

August-September 2023

The Sunnymeade Sentinel

Sunnymeade Park Aged Care Community



WE'RE ALL IN THIS TOGETHER.

Sunnymeade 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.



A big thank you to our wonderful kitchen staff. Here is Cathy, Sonia and Donna with a gift from the Lifestyle team for all they do.

How does taking antibiotics lead to antibiotic resistance?

Whenever antibiotics are used, harmless bacteria that live on our bodies can become resistant to these antibiotics.

When bacteria develop resistance to different types of antibiotics, they are called multi-resistant bacteria or 'superbugs'.

Infections caused by superbugs are more difficult to treat or may be untreatable.

Superbugs cause:

- Infections that can only be treated with stronger antibiotics that have more side effects and risks
- Infections that can only be treated with injectable antibiotics
- Infections where there is no effective antibiotic treatment.

Some resistant bacteria can also spread to other residents in the aged care home.

Key messages

- Antibiotics are precious and powerful drugs
- Antibiotics can cause side effects and older people are more prone to this
- Certain infections get better without antibiotics
- Antibiotic resistance in bacteria means certain antibiotics may not work in the future.

What if I have questions about antibiotics?

Talk to your aged care home staff and doctor if you have any questions about your antibiotics. Ask:

- What is this antibiotic? What condition is it being prescribed for?
- Can my condition get better without antibiotics?
- Have you done any tests to help with diagnosing the infection? When will the results be available?
- Are there any other treatments and care recommended?
- What are the risks or side effects of this antibiotic?
- How long do I need to take this antibiotic?
- Are there any instructions on the way I should take the antibiotic to make sure it works well? (Some antibiotics work best with food, or on an empty stomach, or separated from other medications)
- Will it interact with my other medications? (for example, some antibiotics can interact with blood thinners such as warfarin)
- How will you know that the antibiotic is working for my infection?

You can ask your aged care home staff or doctor for written information about the antibiotic being recommended or about your infection.



Australian Government
Aged Care Quality and
Safety Commission

Engage
Empower
Setbackward



Do you need antibiotics?

Information about antibiotics for aged care residents and their families, carers and representatives.

1800 951 822
agedcarequality.gov.au

 Better use
of antibiotics

THIS PLANNER IS SUBJECT TO CHANGES IF REQUIRED

(Joyce Keith Seahaven)

AUGUST

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
31 st	10.00 BOWLS 1.30 INDIVIDUALS	1 st	10.00 RESIDENTS MEETING 10.30 SKITTLES 1.30 GOLDEN OLDIES FILM AFTERNOON (MEDIA ROOM)	2 nd	CATHOLIC VISITATIONS 8.45 SHOPPING BUS 10.00 BINGO 1.30 MOVIE AFTERNOON WITH POPCORN	3 rd	10.00 BOBS 1.30 KNITTING CIRCLE IN LODGE 1.30 ICE CREAM TROLLEY	4 th	10.00 WORD GAMES 1.30 INDIVIDUALS	5 th	VISITATIONS REFLECTIONS	6 th	VISITATIONS REFLECTIONS
7 th	10.00 BIRTHDAY MORNING TEA 1.30 AFTERNOON MELODIES IN MSU	8 th	10.00 ART AND CRAFT 11.00 MENS GROUP BBQ 1.30 INDIVIDUALS	9 th	LIBRARY BOOKS 10.00 BINGO 1.30 INDIVIDUALS	10 th	10.00 ICE CREAM TROLLEY SET UP FOR EKKA DAY	11 th	10.00 EKKA THEME MORNING MOBILE ZOO AND CARNIVAL	12 th	VISITATIONS REFLECTIONS	13 th	VISITATIONS REFLECTIONS
14 th	EKKA PUBLIC HOLIDAY	15 th	10.00 BOWLS 1.30 HAPPY HOUR (MEDIA ROOM)	16 th	CATHOLIC VISITATIONS 8.45 SHOPPING BUS 10.00 BINGO 1.30 INDIVIDUALS	17 th	9.30 UNITING CHURCH SERVICE 10.00 SKITTLES 1.30 ICE CREAM TROLLEY 1.30 KNITTING CIRCLE IN LODGE	18 th	10.00 MOVIE MORNING	19 th	VISITATIONS REFLECTIONS	20 th	VISITATIONS REFLECTIONS
21 st	10.00 BOWLS 1.30 INDIVIDUALS	22 nd	10.00 WORD GAMES 11.00 MENS GROUP BBQ 1.30 AFTERNOON MELODIES IN MSU	23 rd	10.00 BINGO 1.30 INDIVIDUALS	24 th	10.00 BOBS 1.30 ICE CREAM TROLLEY	25 th	9.30 LUNCH BUS OUTING- SCARBOROUGH	26 th	VISITATIONS REFLECTIONS	27 th	VISITATIONS REFLECTIONS
28 th	10.00 BOWLS 1.30 INDIVIDUALS COMMENCE RESIDENT SURVEYS DUE SEPT 18 TH	29 th	10.00 CELEBRITY HEADS 1.30 MOVIE AFTERNOON	30 th	10.00 BINGO 1.30 INDIVIDUALS	31 st	10.00 ART AND CRAFT 1.30 KNITTING CIRCLE IN LODGE 1.30 ICE CREAM TROLLEY	1 st	10.00 MOVIE MORNING	2 nd	VISITATIONS REFLECTIONS	3 rd	FATHERS DAY

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(Joyce Keith Seahaven)

SEPTEMBER

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
4 th	10.00 BOWLS 11.00 MENS GROUP FATHERS DAY BBQ 1.30 INDIVIDUALS	5 th	10.30-CONCERT-MLOC 1.30 INDIVIDUALS	6 th	8.45 SHOPPING BUS CATHOLIC VISITATIONS 10.00 RESIDENT MEETING 10.30 BINGO 1.30 INDIVIDUAL S	7 th	10.00 SKITTLES 1.30 ICE CREAM TROLLEY	8 th	10.00 MOVIE MORNING	9 th	VISITATIONS REFLECTIONS	10 th	VISITATIONS REFLECTIONS
11 th	10.00 BIRTHDAY MORNING TEA WITH TONY 1.30 MSU- AFTERNOON MELODIES WITH TONY	12 th	10.00 ART AND CRAFT 1.30 MOVIE AFTERNOON	13 th	LIBRARY BOOKS 10.00 BINGO 1.30 INDIVIDUALS	14 th	10.00 BOBS 1.30 ICE CREAM TROLLEY	15 th	9.30 MORNING TEA OUTING- BRIBIE ISLAND	16 th	VISITATIONS REFLECTIONS	17 th	VISITATIONS REFLECTIONS
18 th	SCHOOL HOLS	19 th	10.30 CONCERT-YOUNG AT HEART 11.00 MENS GROUP BBQ 1.30 HAPPY HOUR (KEITH)	20 th	8.45 SHOPPING BUS CATHOLIC VISITATIONS 10.00 BINGO 1.30 INDIVIDUALS	21 st	9.30 UNITING CHURCH SERVICE 10.00 SEWING CIRCLE (KEITH) 10.00 LADIES PAMPER 1.30 ICE CREAM TROLLEY	22 nd	10.00 TABLE GAMES	23 rd	VISITATIONS REFLECTIONS	24 th	VISITATIONS REFLECTIONS
25 th	SCHOOL HOLS	26 th	9.30 ASSISTED SHOPPING OUTING PLANNING FOR BBQ 1.30 MOVIE AFTERNOON	27 th	10.00 BINGO 1.30 INDIVIDUALS	28 th	10.00 WORD GAMES 1.00 FUN DAY PREP	29 th	10.00 FAMILY SPRING BBQ DAY	30 th	VISITATIONS REFLECTIONS	1 st	VISITATIONS REFLECTIONS

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(Lodge, Lakeview, Banksia)

AUGUST

THIS PLANNER MAY BE SUBJECT TO CHANGES IF REQUIRED.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 ST 9.30 EXERCISES WITH TONY 10.00 FLOOR GAMES (BOBS) 1.30 INDIVIDUALS	1 ST 10.00 BIRTHDAY MORNING TEA 1.30 GOLDEN OLDIES FILM AFTERNOON (MEDIA ROOM)	2 ND CATHOLIC VISITATIONS 10.00 RESIDENT MEETING 10.30 BINGO 8.45 SHOPPING BUS 1.30 ICE CREAM TROLLEY	3 RD 10.00 SEWING GROUP 1.30 KNITTING CIRCLE	4 TH 10.00 MOVIE MORNING	5 TH REFLECTIONS VISITATIONS	6 TH REFLECTIONS VISITATIONS
7 TH 9.30 EXERCISES WITH TONY 10.00 BOWLS 1.30 INDIVIDUALS	8 TH 10.00 LADIES PAMPER 11.00 MENS GROUP BBQ 1.30 CRAFT	9 TH LIBRARY BOOKS 10.30 BINGO 1.30 ICE CREAM TROLLEY	10 TH 10.00 ART THERAPY THEME DAY SET UP	11 TH 10.00 EKKA THEME MORNING MOBILE ZOO (KEITH)	12 TH REFLECTIONS VISITATIONS	13 TH REFLECTIONS VISITATIONS
14 TH EKKA PUBLIC HOLIDAY	15 TH 10.30 CONCERT-DENNIS DICKENS 1.30 HAPPY HOUR (MEDIA ROOM)	16 TH CATHOLIC VISITATIONS 10.30 BINGO 1.30 ICE CREAM TROLLEY 8.45 SHOPPING BUS	17 TH 9.30 UNITING CHURCH SERVICE 10.00 SEWING GROUP 1.30 KNITTING CIRCLE	18 TH 9.30 LUNCH BUS OUTING-SCARBOROUGH	19 TH REFLECTIONS VISITATIONS	20 TH REFLECTIONS VISITATIONS
21 ST 9.30 MORNING EXERCISES WITH TONY 10.00 MORNING MELODIES WITH TONY	22 ND 11.00 MENS GROUP BBQ 10.00 LADIES PAMPER 1.30 INDIVIDUALS	23 RD 10.30 BINGO 1.30 ICE CREAM TROLLEY	24 TH 10.00 BIBS 1.30 BANKSIA TABLE TOP GAMES	25 TH 10.00 QUIZ AND WORD GAMES	26 TH REFLECTIONS VISITATIONS	27 TH REFLECTIONS VISITATIONS

(Lodge, Lakeview, Banksia)

SEPTEMBER

THIS PLANNER MAY BE SUBJECT TO CHANGES IF REQUIRED.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 TH 10.00 BOWLS 11.00 MENS BBQ FATHERS DAY 1.30 INDIVIDUALS	5 TH 10.00 RESIDENTS MEETING AND BIRTHDAY MORNING TEA 1.30 ART THERAPY	6 TH 8.45 SHOPPING BUS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS	7 TH 10.00 SEWING GROUP 1.30 KNITTING CIRCLE	8 TH 9.30 MORNING TEA BUS OUTING-BRIBIE ISLAND	9 TH REFLECTIONS VISITATIONS	10 TH REFLECTIONS VISITATIONS
11 TH 9.30 EXERCISES WITH TONY 10.00 BOBS 1.30 INDIVIDUALS	12 TH 10.30 CONCERT-SECOND CHANCE 1.30 INDIVIDUALS	13 TH LIBRARY BOOKS 10.00 BINGO 1.30 ICE CREAM TROLLEY	14 TH 10.00 LADIES PAMPER 1.30 BANKSIA ACTIVITY	15 TH 10.00 WORD GAMES AND QUIZ	16 TH REFLECTIONS VISITATIONS	17 TH REFLECTIONS VISITATIONS
18 TH 9.30 EXERCISES WITH TONY 10.00 SKITTLES 1.30 INDIVIDUALS	19 TH 10.00 WORD FUN 11.00 MENS GROUP BBQ 1.30 HAPPY HOUR (KEITH)	20 TH 8.45 SHOPPING BUS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS	21 ST 9.30 UNITING CHURCH SERVICE 10.00 SEWING GROUP 1.30 KNITTING CIRCLE	22 ND 9.30 LUNCH BUS OUTING - SHORNCLIFFE	23 RD REFLECTIONS VISITATIONS	24 TH REFLECTIONS VISITATIONS
25 TH 9.30 EXERCISES WITH TONY 10.00 BOWLS 1.30 INDIVIDUALS	26 TH 9.30 ASSISTED RESIDENT SHOPPING BUS TRIP	27 TH 10.00 BINGO 1.30 ICE CREAM TROLLEY	28 TH 10.00 WHITEBOARD GAMES 1.30 PREP FOR FUN DAY	29 TH 10.00 FAMILY SPRING BBQ DAY	30 TH REFLECTIONS VISITATIONS	1 ST REFLECTIONS VISITATIONS

Behind the Scenes

Welcome to everyone. We have had an eventful couple of months with fun activities, including Pink Week to raise money for Breast Cancer. A big thank you to Teresa and all the staff, residents and families for contributing to a wonderful week. We raised \$4,654 through a BBQ for staff, a huge raffle, secret auction for the Pink Week Beanie and a Pink Themed Coffee Club morning. Residents enjoyed a 100th Birthday celebration for our resident Cliff, Debbie Rentons retirement farewell party after 18 years of service to Sunnymeade, our twice monthly Mens Group BBQ and Bus Outings to Caloundra and the Glasshouse Mountains.



Coming up in August–September

On August 11th from 9.30 am we will be enjoying the Ekka with popcorn, fairy floss, games and the Mobile Zoo Farm animals on display in Keith front courtyard. We will be having a Golden Oldies Film Afternoon with Joel down in the Media Room on Tuesday 1st August at 1.30pm. In September we are planning a Family Fun Day BBQ during the school holidays days. It will be on Friday 29th September with families invited in for kids activities and a BBQ lunch. Until next time, stay safe and smile. Tony Griffiths Lifestyle Coordinator.

Vale



Our sincerest condolences to the family and friends of Elizabeth Ainscough, Noel Baccus, Jean Coulthard, Peter Donnelly, David Mutimer, Eileen Vidler, Valentine Temple, Hugh Pawley, Madge Gahan, Nola Nash and Noel Wrigley on their recent passing. They will all be missed dearly.

**Residents meeting dates for August-
September**

Lakeview Wing : August Tuesday 1st at 10am

September Wednesday 6th at 10am

Keith Wing : August Wednesday 2nd at 10am

September Tuesday 5th at 10am

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

PINK WEEK COFFEE CLUB



HAPPY 100TH CLIFF



BUS TRIPS, PARTIES AND MENS GROUP BBQ



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

