



SEAHORSE TIMES



ISSUE: NO.9 2020

01/09/2020

Hello everyone,

I agree with Amanda, my favourite time of the year is Spring. I love the sunny days and the blossoms on the trees, I just think this season makes us happy.

I guess you are all wondering why we are wearing masks? As of the 27th of August SA Health put in new restrictions regarding COVID, specifically for Aged Care Facilities. They just don't want to see the same catastrophic disaster that they have had in Victoria and neither do we!

All staff will be wearing a mask when in the Dinham Wing. We have also had to go back to restricted visiting hours: 2pm-4pm everyday and you can only have 2 visitors. They must visit you in your rooms or you can go outside as long as you social distance. Unfortunately we can not have split visits, your visitors must come together, but they can leave separately. The only exception is for End of Life, and this must be approved by me.

In saying all of this, you are still free to go outside of the facility at any time, so you can arrange to meet your family and friends then. If you need assistance with leaving, can you please give the staff plenty of notice? It is preferred that you prearrange this the day before. You may have noticed orange numbers on rooms. This is to tell you how many people can be in that area at one time. I am truly hoping that if we all do this right, we will be able to lift these restrictions pretty soon. I also want to reinforce that this is a directive from SA Health, it is not an Ardrossan Community Hospital directive and any breaches could become a police matter for all involved.

Last month, we said goodbye to two fine gentlemen, John White and Malcolm Thiele. John being the talker of the 2 and I can hear him barracking for his beloved Crows, while Malcolm sits back and takes it all in. I really appreciated the guard of honor that we gave them—it is a fitting tribute to our family that have left us.

September is Father's day month - Happy Father's Day to you all. We hope that you have a wonderful day and if you are planning to go out, please organise this before Sunday.

Have a good month
Love
Jodie

Address: 37 Fifth Street Ardrossan SA 5571 **Phone;** (08) 88373021 **email:** alloyd@ardrossanhospital.com.au
Find us on: Ardrossan Hospital Website or Ardrossan Hospital Facebook page.

Message Board



Covid-19 Important Information for Dinham

Visiting Hours:
2 visitors per visit

2pm - 4pm (all week)
visitors are to be in resident rooms or outside Dinham. You are unable to access communal areas.

Face Masks:

All staff entering Dinham are to wear a face mask at all times.

Number on Rooms:

To inform us of how many people that are allowed in certain areas.

Residents:

Can leave the facility for outings, family gatherings, shopping, coffee shop etc.

Social Distancing:

Please all be aware - 1.5 metres.

Please do not forget we have 3 iPad's that you can Zoom your loved one. Ring and speak to Dianne or Linda to book a time.

Thank you

Aged Care Manager's Message

September is my favourite month, I love the start of spring, it always gives me a feeling of new beginnings.

Where do I start in these crazy Covid19 times? We are all becoming a little tired of the regulations and changes that appear to be ever so frequent. But I would love to share this with you and hope I can change your idea somewhat. I have a dear friend who has been with me most of my 'healthcare' journey. I travelled Australia nursing, she travelled the world nursing. About 4 years ago she settled with her family back in Melbourne and now works in a position similar to me.

I spoke to Vee the other day on a 4 hour Zoom conversation about 'stuff & things'.

Vee has lost many of her clients to Covid19, she stated if she knew a second wave of Covid19 could be on the cards she would have implemented stricter restrictions/regulations.

We are sad and empathetic about the people that have lost their lives to this horrid virus and to their loved ones. But do we give a thought to the people who gave it their all to keep them safe and still fail?

What I am trying to say is if wearing a mask keeps our residents safe I am prepared to wear 3. If restricting visiting hours to 2 hours per day may help in some way I am all for it.

I know it all appears harsh and confusing but if we can just abide by the legislative requirements while the scientists create a vaccine we might be ok.

Around Dinham you will see changes, bright numbers at door ways, staff with masks: don't be alarmed, we are doing a couple of things: firstly following legislative requirements and secondly keeping everyone safe.

Okay that's enough about Covid19: let me talk about the trial audit that we had last week. Andrew and Alison Case were with us for 3 days to determine if our systems are effective in relation to the care we provide to our residents. We did a great job and I would like to take this opportunity to thank all involved.

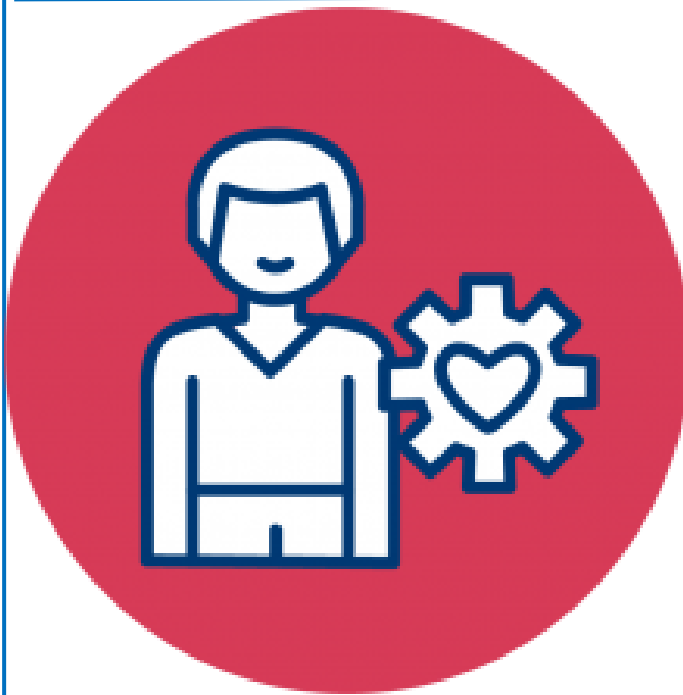
Volunteers are at this stage still involved in Dinham. We will keep you informed about any changes when we know. Thanks to all for returning your survey's.

Dinham is such a busy hive of activity, Dianne, Linda and Sonia our diversional therapy staff are unique and wonderful. The interaction and stimulation with everyone is heart warming to witness, I am proud to be a part of this dynamic group.

We continue to have resident's meetings, but from now on due to the Covid19 restrictions we are unable to invite families/loved ones/significant others/volunteers or guest speakers. We do have 3 iPads that we can offer for you to be a part of the resident meetings via Zoom. If you are interested in being Zoomed in the resident meetings, please ring ACH and speak to Dianne or Linda on 88373021.

Cheers
Amanda

Aged Care Manager's Message



Standard I- Consumer dignity and choice Aged Care Quality Standards

This is a standard that states as a consumer :

I am treated with dignity and respect, and can maintain my identity.

I can make informed choices about my care and services, and live the life I choose. It focusses on 7 important concepts.

- 1. Dignity and Respect**
- 2. Identity, culture and diversity**
- 3. Cultural Safety**
- 4. Choice**
- 5. Dignity of Risk**
- 6. Information**
- 7. Personal privacy.**

Ardrossan Community Hospital is to promote and have -

A culture of inclusion and respect for residents

Support residents to exercise their own choice and independence

And

Respect residents privacy.

Lifestyle Review

Linda Watson, Dianne Pedersen & Sonia Torsney



What a busy month we have had:

Resident's meeting: This was well attended and a great discussion was held.

Morning Tea: On the 7th August, we held a 'Thanks for Caring' morning tea to say thank you to staff, volunteers and Community members who have contributed to the Aged Care section.



Entertainment:

Golden Oldies: Welcome back to Kevin and Lorraine. Welcome to new drummer, Graham Moulds.

A special thank you to Val Davies who entertained our residents for many, many years, but sadly is no longer able to play with the Golden Oldies. All our love and best wishes for the future.

Singalong: Annette Rowntree plays the piano and Margaret Waters plays the organ and the residents enjoy singing along.

Sentimental Journey: A husband and wife team entertained residents, staff, volunteers and community members with 50's, 60's, and 70's songs and stories.

Guest speaker: Barbara Lodge gave a very interesting presentation about the early farming life around Ardrossan.

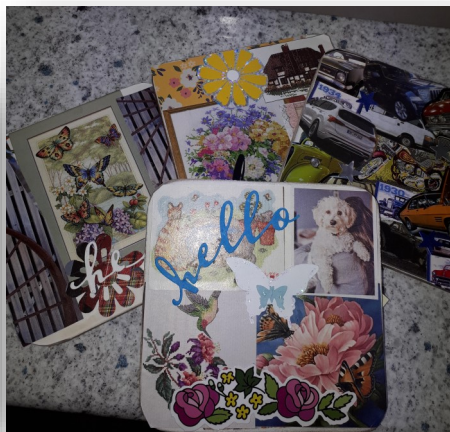
Craft—For the month of August the residents have made greeting cards, decorated coffee mugs with nail polish, and decoupage drink coasters. We have introduced the residents to do adult colouring, they are finding this very calming and relaxing.

Pampering: The hands and nails volunteers visited the residents for their pampering sessions. This group of volunteers visit every fortnight, the residents enjoy a chat while having their nails shaped and painted and their hands massaged.

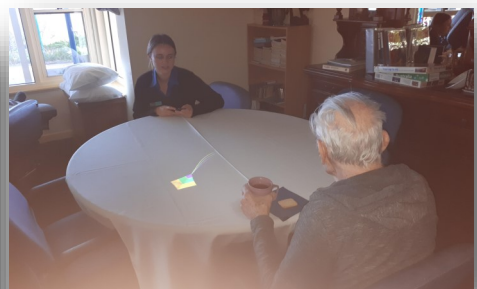
Regular Activities: The residents have also participated in their regular activities of stepping out, exercises/games, bingo, playing cards and iPad games and our cuppa/chat and discussions group.



Painted coffee mugs



Decoupage drink coasters



Tony and Bianca playing the Interactive game— flying a kite.

Lifestyle Review



Happy Birthday Don,

Don turned 80 on the 17th August.
He celebrated his day with lots of phone calls, messages, singalong and a birthday cake to share with the other residents.

September Birthdays

Alda Hall—14th

Dawn Duncan—21st

Lorraine Maynard—25th

Welcome

Malcolm Higgs

Farewell

John White

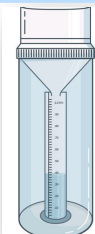
Malcolm Thiele



Ways to keep in touch with your loved ones.

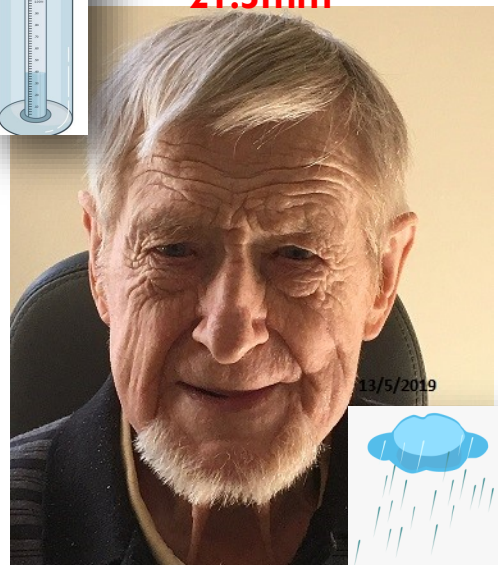
- Write a letter - We will sit and read it to the resident and send a reply.
- Phone calls—Call the hospital on 88 373 021 and the phone will be taken to the resident for a chat.
- Send an email to lwatson@ardrossanhospital.com.au or dpedersen@ardrossanhospital.com.au include photos, drawings from the grandchildren, stories from your family or any community news. This will be printed and handed on to the resident.
- Please stay in touch as best you can.

We hope you all understand and please do not hesitate to call us if we can help you to contact your loved one.



Don's Rainfall

21.5mm



Activities photo album for August

The Golden Oldies

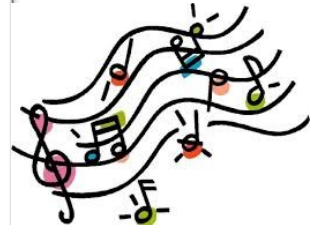


Activities photo album for August

The Golden Oldies



It's a Sentimental Journey



Monday's Singalong



Profile of the Month

Staff Member Profile

Name: Rebecca Perrie

Family: Married to Bernie, 2 boys, Calvin & Wesley

Position at the Hospital: Personal Care Attendant

Past Occupations: Shop Assistant, Accounts Officer,
Australia Post Mail Sorter, Kitchen/Cleaner

Favourite Food: Roast Chicken and chocolate cake

Best Holiday: Hervey Bay, Fraser Island, Whale
Watching in Queensland

Have you travelled overseas: No

Pets: Galah named Albert and used to own
Ferrets.

Interests: Reading, Board & Computer Games,
Quizzes and any activity with my sons

Sport played: Netball, indoor & outdoor,
competition eight-ball.

Instruments played: none

Are you a Crows or Power supporter? No, I follow Essendon

Why I work in Aged Care: I am a very caring person and have always wanted to assist people to maintain a good, healthy active lifestyle. I enjoy listening to all the family history from people in Ardrossan and Community. I feel rewarded when I can put a smile on a resident's face.



Dementia Action Week

21–27 September 2020

A little support makes a lot of difference



For Your Information

Reminders:

Valuables:

It is a facility recommendation that all personal items are to be labelled. We encourage families to keep your loved ones valuable items at your home.

Electrical items:

All electrical equipment that is brought into the facility needs to be tagged and tested. Please give the equipment to the staff, they will contact maintenance for this to be arranged. It is essential for safety reasons that any electrical items are checked before they are placed in the rooms.

Clothing Labelling:

It is very important to ensure all items of clothing entering the facility are labelled correctly. We have a clothing labelling machine. There is a cost relating to the labelling. Please speak to staff.

*Good morning
wonderful friends,*

May your day begin with
a smile on your face,
peace of mind, love in
your heart and happiness
within your soul.

MyPositiveOutlooks.com

**If you have any questions,
Please do not hesitate to call the facility on 88 373 021 or emailing
Amanda Lloyd—Aged Care Manager on alloyd@ardrossanhospital.com.au**

New Visiting Hours Dinham Wing:

Week days & Weekends 2.00pm—4.00pm

Only 2 visitors at a time, no visiting in communal areas and please respect the 1.5 metre social distance rule.

To visit a resident in our aged care section you will be required to have a current flu vaccination. The facility will require a copy of your vaccination. This will be recorded for future visits.

Riddles:

What relationship do YOU have with the following?

- | | |
|----------------------------------|--|
| 1. Father's Father | 13. Cousin's wife's sister |
| 2. Brother's wife | 14. Mother's mother's father |
| 3. Son's son | 15. Cousin's daughter / Son |
| 4. Mother's Daughter | 16. Mother's mother |
| 5. Mother's brother | 17. Father's sister |
| 6. Mother's sister mother—in-law | 18. Son's daughter |
| 7. Brother's /sister's daughter | 19. Brother's sister only sister / brother |
| 8. Grandmother's sister | 20. Sister's /Brother son |
| 9. Father's / Mother's son | 21. Grandfather's brother |
| 11. Mothers sisters child | 22. Spouses Parents |
| 12. Mother's brother's father | 23. Son of Nephew / Niece |



PUZZLE PAGE



Father's Day Word Search

How many of the following words can you find in the puzzle?

ATHLETIC FUNNY
BRAVE GOLF
DAD KIND
DADDY SPORTS
ESPN TENNIS
FATHER TIE
FISHING TOOLS
FOOTBALL

MARTY WESTMAN/MCT

X	R	D	F	U	I	E	L	C	F	C	R	E
W	B	L	A	S	T	R	O	P	S	N	D	K
E	O	D	S	A	Z	F	X	C	E	B	A	M
G	N	M	P	O	I	U	T	C	R	E	D	T
R	B	R	A	V	E	H	I	O	O	M	D	E
S	I	D	K	Y	J	T	B	S	S	H	Y	L
H	T	I	Q	N	E	F	A	P	L	L	Y	L
S	A	R	S	L	G	R	E	R	O	O	G	A
G	V	S	H	C	K	E	L	S	N	P	O	B
F	R	T	S	F	I	S	H	I	N	G	W	T
U	A	C	O	S	N	S	T	E	D	E	O	O
N	S	T	K	O	D	A	L	A	D	U	R	O
N	N	R	H	W	B	E	D	U	I	M	G	F
Y	O	T	I	E	T	I	N	C	T	W	N	U
A	F	U	S	R	R	H	W	E	S	P	N	W
O	T	E	N	N	I	S	T	I	U	S	E	R

Types of Gemstones

R	R	B	T	U	E	T	N	K	T	E	R	O	P
X	Y	N	O	A	T	N	O	U	T	E	R	E	A
T	A	O	U	Y	I	T	R	D	R	T	N	E	Q
S	E	D	A	J	R	Q	A	O	I	I	L	R	U
Y	E	Q	N	S	U	X	R	A	L	R	E	I	A
H	T	N	A	O	Z	L	R	A	E	P	E	H	M
T	E	I	I	K	A	K	M	D	H	R	L	P	A
E	M	S	E	U	U	R	E	A	I	R	M	P	R
M	E	T	M	E	U	N	T	A	U	Z	G	A	I
A	R	O	R	O	I	A	Z	B	O	P	O	S	N
T	A	E	T	R	L	A	Y	I	O	E	I	Y	E
A	L	I	T	G	A	R	N	E	T	P	G	A	Y
L	D	I	M	Z	A	P	O	T	I	E	A	E	A
D	C	U	Q	J	A	S	P	E	R	N	M	L	U

RUBY
TURQUOISE
AQUAMARINE
CITRINE
SAPPHIRE
AMETHYST
GARNET
OPAL
ONYX
PEARL
PERIDOT
TOURMALINE
EMERALD
JADE
KUNZITE
TOPAZ
AZURITE
JASPER

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9.00 Hair Salon open 10.30 Craft 10.30 Games/cards 1.30 Singalong 1.30 One on One	1 10.15 Stepping Out 10.30 1.30 Bingo 1.30 Gardening	2 9.00 Hair Salon open 10.30 Games/cards 10.30 Ipad quizzes 1.30 Hands and Nails 1.30 Men's activities	3 9.00 Hair Salon open 10.15 Stepping Out 10.30 Box Bingo 2.00 Craft—Door Signs	4 9.00 Hair Salon open 10.00 Exercises 10.30 exercise 1.30 Golden Oldies	5
6 FATHERS DAY	7 9.00 Hair Salon open 10.30 Card making 10.30 Ipad games 1.30 Singalong 1.30 One on One	8 9.00 Hair Salon open 10.30 Stepping Out 10.30 Tovertafel 1.30 Bingo 1.30 Gardening	9 9.00 Hair Salon open 10.30 Complete Coffee Mugs 1.30 Cooking—High Tea	10 9.00 Hair Salon open 10.30 Stepping Out 2.00 High Tea	11 9.00 Hair Salon open 10.00 Exercises 10.30 Church service 1.30 Pick that Tune	12
13 Rest Day	14 9.00 Hair Salon open 10.30 Craft 10.30 Games/cards 1.30 Singalong 1.30 One on One	15 9.00 Hair Salon open 10.30 Stepping Out 10.30 Ipad games 1.30 Bingo 1.30 Gardening	16 9.00 Hair Salon open 10.30 Games/Cards 1.30 Hands and Nails 1.30 Men's Activities	17 9.00 Hair Salon open 10.30 Stepping Out 10.30 Bus Trip 1.30 Gardening	18 9.00 Hair Salon open 10.00 Exercises 10.30 Church service 1.30 Jokin with Judy	19
20 Rest Day	21 9.00 Hair Salon open 10.30 Craft 10.30 Card making 1.30 Singalong 1.30 One on One	22 9.00 Hair Salon open 10.30 Stepping Out 10.30 Tovertafel 1.30 Bingo 1.30 Gardening	23 9.00 Hair Salon open 10.30 Cooking —Lemon butter 10.30 I pad games 1.30 Coffee Shoppe	24 9.00 Hair Salon open 10.30 Stepping Out 10.30 Ipad viewing 1.30 Woodwork 1.30 Coffee Shop	25 9.00 Hair Salon open 10.00 Exercises 10.30 Uniting Church service 10.30 Magic Moments 1.30 Barbara Lodge	26
27 Rest Day	28 9.00 Hair Salon open 10.30 Craft 10.30 Games/cards 1.30 Singalong 1.30 One on One	29 9.00 Hair Salon open 10.30 Stepping Out 10.30 Tovertafel 1.30 Bingo 1.30 Gardening	30 9.00 Hair Salon open 10.30 Games/cards 10.30 Ipad quizzes 1.30 Hands and Nails 1.30 Men's activities			