



Welcome to our late Winter edition of the newsletter!

From the CEO's Desk

We are in fact in Spring! There has been a lot of disruption to visiting arrangements where our residents have not been able to enjoy outings or visitors in the way they would appreciate.

We have been utilising the times when COVID restrictions ease to ensure visitors and volunteers can be welcomed back – and again being agile, altering programs for those times we have to close the doors. We so appreciate your understanding and flexibility during these times! If you have ever considered volunteering and supporting our residents and staff, we would be delighted to discuss opportunities. Please contact our Lifestyle and Leisure Program Co-Ordinator, Twila on (03) 5682 0800.

Many of our staff now having completed at least one COVID-19 Vaccination (currently at 90% uptake) and our team is well on the way to meeting the need to receive at least one dose prior to the September 17 deadline set down by the Commonwealth Government.

Staff Movement:

Welcome to new staff Janette Elliott, Nicole Benton, Glenda Moro, Hannah Clavarino, Holly Hicks, Raj Chattrath, Alice Howard, Tanja Turvey, Jesse Payne, Mickayla Downie, Victoria Truscott, Kathryn Hazell, Robyn Napier, Carol McGregor, Cheyenne Brandon, Sherri Rochforte, Catherine Bridge, Betty Moroney and Melissa Bartlett.

And we say Goodbye and Goodluck to Casey Mitchell, Tracey Anderson, Danielle Hepburn, Sonja Gili, Sonja Diggerman, Kylie Beaumont, Jodie Vanin, Catherine Bridge, Jenny Lidstone, Neelima Thirumalareddy, Jade Storr, Michelle Denman and Carina Ross.

We are delighted to announce the appointment of Janette Elliott, to the role of Care Manager after an extended recruitment campaign to this pivotal role on Carina Ross's resignation. Janette brings significant leadership and clinical skills to the role and has been reviewing our processes and getting to know residents, their families, and staff. Welcome Janette!

In our administration team we are also welcoming Victoria Truscott who has joined our finance team and is looking after our accounts payable and resident billing functions. Nicole Benton has also joined us as our new Receptionist. Nicole replaces Sonja Diggerman.

From our Care Manager

Many thanks to Residents, family and staff for their patience and understanding during the recent Gastro and Covid lockdowns. We have a number of new staff - 5 new Personal Carers and 1 new Registered Nurse who will be a valuable asset to our Team.

Also we had 5 Student PCA's doing work placement for 3 weeks at the end of June. What talented Residents we have as evidenced in a recent craft display - thank you for sharing your skills and providing enjoyment for others.

We recently celebrated Aged Care Employee Day with our team with a shared lunch and some recent media attention focussing on the broad community of staff that dedicate themselves to making a positive difference in the lives of our residents. We honour their daily contributions to the care and wellbeing of older people.

We now have a dedicated Respite Stay Room. It is easier than ever to book in advance and be able to take a break. For enquiries or bookings please contact our Community Development and Admissions Co-ordinator, Helen on (03) 5682 0884.

Birthdays: Happy Birthday to all who celebrated their Birthday in June - Margaret Comrie, Lois Lemchens, Laurie Oates and Nola Poletti. In July - Doff Green, Gwen Combridge, Harry Green, Murray Mardardy, Ursula Bannister and Ursula Mueller; and in August - Gloria Muir, Celia Rosser, Mick Golgerth, Stephen Fowler, Bruce Nowacki, Joyce Richards, and Marilyn Park.

New Residents: We would like to take this opportunity to warmly welcome, Olga Stefani, Deidre Tegatz, Gwen Truscott, Bruce Nowacki, Lois Lemchens and Stephen Fowler.

Condolences: Our Thoughts and wishes go out to the family and friends of Dot Barnes, Wendy Brown, Marc Moekerk, Peter Dennehy, Albert Bentley, Alexandra Miller, Janet Chambers, Mick Golgerth, Joan Jones, Les Wagstaff, Jose Bohn. Our thoughts also go out to the family of former Resident Graham Bell.

Family Conferences & Well-being Catch-ups 2021:

Family conferences are a great opportunity to discuss issues, ideas, concerns, positive feedback and 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 Janette, our Care Manager on 03 5682 0800 if you would like to make a booking.

Advance care plans

Please give our Care Manager 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 our Care Manager, if your Care plan hasn't been updated in the past 12 Months.

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 Reception on 5682 0800 or you can contact Previn via the contact details below.

Main Tel: (03) 5625 5155 Fax: (03) 5625 5154 Mob: 0499 816 420

Email: previn.pillay@hear-care.com.au

Web: www.hear-care.com.au

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

Date of next visit to PCAC: Friday 10th September

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.

Date of next visit to PCAC: 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 P: (03) 5683 2226

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 (www.aec.gov.au) 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 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 at PCAC during normal business hours.

Mobile Scooters: 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 mandatory to have mobile scooter insurance, it is highly recommended.

2021 Footy Tipping Competition final results.

Congratulations to all who 'had a go'

- Dulcie M 122
- Edna 121
- Mal 118

Presentations of awards along with special activities will take place on Grand Final Day.

Mobile Trivia commenced in June for those residents who have different interests other than Football but who still like to have a punt. All residents were invited to participate in both activities.

Final results - Overall winner Gwen C on 41

Closely followed by the top two in each wing.

- BLUE: Ray C 33
Peter F 33.5
- GEEEN: Lois 38
Jennifer 37
- RED: Nola 40
Edna 39.5
- YELLOW: Trevor 38.5
Pearl 38

Regular in-house church services and our ever so talented entertainers are welcomed with open arms when Covid restrictions permit. It is an important method in connecting our facility with the broader community. Our equally valuable volunteers have started, then stopped, then started, etc etc. A huge thank you to all of you who have returned after such a long interval between visits. Please contact myself via email twila.cecil@promcountryagedcare.com.au or alternatively call the main reception during business hours on 56 820 800 if you are interested in becoming a volunteer or if you know of someone who might want to enrich not only the residents lives, but their own.

Our Mother's Day Raffle was very successful with \$396.00 being raised. The winners in order from 1-12. Harry Green, Astrid Cecil, Shun C, Andrea O'Hara, Elloise Kellett, Sonja Diggerman, Albie Bentley, Nola Poletti, Sheilah Canglely, Trudy Heiser, Faye Holmes and Carina Ross.

An enormous thank you to all those who donated items and bought tickets. All monies raised will used for items that will directly benefit the residents. We are beginning to gather prizes for the Father's Day Raffle. If you have anything you would like to donate towards the raffle, please drop it off at reception during normal business hours.

A very large thank you to all those who have donated various items to our fabulous facility. For the raffle and just in general.

Thank you to our talented residents for the following items personally made for the raffle:

- -single bed quilt and matching pillowcase (assisted by Julianne)
- -beautifully laced coat hangers/stunning bird house/knee rugs
- -Edna Deuchar- donation of plant and vase
- -wine -Tracey Coultard
- -assorted mixed drinks-Jenny Roffey
- -June Rawlings-wool and puzzles
- -Gwen Combridge & Rena Pearson- fine China
- -Helen Tracy- puzzles/Father's Day donation
- -Russell Broadbent- Australia Flag
- -Jan Mortlock-money donation
- -Denise - discounted dry shampoo
- -Louise McEwan-Wall decals in blue area
- -Glen-flowers for dining tables
- -Sally from Bunnings Wonthaggi -various craft and garden items
- -Bev Tyers, Marie Stewart & Joan Baldwin- wool
- -Karen Rathjen- various craft articles

In June we held our third exhibition in the cinema. This one was a craft and hobby display. The talent of our residents was mind blowing! Prize articles ranging from woodwork, sewing, painting, needlework, bowls trophy's, just to name a few. Past exhibits included quilting and photography. Our next exhibition will be articles of the past/photos. Late September. Let's hope restrictions ease in time for you all to be able to enjoy the next one.



Display of quilts made by residents



Knitted goodies hand made by Ursula Banister



Bird Houses created by the guys in the Men's Shed



Reg, Marilyn, Norma, Robbie & Margaret observing the bird houses



Lovely wall display in our blue wing



Staff Easter Celebrations



Edna & Gwen enjoying a game of Scrabble



Jacky having her nails painted by Michelle



Residents achievements display



Our lovely residents enjoying a friendly game of Bingo



Harry & Doff enjoying an activity with our Lifestyle & Leisure team



Lifestyle doing some modelling for the residents