

## EVENTIDINGS SPRING 2020 ISSUE 26

### WELCOME TO THE SPRING EDITION OF EVENTIDINGS



***Well, who would have thought back in March that we would be living through a pandemic to the magnitude of COVID-19.***

And would we believe that we are no longer shaking hands, hugging or making any personal contact with someone outside of our own home. I understand how difficult this is for residents and their families, if only we had an end date.

This pandemic has certainly hit Aged Care hard and my heart goes out to all those facilities who are dealing with outbreaks. From their experiences we can take heed of their learnings and improve the processes we have put in place.

I commend all staff who are keeping up with the ever changing environment and for implementing changes so rapidly. You never know what odd ball might be thrown at us and we need to be ready to respond quickly.

These same staff are also juggling to manage households, kids and trying to keep their families safe and free from this virus.

While it is a difficult and heartbreaking decision as to whether to allow visits, we let our residents or their representatives on their behalf, do the talking. When circumstances change, we undertake a survey to determine what level of visitation is preferred and majority rules.

During our planning for an outbreak, we must consider the rights of the COVID positive resident as well as the right of the COVID negative resident to remain negative, and staff also need to be safeguarded.

We have the privilege of having our isolation area in Kingston Lodge set up in the unfortunate event that we have a positive COVID-19 case here at Eventide.

I must thank our Board of Directors who are totally committed to ensuring that we provide the safest possible environment for all of our residents and staff. The Board has committed additional funds at this time and been very supportive of the resources required to prevent this infectious disease from coming into Eventide. The measures being put into place come at an extra cost.

I also wish to thank Stawell Regional Health and our staff, residents and their families, and the entire Community for your support and positive feedback, it is good to know that you all have our back.

Fortunately, so far, so good, fingers crossed we get through this.

***Please keep washing your hands and wear a mask.***

***We are all in this together, LETS BE, COVID-19 FREE.***

***Sue Blakey  
Chief Executive Officer***



## LEISURE AND LIFESTYLE NEWS



***Almost a month ago I commenced the newly created position of Leisure and Lifestyle Coordinator at Eventide Homes. Originally an Ararat girl, I have spent all of my adult years working in Melbourne. The opportunity to move home and fulfil a role that has so much potential is exciting.***

I look forward to sharing my enthusiasm, knowledge and ideas to expand our existing activity program to include our Retirement Village and Independent Living residents. The inclusion of community within Eventide is an important part of my role, the opportunity to meet and create meaningful relationships with local community groups and community programs will connect and enhance the lives of our residents.

I will also be looking to recruit volunteers of all ages in the coming months, if you are interested, please contact me.

Working closely with Sue, Toni and Cathy, this role will extend into creating the artwork for our Newsletters, Annual Report and photography opportunities. With a background in Graphic Art, Photography and Craft prior to moving into the Aged Care Sector, these skills have already proven positive.

Working closely with our Allied Health team we have recently extended our exercise program, and are looking at other exercise options to implement in the near future.

I would like to thank all at Eventide for such a warm welcome and offer an open invitation to any ideas you may have.

***Pamela Wheeler – Leisure and Lifestyle Coordinator***

## FLUFFY AND BB

Our resident cats Fluffy and BB were born here at Eventide approximately 15 years ago, underneath one of our Retirement Village Units. They were quickly adopted by a resident and soon became great companions. Sadly their owner passed on before they did, but left strict instructions and the means for their care with Eventide. A beautiful cat cage was constructed, and they immediately took to their new surroundings.

They now visit residents in their rooms and spend time in the Glyn Cashin Hall, accepting with love, anyone who's willing to spend time with them. They absolutely love a pat and good brush.

They are vet checked yearly and are very well cared for by our staff member Sheryl and others, who ensure their every need is met. Like our residents both Fluffy and BB also have their own care plans. They are a much loved part of Eventide and bring such joy to all our cat lovers.



## UP COMING EVENTIDE EVENTS

Spring is just around the corner and here at Eventide we are looking forward to all that the season has to offer. The start of the warmer weather, enjoying some sunshine on our faces, the wonderful blooms and new life this time of year brings.

There is also much to celebrate, Fathers Day, AFL Grand Final and the Spring Racing Carnival to name a few. Below you will find a list of some of the up-coming events we will celebrate over the next few months.

Fathers Day (6th September)

Eventide Remembrance Service (21st September – TBC)

AFL Grand Final (TBC)

Annual General Meeting (14th October – TBC)

Oktoberfest (19th October)

Halloween (31st October)

Melbourne Cup (3rd November)

Remembrance Day (11th November)





# CLINICAL CARE UPDATE

The past 5-6 months have been an extremely challenging time for residents, relatives and staff at Eventide Homes.

During our lock down periods residents have had to endure weeks without physical contact with their families and loved ones. We understand this is a difficult time for families and residents. Fortunately many residents have made use of the window visits, skype and face time which they have all enjoyed. Management have employed extra staff to assist with the window visits, skype and face time.

During these challenging times our residents are monitored extremely closely and families are updated frequently with any concerns.

The management team and staff at Eventide have worked extremely hard to ensure all residents are safe, with the implementation of strategies to minimize the risk of COVID-19 entering our facility. Some of these strategies include the use of masks and personal protective equipment, which we have an adequate supply of and daily temperature monitoring for all staff, residents and contractors.

Management are updated daily from the government on the COVID-19 situation and any changes required are implemented in a timely manner. The Department of Health have released a series of COVID-19 training modules which all staff at Eventide have accessed.

Recently management at Eventide Homes made the decision to segregate our Memory support wing Warne House to prevent cross infection. Staff have now been allocated to the Warne area only and do not enter the general hostel.

I continue to have an open door policy which allows residents and families to contact me with any concerns they may have.

On a much brighter note, Eventide Homes have recently employed Pamela Wheeler to enhance our comprehensive Activity Program. Pamela will be responsible in connecting our retirement village residents to residents in our facility and all residents with the community. Pamela plans to bring the community into Eventide Homes and Eventide Homes out into the community when safe to do so. This will allow residents to enjoy a greater presence in the Stawell community.

Eventide Homes has recently been selected to participate in an After Hours Telehealth Pilot Program. This program will allow the clinical team to access after hour's medical advice and primary health care for our residents. The objective of this service is to increase access to timely after hour's medical care which may assist in minimizing hospital admissions and leading to much better outcomes for our residents. All clinical managers and registered nurses will be provided with training prior to the implementation of this program scheduled for 1/9/2020.

Finally I would like to thank all the Staff, residents and families for their ongoing support during these most challenging times.

**Catherine Potter**  
**Clinical and Lifestyle Manager**



## AGED CARE EMPLOYEE DAY

**Friday 7th August, Aged Care Employee Day is an opportunity to celebrate and honour the people who care for and support the older members of our community.**

Thanks for Caring was the theme this year with the call going out to communities across the nation to honour their aged care workers and say **"thanks for caring"**.

Staff at Eventide Homes recognised the day with a 'Casual and Colourful Dress Day'. It was a great way to brighten up the hallways and spirits of both employees and residents.

This Aged Care Employee Day was unlike any other as the role of our Aged Care team during the COVID-19 pandemic has been critical in providing care, support and maintaining social connection for our most vulnerable residents.



## INTERNATIONAL FRIENDSHIP DAY

In 2011 the United Nations introduced the world to International Friendship Day, held on the 30th of July each year. They encouraged communities around the world to observe and honour the day. Over the years this event has become a popular celebration of friendships within many communities and this year Eventide joined in on this celebration. All residents were given a card to write a small note of gratitude to a friend of their choice and small gift bag of lollies to accompany their card. A yummy afternoon tea created the perfect atmosphere to celebrate this special occasion.



## 75TH ANNIVERSARY OF VICTORY IN THE PACIFIC DAY

**Victory in the Pacific Day (VP Day) commemorates Japan's acceptance of the Allied demand for unconditional surrender on 14th August 1945.**

Few words spoken in Australia's history have triggered such spontaneous displays of emotion as the words of Prime Minister Ben Chifley, spoken over the wireless on the morning of 15 August 1945, declaring an end to World War II.

The day this conflict ended is remembered for its scenes of jubilation in cities and towns around the world. Cameramen recorded thousands of people pouring onto the streets, cheering, hugging and kissing, singing and dancing, waving flags proclaiming the simple messages of VICTORY and PEACE.

On Saturday 15th August in the Glyn Cashin Hall, Eventide's Residents were invited to a commemorative broadcast to mark the 75th anniversary of Victory in the Pacific Day. All were welcomed to join in remembrance to honour and give thanks to Australia's World War II Veterans.



## INDOOR GOLF

Recently our residents have taken up Indoor Golf again. With the donation of 2 putters and a good supply of golf balls from a couple of local Chalambar Golf Club Members, the residents show no signs of little practice.

The good natured competition is heating up and plenty of encouragement is heard from the sidelines, with lots of cheering and admiration towards some outstanding putting.

We are in the process of sourcing a weekly trophy the winner will hold and return the following week to defend their title and continued bragging rights.



## ARARAT LEGACY CLUB DONATION

Resident Merle Mason has just received a new electric chair and walker and she is very grateful to the Ararat Legacy Club for making this happen.

Merle, who has been a war widow since 1981 and up to 12 months ago lived independently in her home in Stawell, realised that she needed to make the transition to residential care and now calls Eventide home.

Prior to the current Coronavirus lock down, Ararat Legacy had planned for Merle to be assessed for a new electric chair. A physiotherapy report and doctors' referral had also been completed. However with the shutdown this was all put on hold. In July, Legatee Rosemary Perry, realising the shutdown was going to continue, pro-actively worked with Eventide Homes and Ballarat OT Service and the Department of Veteran Affairs funded electric chair, plus a new lightweight walker was delivered to Eventide. The new chair and walker were quarantined to satisfy the quarantine requirements and were recently delivered to Merle.

Merle was delighted to receive the new equipment and now has mastered both her electric chair and walker and said: "I would like to thank Ararat Legacy, the Ballarat OT Service and the Eventide Homes for arranging the delivery. Both the chair and walker already has helped my mobility around my room and my daily walks down the passage. I particularly thank my wonderful Legatee Rosemary Perry; she has always been such a great support to me at home and now here. I have been so blessed to have her and prior I was fortunate to have the late Legatee Dave Rudolph, both great servants of Ararat Legacy Club."



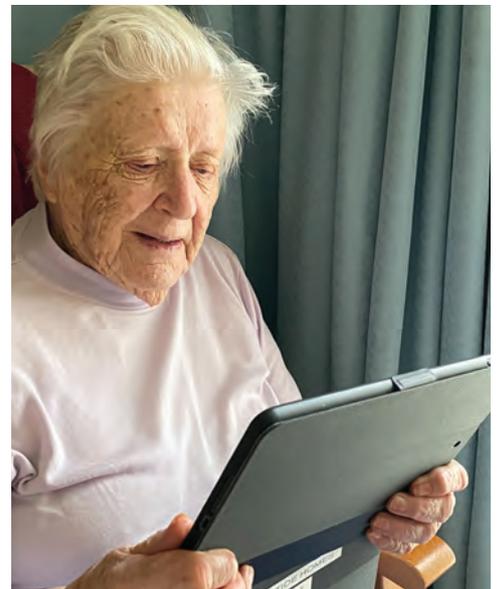
## STAWELL GOLD MINES GRANT

Eventide Homes were thrilled to receive a Community Grant from Stawell Gold Mines towards the purchase of iPads for video communication between residents and family and friends.

CEO Sue Blakey said "We have residents who are family members, separated from each other in isolated areas, but are keeping in contact each day with each other via facetime messaging. Residents have quickly adapted to video calls and look forward to chatting to family and friends, and they especially like being able to see their loved one's faces."

Family members have made the most of iPad communications, chatting with residents via facetime, skype or zoom and some families also sending images through dropbox which enables residents to view images and movies of loved ones in their own room on a large TV via the iPad.

We would like to express our gratitude to the Stawell Gold Mines Community Grants Committee for their generosity in contributing to this project.



## EVENTIDE ARMCHAIR TRAVEL

Armchair travel has taken our residents to many amazing far away places over the past few months. Most recently the residents have travelled to Turkey, Scandinavia, New Zealand, Norfolk Island, viewed the Southern Lights, and walked Disneyland twice.

Residents have enjoyed informative talks from a variety of staff members about their home towns, taken a history lesson on the convict past of Norfolk Island and taste tested a delicious range of foods from all over the world. They have walked many a mile without moving from their chairs.

Residents look forward to their weekly armchair travel sessions and enjoy contributing with their own travel experiences from the places they have visited.



## PHOTO GALLERY



*Elaine McCracken loves to keep busy, moving her way through various jigsaw puzzles or putting her hand towards colouring, she always has something on the go.*



*Robert Cresswell was set a challenge this week and as you can see he has passed with flying colours. Robert constructed this model aeroplane from a balsa wood kit, complete with solar energy panels used to generate the propeller. We are now just waiting for some sunshine.*

## MAKE AND CREATE

With Spring just around the corner we decided to get a little creative using this theme to decorate and colour bookmarks for those days when we can again sit outside in the sunshine with a good book. Our residents enjoyed the bright spring colours used to fill in their flowers, choosing coloured card and ribbon to complement their finished designs.



## ART CLASSES

Lorna McLeod and Susan Burkhill both love their weekly art classes and have produced some wonderful work.





# THE CORONAVIRUS

"The Coronavirus", what a cruel and horrible thing,  
It's like winter all year around, not a hint of Spring,  
We are letting it get to us, it's growing like a tumour,  
I don't hear any singing, and we've lost our sense of humour.

No laughter is heard now, there's no cuddling or kissing,  
There is no doubt about it, the fruits of life are missing,  
So let's do something about it, let's take it on the chin,  
Do what the Minister tells us to do, then we'll surely win.

We will win this fight, and there will surely be a tomorrow,  
Then we can start mending the hearts, that are so full of sorrow,  
There will be music and laughter again, it'll be like a flag unfurled,  
Not only in Australia, but all over the whole darn world.

**Harold Blake – Author**



## # WHAT WE NEED TO DO

Eventide Homes residents and staff were happy to get on board and spread the message with Neil Mitchell's 3AW #WhatWeNeedToDo Campaign.

Visit the Eventides Homes Facebook page to view our video at <https://www.facebook.com/eventidehomes/>



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