



Welcome to June

Hi everyone,



A very uneventful month this month, but I am very glad that we finally got to have our COVID vaccines and I am very pleased to say all residents got through without any major side effects, mainly just a sore and itchy arm where the needle went in. For the residents that had the COVID vaccine, it now means you cannot have your Fluvax for 14 days – which will be after the 9th of June. The doctors will be administering your vaccine so we will let you know the day it will be happening.

The countdown is now on for the Hospital Accreditation – 21 days to be exact. I would personally like to thank all staff for their many hours that they have put into preparing for this Audit. In particular the extra hours that Narita, Katie, Kathy W, Hayley, Steve, John, and Chairperson Margaret have worked has been amazing. You can definitely be confident that we have left no stone unturned, but with all audits the auditors do see things differently but what we have learnt is that we can discuss any areas that we do not agree with, as ACH is a very unique place providing both Aged and Acute services.

Thank you, to everyone attending the ARAS session, it is comforting to know that there are organisations to help residents if they have concerns that they do not feel comfortable addressing at a local level.

We have recently received more information for the Consumer Notice Board in the hospital front foyer:

The Main Heading is 10 questions

1. Rural & Remote
2. Aboriginal & Torrens Strait Islander
3. Your Cultural Needs
4. LGBTQI

If there is any information or any services that you require, please speak to Denise or Sarah and they will find the information for you.

We have just had a Personal Carer's Study Day on the 13th of May. We focused on Manual Handling, Personal Care and Documentation. We spent some time learning how to give a Dermalux bath, which is a hot towel bed bath – very relaxing. We also had Tena come on site for training on how to use incontinent products.

We are trialing some new wipes - I would love your feedback on this.

Well, that's about it for me, I hope you have a good month please stay warm.

Love

Jodie xx

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 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 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.
- Zoom meeting – speak to staff to get the meeting organised.

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

Quote of the Day

*Be yourself;
everyone else is
already taken.*

– Oscar Wilde

COVID CLINIC



The first COVID -19 clinic was held on the 5th May.
The residents were nervous and anxious, it was going to hurt. It was all over before they stopped talking to the RN.
The RN in charge was also an accomplished piano player and played a few songs for our residents.
The second clinic was held on Wednesday 26th May.
The residents have reported there was nothing to worry about.
Quote from one resident: Don't know what all the fuss was about, it didn't hurt one little bit.





Resident Report

This article was written by a resident – Don Waters



Doing it right

It was Val who started it. She had been down the street for a bit of Chinese and then turned up at a meeting of residents of the Dinham Wing of the Ardrossan Community Hospital.

Everyone was there. A full house including our EO/DON, Jodie Luke.

We had got down to the agenda items on the food we were served.

Val (who is not called Val for nothing) suddenly perked up and loudly demanded.

“Why can’t we have prawns?”

There was silence, except for someone who dropped a Biro and for some reason everyone seemed to be looking at Jodie the EO/DON.

She didn’t bat an eyelid. “How many of you would be interested in prawns?” she asked mildly.

Well, that did it. Lots of yelling from “Pigs will fly” to “when can we start.”

The noise died down and there was a calm assessment from Linda, our organiser of volunteer workers. She, a down to earth girl pointed out the cost of meat and fish these days, prawns are quite a competitive priced to the other. It was decided to get Dianne Pedersen DT Co-Ordinator to follow up on the idea.

What Dianne Pedersen came up with was a test of how prawns would be received by setting up a separate Men’s (Men’s beer and best jokes) and Ladies’ (Ladies wine and dine) luncheons. The verdict was unanimous. The prawns were a great success. They enjoyed a Main course of crumbed prawns or crumbed chicken strips, Dessert of pavlova, cream and fruit. One resident, David Willmott, summed it up by saying “I thought I had died and gone to heaven and that was before Dianne poured me a beer to go with the prawns.”

The success was not just that they liked the prawns. The girls were pleased that they had been asked and actually listened too. They had been empowered, (I think the buzz word is).

Socially it was also a great success.

A 99-year-old veteran from the second world war, Dennis Dolby who has a Legion d’ Honour (Like a Victorian cross) broke out with hilarious Irish Jokes and he said it well. It was a like a party atmosphere and everyone enjoyed themselves.

The feedback is they want it repeated again, the DT staff are already planning the next one.

Makes us proud to be a part of Dinham at the Ardrossan Community Hospital.

Men's and Ladies Luncheon



Ladies 'Wine and Dine' lunch



Men's 'Beer and Best Joke' lunch



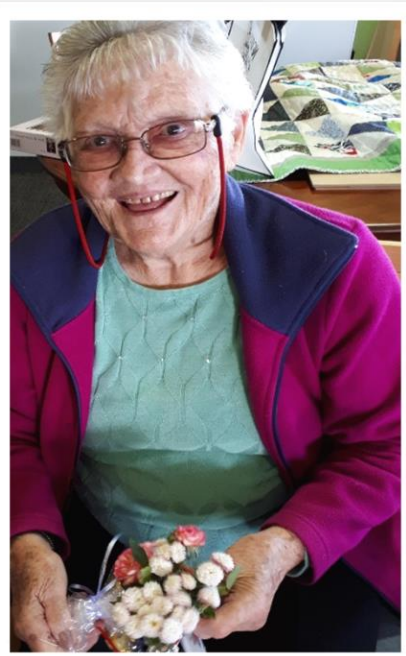
Mother's Day



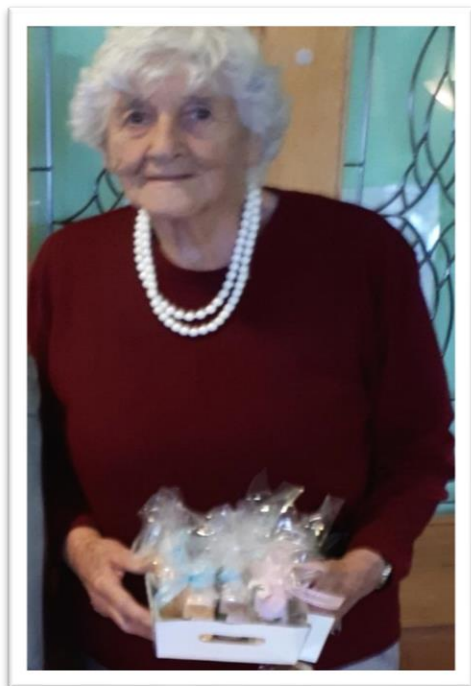
Beth, Barbara and Val



Pam



Rosemarie



Gwyneth Lodge
from the Garden club

Our resident mothers enjoyed time with the garden club ladies. They received a beautiful posey of flowers and chocolates.

In craft, residents decorated a photo frame which was presented to all the ladies on Mother's Day along with a card and small bag of chocolates.

Thank you to:

Ardrossan Pharmacy, Val Ogilvy, Lyn Oster Hair Design and staff for their donations towards the raffle.

All money received from this raffle will go back into our Activities program for the Dinham residents.

1st Prize: Mixed hamper – Sonia Torsney

2nd Prize: Hamper from the Pharmacy – Dennis Dolby

3rd prize: Crochet blanket – Phyllis Davey

4th Prize: Hair voucher – Don Waters

Volunteers Information Day and Appreciation afternoon tea



On the 20th May we held the volunteer's information day. Areas covered were Manual Handling, Food Safety and Food Handling, Elder abuse, Role of volunteer at ACH and equipment use.

In the afternoon we had an afternoon tea to say thank you for volunteering at ACH.

In Monday craft, the residents made the volunteers a thank you card and present which was presented at the afternoon tea. The present was a notepad covered and decorated, a pen and chocolates.



RSL lunch & entertainment by Steve Nettle



The residents enjoyed a meal at the Ardrossan RSL club of chicken schnitzel and cheese cake. Steve Nettle, very popular guitarist and singer joined us for lunch and then entertained the residents.

Grace and Pam joined Steve for a few songs. Thank you to the RSL club, Jen and workers for an excellent meal and service.

The RSL puts on a meal for the residents every second month.



Judy, Val and David working on a jigsaw puzzle featuring 'Tent England'.



Residents enjoying a morning playing the Tovertafel (Trev). This is our interactive program, which projects games from a unit in the ceiling to the floor. The residents use their feet to play the games.

Upcoming Events

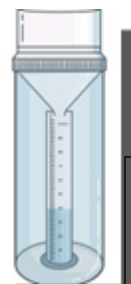


4th June – 1.30pm Golden Oldies
9th June – 9.00am Podiatrist
9th June – 9.30am – scone time at Price
9th June – 10.00am – Museum “Exploring the ‘Zanon’”
11th June – 10.30am World prayer day – Irene Greig
11th June – 1.30pm Embroidery Exhibition & afternoon tea
16th June – 10.30am Resident’s meeting
17th June – 2.00pm High Tea
25th June – 10.30am Sentimental Journey
30th June – Craft show and tell

Monday – Friday 9.00am Beauty Salon open

Regular Events

Monday - 10.15am Craft
Monday - 1.30pm Singalong
Tuesday - 10.15am Stepping Out
Tuesday - 1:00 pm Hairdresser
Tuesday - 1.30pm Bingo
Wednesday – 10.00am Sea Horse Trolley
Wednesday- 10.30am Keep Fit
Wednesday- 1.30pm Cooking or Joking with Judy (Fortnightly)
Wednesday – 1.30pm Hands and Nails (Fortnightly)
Thursday – 10.30am Stepping Out
Thursday – 1.30pm Woodwork – (Monthly)
Friday- 10.30am Church service
Friday – 1.30pm Entertainment



**Don's Rainfall
May: 28.5mm**



June Birthdays

In June, we celebrate birthdays with a Resident:

- **6th Beth Cogle**
- **18th Valda Huxtable**

Please join us in wishing them all a 'happy Birthday'
We hope your day is everything you want it to be.



Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

Marilyn Monroe, Actress, 1st June 1926

Morgan Freeman, Actor, 1st June 1937

Johnny Depp, Actor, 9th June 1963

Judy Garland, Actress, 10th June 1922

Prince Philip, Duke of Edinburgh, 10th June 1921

Donald Trump, Former President, 14th June 1946

Boris Johnson, Prime Minister, 19th June 1964

Nicole Kidman, Actress, 20th June 1967

Elon Musk, Entrepreneur, 28th June 1971

Mike Tyson, Boxer, 30th June 1966



Product Birthday Spotlight: Electric Vote Recorder

Tom Edison's first invention to receive a patent was the electric vote recorder, in June 1869.

Daunted by politicians' reluctance to use the machine, he decided that in the future he would not waste time inventing things that no one wanted.

Word Search

TREES OF THE WORLD



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

Banyan

Cypress

Hawthorn

Poplar

Mahogany

Wollemi

Sycamore

Magnolia

Maple

Ficus

Rosewood

Sequoia

Eucalyptus

Elm

Pine

Banksia

Spruce

Juniper

Willow

Casuarina

Poem to Share

Love After Love

Derek Walcott

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was yourself.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.



Spotlight on a staff member

My name is: **Chona Badari**

Family: **Les – Husband, two children Justine – 26years old and Joshua – 25 years old.**

Position at the Hospital: **Ancillary – Kitchen**

Past Occupations: **Business Owner – Soap making factory and Garment (Clothing) business**

Favourite Food: **Noodles and crumbed prawns**

Favourite drink: **Coffee, spirits - vodka**

Best Holiday: **Boracay (beach) in Philippines and Melbourne Vic.**

Have you travelled overseas: **Born and lived in the Philippines?**

Interests: **Badminton, exercises, bike riding, going to the gym**

Sport played: **Badminton and push bike riding**

Instruments played: **nothing but love to sing.**

Favourite song: **God gave me you (for my children)**

Are you a Crows or Power supporter: **neither, don't follow the football?**

Why I work in Aged Care: **I love the old people. I miss my parents; I like to look after our residents like I would look after my parents.**



Notice board



'POSTMAN PAT' CAR!

We have a wheelchair access car that is available for resident's transportation.

Please book with Admin 88373021.

RESIDENTS MEETING

Date: Wednesday 16th June

Time: 10.30am

Place: Main Lounge – Dinham

(Change of day, from Thursday to Wednesday)

All welcome

WORLD PRAYER DAY

Presentation and DVD by Irene Greig.

June 11th @10.30am

Dinham main lounge

All welcome to join the residents for this presentation.



WINTER CLOTHING

If you are buying new winter clothes for your love ones, please give to staff for labelling.

We have a commercial labelling machine and offer to label clothes for residents.

We have a collection of unmarked clothing in the laundry. If your loved one is missing some clothing please speak to the staff.

Notice Board



CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in or email your articles to Dianne Pedersen -

dpedersen@ardrossanhospital.com.au

Linda Watson –

lwatson@ardrossanhospital.com.au

CONTINUOUS IMPROVEMENT

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 outside the Nurses station. 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.

SCONE TIME @ PRICE

Wednesday 9th June @10am.

Price Soliders Memorial Hall

Entry: Gold coin donation

Enquiries: Karen 0408 804 467

All welcome

EMBROIDERY GUILD






Embroiderer's Guild of SA.
Celebrating 50 years of embroidery

Ardrossan Town Hall
Friday 11th June – Saturday 12th June.
10am – 4pm

Entry: Gold coin donation.

The residents will be going on the Friday,
if you wish to join us.

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10.30 Craft 1.30 Singalong	1 10.30 Step Out 1.30 Bingo	2 10.30 Keep Fit 1.30 Joking with Judy	3 10.30 Stepping Out 1.30 Jeopardy with happy hour	4 10.30 Church 1.30 Golden Oldies	5  Movie Day	6
7 10.30 Craft 1.30 Singalong	8 10.30 Step Out 1.30 Bingo	9  9.30 Scone Time @ Price 1.30 Hands and Nails	10 10.30 Stepping Out 1.30 Coffee and cake	11 10.30 Church World pray day 1.30 Embroiders exhibition	12 Movie Day	13
14  10.30 Craft 1.30 Singalong	15  10.30 Step Out 1.30 Bingo	16 10.30 Residents Meeting 1.30 Cooking for High Tea	17 10.30 Stepping Out 1.30 High Tea	18 10.30 Church 1.30 Music afternoon	19 Movie Day	20
21  10.30 Craft 1.30 Singalong	22 10.30 Step Out 1.30 Bingo	23 10.30 Keep Fit 1.30 Hands and Nails	24 10.30 Stepping Out 1.30 Woodwork	25 10.30 Sentimental journey 1.30 Uniting church	26 Movie Day 1.30 Steve Nettle	27
28 10.30 Craft 1.30 Singalong	29 10.30 Step Out 1.30 Bingo	30 10.30 Keep Fit 1.30 Craft show and tell	1	2	3	4
5	6	Notes: June Birthdays: 6th Beth Cogle and 18th Valda Huxtable				