

## EVENTIDINGS

SUMMER 2020 ISSUE 27

### WELCOME TO THE SUMMER EDITION OF EVENTIDINGS



***As the year draws to an end, I feel thankful that residents have finally been reconnected with their loved ones.***

I need to thank you all for your patience and understanding of the strict visitor rulings we had to enforce throughout the year. I also wish to thank our amazing staff for your dedication, wearing masks and goggles or face shields while at work is no comfortable feat and you all willingly complied with these regulations.

Thank you all so much for your support and respect, by working together we have been able to keep Eventide COVID-19 free.

It is starting to look a lot like Christmas here at Eventide. The decorations are emerging out of storage from the shipping containers, brightening up the corridors and communal areas.

Christmas events will still be undertaken, but on a smaller scale this year.

I will be happy to say goodbye to 2020 and bring in the new year 2021. We look forward to welcoming back all our volunteers in the New Year and return to some form of normality here at Eventide.

For those staff who are taking leave, I wish you a relaxing "well earned" break. It's been one hell of a year.

I wish you all a joyful, fun Christmas, stay safe everyone and remember to wash those hands, wear your mask when indoors and keep your 1.5 metre distance.

**Sue Blakey**  
**Chief Executive Officer**



## VISITOR INFORMATION

### ***Implementation of a new visitor booking system***

Eventide Homes has implemented Zipline, a digital visitor booking and check-in system. The Zipline system will log each individual's entry and exit of a site, and allow quick identification of effected individual's via contact tracing, if required. Visitor booking and check-in is compulsory and enforced until further notice.

- All visitors are required to schedule their visits in advance to prevent overcrowding of each area.

- Entry to our facility is limited to reception area for entry and exit points where Zipline and temperature scanning station has been set up.
- To schedule a visit to Eventide Homes, please fill in the details following this link [zipline.app](https://zipline.app) on your mobile device
- In addition, all visitors must comply with our active screening process, which includes temperature checking and questions regarding any respiratory symptoms.

## LEISURE AND LIFESTYLE NEWS



**It has been wonderful to see the COVID 19 government regulations within Regional Victoria and Melbourne relaxed. This has meant that for all of you, visits to and from your loves ones have increased and are available to you within your own rooms.**

This step will also open the doors for other opportunities including bus trips, which we started last month. Residents are unable to get off the bus at this stage, but they do still get to enjoy an ice-cream or treat of some description.

Our external entertainers, such as Kerry Wilson and her team from the Stawell Senior Citizens have continued to provide us with entertainment through the dining room windows. Last month Susan Pearse from the Uniting Church conducted a communion service for us in the Glyn Cashin Hall. We have celebrated many different events over the past few months which you will see as you flick through the pages of this newsletter.

Last month we took a photography tour through Namibia Africa, experiencing the stories behind the photographs as we moved across the vast and changing landscapes of Namibia, meet the Himba people and witness the majestic and magical animals in their natural environment.

Lifestyle have been working closely with Rev Susan Pearse from the Uniting Church to create further connections and build on existing formats ensuring all residents continue to have the emotional and spiritual nourishment they require.

Our regular activity programs continue to grow as we work through ways of improving the things we do. We are excited about the wonderful craft that's being produced by our residents. With Christmas coming up we have some clever projects to decorate the rooms of Eventide.

I am really excited to announce that Dee Strachan has been appointed our new Lifestyle Assistant role and will be starting full-time in the new year. Dee will bring with her many new and innovative ideas and we look forward to having her on board in this capacity.

We will continue to plan and build our activity programs and take every opportunity to make it the best we can.

I wish you all a very Merry and Safe Christmas and look forward to a New Year that enables us to welcome back our volunteers and get our residents out and about on a regular basis.

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

## RIP FLUFFY

Our Pet Therapy sessions continue to be a big part of each week. Sadly we are all mourning the loss of the star of our Pet Therapy sessions, the beautiful Fluffy who passed away peacefully a few months ago. He is greatly missed, both BB and Fluffy have been an important and loved part of Eventide for around 15 years. Born within the facility grounds, Fluffy has shared his unconditional love, comfort and warmth with many past and present residents. May his loving soul and sweet nature RIP.



## UP COMING EVENTIDE EVENTS

The next few weeks will prove to be a busy time for all our Eventide residents. With families now able to visit, within government guidelines, the spirits of our residents has notably shifted and a new buzz of excitement whispers around our corridors. Its lovely to see families reconnect after what has been a difficult year for many. We are all looking forward to a little Christmas spirit and celebration.

Below you will find a list of some of the Christmas events we have added to our activity calendar for December.

Carpark Christmas Carols with Kerry (14th December)  
Retirement Living Residents Christmas BBQ (15th December)  
Hostel Christmas Lunch (16th December)  
Uniting Church Christmas Service (16th December)  
The Big Christmas Sign-a-long (17th December)  
Compton Sisters (21st December)  
Hostel Christmas Day Lunch (25th December)



# CLINICAL CARE UPDATE

Firstly I would like to congratulate all the residents, relatives, friends and staff for your patience during the past 8 months. It has been an extremely difficult time for everyone however there is light at the end of the tunnel with the easing of restrictions due to decreased COVID-19 numbers.

Residents have been having visits recently from families and friends at Eventide in their room or Kingston lodge. Visitors must continue to wear masks during the visits with residents and adhere to government rules including social distancing to keep us all safe.

With the easing of restrictions the activity team have been able to offer more bus trips for residents and residents can also go home for up to 8 hours with family providing they adhere to government rules while out, which includes wearing a face mask and social distancing.

As we are all aware Australians living in aged care facilities are among the most vulnerable to becoming seriously unwell if they contract the COVID-19 virus. Stopping this virus entering aged care facilities is a high priority. To assist this sector the government has expanded capacity for testing of asymptomatic aged care workers. This testing

will provide health authorities and aged care facilities the chance to identify people with COVID-19 who are working in aged care before they appear unwell or exhibit symptoms which will assist with stopping the spread of this virus. The first round of staff testing at Eventide Homes will be this month and will be conducted on a monthly basis.

Eventide Homes is proud to have remained COVID-19 free during this pandemic and plans to remain COVID-19 free.

Recently Eventide Homes secured some funding to have a social worker visit weekly to meet with our residents. This is a fantastic service and great opportunity for residents to speak openly in a confidential space when they have concerns or just need to talk to someone. Some residents have already made use of this service and the feedback has been extremely positive.

I look forward to Christmas celebrations at Eventide and ask you all to remain compliant with the government regulations regarding COVID-19 so we can all enjoy the upcoming celebrations and remain safe.

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



## EVENTIDE CHANNELS

The recent launch of our In-Room TV Channel and Digital Information Display has been a perfect opportunity to streamline and improve communication with our residents.

Both Information and movies delivered direct to each resident's room via NEW channels Eventide Homes 101 and Eventide Homes 102.

Residents can check out the daily menu, see what activities are on offer and enjoy movies around the clock. The new information rotating display has been a fantastic tool to inform residents of the ever changing COVID-19 restrictions.



## EVENTIDE HOMES 2021 CALENDAR

We have been working hard to bring you our Eventide Homes 2021 Calendar and we are delighted to let you know it is on its way. This years theme is based around all of our residents who will individually feature in the month of their birth. We are excited to see the finished product and look forward to our residents being able to share it with their family and friends. Stay tuned and we hope you will be just as delighted with the end product as we are.

**EVENTIDE HOMES**  
**2021 CALENDAR**  
**COMING SOON**



## CARPARK KARAOKE

Its been lovely for our residents to enjoy a consistent monthly Carpark Karaoke session with Kerry Wilson and her team from the Stawell Senior Citizens. They have battled through all sorts of weather, with a "the show must go on" attitude and we are extremely grateful for all the hard work they have put into entertaining our residents. This week we had a Christmas themed show which has set the ball rolling for all our Christmas events that will be happening over the next few weeks. We look forward to having Kerry and team back again next year.



## FATHER'S DAY

Father's Day turned out to be a real treat for all our men. We held a special BBQ cooked for us by Richard Blakey who donated his time to cook up a storm. With Eventide in strict lock-down during this time and our men not being able to see their loved ones, we did our best to serve up a lunch and a beer or two that would take their minds off missing their families. Never quite the same as being with family they did enjoy their day and a small token gift of a pair of socks to make them feel like they weren't missing out on too much.



## ALLIED HEALTH

**Our Allied health team consists of Elizabeth and Grace who are both Occupational Therapists. We farewelled Ellen (our former physiotherapist) with a heavy heart but we wish her well as she pursues her career goals in Albury. We are very fortunate to welcome Grace our new passionate Occupational Therapist, on-board with us this November.**

Grace has thoroughly enjoyed getting to know each of you thus far and conveys her gratitude for making her feel so welcome. Grace would also like to thank Elizabeth and the staff for making her feel very welcome, continuing to answer her questions and guiding her in the right direction. Grace enjoys seeing all of your happy, smiling faces throughout the week and particularly during exercise classes.

Together, our allied health team have been able to continue providing exercise classes:

**Monday:** Seated Exercise Class (Main Activity Hall)

**Wednesday:** Balance Exercise Class (Main Activity Hall)

**Thursday:** Mindfulness Meditation (Grampians Chapel)

**Friday:** Dementia Wing Exercise Class (Warne House)

We also have been able to continue providing pain management interventions and individual rehab and re-enablement programs for Residents.

Our highlight for this quarter was our cross site completion, Guide Tokyo Marathon, 2020. During the month of October residents had the opportunity to participate in the Tokyo Marathon which was run by our Guide Healthcare Occupational Therapists. The aim of the Tokyo Marathon

was to encourage residents to get up and get moving during the lock down periods.

The residents walked a total of 142kms over 30 days which is an outstanding effort from everybody involved. In total, residents completed over 3 full marathons!

Some of our top performers during the marathon were: Geoff Air who walked a total of 70.2kms, followed by Sandra Fischer who walked 12.7kms, Elsie Dalton with 10.3kms, Sue Burhill with 6.3kms, Pam Perry with 5.7kms, Pat Owen with 4.6kms and Robert Creswell with 4.5kms.

The residents who were most consistent with their walking were Geoff Air, Sandra Fischer, Robert Creswell, Elsie Dalton and Sue Burhill.

To celebrate their efforts throughout the month we celebrated with an afternoon tea in the Bill Crow courtyard.

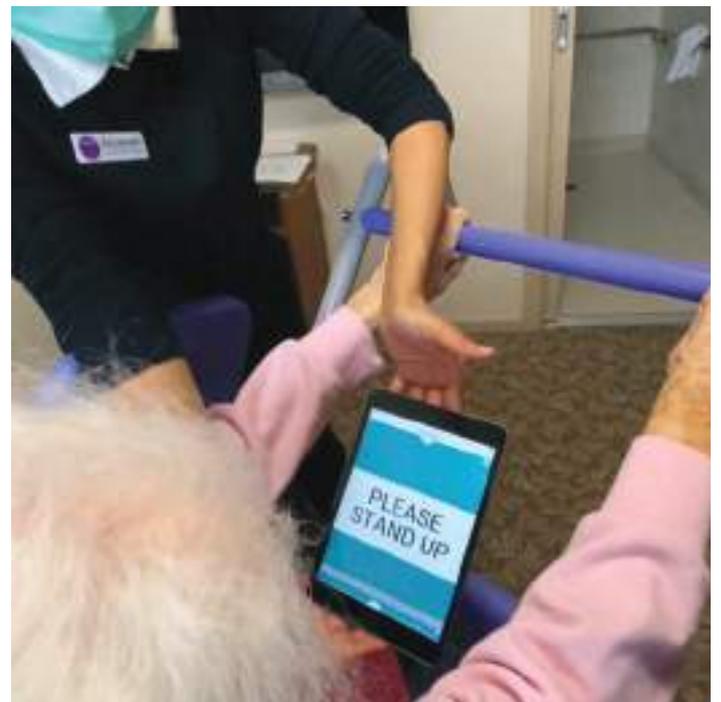
### ***Congratulations to all involved!***

We also are so excited that our 'Guide Healthcare Allied Health Team with Eventide Homes' have won the innovAGEING National Awards, a platform that encourages innovation and quality care in Aged care. This is a recognition for the collaborative efforts by Elizabeth and Simon (Guide Healthcare Director) in creating an App named 'Care card App', for improving communication and experience of Residents with profound hearing deficits.

Our Allied Health team also has exciting plans for the next quarter. We are looking forward to implementing them with you.



### ***Elizabeth and Grace***



## AFL GRAND FINAL

What a great lead up to this years 2020 AFL Grand Final. Eventide held a Saturday lunch BBQ complete with decorations for which ever side you choose to follow on the day. Our Volunteer Ron cooked up a treat on the BBQ and the kitchen complimented it with a menu enjoyed by all. For those who follow Richmond and managed to stay up late for the Grand Final, it was certainly a game that had you sitting on the edge of your bed and a happy ending.



## AGM

In light of the potential health risks and the Government restrictions imposed in response to the COVID-19 pandemic, our AGM was held online via zoom webinar.

A different experience for all of us this year, with residents viewing the AGM live in the comfort of their own rooms, enabled by our new exclusive Eventide channel.



## NATIONAL INNOVAGEING AWARD

Eventide Homes and Guide were recently awarded the National InnovAGEING Award for 'Enhancing Consumer Experience' with an innovative Care Card App to help improve the lives of many residents living in aged care.

After months of development, perfecting, enhancing and collaboration between Guide Director Simon and Eventide Homes Occupational Therapist Elizabeth, with Elizabeth creating all of the messaging on the cards and provided invaluable creative feedback during development and Simon developing and designing the App itself until finally the App was launched!

Elizabeth originally pitched the idea for the cards she had developed to support a resident at Eventide with hearing difficulties. This led to Simon having one of his grand ideas of how this could be creatively innovated to reach more people, quicker and more effectively... thus the idea of an App was born.

To go on to be recognised as a finalist in the InnovAGEING National Awards for the Enhancing Consumer Experience category seemed amazing enough and then... WE WON!

What a testament to the creativity and drive to improve the lives of our residents that is only possible through the shared values and support of Eventide and Guide.

Well Done and Congratulations Simon and Elizabeth.

\*The App is currently only available on Android devices but will hopefully be available to iOS devices soon. All for free.

## MAKE AND CREATE

Make and Create continues to be a favourite amongst our residents and with Christmas not too far away we have been busy creating Christmas decorations for their rooms. Its fantastic to see the finished product of each project completed and the sense of achievement as residents add finishing touches to their individual projects.

Prior to Christmas residents spent time creating something special, wooden flowers, a keepsake from the older generation to the little people in their lives. Next year we have some great ideas to keep them all busy and we look forward to building our creative genre to include different areas of interest to suit all residents abilities.



## WARNE HOUSE CHRISTMAS DECORATIONS

Warne House residents enjoy the spirit of Christmas and are always willing to lend a hand with the decorating of their area. Its a wonderful time of the year for all of our residents and we look forward to seeing them celebrate this special time with their families and friends. I think we have all learnt a lot about how lucky we really are this year and how much more the little things matter.



# MELBOURNE CUP LUNCHEON AND OAKS DAY HIGH TEA

What a busy few weeks of socialising we have had over the past few months. The Spring Carnival offered us a chance to dress up, wear a hat and enjoy a small glass of champagne. What a great few days it was and didn't our ladies look lovely. A little bet on the Melbourne Cup at our special lunch, and a little more betting at our Ladies Oaks Day held in the Glyn Cashin Hall. We had best dressed and of course best hat, followed by a beautiful High Tea made in our very own kitchen.



## REMEMBRANCE DAY

Remembrance Day falls on the 11th of November each year. On the 11th hour on the 11th day of the 11th month, a minutes silence is observed and dedicated to those soldiers who died fighting to protect the nation.

In Australia and other allied countries, the 11th of November became known as Armistice Day. A day to remember those who died in World War One. After World War Two, the Australian Government agreed to the United Kingdom's proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.

This year Eventide held its own Remembrance Memorial Service. We were very grateful, because of the easing of restrictions, we were able to invite the President of the Stawell RSL Mr Graeme Cox and Des Leonard to open our Memorial Service. After their opening we streamed live to the Melbourne Shrine's Remembrance Service to complete the formal part of the ceremony and concluded with a special morning tea.

We sincerely thank Graeme and Des for the time they took out of their busy morning to join us for our Memorial Service. Our residents enjoyed the opportunity of having visitors once again.



## ALLIED HEALTH EXERCISE PROGRAMS

The Allied Health team continue to support our Leisure and Lifestyle program with their Seated Exercise and Balance Classes, and the recently added Mindfulness Class. Numbers continue to increase and its not hard to tell how much our residents enjoy this activity. Elizabeth and Grace do an amazing job supporting and encouraging our residents to participate and improve. Exercise is great for our physical and mental health and such an important part of our regular activity program.



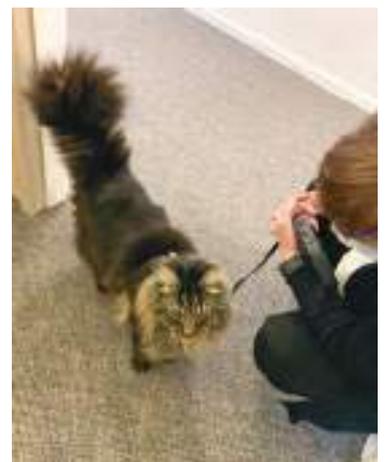
## BACK ON THE BUS

Over the past few weeks we have been able to offer our residents a short local bus trip to such destinations as Halls Gap, Pomonal, the wheat solos in Rupanyup and a tour for the men of the local harvest areas. Unfortunately, residents are unable to get off the bus at this stage, but they do still get to enjoy an ice-cream or treat of some description and a little sight seeing tour of their local areas. A welcome relief from their current surroundings and a noticeable difference in wellbeing on their return back to Eventide. Like all of us the opportunity to see our loved ones in person and to be able to get out and about again puts a big smile on our faces.



## MEET INDY

Eventide would like to introduce you to their new Pet Therapy Cat "Indy" who recently moved into the Bill Crow courtyard. Indy is a male Norwegian Forest Cat who has lived in Melbourne as a very loved indoor cat for over 12 years. He has taken to his new home well and has won the hearts of many of our residents. His new friends (residents and staff) continually stop to pat, chat and check on him when enjoying the sunshine in the courtyard. He just loves all the attention, giving cuddles and being spoilt. Indy has a very loving personality and a loud purr. Now that he has settled in he has started to spend time with our Warne House residents. The smiles he brings to their faces is just lovely. Indy has a harness and lead and loves to wonder the corridors seeking out his new friends and doing a little dusting with his magnificent tail along the way.



## TAKE-A-WAY TUESDAY

Take-a-way Tuesday was an initiative created by then Food Services Supervisor Andrea and the staff in our kitchen. It has been a great success over lock down. Over the past months the kitchen has created a dining experience for our residents that has looked and tasted just like a real take-a-way meal. The Lifestyle team have added to the experience with table decorations, creating an atmosphere as close as possible to the experience we would all have in the outside world.

Over the past few months residents have had Hamburgers, Pizzas and Nachos. Our latest take-a-way experience was Kentucky Fried Chicken. The kitchen excelled in creating an almost identical piece of chicken (Eventides very special and well researched recipe). With all the secret herbs and spices, the outcome was sensational. Not to forget the coleslaw, potato and gravy or chips if preferred, all washed down with soft drink or ice-cream. The feed back from our residents was wonderful, bringing back many memories of the special treat this once was for their families.

A very big thank you to the actual Ararat Kentucky Fried Chicken store that donated original KFC hand wipes and containers to use as table decorations enhancing our residents experience.





# MEN'S GARDENING GROUP

Its great to see that with the warmer weather comes some heart felt enthusiasm for our men to get back out into the garden. There's been quite a bit of pruning and replanting happening in the Bill Crow Courtyard over the past few months and its starting to look very pretty.

A call out to our women gardeners who have also been lending a hand keeping our gardens looking good too.

Eventide has plans to re-establish a Vegetable Garden in the near future and we are hoping that our men with their green fingers can help get it established. We will be looking out for volunteers to lead the way, so stay tuned and if your have knowledge to share in this area we would love to hear from you.



## SERVICE OF REMEMBRANCE

Recently residents farewelled those who have passed away over the past 12 months with a Service of Remembrance.

Reverend Susan Pearse from the Stawell Uniting Church hosted a touching service in the Glyn Cashin Hall enabling residents and families the opportunity to reflect and farewell loved ones.

Families and friends linked into the memorial service via zoom webinar.

You can view a recording of the Service of Remembrance on the on-line version of this edition of Eventidings Newsletter via the Newsletter link on our website.



Please note that for privacy and family consents, not all of our past residents feature here. We acknowledge and respect their time with us at Eventide.