

A Great Place to Live



'EVENTIDINGS'

Issue No 025

WINTER 2020

Welcome to the Winter issue of 'Eventidings'

The COVID-19 pandemic continues to provide challenges each day. We are very pleased to report that Eventide Homes continues to be COVID-19 Free.

Since COVID was declared a Public Health Emergency, I have been privileged to be part of the local Pandemic Agency Group Meeting which has been meeting weekly. This group consists of representatives from Northern Grampians Shire, Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Stawell & Budja Budja Neighbourhood Houses, Pinnacle & Possability Disability Services, DHHS, Primary School 502, Victoria Police and Fairfax Media.

It has been very beneficial for me to be a part of the Community response to COVID-19, working as a team to prevent the spread of this virus throughout our Community.

We have been able to assist each other and share available resources and show the Community that we are all in this together.

I wish to thank all Members of this group for your support and I am sure the Community can be very proud of the figures to date across the Northern Grampians Shire.



We also tune into a weekly ZOOM meeting run by our Peak Body LASA which comprises of up to 50 Managers of Aged Care Facilities in Victoria and Tasmania, all with the same issues and problems that we are facing. We discuss matters such as visitation rulings, flu vaccination requirements, Personal Protective Equipment, Staffing, Mental Health Awareness etc. etc. and also whether other facilities have their hairdresser return yet, which seems to be the most concerning matter at present.

I am pleased to say that following a risk assessment being completed, looks like our hairdressers will be returning next week, which will be a welcome relief for our residents.

Left: Executive team - Catherine Potter, Sue Blakey & Joanne Cross have been extra busy updating Eventide Homes Policies and Procedures.

continued from page 1.

I would like to inform you of updated details of the policy and procedures for visiting loved ones in our residential aged care facility. These have been developed in consultation with a number of parties and under the umbrella of the Federal Government's: "Industry Code for Visiting Residential Aged Care Homes During COVID-19". These processes will continue to be monitored and reviewed as circumstances change. Whilst not perfect, we have endeavoured to balance the risk and safety of the residents and staff with the need to maintain social connectedness during these trying times.

Family and friends can book a face to face visit for up to 2 hours, twice a week. These visits are located in Kingston Lodge, which is in an isolated area of Eventide Homes. Visitors will also be permitted access to resident rooms for Exceptional Circumstances (Compassionate or Palliative Care) and be considered on a case by case basis. In addition, we continue to support and facilitate contact between loved ones using Video Calls such as Skype and Facetime and telephone calls are always welcome.

Life at Eventide Homes has certainly changed in the current circumstances. Given that families were unable to visit, Eventide have found new and innovative ways to keep residents in touch with family and friends, as well as modifying the Activities Calendar to keep residents engaged and happy.

Many residents have happily embraced modern technology to keep in contact. Residents have been amazed to see and talk to their families and often remark on how marvelous it is.

Leisure and Lifestyle have been thinking outside the box to keep spirits up for residents and all staff are working hard to keep things as normal as possible during this tough time. We have had to adapt many of our activities. Face to face religious services are not permitted so they are now viewed virtually which has proved enormously successful. Another highlight has been the Arm Chair travel sessions, Residents have safely travelled to fabulous countries such as England, Italy, Africa, and Egypt.

A Treat Trolley with a rotating menu of Donuts, Cupcakes, Ice-creams and Wine and Cheese was widely welcomed. Connecting with local school children via letter writing, Karaoke in the Carpark was a hit with local performers entertaining Eventide residents with a sing-a-long Karaoke style. An afternoon of fun as Giovanna and participating staff wowed residents with a fun way of fitness 'Zumba'. Virtual Afternoon Concerts, Remote Control Car fun, Extra Art & Craft classes and 'Pop Up' farming and baking video demonstrations.

A project team was set up to renovate Kingston Lodge, an older area of Eventide which was basically used for storage. The area has been transformed with two Lounge Visiting areas, Bathrooms, Laundry and six Resident Rooms. This area may be used to isolate residents who return a positive COVID test, hopefully this area will never be used. We are currently using this area for family visits.

I would like to thank and congratulate all our staff for your dedication and compliance with government COVID rulings and for adapting to all the changes which have been put in place over the last 3 months. A special mention to staff who have put in many extra hours to implement new pandemic plans, policies and systems to keep our residents safe.

Lastly, I would like to thank our residents and your families for being so patient and understanding throughout this time. I am not sure what life will look like into the future, bring on an injection or cure for this disease which has turned all our lives upside down.

Sue Blakey
Chief Executive Officer

School Leavers choose Eventide Homes

Each newsletter we introduce you to many brilliant staff members who work at Eventide Homes.

This edition we are happy to introduce Ned Comitti & Kirby Griffiths.

We caught up with school leavers Ned & Kirby for a few Q's & A's.

Name: Kirby Griffiths

Position: Personal Care Worker

Work Duties: Looking after residents

Duration of Work with Eventide Homes:

3 weeks

Birthplace: Stawell

Education: Third year into Bachelor of Nursing and Paramedicine

Previous Jobs: Life Guard at Stawell Leisure Complex

Most rewarding Aspect of role at Eventide: Bringing a smile to the residents faces especially during such a difficult time

Hobbies: Shopping and playing with my dog Nelly!



Above: Ned with resident Carmel Herson.

Name: Ned Comitti

Position: Personal Care Worker

Work Duties: Resident Care

Duration of Work with Eventide Homes:

3 months

Birthplace: Stawell

Education: Nursing

Previous Jobs: Support Services at Stawell Regional Health and Ballarat Health Services

Most rewarding Aspects of role at Eventide: Getting to know the residents and making their day brighter

Hobbies: Spending time with family & friends

Below: Kirby with resident Rod Tonkin.



“As an aged care employee, you will be one of the most important people in a residents’ life and your team sets the tone and the culture of your workplace – their home”

'Staying Connected'

How to stay connected with Eventide Home residents during the coronavirus pandemic.

Being socially isolated can be extremely tough for older Australians at this time, particularly those living in aged care.

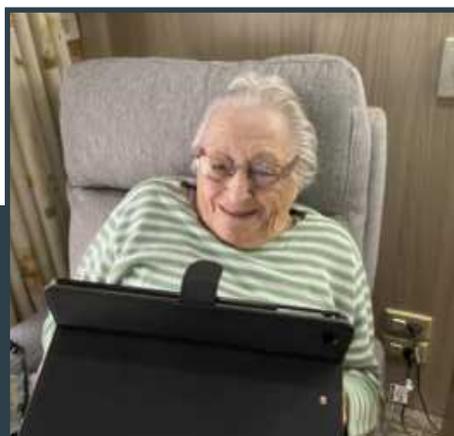
While visiting your friend, family member or neighbour is limited at the moment, there's still plenty you can do to stay connected:

There are so many different ways to video call these days – and they're all fairly simple to use. There's nothing like actually being able to see someone's face when you talk to them. This provides a much-needed connection for residents with their loved ones, and will boost their mood and improve their mental health during this time of restrictions. Residents have readily accepted this method of communication and look forward to each and every video call.

Eventide Homes can help facilitate a video hook-up with your relative or friend between the hours of 10am and 4pm from Monday to Friday. To book an allocated time, call Eventide on (03) 5358 2027.



*Pictured above : Ruth Howard
Below from left: Shirley Rae, Betty Smith & Elaine McCracken.*



'St. Patrick's Day Fun'

If feels like so long ago, a fun afternoon with residents gathered together to celebrate St. Patrick's day. The afternoon commenced with an Irish Blessing read by Marie Kinane (with her beautiful Irish accent) and a short history about St Patrick's Day.

This was followed by a game of Irish Bowls - using potatoes and swede as the jack, Pot of Gold toss and a Rainbow relay.

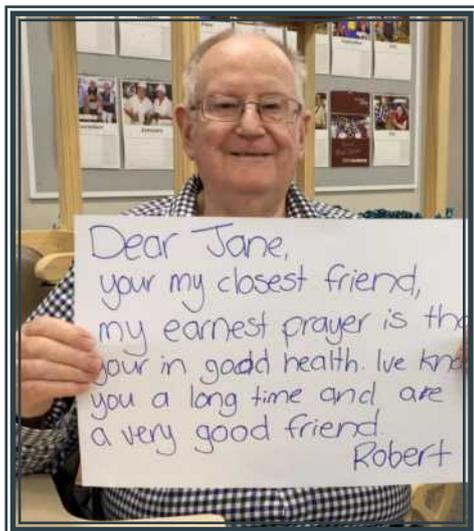
Residents were divided into two teams- The leprechauns and the Shamrocks.

Pictured right: Leisure and Lifestyle Supervisor Grace Rethus and Pat Robson.



*There is always something happening
at Eventide Homes*

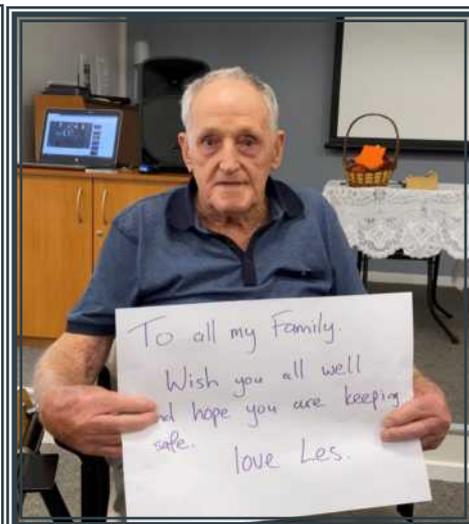
'Family Messages'



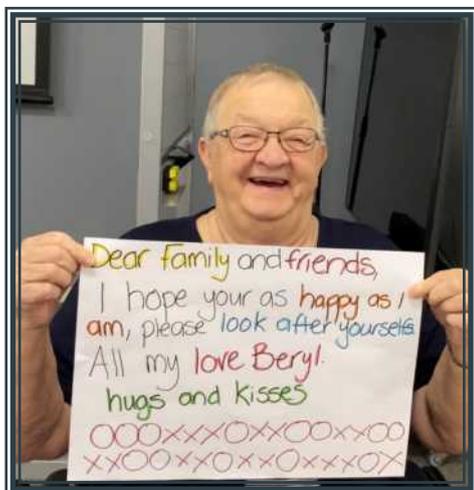
Robert



Lorna



Les



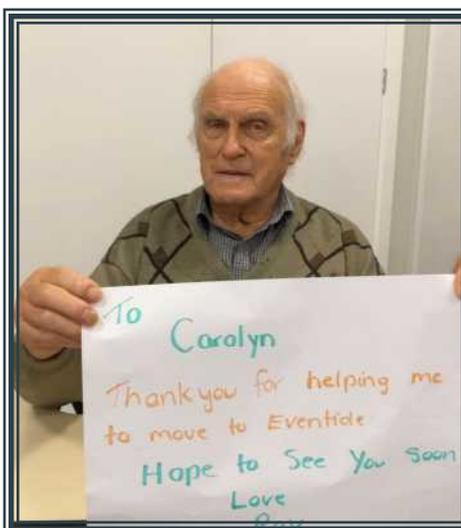
Beryl



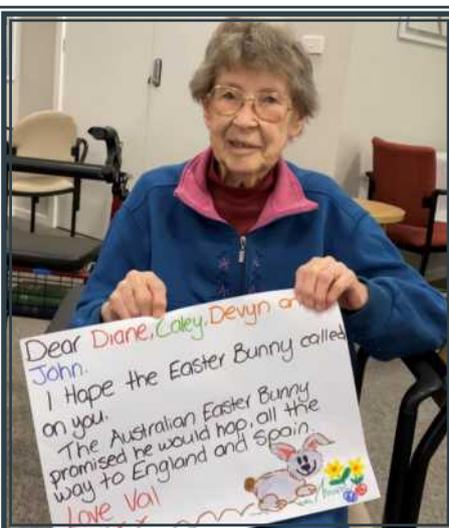
Shirley



Sharyn



Roy



Val



Lorna

'Health Benefits from Gardening'

For many people living in residential aged care, gardening has been an important part of their lifestyle for most of their lives.

Any gardener will tell you that they feel alive, healthy and happy after spending time digging in the dirt, pruning shrubs and picking flowers.

People who have been active outdoors throughout their life, and then have this taken from their daily routines upon entering residential care, can become frustrated, anxious and experience increased stress levels. By participating in regular gardening activities, marked improvements in health and wellbeing for residents are evident, and the flow-on effect from this gentle form of physical activity is of benefit to staff and management of organisations.

Resident Rod Tonkin loves nothing more than spending time in the greenhouse propagating and tending to his plentiful plants. Gardens and floristry have been a huge part of Rod's life since completing studies in Gardening at the Burnley Horticulture School and gaining an apprenticeship in Floristry at the Astor florist. Whilst working at the Astor Florist, Rod was asked to make the wedding bouquets for a college friend, the wedding was to be held at Dunkeld. Rod happily made and delivered the bouquets, and low and behold ended up part of the wedding party when the best man fell ill.

The picturesque town of Dunkeld certainly made an impression, with Rod soon moving to nearby Pomonal and setting up the beautiful Moorillah Gardens Nursery.

Ever since Rod has made Eventide his home, he has transformed and brightened many areas with beautiful plants. Recently Rod was overjoyed to find that a plant he has tended to for many years had flowered, the "Vriesia platynema" is a plant that rarely produces flowers, and this was a first for this plant of twenty years. Looking forward to Spring, Rod plans to commence a gardening program, sharing his knowledge and teaching fellow residents how to propagate and care for the growing plant.

This year, Rod happily made an Anzac wreath on behalf of Eventide Homes. With flowers in short supply this year, flowers and greenery were supplied from staff member's gardens and Rod set to work. The result, a beautiful wreath with a real story. The wreath was placed at the Stawell War Memorial in memory of Australia's Anzac Heroes.



Above: Rod with the rare 'Vriesia platynema'

Below: Grace & Rod setting to work on the Anzac Wreath



Below: The Anzac Wreath placed at the Stawell War Memorial



'Physio News'

Hi all,

As you hopefully are all aware of now, I am the new Physiotherapist here at Stawell Eventide Homes. It has been a pleasure getting to know most of you in the 8 weeks that I have been here so far. I am very grateful for Elizabeth, our Occupational Therapist, and for all the staff who have shown me the ropes of how this facility operates.

I understand the last few months have been pretty horrible for everyone due to the coronavirus lockdown. Not only may it be affecting your mental health, but it may also be taking a toll on your physical health. Perhaps you're staying in your room more than usual, or you're no longer able to go for a walk outside the facility with friends and family; whatever it may be, this pandemic has affected us all differently. So now more than ever it is important to get moving! Regular exercise has been shown to decrease your risk of falls, improve heart and lung health, increase bone density, and boost your mood (and that's not all)!

Elizabeth and I are still conducting our group exercise classes each week. We love to see all of your smiling faces there! Here are the days and times for you to jot down if you like...

- **Seated strengthening class: Monday 11am**
- **Standing balance class: Wednesday 11am**

I'm sad to say it was our last online exercise class last Thursday with Simon (former Physiotherapist at Eventide). I'd like to thank those who participated each week in the classes but also those who entered in the weekly challenges. I believe there are some prizes due to arrive in the mail very shortly for our deserving winners. Top effort everyone!

For those up for an extra challenge, Elizabeth and I are always happy to see you for 1:1 sessions and/or in smaller groups. Whether it be an exercise session, a game or even just a walk and talk, we are here to help you with whatever goals you may have.

Call on myself or Elizabeth if you see us floating down the hall or after an exercise class, otherwise ask a staff member that you would like to see Allied Health.

Ellen

Physiotherapist from Guide Healthcare



Left: Ellen & Margaret Lawson testing reflexes



Right: Occupational Therapist Elizabeth taking a Group Strengthening Session

*There is always something happening
at Eventide Homes*

'Treats on Wheels'



David & Edna



Pat



Phil



Pat



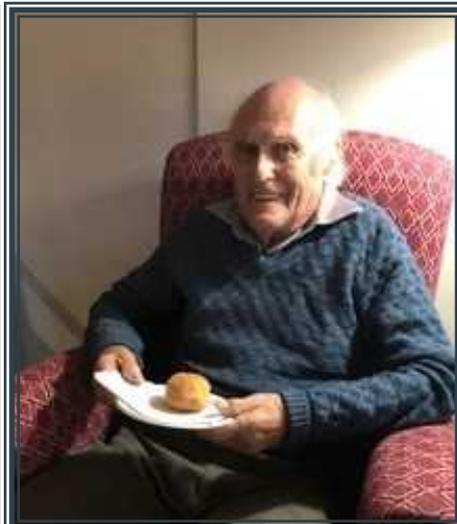
Grace



Merle



June



Roy



Jean

*There is always something happening
at Eventide Homes*

**'Fun Activities
whilst in Iso..'**



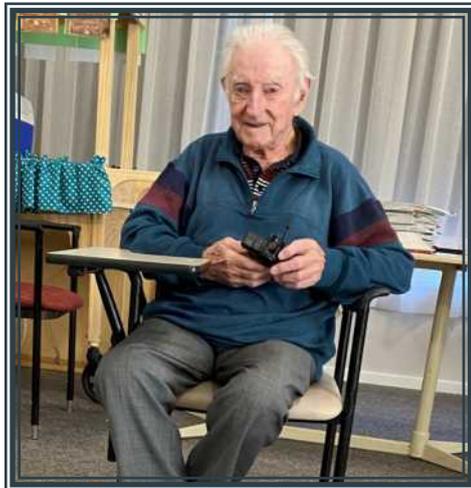
Nancy



Elaine



Lorraine



Geoff



Pat



Clem



Margie



Giovanna & Beth



Mary

'Talking Photo Albums'

We searched long and hard to find our Talking Photo Albums, and our residents are finding them fascinating.

The Talking Photo Albums have proven very popular with residents to 'hear' and 'see' images of their families and loved ones during these past few months.

Families that have participated in sending images and voice messages for the talking albums seem to have enjoyed the creation process and hearing their loved ones talk about reviewing the albums.

It's not too late to send photo's & voice messages for your loved one, our staff enjoy compiling the information ready for residents to view.

**For further information Please call Eventide Homes
Media & Projects Officer on 0428 482 285**



Pictured above : Margot Chapman enjoys hearing her son Stuart 's voice whilst viewing the talking album.

'National Volunteers Week'

Eventide Homes celebrated National Volunteers Week a little differently this year. Residents were happy to catch up with a couple of our regular volunteers via Zoom, but we can not wait until we see all of our wonderful volunteers back at Eventide. You are all very much appreciated and we would like to Thank You for all that you bring to our home.

**Thank You and we look forward
to welcoming our volunteers
back into Eventide once it is safe to do so.**



Pictured from left: Robert Fry, Volunteer catch-up via Zoom, Carmel Phelan

ARE YOU READY FOR FOOTBALL?

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

ADELAIDE CROWS

BRISBANE LIONS

COLLINGWOOD

FOOTY SHOW

GOAL

HAWTHORN

MELBOURNE

PORT ADELAIDE

ST KILDA

UMPIRE

AFL

CARLTON

ESSENDON

FREMANTLE

GOLD COAST SUNS

MCG

NORTH MELBOURNE

RICHMOND

SUPPORTERS

WEST COAST EAGLES WESTERN BULLDOGS

BANNER

CHEER SQUAD

FOOTBALL

GEELONG CATS

GWS GIANTS

MEAT PIE

POINT

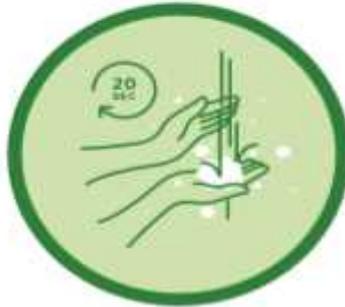
SIREN

SYDNEY SWANS

Protecting you from **Coronavirus.**



PRACTISE PHYSICAL DISTANCING



WASH HANDS REGULARLY WITH SOAP AND WATER



CLEAN SURFACES REGULARLY



COUGH OR SNEEZE INTO YOUR ARM



STAY HOME IF UNWELL AND GET TESTED



DOWNLOAD THE COVIDSAFE APP

BE COVIDSAFE

For more information about Coronavirus (COVID-19), please visit [health.gov.au](https://www.health.gov.au)

