



Kellock Lodge

Alexandra Inc.

RESIDENTIAL AGED CARE

Kellock Times

September 2023

A community where people matter, and life is celebrated !

From the desk of the Acting CEO ...



Hello All, what a blessing this warmer weather is! It is so lovely to see our residents enjoying the courtyards to soak up those beneficial rays of sunshine.

This month we have continued to build on the foundations that we have been putting in place over the last couple of months. I am delighted to say we continue to welcome new staff to the Kellock Team and our trainee PCW's are thoroughly enjoying their balance of inhouse study and on the floor work.

We have a number of Quality Projects under way at present. We are reviewing existing policy against current standards and merging them into an easily accessible online package. To achieve this, we are working in partnership with our staff and residents ensuring that we are achieving quality outcomes in care and services. We are also reviewing our delivery palliative/end-of-life care. Staff have attended education in this area and are reviewing best practice again in partnership with residents and families.

This month we farewelled two very special members of our Kellock family, Hazel Kaye and Marlene Sheridan. Both ladies were very special to us, and they and their loved ones will be greatly missed.

This month the home was a hive of activity preparing for our travel day to the Netherlands. and the residents have been very busy making decorations for the facility.

The activity will continue as we approach the Melbourne Cup and then it's on to preparing for and celebrating Christmas.

We welcomed Maureen Pritchard, Bernadette Ronalds and Julie Skinner to the Kellock family, and look forward to getting to know them and their extended families.

We continue with our Sensory Wizard Project that I referred to in our June Newsletter (an interactive projector that supports emotional wellbeing to residents living with Dementia). We are now currently reviewing similar programs that are available and we have another demonstration in November. I look forward to providing you with an update in our December edition.

In October we look forward to the replacement of our sheer curtains with day blinds throughout the facility. We owe our sincere thanks to the extensive fundraising efforts of the Friends of Kellock.

We remain appreciative and very grateful for the ongoing community support we receive from the Alexandra community. Thank you for assisting us to celebrate life.

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

From Amy's Desk



Hello Everyone,

The spring flowers are looking absolutely stunning around the courtyards and gardens at the moment. There is tall purple Iris right outside the reception windows, it catches my eye every day.

This month we have been lucky enough to receive a beautiful donation from *Dindi Naturals* at Yarck of some essential oil blends and a massage oil to use for our palliative care residents. I am seeking a donation for a couple more diffusers from the company that Dindi uses too so hopefully we can secure those soon. We are expanding and improving our delivery of end of life care and anything that can provide comfort at this time is really important to us. Dindi provided four different oil blends and a card that explains the scents and what these are good for (as you can see in the picture). A favourite so far is "lullaby" essential oil blend, its subtle but very very nice and calming. So, thank you to Dindi for the donation and supporting our efforts in caring for the residents and families here.

We had a visit from Dementia Support Australia this month and they have provided us a Baby doll named "Ben" as well as a bassinet. Holding and rocking a baby can be an extremely relaxing and nostalgic experience for residents living with dementia and I thank Dementia Support Australia for their input and ongoing support. 'Baby therapy' is a resource used with caution and careful approaches, I hope to get some more education sessions going for our staff so we can utilise it more.

Our community is at the core of what we do and its great to have the involvement from local companies.

The care ember of the Goulburn Valley Palliative care team staff at Kellock have received some Oral Health education this month, keeping the teeth and gums clean and healthy is really important so thanks to Dawn Berry for assisting me with that. We also did some palliative care discussion sessions to go over our policies, procedures, what we have in place and what staff feel we need to improve. We have booked Sam Moorhouse to run two formal sessions in November also- looking forward to that.

We said good-bye to two lovely residents this month. We watched Hazel's funeral online (held at Healesville) and a couple of us attended Marlene's in Alexandra. Being able to see all the beautiful photos of lives well lived, their families that we have heard about in stories and hear more about their lives when they were younger is a real privilege and reminds us why we do what we do every day.

We welcomed two new residents and have another two arriving very soon. We aim for a quick and seamless transition from where ever it is you have come from- families and residents alike.

From Amy's Desk cont..

If you're in the building wander past and check out the new photos I have up in my office-humble brag (took them myself).

Lastly, I heard a fantastic quote recently:

"Its nice to be important, but its much more important to be nice"

-Ron Barassi



Pictures: Above The Dindi Natural s Pack, and on the right: "Getting into the spirit of celebrating Grand Final and the Iris's that catch my eye."

Take Care and until next month

Regards Amy



Way back then.....

Thank you to the Family members for sharing their favourite photo's of their parent, Herb a gorgeous little boy and our stunning ladies Iris, Joyce, Wilma and Estelle.



Iris Bray with her cat Timmy who liked to roam the neighborhood in search of warm and cosy spots.

Herb Cooper



Wilma Spencer on her wedding day



Joyce Smart at the age of 21 years



Estelle Shaw

TEAM



Tina Knight married Donald and what a gorgeous bride Tina made. Congratulations to Mr. & Mrs. Donald and Tina Cabban who married on 25th September, 2023. Wishing Tina and Donald a lifetime of happiness.



Radhkia shared a photo of Robin as the family celebrated Robin turning 3 months old.



From the Left: Maria Price, Tania Hunter and Helen Gibb, join in the Nutbush Bash.

We had much to celebrate !

Resident & Relative Meetings for 2023

- 1st November at 2pm

Resident Dining Room

A friendly reminder that the dining room is just for our residents to enjoy their lunch or evening meal. If you wish to keep your loved one company whilst they eat we have some lovely courtyard spaces or we can arrange a tray for the resident in their room. Thank you for your understanding as we need to consider all of our residents dining experience and the number of people in our dining room.

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



We celebrated the birthdays of;

Residents: Dawn Hewitt, Ben Sheppard and Rita Walker.

Staff: Lynette Bennetts, Brooke Baum, Belinda Dean.

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

Friend of Kellock Lodge News from Jan Fallon



On **Saturday, 4 November**, friends of Kellock are having their major stall outside Foodworks in Alexandra.

We will be selling cakes, slices, chutneys, jams, other preserves, and a mega-sausage sizzle.

We're starting sales at 8:30am so please drop off your goods from 8:00am onwards throughout the morning.

We are hoping that everyone will come down to support our stall and please bring your cash as we have no EFTPOS facility.

Warmest Regards. Jan

From the Kitchen



From the left: Pam, Jana and Pauline, all smiles as they serve a cooked breakfast to our residents.



Jana preparing our freshly baked goods for morning and afternoon tea .

Kellock Lodge Independent Living Units News.

I had the pleasure of catching up with Bob Scott who has been a member of our ILU community for over ten years.

Bob and his wife brought a 10 acre property in Alexandra and had ten wonderful years on the property before his wife became ill. The ten acres were occupied by a vineyard which produced 3 bottles a vine—a Shiraz and Merlot.

Bob was a designer of guided weapons and unmanned aircraft drones working for the government and British Aero Space & Boeing.

Bob divides his time between Alexandra and his partners home in Gippsland. Bob shared they met over dinner and their first date was in Sicily.

Bob enjoys Alexandra because in Alex we all know and support each other.

Bob has contributed greatly to our community in a number of positions. He has enjoyed being the President of the Bowling Club, Vice President of Dame Pattie and President of the Friends of the Library. He was also President of Rotary and co-ordinated Red Cross Transport.

September Activities

Hi to Everyone,

We can't believe another month has gone by. Residents have been super busy with all the Dutch decorations needing to be finished by 30th September. We have boxes and boxes made, artwork done and made into collages, passports almost finished then most of all getting an assortment of Delft blue ornaments (found some at our Op Shops).

We had another Chinese lunch earlier in the month as Viv and volunteer Cheryl are going on annual leave the next one is in November.

Jen has been preparing the shells, feather and fishing gear display and what a great display it is. Jen is leaving it set up for two weeks so you can just walk around and find all the bits and pieces she has placed for a surprise effect. Like the fur coat that some one thought was a dead flattened animal (ha ha).

The football tipping has finished with 13 people in the competition, 1st place to Viv Gill on 140 points, 2nd place to Donna Hunter on 137 points, and 3rd place Alison Doyle on 136 points, and Pam on 94 points no flies on Pam she knew she would get some of her money back for coming last.

We have been blessed with great weather for our bus trip to the Cheviot tunnel, which was a great day and to top it off the residents had an ice cream treat in Yea.

As I sign off we are all getting excited for our Armchair Travel day on October 4th, photos in our October edition.



Jill presents Viv with her footy tipping prize.



Jill and Viv present Donna her footy



Jill and Viv present to Alison he footy

Until next month we will see you in Activities to have some fun.

Bye for now from Viv, Jill and Noeline

Quality

About the Aged Care Standards

As promised we will continue our journey through Standards.

Standard 3:

Kellock Lodge's Statement:

Kellock Lodge delivers safe and effective personal care, clinical care, or both personal care and clinical care, in accordance with our resident's needs, goals and preferences to optimise health and well-being..

The Standard applies to all services delivering personal and clinical care specified in the Quality of Care Principles 2014. Personal and clinical care and services can include:

- supervising or helping with bathing, showering, personal hygiene and dressing
- providing personal mobility aids and communication assistance for residents with impaired hearing, sight or speech
- nursing services, such as catheter care and wound management
- services aimed at getting back or improving a consumer's independence or daily living activities specialised therapy services, such as support for residents living with cognitive impairment.

Resident Outcome:

I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.

Next edition we will cover Standard 4—
Services and Supports for Daily Living.



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

September Feedback has been:

- ⇒ Residents complimenting the Kitchen
- ⇒ Amplifon Hearing tell us we are the nicest aged care facility they have visited.
- ⇒ Positive feedback regarding our Newsletters.
- ⇒ Thank you to Management for the gift of appreciation for National Aged Care Employee Day.

Grand Final brought us lots of fun.

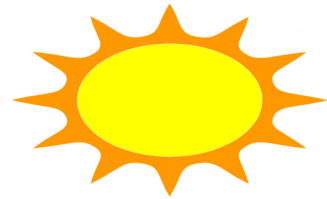


Celebrating the Grand Final in our Footy Colors: From the left: Gabbi, Ellie, Sophie, Jade, Donna, Alison, Tania, Ross (resident), Brooke, Amy and Viv



From the left: Brooke, Ross (resident), Alison, Amy and Jade

And the fun just keeps on coming
in September celebrating the
sunshine!



Robyn and Max Parsons



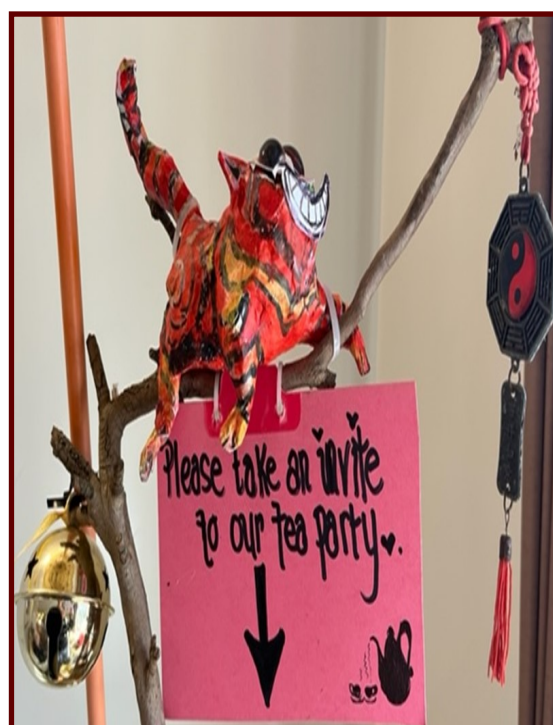
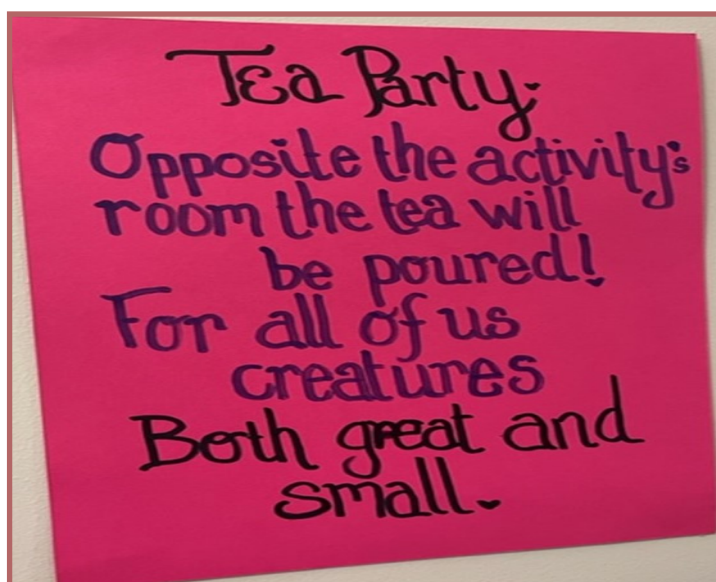
Mr. & Mrs. Henry and Lorna Williamson



Exercises with Viv out in the sunshine

"Mad Hatters Tea Party" put together by Jen Goates

In the lead up to the Mad Hatters Tea Party residents were delighted with displays around the facility



Mad Hatters
Tea Party cont..



Celebrating Mr. & Mrs. Adrian & Marie Sier



It is with a great deal of pleasure that we dedicate this page to Mr & Mrs Adrian & Marie Sier.

Adrian and Marie married at the Sacred Heart Church in Yea on November 30th, 1963, followed by a honeymoon in Adelaide.

On December 3rd Adrian and Marie will celebrate their 60th wedding anniversary with family and friends. We look forward to sharing photo's in our December edition.

** Congratulations! **



Special moments at Kellock Lodge

There are moments in our Kellock Life that touch our hearts and stay with us, our garden brought us all joy this month.



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 if you wish.