



### **From the CEO's Desk**

#### **Welcome to the Summer edition of the newsletter.**

Welcome to this first edition for 2021.

I want to thank you all for your support in keeping our residents and staff safe from the COVID-19 Virus. In particular, your flexibility and graciousness in accepting the limitations that the Government has placed on us in limiting visits for residents during lockdown periods. We have had to adapt many of our previously regular lifestyle programs to meet the requirements which has limited the engagement of our many Volunteers. Our Lifestyle Coordinator is revising programs so that we can begin slowly reintroducing volunteers back into the life of Prom Country House - they have been very much missed!

At this time, we are awaiting notification from the Gippsland Public Health Unit about a date for the rollout of the COVID-19 Vaccine that commenced in other parts of Gippsland this week. We are talking with staff and residents about the Vaccine and have provided information to families via our regular emails about the consent requirements and other facts about the Vaccine itself. Please take some time to read about the Vaccines available and don't hesitate to speak with your health professional about the benefits of the Vaccine and any questions you may have.

The Royal Commission into Aged Care Quality and Safety is on track to deliver a historic set of recommendations to overhaul the aged care system on February 26, 2021. Prom Country Aged Care is a member of Leading Age Services Australia that represents many Aged Care providers across Australia. They have joined with other organisations to form an Australian Aged Care Collaboration to ensure there is political will to make the systemic changes needed to meet the needs of older Australians now and into the future. You can get involved by signing your support for these changes at: <https://www.careaboutagedcare.org.au/>

Further information about the Royal Commission can be found here: <https://agedcare.royalcommission.gov.au/>

Kind regards  
Tracey Gibson, CEO

**Birthdays:**

Happy Birthday to all Celebrating their Birthdays in January, John Garvey, Jacky Sandbach, Heather De Maria, Bernice Watts, Walter Gardiner and Norma Hillman and in February Bill Hunt, Reg Williams and Sheilah Cangle and in March, Pearl White, Reg Williams, Valda Murphy and Sheilah Cangle.

**New Residents:**

We would like to take this opportunity to warmly welcome Betty Bray, Jose Bohn and Isabella Mankey to our PCAC Community.

**Condolences:**

Our thoughts and wishes go out to the family and friends of Irene Staley, Olive Worboys, Alwyn Ellerington, Dorothy Barnes and Betty Bray.

**Staff Movement:**

Welcome to New Staff Amba Maskell, Jessica Armstrong, Casey Mitchell, Michelle Denman, Geralyn Carredo, Monica Midwinter, Renee Bauer, James Laidlaw, Orla Cummins, Melissa Bartlett, Karri Fischer, Kathryn Cantwell and Mary Vriens.

We say Goodbye and Good luck to Allan Smith, Alex Mills, Harley Morris, Sarah Fuebel, Kerry Durox and Larissa Perkin.

**A friendly reminder:**

Please ensure personal items are kept safe and sound. We have a safe at Reception to hold money and personal belongings. Please hold minimal cash in your Rooms, we can store it safely in reception with access during business hours.

**Beauty Care- HAIRDRESSERS:**

'Southern Sass Hair Studio' are located at the in-house hairdressing salon on Mondays, Wednesdays, and Fridays to attend to all hairdressing needs.

**Pop Up Shop**

A reminder that Pop up Shop is available by contacting John in room 35. John has the Pop-up Shop available during Bingo and Hoy, also Sundays in the Green Lounge.

**Footy Tipping Competition 2021**

Footy Tippy for the 2021 Season commences Mid-March.

Lifestyle Staff will be in contact with Residents asking if they wish to Participate.

**Launch of Bequest Program**

Many of you would have already received news of the launch of the PCAC Bequest Program. A new initiative of our Board of Management, the Program is designed to safeguard the future financial security of PCAC. It will be an important component of our fundraising program, which as you know is currently severely impacted by the closure of the Op Shop and cancellation of fundraising events.

We are approaching our whole community and inviting them to participate in the Bequest Program. The Program will benefit the community as a whole, enabling us

to care for our older residents locally for decades to come. Participating in the Program can be by either making a Bequest or simply by helping us to spread the word amongst your networks.

Demonstrating future support, without an immediate outlay is a way of making an extraordinary difference.

Those who let us know they have made a Bequest to PCAC will be invited to join the Guardians, a group of benefactors with a common goal of securing the future of aged care in our community. In the words of the Guardians' Patron, Joan Liley:

"I commend the Prom Country Aged Care Bequest Program to you as a way of expressing your commitment to excellent aged care in our district."

If you would like to find out more about the Bequest Program, you are welcome to leave a message for the Donations Coordinator and she will contact you for a confidential chat.

### **Family Conferences & Well-being Catch-ups 2021:**

Family conferences are a great opportunity to discuss issues, ideas, concerns, positive feedback and any thoughts about your family member's current care plan. Ideally it is a great idea to meet up once a year with family/friends/advocates of each resident.

If you who are unable to meet during weekdays, we have other opportunities to meet on weekends or through pre-booked telephone conferencing.

Please contact Carina on [carina.ross@promcountryagedcare.com.au](mailto:carina.ross@promcountryagedcare.com.au) or 03 5682 0800 if you would like to make a booking.

### **Advance care plans**

Please give Carina a call to discuss the importance of having an advance care plan in place, ideally you should see your doctor to complete this. But in the interim a brief plan can be completed on admission or at any time a need arises, this is particularly important to ensure your wishes will be acted on. Please Contact Carina if Care plan hasn't been updated in the past 12 Months.

### **Dedicated Respite Bed – NOW AVAILABLE**

Prom Country Aged Care have a dedicated room available for booking. Contact the Admission's Office on (03) 56 820 884 to discuss availability.

Respite Bookings are between 2-3 weeks and are subject to a Booking Fee of 25% of the booking, which is deducted from your total Respite Fees. The booking fee is non-refundable if you cancel within 7 days (subject to conditions).

We look forward to hosting your next Respite.

### **High Tea**

We plan to host a series of High Tea's (where residents are able to host friends)

We would greatly appreciate donations of fine bone china (cups, saucers, side plates, tiered plates, cake platters, sandwich plates, teapots, sugar bowls, jugs) and silver cutlery; in order to facilitate the proposal and thank you in anticipation.

Looking forward to hosting a fun social series

**Audiology:**

Previn from Hear Care visits PCAC on a regular basis, please contact Hear Care direct for any questions about funding, hearing aids, battery supply and hearing aid insurance. If you are wanting to book an appointment with Previn please contact Carina on 5682 0800.

Main Office Unit 1, 28 Princes Way  
DROUIN, VIC, 3818  
Main Tel: (03) 5625 5155 Fax: (03) 5625 5154 Mob: 0499 816 420

Visiting: Koo Wee Rup, Pakenham, Korumburra, Leongatha, Yarram,  
Traralgon Churchill, Lang Lang, Foster, Bunyip, Warragul

Email: [previn.pillay@hear-care.com.au](mailto:previn.pillay@hear-care.com.au)

Web: [www.hear-care.com.au](http://www.hear-care.com.au)

Skype: hear-care

Facebook: <https://www.facebook.com/pages/Hearcare-Gippsland/176376002535085>

**Date of next visit:****Optometrist:**

Victorian Eyecare Mobile provides testing for Glaucoma, Macular Degeneration, Diabetic Retinopathy, Cataracts, Blepharitis (dry eyes), Eye Strain and Soreness. Contact details are 0436 005 316

\*Consultations are bulk billed to Medicare so there is no cost to you for the eye examination.

Dates for 2021 eye tests

- Tuesday 20th April
- Tuesday 8th June
- Tuesday 22nd June
- Tuesday 30th November

**Dignity of risk and choices:**

The importance of residents being able to make decisions and to take part in risk taking activities, is mentioned in the Aged Care Standards. The risk taking activities could be the use of cot sides to prevent falls, the use of a bed pole and the choice of not eating a soft diet even though a speech pathology assessment has determined this diet. To ensure our residents wishes are heard and acted on a Risk Taking Consent form will need to be completed prior to any changes. The care plan will reflect this, and any foreseen risks will be discussed.

**Fish Creek Pharmacy:**

If you have any queries about medications or the monthly pharmacy account, please get in contact with Alan or Sam.

Fish Creek Discount Pharmacy Plus  
25 Falls Road, Fish Creek VIC 3959  
Phone: (03) 5683 2226

## **Community Support Team**

### **Garden News**

Aren't the Gardens looking Fantastic, staff and residents have been working hard to get the gardens back in shape after Winter. With some new pots and lots of seedlings our Court Yards will be very colourful.

Still plenty to do be we are getting there. A huge thankyou to families that have donated plants fertiliser etc we very much appreciate your help. Fundraising has not been easy this year and we are looking at ways to fund new Outdoor Furniture. Andrea will be selling Japanese Maples for \$5 each to start the process. Any Ideas or donations would be much appreciated. Please see Helen or Andrea if you can help.

### **Mailbox**

We have a new Mailbox located in the Green Lounge outside the Doctors Office for any outgoing Mail. Sonja will check this daily to pass on to the Post Office. Stamps are available on the Pop-Up Shop or see John Room 3.

## **FROM THE ACTIVITIES CORNER**

### **THINGS TO PONDER**

With the possibility of an election later this year, you may want to take the opportunity to talk with your loved one about voting. Persons in the early stages of dementia, who are still capable of understanding the nature and significance of enrolment and voting, may be able to continue to enrol and vote. If you are unsure, please consult with your doctor.

Where someone may require additional support to enrol and vote, the AEC provides a range of information written in easy English.

Persons of unsound mind and who are incapable of understanding the nature and significance of voting are not entitled to enrol or vote. If your loved one is one of these persons, then you will be required to complete a form to remove their name from the electoral role. This will ensure elimination of undue political influence exerted on them and to help them avoid a penalty for failing to vote. The medical certificate on the form **MUST** be completed and signed by a registered **MEDICAL PRACTITIONER**.

- Once the form is completed, please return it to the AEC. Forms can be downloaded from the AEC website (Objection claim that an elector should not be enrolled) or from the main reception during normal business hours.
- Does your loved one have or are you thinking of getting them a mobile scooter? If yes, then please do not forget the insurance. Resident scooters are not covered under the PCAC policies. Though it is not necessary to have mobile scooter insurance, it is highly recommended.
- PCAC has a number of crafty and active residents. We would love and graciously accept any donations of the following:
  - wool you may have at home not been used
  - undercoat paint
  - large empty pot plant



Santa and friends



Santa handing out presents



Robbie in his Christmas shirt



Christmas Celebrations



Christmas light looking



Dulcie and Doff Christmas light looking



Santa giving Ray his present



Celia and Ursula in the Christmas spirit



Gwen entertaining us with her magical piano skills





Jacky showing off her stylish nails



Audrey knitting



Residents creating bird boxes



Finished product of the bird boxes



Making scones



a crochet blanket knitted by our talented residents