

December-January 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.



**MERRY CHRISTMAS AND
HAPPY NEW YEAR TO
ALL OUR RESIDENTS,
FAMILIES AND STAFF OF
SUNNYMEADE PARK
AGED CARE COMMUNITY.**



THIS PLANNER IS SUBJECT TO CHANGES IF REQUIRED

(Joyce Keith Seahaven)

JANUARY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|--|--|--|
| 1 st NEW YEARS DAY PUBLIC HOLIDAY | 2 nd 9.30 MORNING EXERCISES 10.00 BOWLS 1.30 INDIVIDUALS | 3 rd 8.45 SHOPPING BUS 10.00 RESIDENT MEETING 10.30 BINGO CATHOLIC VISITATIONS | 4 th 10.00 BOBS 1.30 ICE CREAM TROLLEY | 5 th 9.30 CHRISTMAS DECORATIONS | 6 th REFLECTIONS VISITATIONS | 7 th REFLECTIONS VISITATIONS |
| 8 th 10.00 BOWLS 1.30 INDIVIDUALS | 9 th 10.00 BIRTHDAY MORNING TEA 1.30 LADIES PAMPER INDIVIDUALS | 10 th 10.00 BINGO 1.30 INDIVIDUALS | 11 th 10.00 BOWLS 1.30 ICE CREAM TROLLEY | 12 th 10.00 MOVIE MORNING | 13 th REFLECTIONS VISITATIONS | 14 th REFLECTIONS VISITATIONS |
| 15 th 10.00 BOWLS 1.30 INDIVIDUALS | 16 th 10.00 JOYCE ACTIVITIES 1.30 INDIVIDUALS | 17 th 8.45 SHOPPING BUS 10.00 BINGO 1.30 MSU ACTIVITY CATHOLIC VISITATIONS | 18 th 9.30 UNITING CHURCH SERVICE 10.00 BOWLS 1.30 ICE CREAM TROLLEY | 19 th 9.30 LUNCH BUS OUTING | 20 th REFLECTIONS VISITATIONS | 21 st REFLECTIONS VISITATIONS |
| 22 nd 10.00 BOWLS 1.30 INDIVIDUALS | 23 rd 10.00 AUSTRALIA DAY DISCUSSION 1.30 MSU MUSIC | 24 th 10.00 BINGO 1.30 INDIVIDUALS | 25 th 10.00 AUS CINEMA WITH JOEL COMBINED OZ BBQ (MEDIA ROOM AND DECK) 1.30 ICE CREAM TROLLEY | 26 th AUSTRALIA DAY PUBLIC HOLIDAY | 27 th REFLECTIONS VISITATIONS | 28 th REFLECTIONS VISITATIONS |
| 29 th 10.00 BOWLS TOURNAMENT MEDIA ROOM 1.30 INDIVIDUALS | 30 th 10.30 CONCERT-DENIS DICKENS 1.30 INDIVIDUALS | 31 st 10.00 BINGO 1.30 INDIVIDUALS | 1 st 10.00 BOBS 1.30 ICE CREAM TROLLEY | 2 nd 10.00 MOVIE MORNING | 3 rd REFLECTIONS VISITATIONS | 4 th REFLECTIONS VISITATIONS |

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(Lodge, Lakeview, Banksia)

JANUARY

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--|
| 1 st NEW YEARS DAY PUBLIC HOLIDAY | 2 nd 10.00 RESIDENTS MEETING 10.30 BIRTHDAY MORNING TEA 1.30 INDIVIDUALS | 3 rd 8.45 SHOPPING BUS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS | 4 th 10.00 LADIES PAMPER 1.30 INDIVIDUALS | 5 th NCT DAY-CHRISTMAS DECORATIONS | 6 th REFLECTIONS VISITATIONS | 7 th REFLECTIONS VISITATIONS |
| 8 th 9.30 MORNING EXERCISES 10.00 BOWLS 1.30 HOY | 9 th 10.00 REMINISCENCE 1.30 INDIVIDUALS | 10 th 10.00 BINGO 1.30 ICE CREAM TROLLEY LIBRARY BOOKS | 11 th 10.00 SEWING GROUP 1.30 INDIVIDUALS | 12 th 9.30 MORNING TEA BUS OUTING | 13 th REFLECTIONS VISITATIONS | 14 th REFLECTIONS VISITATIONS |
| 15 th 9.30 MORNING EXERCISES 10.00 BOBS 1.30 HOY | 16 th 10.00 WHITEBOARD GAMES 1.30 LADIES PAMPER | 17 th 8.45 SHOPPING BUS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS | 18 th 10.30 UNITING CHURCH SERVICE 10.00 LADIES PAMPER 1.30 SEWING & KNITTING GROUP | 19 th 10.00 MOVIE MORNING | 20 th REFLECTIONS VISITATIONS | 21 st REFLECTIONS VISITATIONS |
| 22 nd 9.30 MORNING EXERCISES 10.00 BOWLS 1.30 HOY | 23 rd 10.30 CONCERT-STEPHEN HYNDMAN 1.30 INDIVIDUALS | 24 th 10.00 BINGO 1.30 ICE CREAM TROLLEY | 25 th 10.30 COMBINED AUSTRALIA DAY BBQ | 26 th AUSTRALIA DAY PUBLIC HOLIDAY | 27 th REFLECTIONS VISITATIONS | 28 th REFLECTIONS VISITATIONS |
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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
Safeguard



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

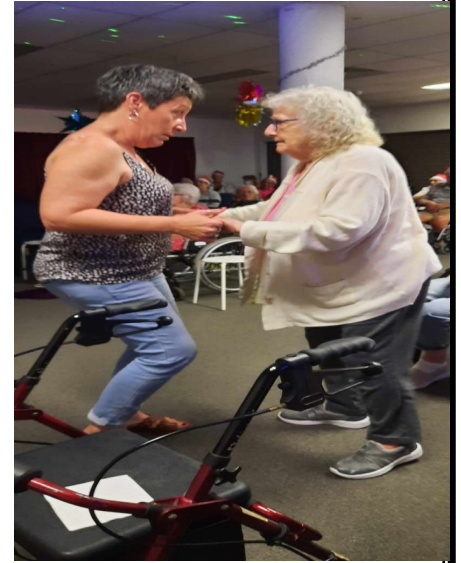
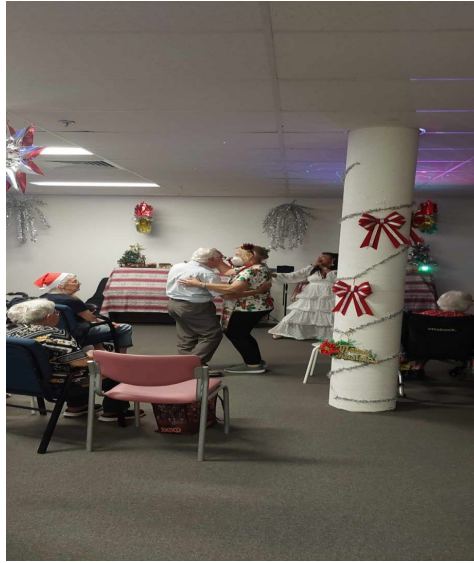
1800 951 822
agedcarequality.gov.au

 Better use
of antibiotics



CHRISTMAS PARTY JOYCE KEITH AND SEAHAVEN





CHRISTMAS PARTY LAKEVIEW LODGE AND BANKSIA



Behind the Scenes

Merry Christmas to all the residents and families of Sunnymeade. We have had a busy period leading up to Christmas with lots of tinsel and Christmas trees filling Sunnymeade and out front our Christmas Nativity Scene. Residents have been enjoying outings to Scarborough for fish and chips, enjoyed Melbourne Cup Day with sweeps, the big race with drinks and nibbles, the men are having their twice a month BBQ's which is proving popular with the men. Christmas Parties have been a lovely occasion for families to come in and enjoy lunch and entertainment provided by Nora. The Lifestyle team every three months do surveys with the residents detailing their experiences and satisfaction as residents of Sunnymeade Park. Families are encouraged to participate.



Christmas Day families have been asked to book early if they are coming in to spend Christmas lunch with their family member. Contact Admissions for further information.

Coming up in January

Media Room Jan 23rd -Stephen Hyndman– Opera Tenor.

Media Room Jan 25th– Aussie Cinema Day and Aussie BBQ.

Keith Lounge Jan 30th– Concert– Denis Dickens

Vale



Our sincerest condolences to the family and friends of Ann Wenn, Anne Timpe, Kefford Northcott, Brian Henderson, Anna Kennedy, Donald Mcleod on their recent passing.

They will all be missed dearly.

Residents meeting dates for January:

Lakeview Wing : January Tuesday 2nd at 10am

Keith Wing : January Wednesday 3rd at 10am

RESIDENT FAMILIES AND REPRESENTATIVES ARE ENCOURAGED TO ATTEND RESIDENTS MEETINGS.

Message from M

As we say goodbye to December 2023 and welcome in January 2024, I would like to say thank you for your assistance over another year of upheaval. Covid, I am sorry to say, seems to be the “new norm” with hardly a month going by without a resident or a staff member testing positive. A great big thank to our “Outbreak Management Team” lead by Sam, our Clinical Coordinator. We have been fortunate to have, with a few exceptions, been able to continue with some form of activity for our residents and Covid was restricted to certain areas at various times. Our dedicated staff have “donned and doffed”, worked extra shifts and gone the extra mile to make sure that everyone was kept as safe and well as possible, A special thank you to the cleaners, tray-persons, laundry and kitchen staff for working extra shifts and making sure that the residents were fed nutritious food on time, had clean clothes and linen and their surroundings kept extra clean. I would like to thank the Lifestyle staff for all the extras that they do each and every day, but sometimes it is more obvious at Christmas.

Once again, we have had some lovely staff leave, including the Facility Manager, but we have been fortunate to have Sam, the CC, step up to be “Acting” FM and we have some fantastic new staff who will soon know the residents and feel part of the family of Sunnymeade. We are very happy to welcome Fiona as our new FM starting in January. I am sure that, once settled into this role, Fiona will be a great asset to our team of dedicated staff. We have said goodbye to some long-term residents and our thoughts and prayers are with their families. We hope that our new residents and their relatives, with the help of our staff, will soon feel at home.

We are in the process of establishing a “Governing Board of Directors” to meet our obligations to the Aged Care Act. We have engaged the services of an expert to help us achieve what may have been the norm for bigger organizations. As a family owned and operated business, we have always operated with a “board” of family members. Our new board will have independent directors on it as well as the current family directors. This is a steep learning curve for us but one that we will meet with the help of experts.

I, for one, will not be sorry to say goodbye to 2023 and to welcome in what, we all hope, will be a better year in 2024. I am thankful for all the good things that have happened in 2023, the safe arrival of new babies (another great granddaughter for us), having some of our experienced staff who have been on maternity leave return, being well with more freedom, even while we realize that Covid will be with us for some time to come. I am very thankful that we live in Australia and not in some country where conflict seems to happen on a regular basis. My wish for them, and for us, is that in the words of Ada V Hendricks: “The gladness of Christmas which is hope; The spirit of Christmas which is peace; The heart of Christmas which is love” comes true.

From the Walker family to your family Merry Christmas and Happy New Year. *M*

CARON'S CORNER

It has been a while since my last note in the newsletter – I hope all our residents are settled and enjoying their life at Sunnymeade Park. I would also like to welcome residents' families and loved ones who have joined us here at Sunnymeade in recent times.

I cannot believe that another year is coming to an end and a new year just around the corner. This year has been challenging for many people and I hope that you have had some joyful and memory making times during the year.

In recent months we have welcomed Maddyson Forrest to assist with admissions. The residents are already fond of this very helpful young woman.

I, personally, this year, have said goodbye to my Mum who was a resident at a Church of Christ aged care facility in Maryborough. This was difficult for my father who still feels sad that he was unable to care for Mum and that we had to put her into care. I am grateful for all the respect, care and love that my mother, as well as my father, received from the staff at that facility and I see this from our wonderful nursing staff here at Sunnymeade. My Mum finished her working life as an Enrolled Nurse working in aged care.

I leave you with the Christmas poem which is very relevant to this time of the year.

Merry Christmas to you all,
Take care

Caron and Maddyson



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.