



Whyalla Aged Care Inc.

Resident and Volunteer Newsletter

July 2018



Copperhouse Court resident, Margaret, enjoyed a session of card making, pasting and singing with the visiting children from Neta Kranz Kindy.

Announcements

Welcome

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

Margaret Phillips	Copperhouse Court
Charles Peacock	Annie Lockwood Court
Jean Rigg	Yeltana Nursing Home



Resident Birthday Greetings July 2018

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

1 July	Nola Graham	81	Yeltana
3 July	John Ellis	86	Annie Lockwood Court
4 July	Ilonka Holosi	81	Yeltana
4 July	Peter Medlicott	72	Copperhouse Court
11 July	David McOmish	83	Annie Lockwood Court
13 July	Georgina Spikin	93	Copperhouse Court
21 July	Barbara Yates	91	Copperhouse Court
26 July	Betty King	92	Yeltana
29 July	Frank House	79	Copperhouse Court
29 July	Violet Moss	83	Copperhouse Court
29 July	Lurline Powell	90	Copperhouse Court

Calendar of Events

Highlights of the Lifestyle Program - Dates to remember July 2018

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

- 5 July Karaoke
- 6 July Biscuit Making
- 9 July Men's Outing to the Maritime Museum
- 20 July Resident Meeting
- 27 July George and the Chairman/Takeaway Meal Day

Copperhouse Court

- 4 July Lemonade Scone Baking Session
- 11 July Philippine Cultural Session
- 18 July Lunch Outing to Roopena
- 25 July Resident Meeting
- 27 July The Price is Right Game

Yeltana Nursing Home

- 6 July Reiki Session with Jade
- 10 July Visit by Entertainer **Denise Drysdale**
- 13 July Resident Meeting
- 20 July Jill's Dog Group Visit
- 24 July Lunch Outing to Westland Shopping Centre

Hairdressing Service Price Increase

Our hairdressing prices have increased for the first time since 2014, please note the new costs of our services:

Perm	\$ 60.00	Cut	\$23.00
Colour	\$ 35.00	Set/Blowdry	\$23.00
Own Colour	\$ 20.00		

Thank you, Jan and Jill

Resident Story – Georgina Spikin

My name is Georgina Spikin (nee Jones) and I was born on 13th July 1925 in Edinburgh, Scotland to Georgina and Richard Jones.

My earliest childhood recollection is of my 4 Aunts who bought me a large china doll, dressed as Red Riding Hood when I was four years old. I wasn't allowed to play with it and it was kept for me until I was older.

I had always enjoyed school and I attended the Dalry Primary School at age 5. My High School was Darach Public School, both of them in Edinburgh, Scotland. I had quite a long walk to high school every day.

There were no buses on that route, and I walked it in all weather, hail, rain, snow or shine and came home for lunch and walked back to school for the afternoon.

I knitted my school jumper when I was quite young and the colours were bottle green, with a light green and an orange stripe around the neckline. I attended the domestic science classes and we were taught how to bath and dress a baby doll, cook, set the table, do the

laundry by hand and how to be a good hostess which was preparing us for the future, so to speak.

I left school at 14 yrs old (the allowed age then) and got my first job in a fur coat shop on Princes Street in Edinburgh. I worked upstairs in the workshop and I got the job because I could use the sewing machine. I started on hand stitching the tabs and buttons on the inside of the fur coats. My wage was 7 shillings and 5 (which is 75c in today's money).

The war broke out and times became hard - because who bought fur coats in wartime? I had to find another job and I had to decide which armed forces I wanted to join. At 17yrs old I became a Land Girl for the next 3½ years and I worked very hard on various farms in and around Peebles in Scotland. There were 20 girls to a large dormitory building and I really enjoyed those years with all the other girls of which I was the youngest.



Bob and Georgina's Wedding Day



After the Land Army I came home and couldn't settle so I decided to join the Navy W.R.E.N.S I did my training and was posted to Paisley, a camp that wasn't far from home (Lucky me).

It was during this time I met my husband Bob at a dance we attended. Bob was also in the Navy at that time. In the camp we had a cinema and a weekly dance and so the friendship became an engagement which quickly led to marriage. My husband to be was being posted to Malta and we decided that we didn't want to wait for him to come home so we found a minister and got married. The day after the wedding Bob went away for 18 months serving on the HMS Ocean.

We went on to have 4 children, Jim, Sheila, Rolfe and Alison. Bob worked as a Policeman in Edinburgh. In 1963 we made a big decision to move to Australia with our children and came directly to Whyalla where we settled and called it home. We got a new house in Patten Street and my parents followed us out in 1965 and they lived in Patten St at the other end. Bob worked at BHP in the Shipyards to start with and then went to work for Parsons until he passed away in 1982 just when the company closed down.



Bob and Georgina in 1982

I have lived to see my children grow up and become grandparents. I have been blessed with 11 grandchildren and 20 great-grandchildren.



Over the years I have enjoyed many crafts but I have always loved my knitting and still knit at age 92. I have been involved in volunteer work including school committees, assisting in the library in my 80's at Fisk Street Primary School where my daughter and grand-daughter worked at the time. I worked in Communicare Op Shop, Lifeline Book Exchange, and involved in church welfare work. I have always enjoyed being part of a choir. I have a pet budgie who is my best friend – Georgie. He talks to me all the time and is good company.

I have had a good and happy life and am so glad that we made the decision to move to Australia to give our family a good life. I have never wanted to go back to Scotland and love living here in Whyalla.

Mother's Day Dancing at Yeltana



SeaChange: New Jack and Jill Seat for Cedar

Marjorie Hollingworth has kindly donated an outdoor Jack and Jill setting for Yeltana Nursing Home Cedar Wing. The seat will allow residents to sit outside and look outwards to the sea.

Marjory and Derrick are pictured below enjoying tea and the view.



Dominoes Challenge at Annie Lockwood Court

The men at ALC have been enjoying time together playing dominoes.



Volunteer Acknowledgement – 10 Years Service

Jane Hinton has been a volunteer with Whyalla Aged Care for 10 Years. We acknowledge the time Jane has volunteered with resident's bingo sessions and providing companionship and assistance to many residents at Yeltana. Thank you Jane.

Jane is pictured receiving a certificate of appreciation from Diane Collison, (Director of Residential Services) as Narelle Darby, (Clinical Nurse) Barb Roach, (RN) and Fran Power, Residential Site Manager congratulate her.



Volunteers

A volunteer is a person who remembers to do the things that make other people happy, who takes the loneliness out of the alone by talking to them, who is concerned when others are unconcerned, and who has the courage to be a prophet and say what has to be said for the good of all.

Whyalla Aged Care Auxiliary

Winter has certainly hit us with vengeance but the rain has been very welcome.

Today our members had a very enjoyable lunch at the Hotel Eyre instead of a meeting. It was time to catch up without any planning.

Our Morning Tea raised \$1900, which was a great result. Thank you to all who attended, those that cooked for our Trading Table and the helpers who made everything to run smoothly. Many thanks to the Whyalla Aged Care kitchen staff, your scones were superb as usual.

Our next Morning Tea and Spring Fashion Parade will be on Friday September 28th. So please keep that date free.

We have had a good response to the People's Choice Credit Union Raffle.

We have been selling our share of the tickets at Foodland in Essington Lewis Ave and Woolworths in George Ave.

Tickets can also be purchased at the Whyalla Aged Care Office.

We would love to sell a winning ticket. Thank you to the People's Choice Credit Union, Woolworths and Foodland.

Our yummy Stratco Barbeque was fired up on July 1st.

It was with sadness that we heard of the passing of John Holds a Whyalla resident and local pharmacist of many years.

John was a loyal supporter of our Auxiliary Quiz Night helping us to raise many thousands of dollars. Our thoughts are with his wife Gae and his family at this time.



Thank You!

Thank you to the Auxiliary for raising funds throughout the year and purchasing the following equipment for our residents.

60" Flat Screen TV	YNH	\$1,362.00
Tilt Shower Chair	CHC	\$1,400.00
Shower Commode (Aquatec Ocean)x2	ALC	\$3,600.00
DVD's	ALC	\$300.00
Wingo 4" Electronic Bingo Machine	YNH	\$350.00
Samsung UBD-M8500 4k Ultra HD Blu Ray Player	ALC	\$310.19
SONY Wi-Fi Streaming Blu Ray Disc Player	ALC	\$501.81
2 x 5 Shelf Storage Units	ALC	\$90.00
	Total	\$7,914.00

World Elder Abuse Awareness Day – Around the Facilities

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.



WEAAD was officially recognised by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

Whyalla Aged Care is committed to supporting our residents by treating them with dignity and respect, and providing a safe and secure living environment. Our staff are committed to encouraging and supporting residents and their families or advocates to raise any concerns they may have relating to the abuse, suspected or alleged, of elders.



STOP ELDER ABUSE

SAFEGUARD THE RIGHTS OF OLDER PEOPLE

Elder abuse is an act that causes harm to an older person, carried out by someone known and trusted.



1 in 20 Australians experience some form of abuse from a person they know and trust

IN SOUTH AUSTRALIA

50% of cases are financial abuse

75% of cases are emotional abuse

80% of abuse is by a family member

65% of victims live in the family home

19% of cases involve Dementia



NEGLECT

Failure to provide life necessities, such as food, shelter, clothing, medical or dental care.



SOCIAL

Forced isolation of older people. Includes restricting or stopping social contact with others.



EMOTIONAL

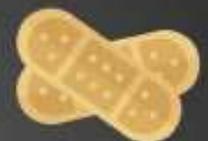
Language or actions that intimidate, cause fear of violence, isolation, or feelings of powerlessness.

ELDER ABUSE CAN BE



PHYSICAL

Non-accidental actions resulting in physical pain or injury.



FINANCIAL

Illegal or improper use of a person's money or assets.



CHEMICAL

Misuse of drugs, alcohol, medications and prescriptions.



SEXUAL

Non-consensual sexual contact, language or exploitative behaviour.



Recognise the signs and help put an end to Elder Abuse. Visit the website for more information:

www.sahealth.sa.gov/stopelderabuse

Take action if you suspect abuse is occurring
call the SA Elder Abuse Prevention Phone Line on:

1800 372 310



Government
of South Australia
SA Health

Whyalla Aged Care Inc

www.whyallaagedcare.com.au

Administration

25 Newton Street
WHYALLA SA 5600
Ph: 08 8645 5588
Fax: 08 8645 5596

Yeltana

25 Newton Street
WHYALLA SA 5600
Ph: 08 8645 7699
Fax: 08 8645 4265

Annie Lockwood Court

7 Newton Street
WHYALLA SA 5600
Ph: 08 8645 3955
Fax: 08 8644 1535

Leisure & Lifestyle Dept.

7 Newton Street
WHYALLA SA 5600
Ph: 08 8644 2604
Fax: 08 8644 1535

Copperhouse Court

43a Flinders Ave
WHYALLA STUART SA 5608
Ph: 08 8645 9499
Fax: 08 8645 4134

Community Services

4/17 Newton Street
WHYALLA SA 5600
Ph: 08 8645 3088
Fax: 08 8644 9877

Retirement Living

17 Newton Street
WHYALLA SA 5600
and
Victoria Close
WHYALLA SA 5600

Newsletter Editor:

Liz Hanna
Phone: 8645 5588
Email: lhanna@whyallaagedcare.com.au

Feedback Compliments and Complaints

If you have any concerns in the residential sites please let the Residential Site Manager and/or the Clinical Nurse know immediately so it can be followed up in a timely manner.

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?



We're Listening

In Memory

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

Shirley Puddy

Linda Lipschinski

Marjory Cunningham

Ronald Siwek

Marian Kenwright

Michael Vogiatzi

Copperhouse Court

Yeltana Nursing Home

Annie Lockwood Court

Annie Lockwood Court

Yeltana Nursing Home

Yeltana Nursing Home