



Whyalla Aged Care Inc.

Resident and Volunteer Newsletter

October 2017



CHC resident, Ina and Ben from YMCA Y-Day Options Program enjoyed a craft session in the library at Copperhouse Court.

Welcome

We welcome all our newest residents and their families. We hope our services provide you with a positive experience in your new home.

Ronald Siwek	Annie Lockwood Court
Margaret Bolger	Annie Lockwood Court
Brian Bolger	Annie Lockwood Court
James Barlow	Yeltana Nursing Home
Maxwell Wilson	Yeltana Nursing Home

Resident Birthday Greetings September 2017

To all our residents who share a birthday in September, we hope your special day is filled with happiness and joy. Happy Birthday!

4	Elsie Carr	91	Copperhouse Court
6	Else Hermes	91	Yeltana Nursing Home
6	Agnes Pitts	92	Annie Lockwood Court
12	Sandra Raven	65	Annie Lockwood Court
12	Frank Traum	80	Copperhouse Court
13	Susan Chaney	68	Yeltana Nursing Home
17	Sandra Clayton	71	Annie Lockwood Court
23	Audrey Crack	99	Annie Lockwood Court
27	Minnie Hosking	84	Annie Lockwood Court

Chess Player Sought

We are looking for a volunteer who is able to play chess once a week with a resident who is a keen chess player.

Contact Sandy V at Copperhouse Court on 8645 9499 if you would like to help.



Lodge Your Email Address

In this high tech age, sometimes it is easier to receive a copy of the newsletter or other information via email.

If you would like to receive an electronic colour version of the Resident and Volunteer Newsletter please contact Liz Hanna via email:

lhanna@whyallaagedcare.com.au

Calendar of Events

Highlights of the Lifestyle Program - Dates to remember October 2017

If you have a request for an activity or outing, please let the Lifestyle Officer know or discuss your idea at your next Resident Meeting.



Annie Lockwood Court

- 6 October Combined Bowls – With Yeltana Residents
- 23 October Men’s Group – Fishing Trip
- 25 October Ayreaus Team Dog visit
- 26 October Resident Meeting
- 30 October BBQ Lunch/bacon and eggs

Copperhouse Court

- 4 October Takeaway Lunch - Subway
- 11 October Ayreaus Team Dog visit
- 17 October Resident Meeting
- 20 October Community Group Visit with Activities
- 25 October Bus Trip Around Whyalla

Yeltana Nursing Home

- 3 October Entertainment with George and the Chairman
- 6 October Bowls Outing at Annie Lockwood Court
- 17 October Outing to Westland
- 20 October Ayreaus Team Dog visit
- 31 October Resident Meeting



Australian Government
Department of Health

Schedule of Fees and Charges for Residential From 20 September 2017

**THIS SCHEDULE ONLY APPLIES TO CARE RECIPIENTS WHO FIRST ENTER CARE FROM 1 JULY 2014*

Fee/ Charge/ Thresholds	Rate
Maximum Basic Daily Fee	
Residential Care	\$49.42 (\$691.88 fnt)

Influenza Status at Whyalla Aged Care

A number of recent reports and news articles have highlighted the fact that winter 2017 has been a record flu season and has impacted heavily on residents in Aged Care Facilities around Australia. Tragically, there have been a significant number of deaths and outbreaks requiring lengthy “lock down” situations in Residential Facilities. Since the advent of widespread Influenza vaccinations amongst Aged Care residents, the more common cause of such “lock down” situations has been Gastroenteritis outbreaks involving Norovirus.

This year, however, has seen an anomaly caused by a virulent Influenza strain that has impacted the entire community and country. As the elderly often have a number of pre-existing illnesses and frailty, they are at significantly higher risk of poor outcomes when contracting serious illnesses such as Influenza. Within Residential Care, there are also differentials that may increase risk as facilities can be high traffic areas with multiple staff, visitors and services entering and leaving with regularity, bringing a number of potential pathogens with them.

Infection control processes embedded in the daily functions for staff, can certainly go a long way to reducing the spread of infection within facilities. Over past years a number of Gastroenteritis outbreaks have assisted in the fine tuning of the Whyalla Aged Care Outbreak procedures and the last outbreak was contained to a small number of residents only, where they have previously involved significant

areas within facilities. The same principles apply to any outbreak, regardless of the disease in question and good practices will definitely improve outcomes. Whilst the Influenza season may not be over, this is a precis of the current situation within Whyalla Aged Care residential care.

The Commonwealth Government provides Influenza vaccination free of charge to all Aged Care residents. Historically the take-up rate is excellent, with residents, responsible advocates and medical officers all on the whole being proactive in agreeing to vaccination. Whyalla Aged Care staff undergo education and annual updates to be accredited to provide the vaccination program.

This year’s resident immunization records (from April to present) indicate the following:

Annie Lockwood Court – Two Residents did not receive the vaccine. One is allergic to Fluvax and the other declined by choice. This was comparable to the previous year. At this point in time, two residents have been diagnosed with Influenza A (6 weeks apart) and both required hospitalisation for a period of time. Both residents had been immunised.

Yeltana Nursing Home - Three Residents did not receive the vaccine. Two are allergic to Fluvax and one declined by choice. This was comparable to the previous year. At this point one resident has been diagnosed with Influenza A and

required hospitalisation. That resident had received the vaccine.

Copperhouse Court – All Residents were vaccinated and there have been no diagnosed Influenza illnesses.

Summary: Whyalla Aged Care facilities have experienced residents with Influenza and have been successful (thus far) in containing the spread, so there have been no “Outbreak” situations within a facility. As the strain has been quite virulent, this is a good outcome and an excellent indictment of good infection control practices.

Whyalla Aged Care provides Influenza Vaccination free of charge to all staff and volunteers. Vaccination is purely voluntary.

This year 122 staff were vaccinated via WAC offer. This is approximately 50% of our staff.



Last year the overall vaccination rate was approx. 40%. Actual numbers are higher – as some staff members obtain the vaccination via their GP surgery and others via another employer (such as Country Health). We will endeavour to keep accurate records of those numbers from this point onwards.

A number of viruses impact on sick leave rates every year during the winter months and the term “flu” can be used frequently. As not everyone seeks medical attention or is formally tested, actual rates of Influenza A amongst staff is unknown. However some staff who have obtained a positive test result were also staff who availed themselves of vaccination. As per the resident population, there is no empirical evidence that this Flu has targeted non-immunised individuals.

Do I have the flu?

The most common symptoms of the flu are:

- *sudden appearance of a high fever (38 °C or more)*
- *a dry cough*
- *body aches (especially in the head, lower back and legs)*
- *feeling extremely weak and tired (and not wanting to get out of bed).*

Other symptoms can be:

- *chills*
- *aching behind the eyes*
- *loss of appetite*
- *sore throat*
- *runny or stuffy nose.*

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring.

Whether you have the flu or another kind of virus can only be confirmed by a doctor after a nose or throat swab has returned positive results. The treatment is similar for any ‘flu-like’ illness, but a diagnosis is useful in helping health officials track disease patterns and frequency and will be required where complications have developed.

If you have been in contact with someone with the flu or you have the flu, we request that you do not visit our residential facilities.

Copperhouse Court Father's Day Celebrations

Copperhouse residents were entertained by Chris and Stewart during the Father's Day celebrations.



Intergenerational Visit

Copperhouse Court residents were delighted to have a visit from Whyalla Family Day Care, where they had fun interacting with the children.



Craft Sessions - CHC



Above:

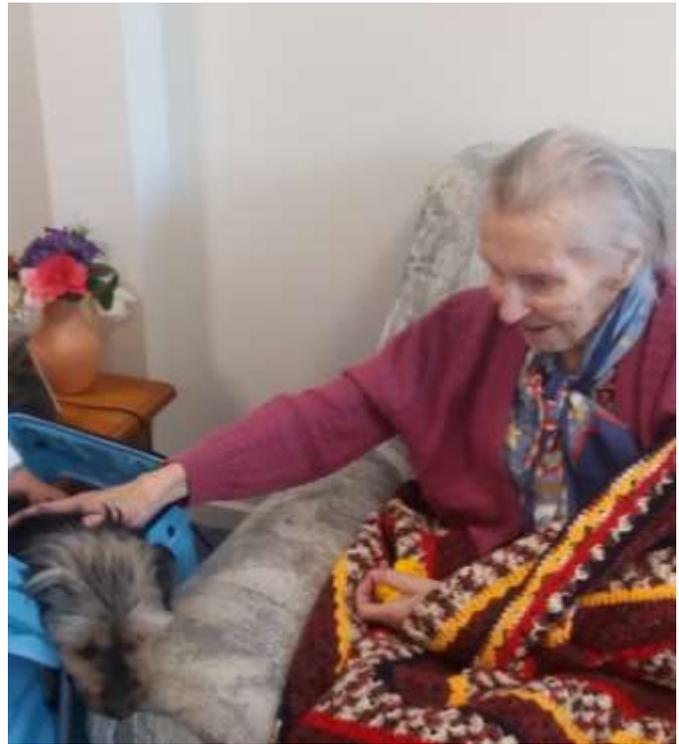
Ben Castle, YMCA Y-Day Options Program participant, visited CHC residents Ina and Margaret and enjoyed a rock painting session. The rocks are used in the current game craze - *SA Rocks* where people paint rocks and hide them for others to find.



Left:
CHC resident, Ina, invited her church Women's Guild for a visit and took part in a card making activity. It went really well and Ina enjoyed herself seeing her friends.

House A lounge now has a library and seating arrangements for craft sessions.

Ayreus Dog Team Visit at Annie Lockwood Court



Donations of Goods to Whyalla Aged Care

Whyalla Aged Care is often approached by very generous people who would like to donate items that they believe will benefit our residents. Sometimes it may be family members from a deceased resident who may want to leave items to the residential care facility that their loved one was living in or a member of the public wanting to donate second hand furniture, electrical items or clothes.

Whilst Whyalla Aged Care appreciates the kind gesture of those who would like to donate items such as furniture, equipment and clothing, unfortunately we don't have the available storage to accept everyone's donations and sometimes the items are not suitable for the residents residing in the home.

Exacerbating the issue is that Whyalla Aged Care is often left with donated furniture and equipment that is no longer fit for purpose and needs to be disposed of at an additional cost to the organisation.

If you are considering donating furniture, equipment, clothing, computers or other items that you believe our residents would enjoy, then we ask that you make an appointment with the Residential Site Manager to discuss your donation.

Creating an Appetite for Life – with Maggie Beer

Whyalla Aged Care Services Manager, Gillian Thompson and Chef, Rowan Layton were fortunate to attend the Maggie Beer Foundation – Creating an Appetite for Life Education program in August. We applied for and won a scholarship position for Rowan to attend. The event was held over 2 days at the Nuriootpa High School. The



education program was aimed at cooks and chefs. Thirty cooks and chefs attended from Western Australia, NSW, Victoria, Queensland and South Australia.

Maggie and Gillian

Maggie gave an overview of the Maggie Beer foundation that she established in 2014, the foundation is guided by the belief that, with help from so many committed people we can bring about life-altering change to the well-being of the elderly by having access to food full of flavour and nutrients. It should be everyone's right to have good food and Maggie believes that no one group of people need it more. Maggie's hope is that every meal can give comfort and pleasure, always something to look forward to.

Maggie Beer spoke of reigniting the passion for food and the benefits that

food can provide. Changing the culture of food in aged care, to give the residents a beautifully cooked meal every day.

Peter Morgan Jones demonstrated texture modified foods, Mel Roberts spoke about kitchen communication, work flows and time management. There was time for the cooks to work in the kitchen to practice some of the ideas that we had been shown.

Tara Graham Cochrane spoke on the how beneficial gardening is for everyone not just those in aged care – getting outside getting your hands dirty and enjoying the many pleasures a garden can give whether that be growing food or the sensory side of a fragrant edible garden.

Rebecca Sullivan spoke of Granny skills – promoting getting to know what our grannies and grandads did, the knowledge that they have being passed down through the generations so the skills that they had are not lost.

Claudia Ait-Touati spoke on the benefits of a care farming program that they operate from her snail farm in the Coorong.– getting people back into the garden ,interacting with others .As well as the snail farm Claudia has built a Yurt - *A traditional **yurt** (from the Turkic languages) or **ger** (Mongolian) is a portable, round tent covered with skins or felt and used as a dwelling.* In the dwelling the have cooking for children between the ages of 8 and 12 who make meals for elderly participants, together they sit and eat the meal, the last project just completed was dinners from



around the world. What they found was the elderly participants would research the country that the children were making a meal from and share this information with the children as part of a quiz session after the meal.

On Sunday 8th October Channel 7 Sunday Night Show will air a segment on the Maggie Beer Foundation which will include some footage from the cooking challenge that was held during the training. The cooking challenge had 6 groups of cooks and chefs preparing 3 dishes of flavorsome food in a 60 minutes. We all had the same three basic ingredients black lentils, 3 eggs and three rashers of bacon as well as access to a pantry of vegetables & spices. The groups that Rowan and I were in came equal first in the cook off challenge.

Without a doubt it was one the best education programs that we have attended. We have already commenced some improvements to the food we provide to our residents.

Gillian Thompson Services Manager



Another winning team featuring Gillian on the right.



Rowan and Maggie



Rowan's winning team



Sample of the food which was prepared in the cooking challenge.

Whyalla Aged Care Inc

www.whyallaagedcare.org

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Feedback— Compliments and Complaints

To enable the organisation to deal with feedback appropriately there is a form that can be used to capture feedback from residents, clients and advocates:

'Have Your Say' brochure

This form has been designed for you to complete, however staff are available to help you.

You will find the brochure at the feedback stations in your facility.

Complaints and Compliments can be recorded on the brochure.



"Providing quality aged care services that value the individual and build community in the Spencer Gulf region"

Have Your Say

How can we improve our
service to you?



In Memory

Respectfully we advise the following residents have passed away and we extend our sincere sympathy to the family and friends.

Iris Tresize

John Murray

Phyllis May

Dennis Smith

Eric Seddon

Celia Clarkson

Yeltana Nursing Home

Copperhouse Court

Annie Lockwood Court

Annie Lockwood Court

Annie Lockwood Court

Annie Lockwood Court