

# Sea Horse Times

## March 2021

**Ardrossan Community Hospital, 37 Fifth Street Ardrossan SA 5571**

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Apologies for the lateness of this report – the editor (Di) was waiting on my report and I kept on forgetting to complete it.

Well welcome to 2021. I reflect back on previous reports and last year I made comment on how time goes quick and it looks like 2021 is not going to be any different. I know for myself I am going to try and enjoy every opportunity that comes my way this year.

We have started the year with a bang in Dinham, with some very obvious changes happening.

As you can see the front of Dinham in having a major upgrade. The pavers and lawn that we had were really a trip hazard, and we have had a few residents that have fallen over. We are relaying the old pavers and replacing the lawn with artificial lawn.

This will mean that we can use the lawn for more activities, such as lawn bowls.

We hope that this project will be completed by the end of March.

What do you all think if we put a small playground area at the end of the Garden? - We are having a lot of children visit now and it would be great for them to have an area to play in - I would love to hear your thoughts.

The Activities garden has also started - we again are going to reuse the pavers but we are leveling the ground and then we are getting sliding doors so we can have an outdoor/ indoor area, this will start when the front garden is finished.

The Aged Care office has had a facelift and the Diversional Therapy office will be relocating into the Dinham lounge (in the nook area of the room).

We are purchasing new furniture for the Dinham lounge and new outdoor furniture.

We are also making the kitchen area in your dining room bigger; we are taking out the glass and turning the office into a pantry and having a bigger serving area.

Also, a large shed (fully funded by a donation from Mr Murrie), has been purchased and will house the bus, postman pat and a new workshop for maintenance. It will be where the shipping container is currently living – the plans are currently with council.

So a lot is happening.

We have had a few changes in management and I would like to welcome Monique Rooney to Dinham, who will be working with you as the new Aged Care Nurse. Monique has been working with us as a Registered Nurse since November, she will be working specifically in Dinham every Tuesday, Wednesday and Thursday.

## Jodie's report continued

We are now updating your family via text message if there has been any changes in your care, if the Doctor has seen you and any updates that are happening in Dinham and the Hospital. If you have a mobile phone and you would also like to get a message please contact Admin staff at the hospital.

Late last year we said good bye to 3 residents - 2 lovely ladies – Heather Darby and Maxine Hawke and 1 gentlemen Glenmore Spurling We welcome to our family – Dennis Dalby, Rikki Watson and David Murrie, please make them feel welcome.

**Monday the 8<sup>th</sup> is the Hospital AGM** - it will be held at the Health Centre at 7pm and you are welcome to attend.

The hospital accreditation has been put on hold again due to COVID – the auditors are from Queensland and NSW, so they are unable to travel due to their own internal regulations.

Dinham accreditation will be October this year - I will be making time to discuss what accreditation means and what your role is throughout the year.

COVID is still very much a part of our lives and I think it will be with us forever. I am yet to find out the direction of the COVID immunization, but we will give you lots of information about this when it becomes available.

We are no longer taking temperatures on any one that enters the facility - but we are taking your temperature weekly.

However, if you do have any flu like symptoms please tell us immediately.

Every time there is an outbreak in Australia, we receive a direction on what we should do, currently Western Australia & Victoria borders are closed.

In the front foyer there is a lot of information on COVID if you would like to read anything that you need to know, and as always if you have any questions please ask staff for assistance.

Have a great year everyone, I am looking forward to seeing what the year will bring.

Keep safe

Jodie xx



## Dinham Resident's Review for 2020

There has never been a year quite like it.  
Aged Care has been terribly impacted by the Corona Virus.

But the Dinham Wing of the Ardrossan Community Hospital has made a mighty effort to rise above the awful things that have happened, and we dare to hope for better things with the likelihood of a Corona vaccine in the year ahead.

In spite of the shocking loss of our wonderful work of the volunteers, to government policy decisions, but Lifestyle team led by Di Pedersen made a great effort to give residents a Christmas to be remembered.

The tree went up, the decorations were everywhere, the notice board packed with our photos.  
Hundreds of Christmas cards made by residents. Special placemats appeared by array of our craft workers.  
There were secret Santa gifts, there were lots of carols sang,  
The spiritual importance of the season was not forgotten.

The residents committee got the OK from administration to have prawns as well as a roast with Christmas dinner.  
Volunteer Dean, banned from the premises, sent us all illuminated stars of Bethlehem,  
the Christmas message of hope, peace and good to all was everywhere.

A copy of our Sea Horse times found its way to Sydney, where a strange thing happened.

A man suffering dementia was reading about what was going on here in Dinham.

He became quite suddenly aware of a facility of hope.

He had been struggling with the thought of going into permanent care for a long time.  
Possibilities of getting to the understanding and good quality care became real to him and he soon made a decision his family had long hoped for.

You never know where our good work helps others. The man in Sydney is my brother-in-law.

Let's hope also for an early return of our amazing volunteers.

Signed: Don Waters



Peace, happiness and all working together



### Reminders:

**Valuables:** It is a facility recommendation that all personal items are to be labelled. We encourage families to keep your loved one's 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.

**Social Distancing:** Just reminding all that everyone must respect the social distancing and Hand Hygiene rules. The residents are classed as a family so they can come within the 1.5 m distancing of each other.

**Visiting Hours:** 11.00am – 4.00pm. To visit the aged care section, you must have had a flu shot and our Admin office must have verification of this. There are only 2 visitors per visit allowed.

**Activities room:** Families can book this room for a family lunch, coffee or just a chat. Please speak to staff to book a table. COVID rules apply.

### 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](mailto:lwatson@ardrossanhospital.com.au) or [dpedersen@ardrossanhospital.com.au](mailto:dpedersen@ardrossanhospital.com.au) include photos, drawings from the grandchildren, stories from your family or any community news.



### **Carols and Christmas dress up**

Friday 13<sup>th</sup> December, we all gathered in the main lounge for christmas carol singing.

The residents had no idea what was about to happen.

Once all seated,

I brought a large plastic bag, unbeknown to the residents it was filled with christmas dress ups.

**One resident asked me, What are you up too, with that large plastic bag, you are not Santa?**

No was my reply, but just you wait and see.

The looks on their faces was priceless, when I brought out the first costume of an angel.

**What is that, there are no angels in here,** My reply, not yet, but soon will be.

With little encouragement from the other residents,

we had three wise ladies, elves and even had a visit from Father and Mrs Christmas.

The residents enjoyed their dressed up with lots of laughter and a little carol singing.

Their photos were proudly displayed on the Dinham notice board for their family and friend to see.

### **Secret Santa Christmas party**

The DT (Diversional Team) team set up a secret Santa list.

Participating staff were designated a resident

and purchased a suitable gift for their chosen resident.

In turn each resident's name was called out by Santa's helper (Bree)

and a lady elf (Bianca) delivered the present.

The resident opened their present and showed the whole room.

The residents were very thankful to the staff for the presents.

Thank you to the kitchen staff for the food and the staff for the presents.

### **Christmas Day**

A huge thank you to Sharyn McInerney and night staff for turning the main lounge into a beautifully decorated table and room for the residents to share their christmas day.

The residents woke on christmas morning to a present at the end of their beds  
from the DT team and the Ardrossan Hospital.

At lunchtime, the residents all gathered into the main lounge for a three course meal,  
consisting of prawn cocktail, roast and pavlova.

The residents comments were the food was absolutely beautiful and so tasty.

The meal was enjoyed by all.

Residents would like to say a big thankyou to all the staff who worked on Christmas day,  
and for spending time with them.

**Several Residents commented: It was a day to remember.**





## Christmas Day



## Christmas Carols and dress up





## Secret Santa – Christmas party



### Comments from the residents;

What a day, made special by the staff, thank you for the presents and the afternoon tea.

On behalf of the residents, a huge thankyou to all the staff who worked so tirelessly to make this so special for us in such tiring times.

Thank you, Secret Santa, for my present.



## Friday's Entertainment



Steve Nettle spent the afternoon entertaining the residents with guitar playing, singalong with the residents, telling stories and jokes.

As requested by the residents, Steve will visit monthly. They all agreed it was an enjoyable afternoon and look forward to his next visit.



# Hospital Life memberships

**Graham Sandercock, Gwenyth Lodge and David Murrie**



**On Thursday 14<sup>th</sup> January, it was with much appreciation that we recognised 3 community members with Life memberships - Graham Sandercock, Gwenyth Lodge and David Murrie.**

**Graham Sandercock:** - has done so much for this hospital, far too much to mention in this article, but as a quick summary: he was our annual Father Christmas and Easter Bunny, a generous sponsor, he donated many hours of his time as a volunteer, built and then sold many wooden toys and gifts with 100% of the proceeds given to the hospital. Only the other day we received another donation from his wood work. Shirley and Graham through their business helped then hospital when times were tough and they were both prominent figures on the steps of Parliament house lobbying to keep the hospital open.

We were fortunate to award Graham his life membership before he passed away and I am glad that we did.

**David Murrie:** - was awarded life membership for the financial contribution that he has given the hospital for many years. David is a humble man and would not want us to mention the amount donated, but it is fair to say this hospital is in a very good situation because of what David has done for us.

**Gwenyth Lodge:** - came to Ardrossan to visit a friend ack in 1952. She was only meant to stay for a month but ended up being very much embedded in the hospital's history for over 40 years. She has been apart of so many milestones within this community, delivered babies, was our Matron and a theatre nurse. A nurse back in the 50's did not only care for the people - they made jam, did the laundry, kept the garden neat, cut up sheep, cooked meals – they did it all.

We are very proud to be able to Honour their achievements – there is no doubt our hospital is what it is today because of people like our Life Members.

Jodie Luke  
EO/DON

# **We sadly, said goodbye to three residents in December.**

Due to COVID restrictions, our residents cannot attend the funeral services of their fellow Dinham family members.

We are lucky enough to live stream the funeral services into our main lounge for our residents to watch and feel part of the services.

## **Maxine Hawke**

Maxine was the last original resident to come over from the hostel to Dinham Wing. in December 2004.

Maxine loved her Opera music, attending several concerts in Adelaide and loved listening to her Opera CD's in her room.

## **Heather Darby**

Heather moved into Dinham and quickly became a very active member of the Dinham family.

She loved the sing-alongs, school children visits and craft.

She was very proud of her 'hole in one' golf trophy, which was proudly displayed in her room.

## **Glenmore Spurling**

Glen (as he preferred to be called)

(letting staff know his name was Glen not Glenmore, which he hated and only used by his mother.)

Glen only spent a small amount of time with us but he will be remembered for his humor and stories of the sea.

Linda his wife quickly become a part of our Dinham family (she will be sadly missed as well) as she would visit often to see Glen and chat to other families and staff.

All three residents were loved by all our residents and staff and will be sadly missed



# Staff Profile

**Name:** *Monique Rooney*

**Family:** *Michael (husband), Josh, Alissa and Matthew (children)*

**Position at the Hospital:** *ACN – Aged Care Nurse*

**Past Occupations:** *RN, EN, Primary school teacher and Dental Nurse*

**Favourite Food:** *Well-cooked steak*

**Best Holiday:** *Tasmania*

**Have you travelled overseas:** *No*

**Pets:** *Dog – Ruby, 3 cats*

**Interests:** *Keeping Fit, reading and quilting*

**Sport played:** *tennis (tried) netball (younger days)*

**Instruments played:** *piano/flute (can't play now)*

**Favourite song?** *Depends – change mind often*

**Are you a Crows or Power supporter?** *Power – all the way to top*

**Why I work in Aged Care:**

*I love helping people. I love hearing all the memories they have.*

*I find it extremely rewarding to be part of the residents and families lives by helping them to be as independent as possible without being intrusive.*

*Monique is the new Aged Care Nurse. Monique will work 3 days a week in the Aged Care section and two days a week in the Acute section.*

*Please say hello and make yourself known to her.*



# February Birthdays

In February, we celebrate birthdays with:

- **19<sup>th</sup> Mary Hicks**
- **28<sup>th</sup> Yvonne Oster**

In January, we celebrated birthdays with:

- **1<sup>st</sup> Malcom Higgs**
- **26<sup>th</sup> Glynis Clift**

Please join us in wishing them all a Happy Birthday



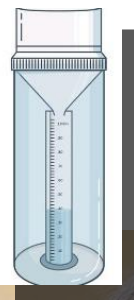
## February Trivia

February has 28 or 29 days. The 29<sup>th</sup> day is every 4 years during a leap year. February is named for the Latin word februum which means purification

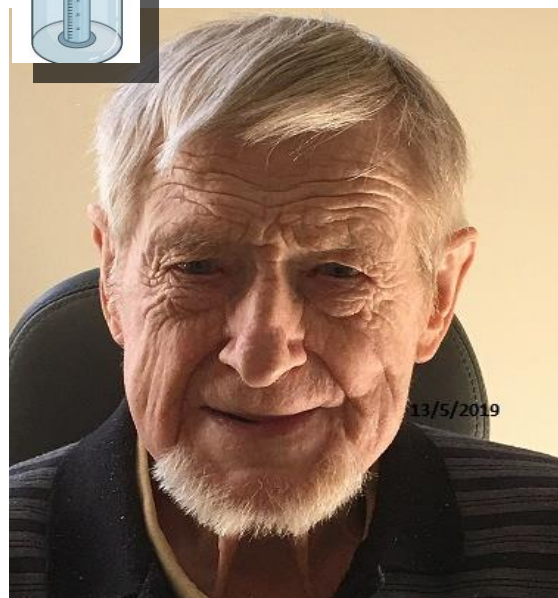
Zodiac signs: **Aquarius & Pisces**

Birthstone: **Amethyst**

Flower: **Primrose**



**Don's Rainfall**  
December: 27.0 mm  
January: 21.0 mm



# Summer Word Search

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



AUGUST  
BARBECUE  
BEACH  
FAMILY  
FLIP FLOPS  
FUN  
HOT  
ICE CREAM

ICE POP  
JULY  
JUNE  
OCEAN  
PICNIC  
POOL  
RELAX  
SHORTS

SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIMSUIT  
VACATION



CRAYONSANDCRAVINGS.COM

# Upcoming Events

Thursday 4<sup>th</sup> – Coffee shop – reopens – 2.30pm

Friday 5<sup>th</sup> – Golden Oldies – 1.30pm

Wednesday 10<sup>th</sup> – Joking with Judy

Friday 12<sup>th</sup> – Andre Rieu - U tube concert

Thursday 16<sup>th</sup> – Shrove Tuesday (Pancake day)

Wednesday 17<sup>th</sup> – Cooking for High Tea

Thursday 18<sup>th</sup> - High Tea

Saturday 20<sup>th</sup> – Steve Nettle – The music man

Wednesday 24<sup>th</sup> - Bus trip/Picnic

Friday 26<sup>th</sup> – Jo and Graham McGarth – 1.30pm



## Regular Events for November

Monday - Craft 10.15am

Monday - Singalong 1.30pm

Tuesday - Stepping Out 10.15am

Tuesday - Hairdresser from 1:30 pm

Tuesday - Bingo! 1.30pm

Wednesday- Keep Fit 10.30am

Wednesday- Cooking 1.30pm (Fortnightly)

Wednesday – Hands and Nails 1.30pm (Fortnightly)

Thursday – Stepping Out 10.30am

Friday-Church service 10.30am

## Special Days

1 <sup>st</sup>	Black History Month
3 <sup>rd</sup>	The Day the Music Died
5 <sup>th</sup>	World Read Aloud Day
6 <sup>th</sup>	Waitangi Day (NZ)
12 <sup>th</sup>	Abe Lincoln's Bday
12 <sup>th</sup>	Chinese New Year
13 <sup>th</sup>	World Radio Day
14 <sup>th</sup>	Valentine's Day
16 <sup>th</sup>	Shrove Tuesday
21 <sup>st</sup>	Mother Language Day
22 <sup>nd</sup>	Baden-Powell's Bday
28 <sup>th</sup>	The Oscars



# For your information

## CONTINUOUS IMPROVEMENT

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Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available in Dinham and Hospital Admin area. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

## HOSPITAL AGM

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The Hospital AGM will be held on the Monday  
8<sup>th</sup> February @ 7.00pm in the Health Centre.

All welcome

## COFFEE SHOP

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The residents can enjoy a coffee and home made biscuit from Martha's Kitchen. There will be a cost of \$2.00 for coffee only or \$5.00 for coffee and biscuit.

In the coffee shop there will be 'Homemade goods' for sale. Don't forget to check it out. Please call Linda or Dianne if you wish to book the coffee shop for a family coffee or meal. COVID restrictions will apply.

## VOLUNTEERS

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We are currently looking for volunteers, If you can spare some time please call the hospital and ask to speak to Dianne, Linda or Sonia.

**Entertainment** : If you know of any groups,entertainers, singers, dancers, band players etc that can entertain the residents, please call us.

**Stepping Out:** Can you spare one hour a week for stepping out with the residents.

Hospital phone number is 88373021

# February 2021

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Craft Singalong	2 Stepping Out Bingo	3 Sea Horse Trolley Keep Fit Hands and Nails	4 Stepping Out White Board games Coffee shop	5 Church Entertainment Golden Oldies	6 Movie Day	7
8 Craft Singalong	9 Stepping Out Bingo	10 Sea Horse Trolley Keep Fit Joking with Judy	11 Residents Meeting  Coffee Shop	12 Church Entertainment U tube - concert	13 Movie Day	14 
15 Craft Singalong	16 Shrove Tuesday Stepping Out Bingo	17 Sea Horse Trolley Cooking for High tea Hands and Nails	18 White Board games Coffee shop	19 Church Entertainment	20 Steve Nettle	21
22 Craft Singalong	23 Stepping Out Bingo	24 Sea Horse Trolley Keep Fit Bus trip/Picnic	25 Keep Fit Woodwork	26 Church Entertainment Jo and Graham McGarth	27 Movie Day	28

**February Birthdays:** 19th Mary Hicks and 28<sup>th</sup> Yvonne Oster