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](http://kellocklodge.org.au/have-your-say)

*Thank you so much*

#### **August Feedback has been:**

- ⇒ Thank you from Heather Longs Family
- ⇒ Great feedback and compliments from residents regarding the cleanliness of their rooms
- ⇒ Positive feedback regarding our Newsletters.
- ⇒ Staff Facility Keys
- ⇒ All resident dietary information sheets are being updated
- ⇒ Feedback on how delicious the Chow Mein was

# August brought us lots of fun.

Residents enjoyed a invitation only Chinese Meal  
cooked by Viv



Lunch was: Chicken Chow Mein, Honey Prawn Stir-fry, Special Fried Rice, Mini Dim Sims and Spring Roll. Dessert: Passionfruit Pineapple Flummery with Lychees



Lunch was enjoyed by: From the left Johanna, Cheryl (volunteer), Lorraine, Pattie, Viv, Nona, Max, Lorna and Henry Williamson. Thank you to our volunteer Cheryl for assisting Viv whipping up a Chinese storm in the kitchen.

And the fun just keeps on coming  
in August!



From the left: Wilma Spencer, Sharon and Jen. Wilma presents a bouquet to Sharon that she made in flower arranging class.



Esme's Mum (Erin RN) brought her in for a visit and Sally (PCW) took Esme to meet the residents.



Herb Cooper says hello to his granddaughter Gwen's adopted lamb Sophie



Max Parsons checks out the Sweets Trolley with Viv and wife Robyn Parsons



“Old News” Exhibition put together by Jen Goates with the help of Max Parsons & Lorna Williamson.

Jen has been renovating her home which was built in 1869. Under the flooring Jen located an intact Newspaper from the 26th December, 1968. The front page was about the Astronauts on their way home from the moon. Jen cut out and laminated 19 pages for residents to find, enjoy and reminisce that wind their way around the corridor leading up to Opal Wing and continue on through Opal Wing.



From the left—Max Parsons, Jen Goates and Lorna Williamson.



The start of the display



# Special Birthdays

## Celebrating a magnificent number of years

A Birthday is the day when the whole Universe rejoices, and all the forces of nature and the people around you are helping you to come and celebrate your life. A new life has been born! A new soul has visited the planet! A new being whose presence is very important to the essential evolution of life.



**Marie and Adrian Sier celebrate Adrian turning 88 years young with a glass of bubbles.**



**Happy Birthday, Marlene Sheridan celebrates 90 years young -**



**Marlene celebrates with family**

# It's all things YELLOW! As we mark Daffodil Day



Tania Hunter, Acting CEO and Viv Gill, Lifestyle Co-Ordinator looking just fabulous in all things yellow.



From the left Viv, Sophie, Jana & Pam from Catering , Sallyann & Gabby from Administration and Amy Webb, Director of Nursing embracing yellow



Yellow Display— Table 1 , well done Viv and the Lifestyle Team . Thank you to Pam and Sophie for loaning their yellow items.



Yellow Display— Table 1 , well done Viv and the Lifestyle Team



## Aged Care Employees Day We celebrate the Kellock Lodge Team

Tania Hunter, Acting CEO organized Aged Care Employee day to be celebrated at Kellock Lodge, to thank staff for bringing their best every day for the residents of Kellock Lodge. Ian Gibb (Chair of Kellock Board) cooked the BBQ, the Catering Team made delicious salads and the sun was shining. Tania provided raffle prizes and tickets were drawn on the hour, lucky winners were: Jill, Verna, Noeline, Lynette, Amy, Hannah, Linda, Ella, Donnie and Jana. Each staff member received a handwritten card and gift from Tania on behalf of the Board, Management and Residents of Kellock Lodge. Thank you Tania for making everyone feel special.



From the Left: Sarah Meggit (Kellock Board Member), Tania Hunter, Acting CEO, Helen Gibb and Ian Gibb, Chair of Kellock Board.



Noeline with her Grant Street Hamper prize and Tania



From the left: Pauline, Pam, Tania, Tina, Amy, Jodie, Liz, Leanne and Inga.

## Special moments at Kellock Lodge

There are moments in our Kellock Life that touch our hearts and stay with us.

On this day I looked out my office window to see Wilma Spencer and staff member Jen Goates return from a walk around the garden picking flowers for the flower arranging session. Wilma's joy touched my heart.

Heading home one night as I walked through the dining room, I observed all of the walkers lined up so neatly, a big shout out to our staff who care so well for our residents.

Two of our many special moments for the month, We will 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.