

March 2015

QUALITY AGED CARE

"The Art of Ageing Gracefully"



**The oldest trees
often bear the
sweetest fruit**
.. **German Proverb**

Couples in Aged Care

We currently have eight couples residing in Aged Care.

We are very pleased at Ardmillan Place to be able to offer excellent accommodation for couples, that allows them to remain together and have the comfort of their loved one beside them at this stage of their lives.



One such couple is Margaret & Ken Feben.

Margaret and Ken moved into Ardmillan Place in July last year after living their whole married life in their family home in Reservoir that Ken, a cabinet maker, built himself.

They have four children & eleven grandchildren with whom they are very close & see on a regular basis.

Margaret was always a stay at home mum, looking after the children, running them to sporting activities and sharing the house with her mother, who always lived with the family. The family also took in several teenagers over the years, that were billeted to them from sporting clubs for extended periods of time. One boy actually ended up staying for two years and still keeps in contact with the family.

There were family holidays every Xmas at Narooma on the NSW coast and camping on the river at Echuca each Easter; a tradition still continued by some family members.

In 2014 Margaret & Ken felt that they weren't managing at home and made the decision to move here to Ardmillan Place. In fact, Margaret said, "Instead of getting frustrated at home with what you can no longer do, you need to decide just to be happy where you are and let others help you."

They are both very happy with their decision and their new accommodation. Ken is keeping active by walking for half an hour twice a day while Margaret keeps busy knitting and participating in the exercise classes and other activities on Level 4.

In September this year, Margaret & Ken are looking forward to celebrating 60 years of marriage!



Residents - Joan & Jack Batchelor



Residents - Joan & Brian Corcoran



Autumn Healthcare

Good hygiene is one of the most important ways to help prevent colds and flu (influenza).

Other ways to help prevent flu can include:

- annual flu vaccination
- antiviral medicines, although these are only recommended for preventing flu if you have been exposed to the flu in the previous 48 hours.

Good hygiene includes:

- washing your hands regularly and properly with soap and water, particularly after touching your nose or mouth and before handling food
- sneezing and coughing into tissues then throwing them away immediately and washing your hands
- cleaning surfaces such as your keyboard, telephone and door handles regularly to get rid of germs
- not sharing cups, plates and cutlery
- where you can, avoid sharing towels with other people and throw disposable tissues and paper towels in the bin immediately after using them.

What should I know about the flu vaccine?

The flu vaccine is available for anyone from six months of age. The best time to get the flu shot is early autumn to allow time for your immunity to be strengthened before the flu season (June to September) starts. It is important to have the vaccine each year to continue to be protected because your immunity decreases over time and the flu strains change over time as well.

The flu vaccine is free for the following people:

- anyone aged 65 years and over
- Aboriginal and Torres Strait Islander people from 15 years of age
- pregnant women
- anyone over six months of age with one or more of the following medical conditions:
 - heart disease
 - severe asthma
 - chronic lung condition +
 - chronic illness requiring medical follow-up or hospitalisation in the past year
 - diseases of the nervous system
 - impaired immunity
 - diabetes
- Children aged 6 months to 10 years who are on long-term aspirin therapy.

Sourced from www.healthdirect.gov.au

Autumn Cooking - Easter Recipe

Chocolate bird's nests recipe

Ingredients:

- 200g cooking chocolate buttons
- 1 pkt Chang's crunchy noodles
- 4 tbsp crunchy peanut butter

Method:

Microwave the chocolate in a heat proof bowl for 20 second intervals until it melts.

Stir in the peanut butter and add crunchy noodles and stir until its all coated in chocolate.

Spoon the mixture into patty cases and mould into birds nests with the ends of two teaspoons.

Refrigerate for 1 hour and fill with your favourite mini eggs.





Level 4 East

We are happy to announce that we now have a full occupancy permit for the new wing on Level 4 East with 27 new rooms. We currently have twenty residents in that wing and anticipate that all rooms will be filled over the next few months.

Once again we would like to warmly welcome all new residents and their families and hope that they feel happy and comfortable in their new surroundings.

Visitors Sign In & Out

At this time we would like to remind all new relatives and visitors to ensure that they always sign in and out of the facility in the visitors' book, on the particular wing they are entering.

If a resident is being taken out of their wing, a note must be made in the visitors book with the time the resident left the floor and their expected time of return.

Also, could all visitors please be vigilant when entering or exiting the security doors on each wing and ensure that no residents are following them out of the door without authority.

Staff Gift Policy

In a previous newsletter we discouraged families from giving individual gifts to staff members, instead inviting them to donate to the Staff Christmas Fund.

On behalf of all staff we wish to thank the following families who generously donated in this way.

Their kindness is much appreciated:

Henry Theunissen
Elise Callander
Mary Walker
Joe Favazza

Clothing Labels

To avoid confusion and to enable us to provide an efficient laundry service, residents are required to have all items of clothing clearly labeled.

We suggest the following:

- Families can clearly write the residents name on clothing with a permanent laundry marker
- Families can sew or iron on name labels to residents clothing
- Families can order name labels through Ardmillan Place, which can be put on their clothes. The cost of a pack of 105 labels is \$40.

Please ensure that all residents clothing is named accordingly and if you wish to order labels, please contact Asiye on asiye@marimar.com.au



Joke

Three old ladies are sitting in a cafe, chatting about various things. One lady says, "You know, I'm getting really forgetful. This morning, I was standing at the top of the stairs, and I couldn't remember whether I had just come up or was about to go down."

The second lady says, "You think that's bad? The other day, I was sitting on the edge of my bed, and I couldn't remember whether I was going to bed or had just woken up!"

The third lady smiles smugly. "Well, my memory's just as good as it's always been, knock wood." She taps the table. With a startled look on her face, she asks, "Who's there?"

Activities and Entertainment

St Valentines Day

On St Valentines day special activities were organised for every level.

Some residents were involved in painting or craft activities with Marta, while others were in groups reminiscing about other St Valentines Days gone by.



Morning Melodies

In March – Everybody loves Lucy

Acclaimed Australian theatre star Elise McCann (Mamma Mia, South Pacific) presents a tribute to a true trail-blazer that will entertain young and old and celebrates Lucille Ball's irrepressible spirit.

In April – Close to you

A wonderful tribute featuring five talented singers and musicians performing the hits of duo Karen and Richard Carpenter. Songs include Close to You, We've Only Just Begun, Yesterday Once More and many more



In May – Australian Ballet School

A showcase of the school's remarkable students. Audiences will be thrilled to experience a program inspired by creativity, passion and artistic expression. The first event under the school's new director Lisa Pavane.

In June – Back to Broadway

An exciting young cast of five recall the great era of romantic music, with hits from Irving Berlin and Cole Porter including Annie Get Your Gun, Top Hat, Easter Parade and more.



Easter Sunday Lunch

An Easter Sunday lunch will be held for all residents on Sunday 5th April.

This will include a traditional roast meal accompanied by Easter activities and other goodies.

Special Milestone Birthdays

We have quite a few residents with very special birthdays around this time:

90th Birthdays:

- Don Durham – 18th Feb
- Joan Batchelor – 24th Feb
- Ellen Dillon – 10th March
- Don Stott – 29th March
- Beryl Rogers – 22nd May



80th Birthday:

- Kathleen Flanagan – 1st March