

June-July 2023

The Sunnymead Sentinel

Sunnymead Park Aged Care Community



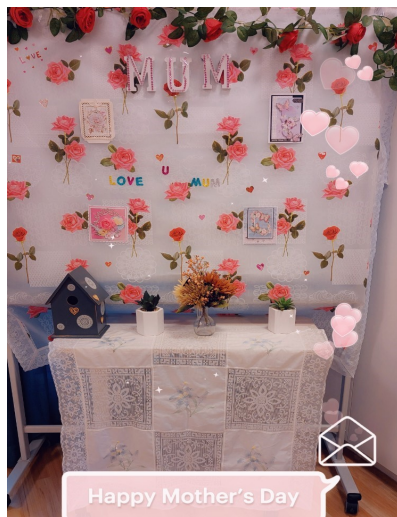
WE'RE ALL IN THIS TOGETHER.

Sunnymead acknowledges and pays respects to the past, present and future Traditional Custodians, the Gubbi Gubbi people and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait peoples.

Music in the Park North Pine Dam



MOTHERS DAY AND A POEM FROM THE RESIDENTS TO THE NURSING STAFF AT SUNNYMEADE.



Dear Nurses
A POEM WRITTEN BY THE RESIDENTS.

Heartfelt thanks for all you do
Know we love and care for you.
The things you do for us each day
Are appreciated in every way.
Hear our words and please believe
From the Residents at Sunnymeade ...
Thanking you in every way
For all you do for us each day!!

Love from The Residents.

Goodbye and good luck in your retirement.

It is with much sadness that one of our valued employees is retiring. Debbie Renton has been a part of Sunnymeade for 18 years and is much loved and respected in her roles as a nurse and as one of the Lifestyle Team. Nothing was ever too much for Debbie and she always went above and beyond for the residents and Sunnymeade. We will miss you so much and we all wish you a wonderful retirement full of fishing, gardening, cooking and travelling.



A MESSAGE FROM THE FACILITY MANAGER



WINTER ON THE WAY

It is time to pull out the blankets from the cupboards and warm clothes. If you feel the cold don't forget to ask the staff for an extra blanket and wrap up for the weather. Influenza season is approaching, Dr Tayeba and Dr Jordan are currently organising Influenza vaccinations. It is not too late to have your vaccination, please let your nursing staff know.

Pink week

Fundraising for National Breast Cancer Foundation 26-30th June. Teresa has organised lots of wonderful prizes for the raffles, tickets are available at reception. There will be a themed coffee club on Friday 30th so come and grab a coffee for a gold coin donation. Sweet treats will be available to purchase. Our hairdresser Kay will be shaving or colouring hair with a donation. So be game join in the fun and **GO PINK!**

Message from M

Winter has arrived and our blue skies, cool mornings and mild days are the envy of our southern neighbors. Of course if we want to enjoy colder weather we only have to go up to the Stanthorpe area where there is so much to do in this granite belt locale. The wineries are at the highest altitude on any in Australia, the variety of parks include massive granite rocks and shady areas beside the water and the cheese is in a class of its own. I am beginning to sound like a travel agent but I have very fond memories of times spent in this wonderful part of Queensland in our winter.

With the cooler weather we often get cold like symptoms so our staff are very vigi-

lant in testing for Covid and Rhinovirus so that we avoid a closed wing.

All visitors should be careful when visiting and wear a mask if at all systematic. Residents who are showing symptoms are isolated and tested. Hopefully we will be able to contain any of these illnesses and avoid an outbreak. Of course having been vaccinated helps in reducing the severity should we be unlucky enough to become ill.

Our administration team have been extremely busy introducing new computer programs to help with rostering and staff payroll. A big thank you to all the staff for coming to the education sessions so that everyone can know how to access this system and make these two important areas of administration a success. Natasha, our accounts administrator, does so much more than accounts but what's in a name. The new computer systems that she is introducing should help to make our wonderful team even more effective and efficient. June is always a busy time for our admin staff as they get ready for the end of the financial year and all the extra reporting that the Royal Commission has introduced and that is where good computer systems are so important. *"The goal is to turn data into information and information into insight."* – Carly Fiorina, former chief executive officer, Hewlett Packard.

We are sadly saying goodbye to Debbie Renton, one of our marvelous lifestyle staff members. Debbie has been with us for 18 years and every day was a new adventure with her. She would dress in the most outlandish way to emphasize an activity just to bring smiles from residents and staff alike. Debbie started at Sunnymeade as one of our compassionate care staff and even after joining the lifestyle team she would often give a hand helping to get residents ready for the activities that are so important in the life of our residents. Debbie will be sadly missed by residents, staff and management but it is time for her to devote time to her family. We wish her all the best for the future and I am sure that she will visit whenever she gets the chance.

June is also "Go Pink for Cancer Research" and we are raising funds with a huge raffle and going pink in the last week with haircuts and colouring by Kay our hairdresser. We can also donate to the Sunnymeade site at this address. <https://fundraise.nbcf.org.au/fundraisers/sunnymeadeparkagedcarecommunitygopink/go-pink>

Thanks to everyone who has donated.

Good luck with the raffle. *M*

Behind the Scenes

During April and May we celebrated International Day for Nurses with the residents making small gifts for all the nursing staff in appreciation for all the care and kindness they provide. The Mums all received Chrysanthemums on Mothers Day. We had our monthly Coffee Club with families enjoying freshly made coffee and wonderful hot and cold food. We also are having twice a month a Mens group BBQ for the men of Sunnymeade. Residents enjoyed outings to North Pine Dam and Meldale as well as concerts from local music groups. We have an NRL Footy Tipping Competition and the residents are enjoying the battle as to who will reign supreme at the end of footy season.



UPCOMING IN JUNE AND JULY

Sunnymeade will be turning Pink to raise money and awareness for Cancer research. Raffle tickets will be on sale during the month at Lodge reception. Our monthly Coffee Club will be Pink and we welcome our families and friends to be a part of the morning on Friday 30th June.

Vale



Our sincerest condolences to the family and friends of Magdalena Muir, Barry Humphris, Daniel Williams, Noleen Derrick and Pyllis Lee on their recent passing. They will all be missed dearly.

Residents meeting dates for April – May

**Lakeview Wing : June Wednesday 7th at 10am
July Wednesday 5th at 10am**

**Keith Wing : June Tuesday 6th at 10am
July Tuesday 4th at 10am**

**RESIDENT FAMILIES AND REPRESENTATIVES ARE
ENCOURAGED TO ATTEND RESIDENTS MEETINGS.**

MOTHERS DAY COFFEE CLUB





MENS BBQ, OUTINGS AND RAFFLE WINNERS.



THE LIFESTYLE TEAM AFTER LITTLE BIRD CAFÉ COFFEE CLUB.

DEBBIE, JANE, TONY, CHRIS, DEB AND VOLUNTEER BEV



About colds and flu

A cold is caused by a virus that affects the nose, throat and upper airways. There are more than 200 different viruses that can cause a cold. The flu (influenza) is caused by more severe viruses.

Adults usually have three to four colds each year. Children usually have more, as their immune systems are not as strong. While a cold can make you feel miserable, most cases will clear up in a week.

What causes a cold or flu?

When someone with a cold or flu coughs or sneezes, they expel tiny droplets that can contain a cold or flu virus. These tiny droplets can spread the virus from person to person. A virus can also be spread by close contact, such as shaking hands or kissing someone who has a cold.

Colds and flu are more common in winter as people spend more time indoors with each other, which increases the chances of infection.

What are the symptoms?

A common cold can cause a blocked or runny nose, red watery eyes, and a sore throat, coughing, sneezing and feeling generally unwell.

Uncommon symptoms include nausea and vomiting, headaches, swollen lymph nodes (glands), fever and a husky or hoarse-sounding voice.

With the flu, the symptoms come on more quickly and there is a fever, tiredness, headaches, muscle aches/pains, cough, shivering and feeling hot and cold. The nose is not as runny. Flu is unlikely to cause serious illness in healthy people.

People most at risk of serious illness are those who suffer from other chronic illness, have lowered immunity (from medications or illnesses), the elderly and those with respiratory diseases. Poor health and smoking cigarettes will make infections more likely and can make symptoms more severe.

Treatment

Medical and nursing staff will examine you to ensure you have no serious illness. Your cold should clear up within a week, and is best treated at home.

Home care

A virus cannot be treated with antibiotics. Your body's immune system will be able to fight the virus and can be helped in a number of ways.

- **Rest** – Have plenty of sleep and rest. Stay home from work or study and away from others while you have a cold or flu.
- **Take simple painkillers** – Such as paracetamol, to help relieve headaches, muscles aches and pains and fever. Check the packet or bottle for the right dose.
- **Keep hydrated (drink plenty of fluids)** – This will help keep your throat moist and replace fluid lost due to a fever and sweating. Plenty of water is best, however juice and cordial are fine to drink in small quantities. Avoid tea, coffee and alcohol as they will make you more dehydrated.
- **Eat soft food** – Soft foods are easier to swallow. Foods such as chicken soup may help a sore throat and reduce mucous (sticky fluid).
- **Use nasal drops or spray** – This may help to clear a blocked nose in the short term (two to three days). Ask your health care professional what is best for you.
- **Use gargles and cough lozenges** – These can help soothe a sore throat.
- **Do not give aspirin to children** - unless advised by your doctor.
- **Inhale steam** – This may help a blocked nose. Put boiled water in a bowl with menthol, camphor or friar's balsam, then put a towel over your head and breathe in the steam through your nose and out through your mouth. Eucalyptus, tea tree oil, peppermint or inhalants may help to ease a stuffy head. Take care not to burn yourself. Do not use with children.

What to expect

- Your cold is likely to last a few days but may last up to ten days. A cough may linger for three weeks.
- The flu can last ten to 14 days.
- Sometimes colds and flu can trigger asthma (in those with asthma).
- Sometimes a cold can lead to a bacterial infection. If this happens you may need antibiotics.

Prevention

- Wash your hands every time you touch a tissue, sneeze or cough into your hand. Throw tissues away once you have used them.
- A flu vaccine is available but is not needed by most healthy adults. The vaccine may help elderly people and those with existing health problems. High risk groups, such as childcare workers and health professionals, should be immunised each year.
- There is no evidence that vitamins prevent colds. Do not give children vitamins unless advised by a doctor or health care professional.
- Regular exercise, a balanced diet and adequate sleep will help keep your immune system strong.

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

Notes:

Follow up with:

Date and Time-

Name-

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Seeking help

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).

For other medical problems see your local Doctor or health-care professional.

13 HEALTH (13 43 25 84) provides health information, referral and triage services to the public in all parts of Queensland and is available 24 hours a day, 7 days a week, 365 days a year for the cost of a local call*.

*Calls from mobile phones may be charged at a higher rate. Please check with your telephone service provider



Want to know more?

- Ask your local doctor or health care professional
- Visit HealthInsite
www.healthinsite.gov.au
- Visit the Better Health Channel
www.betterhealth.vic.gov.au

SUNNYMEADE PARK VOLUNTEER PROGRAM

FUN AND FRIENDSHIPS

Sunnymeade Park is looking for volunteers to be a part of the lifestyle team to help bring meaningful friendships and diversity to the resident's activity programs. As a Sunnymeade Park volunteer, you will be part of our team who work at making a difference in the quality of life for people in our Aged Care Community. The Lifestyle Team run a diverse program of activities including bingo, bowls, craft, bus trips, happy hours, concerts, singalongs, exercise programs, gardening, individual activities and cooking to name some. Your decision to volunteer at Sunnymeade Park Aged Care Community will help to achieve our vision and play a vital role in helping us improve the lives of our residents.

As a Sunnymeade Park volunteer you can expect:

- a role that is in the area of your interests as well as being safe and rewarding,
- decisions that are made transparently, fairly and applied consistently,
- relationships based on teamwork, respect and honesty,
- zero tolerance for discrimination, harassment, and bullying or intimidating behavior.

Sunnymeade will provide training, education and guidance for volunteers in assisting the residents achieve goals through enhancing holistic lifestyle programs within a supported and team orientated environment.



Some of our residents and staff having fun.

If you or anyone you know is interested or would like further information please contact Tony Griffiths, Lifestyle Coordinator at Sunnymeade Park on 54954233 Extension 114.