

## EVENTIDINGS

AUTUMN 2021 ISSUE 28

### WELCOME TO THE AUTUMN EDITION OF EVENTIDINGS



#### ***Well it all seems to be happening in aged care at the moment.***

The Covid-19 Vaccine first phase rolled out last week and majority of residents have indicated they look forward to having the vaccine. Consent forms have been forwarded this week to either residents or their family representative. Information will be provided once we have a confirmed vaccination date for Eventide.

Catherine Potter has officially been declared the RN Clinical Lead for the vaccination process for residents and staff.

The much-anticipated Australian Aged Care Collaboration's campaign – 'It's time to care about aged care' was launched this week.

There has been significant media coverage and stakeholders of Eventide have been encouraged to share on social media and to fill out the petition.

The goal in the short term is to prompt the Federal Government to commit to major reform of the aged care system, beginning with the May 2021 Federal Budget. The long-term vision is to achieve a sustainable, world-class aged care system that enables all older Australians, and those who care for them, to be valued, have choice and lead a meaningful life.

The Royal Commission Final Report was released this week containing 148 recommendations, hopefully these will provide future direction towards an improved aged care system for our current and future residents. Please visit: <https://agedcare.royalcommission.gov.au/publications/final-report>. To view a Summary of the Final Report, List of Recommendations, download or order a hard copy of the Final Report.

Covid-19 – We have no restrictions on visitors here at Eventide at the moment, which is very pleasing. I must thank all residents, families, staff and volunteers for your understanding of the ever changing situations over the last 12 months. The pandemic hasn't gone away, but I think we have come to terms with what is required to manage the situation.

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

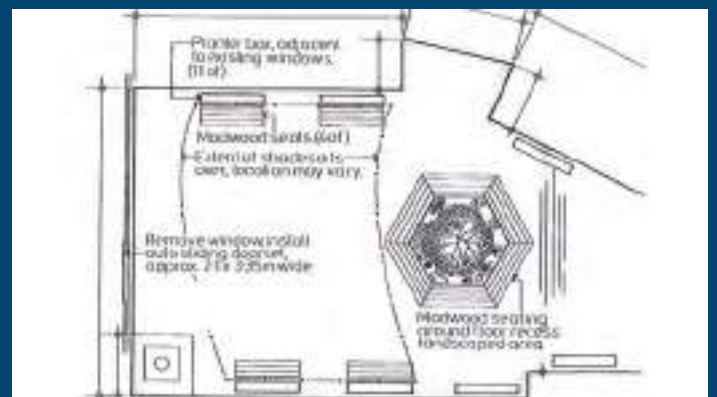


## NEW INTERNAL DECKED COURTYARD

Residents will soon be enjoying a new internal decked courtyard. The construction for this project will commence in the next few weeks.

The courtyard will be accessible from both the Cashin house walkway and Glyn Cashin Hall foyer.

Landscaped with central built-in seating and awnings it will be a great area for family visits and for residents to relax.



## LEISURE AND LIFESTYLE NEWS



***The start to 2021 has shown much promise as we continue to expand our weekly activity calendars, welcome back some of our volunteers and work towards building relationships within Eventide and out in the community.***

Our list of ideas is growing and its fantastic to be in a position where we can introduce many of the things we have been working on over the past few months.

Our Independent Living Units were invited to help celebrate Australia Day in the Bill Crow Courtyard along with our Hostel Residents. The feedback was fantastic, our ILU's loved the meal, decorations and atmosphere. It was also a welcome opportunity to chat about future activity programs and ideas they may like to implement moving forward.

I am excited about working closely with our ILU's, welcoming them back into our facility, creating new experiences and opportunities to enhance and include them as part of the Eventide Community in a valued capacity once again.

Over the past month we have had the opportunity to welcome back some old favourites to our facility. The Compton Sisters performed a stunning concert in the Glyn Cashin Hall, our residents gained some valuable information on a Heat Health session run by Ambulance Victoria and we have welcomed back Dianne Stewart's Choir classes which have been a huge success. This month we were able to pull out the paint brushes and get artistic again with the Pomonal Art Group who have been really missed.

We continue to offer our residents connections to friends and family via our iPad system which remains a critical support to maintaining social connection for some residents and families. It's been wonderful to see visiting restrictions continue to ease and to hear the laughter of children now able to visit the very special people in their lives.

We will continue to get all our residents out and about as much as possible and look forward to being able to welcome back more of our volunteers and helpers. We will continue to forward plan and build our activity programs to suit the circumstances surrounding us and will take every opportunity to make it the best we can to create safe and exciting experiences for our residents and their families.

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

## COMPTON SISTERS

Our residents have loved having the Compton Sisters perform for us over the past few months. Its been a special treat to be in a position to welcome them back on a regular basis. Both the Hostel and Warne House residents enjoy the charm these young and very talented performers bring to our stage in the Glyn Cashin Hall.



## AMBULANCE VICTORIA

Our Independent Living Units were invited to join in the Glyn Cashin Hall for a very informative Heat Health Session run by the Ambulance Victoria Team. This was followed by a Question and Answer forum and Afternoon Tea.

Following the success of this information session we organised another session to be held after the ILU's General Meeting in the Kingston Lodge Community Hall, covering not only Heat Health, but Call Push Shock, followed by the opportunity for ILU's to participate in an open forum. This session was run by our local Ambulance Victoria member and he was happy to sit and chat to our ILU's on any health subject or questions they may have had about Ambulance Victoria.





***Eventide Homes continues to be Covid-19 free during this pandemic which has been extremely comforting for staff, residents and relatives, this is due to the vigilance of all involved.***

Thank you all again for your understanding, patience and compliance with the most recent snap lock down imposed by the government. Staff and visitors at Eventide must continue to wear face masks for the safety of the facility and residents. The Department of Health continue to message Eventide Homes daily to keep us all informed of the changes occurring related to Covid-19.

High on the agenda over the next few weeks/months is the planning and delivery of the Covid-19 vaccinations. A working group has been established to ensure the safe delivery of the vaccine when it becomes available. All residents and relatives will be provided with the information required regarding the Covid-19 vaccine to assist with informed consent. On Tuesday 23rd February

from 11.30am to 12.30pm in the Glyn Cashin Hall, Eventide Homes tuned into a informative Government webinar which was created to support residents in the decision making process regarding the Covid-19 vaccination.

Recently Eventide Homes was visited by Ambulance Victoria for an information session on the heat and how to avoid sun stroke which was very informative and beneficial during this warmer weather. Several of the Independent living residents attended this session which they all enjoyed.

Work safe visited Eventide Homes early in the year for an audit on the work that has been completed at Eventide relating to Covid-19. Work safe provided a report following the visit which was extremely complimentary and reassuring for management, staff and residents.

The next few weeks will be extremely busy with the roll out of the Covid-19 vaccinations however my door is always open for residents and relatives regarding any concerns they may have.

Remember to stay safe and comply with government guidelines relating to Covid-19 for the benefit of the Stawell community.

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



## EVENTIDES 2021 CALENDAR

Our 2021 calendar has been a huge success. All residents had the opportunity to participate and we ran a few photography shoots to try and capture the true essence of each resident who wished to participate. It served a dual purpose and framed prints of each resident became a gift from Eventide for Christmas. There are only a few calendars left so if you haven't received yours, they can still be purchased from reception.





## QUIETLY CELEBRATING 103 YEARS YOUNG

On January 28th our very own Marjory Dyson celebrated her 103rd Birthday. And she will quickly tell you its good genes and fresh food, that has enabled her to live to celebrate her 103rd birthday.

At Eventide Homes you can find Marjorie wandering the corridors chatting to staff and other residents, her memories of her life still clear in her mind.

Born in Ivanhoe, towards the end of World War I, Marj was brought up on the family owned fruit orchard in Templestowe where she attended primary school and then furthered her education at Melbourne Girl's High School.

Marj's first job was at the Note Issue Branch of the Commonwealth Bank in Fitzroy where she counted out notes and recorded the old ones for almost 11 years.

During World War II Marj knitted socks for servicemen and made beds at Toc H in the city on a Saturday for servicemen on leave. She remembers it as a time of make do, and made her clothing on her Grandmothers treadle sewing machine out of whatever was available, including a blouse that she made from a tablecloth. During this time stockings became expensive, so she painted lines down the back of her legs to mimic stocking seams.

Marj married John Dyson on 9th August 1945 and while the couple were on their honeymoon in Lorne, the end of war was announced. They went on to have three children. The family was fortunate to qualify for assistance through the Soldier Settlement Scheme and settled on a run down dairy farm near Loch in Gippsland.

While the children were growing up Marj was involved in many community activities. She was a member of the Loch Anglican Church Guild and Catering Auxiliary, Mother's Club for Loch Primary School becoming the president and helped out in the Korumburra High School canteen.

Marj's daughter Sue said her mother was a queen of improvisation and creativity. "Mum made us outfits from crepe paper for Queen Elizabeth II Coronation in 1954, attended dressmaking classes at the Loch Hall and with her Singer sewing machine made numerous outfits for us. Mum was also a superb knitter."



Marj didn't like cooking much, but she could turn out a fabulous light sponge or a roast at harvest time. Up until 3 years ago Marj continued to make the family Christmas pudding, with recent lessons on pudding making from Marj, that tradition has now been passed down to her daughter Sue.

Marj obtained her driver's licence at the age of 57 facilitating her independence. She has been a member of the CWA since 1950 and could now drive herself to the local district CWA events.

Marj and her husband John moved to Stawell in 2009 where she remained in her own home, supported by family, until after her 100th birthday.

Marj became an active member of the Stawell Uniting Church and joined the afternoon fellowship. She continued her links with the CWA by travelling to the Ararat CWA meetings and was also a member of the Stawell Ladies Proboscis Club and Laurel Club.

Sue believes she is fortunate that her mother is still part of her life. It's pretty amazing to have had both parents live such long lives.

Eventide held a small morning tea to celebrate Marj's recent 103rd birthday.



***Our Allied Health team, Elizabeth and Grace, welcome you to 2021 and wish you all the best for the year ahead.***

We are extremely happy to announce that this quarter our Allied Health team have introduced two new therapy groups; Brain fitness stimulation Group held on Tuesdays and Mindfulness meditation held on Thursdays. Both groups have been very successful in their commencement and we look forward to continue running these groups throughout the 2021 year.

The 'Brain Fitness Stimulation Group' is an Occupational therapy based group intervention programme, started with the intention of providing Residents more opportunity of engaging in therapeutically targeted brain exercises that stimulate and challenge the brain.

Research has demonstrated that maintaining a consistent pattern of frequent participation in cognitively stimulating activities is associated with reduced risk of developing dementia. Even though there is no cure to mitigate decline for people with dementia, participation in cognitive/brain stimulating programmes is researched to be beneficial for global cognitive functioning in people with mild to moderate dementia. It may play a role in preserving the capacity of the brain to endure and compensate for neurodegeneration. The best kind of training is a series of brain exercises that "work out" many aspects of cognitive function, including memory, speed, and high-level thinking, that is challenging, enjoyable and new (all required for neuroplasticity) and supplement it with physical activity and social activity. With these in mind, Elizabeth (Occupational Therapy Manager: Guide HealthCare) started the Brain Fitness Stimulation Group for Eventide Residents.

The group is conducted by Elizabeth and Grace every Tuesday in Grampians Chapel from 11.15am to 11.45am. The structure of the group is such that OT provides a brief description of different cognitive function they'll be focusing in the session, followed by 2 or 3 fun activities/games that stimulate and challenge specific cognitive function. Before commencing each activity OT provides Residents the information on why the activity is included and what specific cognitive functions are targeted through the activity or game.

As small groups are more effective for cognition based exercises (with participants of similar cognitive functioning), interested Residents have been allocated into batches (each batch having only maximum of 8 participants). Each batch has group sessions for 8 consecutive weeks. The current batch started this January will have their sessions until first week of March. If everything goes as per plan, the next batch will start from third week of March and will

be conducted till mid-May. The length of session is kept as 8 weeks, in order to provide Eventide Residents the opportunity to attend this unique programme. Residents who are interested please give your names to Elizabeth or Grace. OT will allocate you into appropriate batch based on clinical judgement, so that the group is appropriate and beneficial for all Residents attending the group.

Our 'Mindfulness Meditation Group' was created during the midst of Covid-19 with our allied health team wanting to offer residents a group that would help facilitate and improve mental health and wellbeing amongst the residents in a relaxed and welcoming environment. This mindfulness meditation group commenced by Grace (Occupational Therapist), has now been running for 9 weeks and our Allied Health team are receiving some really positive feedback from residents.

Together, our Allied Health team have been able to continue providing pain management interventions and individual rehab and re-enablement programs for Residents along with the following Group Exercise classes:

**Monday – Seated Exercise Class (Glyn Cashin Hall)**

**Wednesday – Falls and Balance Exercise Class (Glyn Cashin Hall)**

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

We are also excited to inform that some exciting cross site competitions are coming up soon from Guide Healthcare. We look forward to the quarter ahead to implement these with you all!

***Elizabeth and Grace***





## 2020 CHAMPIONS

Active Games is a big part of our weekly Activity Program and our residents really love to participate in Indoor Golf and Ten Pin Bowling. Over the past 6 months we have upped the anti and added a weekly trophy for each of these events. The winner from each week receives a special trophy that is returned the following week etc. We have a running score board for both activities, these scores were added up at the end of 2020. We are happy to announce the Champions for 2020 who have all received a medal, engraved with their names, for their efforts.

Congratulations to all our Medallists and all those who took part in making this such a fun event. We have now included Bocci and are looking at adding Quoits and Hookey to our activity program over the next few months.



**Indoor Golf:** Third Place – Geoff Air, Equal Second Place – Sandra Fisher and Les Dunn **2020 Golf Champion** – Beth Hodgetts



**Ten Pin Bowling:** Third Place – Pam Morris, Second Place – Sandra Fisher, **2020 Golf Champion** – Les Dunn

## BOOK WORM GALLERY

On behalf of Residents, Board of Governance, Management and staff, we wish to sincerely thank Cherelle and all of the hard working Members of the Book Worm Gallery for the donation of \$15,000. This donation will be used to go towards a new large decking which is being erected between Cashin and McGregor Houses. Building works for this project will be commencing in the next few weeks.

Thank you all so much, you make such a difference to the lives of our residents and we appreciate the support from all the wonderful volunteers involved with the Book Worm Gallery.



## EVENTIDE NEW CHEF

***I would like to introduce and welcome Graeme Humphrey our new Chef back to Eventide.***

Graeme has 37 years of experience in managing commercial kitchens. He has come to us from the Portland District Hospital where he was the second chef and brings with him a wealth of knowledge. Graeme was the chef here at Eventide from 1998 to 2007.

If anyone would like to have a chat to Graeme, I am sure he would welcome the chance to get to know you.

We would like to encourage residents to come up to the bain marie at meal times and simply choose what you would like. A staff member will be able to assist you to your table. The breakfast bar is still closed due to Covid-19 regulations, but hopefully it will be running again soon.





# CHRISTMAS CELEBRATIONS

Christmas celebrations at Eventide Homes started in November with our residents being offered lots of creative projects to help decorate the corridors and their rooms. The first of December saw everyone working hard to erect Christmas trees and decorations in all areas. We kicked off proceedings with the annual Independent Living Units BBQ, followed by our Hostel and Warne House Christmas lunch and lots of entertainment, Kerry Wilson and Friends, The Compton Sisters and the Big Christmas Sing-a-long. Of course those residents that were not off to see their family and friends for Christmas Day enjoyed a lovely lunch here at Eventide with all the trimmings and an opportunity to invite family members to join them in other areas of the facility. We are now in the process of organising special events for Easter. Stay tuned!





# AUSTRALIA DAY BBQ

Celebrating Australia Day with our residents was lots of fun. The lifestyle team took care of all decorations, with lots of gum tree branches floating around the dining areas, flags etc. and with the BBQ sizzling away in the background it certainly looked and smelt very Australian. With a sausage in bread, a beer in hand and gum nuts and leaves by your side how much more Australian can you get! Our Kitchen did a great job with some lovely salads, our maintenance men took great care of cooking the BBQ and each staff member did their part in ensuring it was a fabulous day. Our Independent Living Units joined our Australia Day celebrations along with our Hostel and Warne House Residents.







Safe. Effective. Free.

Prioritising Residential Aged Care

## Update on Australia's Covid-19 vaccines for residential aged care facilities

The Australian Government has a strategy to deliver Covid-19 vaccines to everyone living in Australia. The vaccine roll-out roadmap outlines the staged roll-out of the vaccine to priority groups, which is expected to commence from late-February 2021.

A Covid-19 vaccine is just one part of keeping our community safe and healthy. It is important for everyone to continue and maintain COVIDSafe practises, such as hand hygiene, physical distancing and wearing masks when required, particularly in residential aged care facilities (RACFs).

Residential aged care workers and residents will be among the first people who can choose to receive the vaccine in the first roll-out phase (Phase 1a).

More information about the roll-out is outlined in the Australian Covid-19 Vaccination Policy and the Covid-19 Vaccines National Roll-Out Strategy.

### Vaccine safety and effectiveness

The Therapeutic Goods Administration's (TGA) rigorous assessment process of potential Covid-19 vaccines will ensure approved vaccines are safe and effective.

All vaccines are thoroughly tested for safety before they are approved for use in Australia. This includes careful analysis of clinical trial data, ingredients, chemistry, manufacturing and other factors.

The Pfizer/BioNTech Covid-19 vaccine has been provisionally approved by the TGA for people 16 years and older. The approval is subject to strict conditions, and Pfizer will be required to continue providing information to the TGA on the safety, efficacy and quality of the vaccine. More information on this approval is available on the Department of Health's website.

Provisional approval of the University of Oxford/AstraZeneca Covid-19 vaccine is currently anticipated in February, subject to approval by the TGA.

## How the vaccine will be distributed to RACFs and administered in the first phase

The Australian Government is responsible for leading the implementation of the Covid-19 Vaccination Program for the large majority of RACFs in consultation with peak bodies and state and territory governments. However, NSW, SA and VIC state governments will have responsibility for leading the vaccine roll out to their state run RACFs.

RACFs have a key role to play in the Covid-19 Vaccination Program.

Administration of a Covid-19 vaccine to residential aged care workers and residents will be done by an in-reach Commonwealth vaccination workforce. This means an additional skilled vaccine workforce, separate to the RACF workers, will work in partnership with facilities and be trained to visit RACFs and administer the vaccine to workers and residents. More information on this workforce is available on the Department of Health's website.

NSW, SA and VIC state governments will provide further information on the administration of Covid-19 vaccines to residents and workers in their state run RACFs.

More information on consent and registering people for vaccination will be available soon.

### Covid-19 vaccination is voluntary, but strongly encouraged

Covid-19 vaccines will be safe, free and voluntary for everyone living in Australia.

While the Australian Health Protection Principal Committee (AHPPC) strongly encourages Covid-19 vaccination, at this time AHPPC has not recommended mandating Covid-19 vaccination for the aged care workforce. The AHPPC will continue to monitor the situation and update its advice accordingly.

### Keep up to date with trusted information

The Department of Health will continue to provide updates.

You can find information, including translated information, on the Department of Health's Covid-19 vaccines website. You can also subscribe to receive the Covid-19 Vaccines Update.

[health.gov.au/covid19-vaccines](https://health.gov.au/covid19-vaccines)

## POMONAL ART GROUP RETURNS

It was fantastic to re-introduce the Pomonal Art Group back into Eventide Homes a few weeks ago. An art class our residents loved prior to lock down and the group has really missed the guidance and knowledge from the Pomonal Art Group Volunteers. It was all smiles and concentration and at the end of the day some fantastic work had been produced. Eventide Homes will be holding an Art Exhibition towards the end of the year to show off all the great work our residents have created throughout the year.



## PAINT POURING FUN

Paint pouring, what a fantastic way to get creative, our ladies had so much fun choosing the colours for their pieces and coming up with some fantastic combinations and colourful creations.





## VALENTINES DAY

Celebrating Valentines Day here at Eventide was a fantastic way to get to know so much more about our residents and a great excuse to bring out the silverware. We held a High Tea in Glyn Cashin Hall, filling it with red roses and lovely treats prepared by our kitchen. A display board showed off many of our residents wedding photos and created a lot of discussion as we all tried to work out who was who. We celebrated the many long Wedding Anniversaries and found out our longest was a fantastic 74 years.





# COVID-19 VACCINE WHAT YOU NEED TO KNOW

## **OPAN (older persons advocacy network)**

In February the Australian Government began a phased roll-out of Covid-19 vaccines to everyone living in Australia. Residential Aged Care Facilities Workers and Residents, will be among the first people who can choose to receive the vaccine.

On the 4th February Eventide joined an online Webinar to discuss the Covid-19 vaccination and help Australians make an informed decision about being vaccinated. Then again on 23rd of February Eventide joined the second stage of the webinar to learn more about the process of giving informed consent for a Covid-19 vaccination and facilitating supported decision making.

Across both webinars expert panels discussed a residents right to make their own decision about the Covid-19 vaccine, and how they can be supported through this process.

Throughout the session residents learnt more about the Covid-19 vaccination, its ability to protect older people from Covid-19, and how to receive support to decide if the Covid-19 vaccine is right for them.

As well as screening the live webinars in the Glyn Cashin Hall they were also screened on our own Eventide Channel allowing residents to watch in the comfort of their rooms.



## **BIG CHRISTMAS SING-A-LONG**

A host of Australian celebrities created a two hour National Christmas Celebration to lift spirits among 1.5 million older Australians in Aged Care and Retirement Living, their families and care staff, all of whom have endured pandemic restrictions. Called the Big Christmas Sing-a-long, the online festive show featured Australian stars and international entertainers, alongside famous performers including; Johnny Young, Normie Rowe, Kamahl and Ernie Dingo.

Eventide broadcast the event live on the big screen in Glyn Cashin Hall, in all communal lounge areas and direct to resident rooms via the Eventide channel network.

Everybody thoroughly enjoyed the online event and residents were especially thrilled to watch Beven Addinsall's performance (Beven's mother was a Stawell local whilst growing up).

The Big Christmas Sing-a-long website had over 27,000 visits whilst the event was live and certainly brightened the day for not only Eventide residents, but many people throughout Australia.

## **OUT AND ABOUT**

Our regular weekly bus outings remain very popular with our residents and over the few months we have visited places such as the Ararat and Stawell local Gardens, Halls Gap, Salingers at Great Western and Grampians Estate. Thank you to Andrew Reading and Dee for all the hard work they put in to ensure its a great afternoon for our residents.



## **EASTER DONATIONS**

Eventide Homes will be running an Easter Raffle to raise money for our Activity Program. We are looking for donations of Easter Eggs or anything Easter that would help us to make up prizes for the occasion. Tickets will be sold via the Lifestyle Team or Reception and will be drawn on Thursday 1st of April at 12.00pm in the Eventide Dining Room.

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