



Whyalla Aged Care Inc.

Resident and Volunteer Newsletter

November 2018



Life Lessons Project is a collaboration with Whyalla Aged Care residents and D'faces, where the young people from D'faces involved in this project were presented with the challenge of understanding and exploring the history of past generations. Pictured is ALC resident, Shirley Curtis and Claire from D'faces.

Full story on page 6

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.

Douglas Hockey

Copperhouse Court

Desmond Westlake

Yeltana Nursing Home



Resident Birthday Greetings November 2018

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

2 November	Edith Lavery	83	Copperhouse Court
4 November	Gladys Booth	80	Yeltana Nursing Home
5 November	Margaret Bolger	100	Annie Lockwood Court
5 November	Kenneth Brown	92	Yeltana Nursing Home
10 November	Eileen Kolosche	84	Copperhouse Court
13 November	Violet Bosomworth	87	Yeltana Nursing Home
14 November	Biruta Webster	89	Yeltana Nursing Home
19 November	Jane Brown	78	Annie Lockwood Court
22 November	Irene Campbell	84	Annie Lockwood Court
23 November	Charles Peacock	85	Annie Lockwood Court
26 November	Elsie Stewart	79	Annie Lockwood Court
29 November	Laurence Robinson	85	Annie Lockwood Court

Calendar of Events

Highlights of the Lifestyle Program - Dates to remember November 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 Nov 100th Birthday Celebrations for Margaret Bolger
- 6 Nov Melbourne Cup Function
- 9 Nov Remembrance Day Acknowledgement Service
- 16 Nov Resident Meeting
- 23 Nov BBQ with George and the Chairman

Copperhouse Court

- 2 Nov Jill's Dog Group Visit
- 6 Nov Melbourne Cup Function
- 9 Nov Remembrance Day Acknowledgement Service
- 16 Nov Whyalla Brass Band Visit
- 28 Nov Resident Meeting

Yeltana Nursing Home

- 6 Nov Melbourne Cup Function
- 9 Nov Remembrance Day Acknowledgement Service
- 13 Nov Resident Meeting
- 16 Nov Teddy Bear's Picnic
- 23 Nov Whyalla Brass Band Visit

Christmas Decorations - Volunteers Wanted

Staff at all the residential facilities are looking for volunteers from families or staff to help put up the Christmas decorations on the following dates:

Yeltana Nursing Home 08 November at 10:00 am

Copperhouse Court 21 November at 10:00 am

Annie Lockwood Court 22 November at 10:00 am

All welcome to come along and assist.



Keep Your Cool

Staying cool in the hot Australian summer months can be a challenge for people of all ages; but it is especially important for seniors. The reasons why heat impacts the elderly more so than a healthy, younger adult often go forgotten; as their immune system becomes more depleted, so too is a senior's ability to withstand the heat and humid conditions of summer. Sometimes, their internal sweating mechanisms no longer cool down their bodies the way they used to.

As we age, our bodies lose the ability to perspire and to properly regulate body temperature. Through this process, the skin becomes thin and offers less protection from heat. The sun's rays also make seniors increasingly susceptible to emergencies including heat exhaustion and stroke.

The summertime is a time of fun and relaxation for most people, but for seniors the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that our residents can use to make sure they have a fun and safe summer.

Drink Up

Seniors are more susceptible to dehydration than younger people as they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes. Our residents are encouraged to remember to drink water often to stay on top of their hydration levels.



Wear the Right Stuff

Everyone, including seniors, should dress appropriately for the hot weather. When it's warm out, some people find natural fabrics - like cotton - to be cooler than synthetic fibres. Stock summer wardrobes with light coloured and loose fitting clothing to help seniors feel cooler and more comfortable in the heat.

Sunglasses are very important too. Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and, in some cases, cause further damage. Wearing sunglasses can protect eyes from harmful UV rays and preserve vision.

Sunscreen and Hats

Everyone, young and old, should wear sunscreen when outdoors - even for the most insignificant amount of time. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping put it on when necessary.

Hats are also a great idea, especially for those with light coloured hair and those with only distant memories of a full head of hair. Hats will also prevent a burnt scalp.

Exercise Smart

If our residents partake in outdoor activities such as walking or gardening, we encourage wearing proper clothing and protective gear.

Summer means gardening, barbecues, and just enjoying the great outdoors, but the Australian sun can pose a major issue, especially for seniors. If you take into consideration these tips there's no reason you can't have an enjoyable and fun filled summer, no matter your age!



Summer is coming and we request that residents have access to a sun smart hat.
Can resident representatives please assist by providing a labelled hat for use when out in the gardens and outings.

Life Lessons Project

D'faces were very grateful that they have been funded and supported by the Australian Government-Regional Arts Fund, Country Arts SA, Whyalla City Council, Whyalla Aged Care, Whyalla Players Inc., National Trust- Mt. Laura Homestead and local families to reveal history as it was and is now.

Over the 2018 two week October school holiday period, the young people from D'faces involved in this project were presented with the challenge of understanding and exploring the history of past generations; and the residents of Annie Lockwood Court, with the challenge of understanding new technology and the reality of young people living in their generation.



The Whyalla Writer's Group assisted with interviews, recording oral history stories, colouring our journey together to produce a publication.

The Whyalla Players provided period clothing for residents and D'faces Youth to display and remind us all of our curious fashion trends over the years.

National Trust-Mt. Laura Homestead have allowed access to film historical items. Local families provided multiple reminiscence items, some of which include; Edison player, gramophone, cassette player, Velvet soap and copper washer implements. Items that elicited various fun interpretations from our younger participants during the filming process.

Claire and Stu from D'faces have inspired cross-generation communication and discussions through workshops and filming to reveal true local, "Life Lessons", that are ageless.

I'm sure, as you experience our project, you will discover the love and honesty of life in our community, no matter where we have come from. Proving we are resilient people ready to assist our next generations understand our history.



I would like to thank Whyalla Aged Care for their support of this project as they continue to include youth arts in their programming, enriching our community culture.

A 15 minute documentary has been produced and was screened at the Whyalla Film Festival 27 October. A screening will be arranged at Annie Lockwood Court in the near future.

To read the stories created for the publication please contact Robert Golding in the Lifestyle Department.

Robert Golding – Company Manager Performing Arts



Snake Procedure



Snake season is upon us, please note the Whyalla Aged Care Snake procedure which staff are required to follow.

- S STAY** a safe distance from the snake, do not attempt to capture it.
- N NOTE** where the snake is located, hiding or heading to. Note also if possible what sort of snake it is, its overall colour and any markings to help identify it.
- A ASK** another staff member to ring the snake catcher who will catch the snake and release it into the bush around Whyalla.

Scott Grant: 0477 810 288
0408 014 460

If neither number available contact Council for advice 8640 3444 (24 hours).
Remain to observe snake if possible.

- K KEEP** other workers, residents, visitors and everyone else away from the snake.
- E EMERGENCY** - if you or another person is bitten by a snake:
 - Call 000 immediately (follow Code Blue emergency procedures).
 - Reassure the victim and try to keep them calm.
 - If reasonable and practicable remain at the site (ie: resist moving the victim to prevent blood flow).
 - Apply a pressure bandage firmly over the bitten area. If bitten on a limb, bandage from the bite to the fingers or toes then back to armpit/groin.
 - Splint or immobilise the limb.
 - If the head or neck is bitten, firm pressure needs to be applied in the bite area
 - Where possible avoid moving the victim (if you are bitten call for help).

Butterfly Homes – Dementia Care Model

At Yeltana we are looking to improve the environment for the residents by adopting some of the ideas from the 'Butterfly Homes Dementia Care' model.

Although we cannot adopt all the practices, we would like to put some more of their ideas into place.

We would like to start by asking staff if they have any olds hats, scarfs or handbags that they could donate to the facility so that we can add colour, interest and interactivity to the resident's environment.

Donated items can be placed in boxes located in the Yeltana staff room.

*Sandra Jasper
Yeltana Lifestyle Team member*

Donations for ALC

The Lifestyle team at Annie Lockwood Court are trying to source the following items for resident activities:

- **Board Games**
- **Card Games**
- **500 piece jigsaw puzzles**
- **Tools for Men's Group**

Any donations would be greatly appreciated.



Melbourne Cup at CHC

Copperhouse Court will be holding a Melbourne Cup function on Tuesday 6 November.

The Lifestyle team are running sweeps for \$1 and \$2, if you would like to be a part of the sweeps, please pay the Lifestyle Team or Receptionist. There will be sweeps on the Front Counter to place names on.

Fascinators and Fancy Ties

If residents would like to participate on the day, we request that residents or their representatives provide a fascinator for the ladies and a fancy tie for the gentlemen.



From the Auxiliary

Wow! What a result for our Auxiliary. Our Morning Tea and Fashion Parade in September was a resounding success with \$2545.00 being raised. A huge thank you to the all that attended and a big thank you to the friends of our members who came and helped on the day. Thank you to Uptown Girl and models: Jan, Debbie, Rosemary and Dorothy. The delicious scones were made by the Whyalla Aged Care kitchen and thank you to all the people who cooked for our Trading Table raising \$1000.

We have secured a small grant of \$400 to purchase a new Banner, table and 2 chairs. We will use these items when we sell raffle tickets.

Our next fundraiser will be our Christmas Raffle. Tickets will be on sale for 50c each. We will be selling tickets towards the end of November at Woolworths (Viscount Slim Ave) and IGA. Each resident's family will receive a book to sell. Please return the book bought or not to one of the Whyalla Aged Care facilities. All money raised is used to buy equipment to make life easier. These are usually not funded through grants, so we are able to help.

The new plans for Copperhouse Court, Independent Living Units and an Activity Centre is a huge step forward into the future. The small contribution our Auxiliary (with your help) can make will be appreciated.



Auxiliary Morning Tea and Fashion Parade



Whyalla Aged Care Inc
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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.



In Memory

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

Lewis Bristow	Yeltana Nursing Home
Norma Trezise	Annie Lockwood Court
Barbara Yates	Copperhouse Court
Patrick Leonard	Yeltana Nursing Home
Donald Sproule	Copperhouse Court