

EVENTIDINGS WINTER 2021 ISSUE 29

WELCOME TO THE WINTER EDITION OF EVENTIDINGS



As I write this we are all grappling with change, as creatures of habit we love routine and procedure.



Aged Care is on a roller coaster of change, we welcome the Australian Government's formal response to the Royal Commission into Aged Care Quality and Safety, on agreeing to implement most of the Royal Commission's 148 recommendations. We look forward to introducing these recommendations over the next five years.

We are registered to participate in the "Road Map to Reform" conference run by Leading Aged Services Australia, to give us more understanding of what the road ahead looks like for us.

We have also seen some change in our Executive Team. Unfortunately at the end of May, we said goodbye to Cathy, our Care and Lifestyle Manager of the past five years. We wish Cathy all the best, we miss her and I know our residents miss her too.

We have advertised for a Facility Manager and look forward to attracting a suitable candidate to follow on in Cathy's footsteps.

Bryll and Elena have been holding the Clinical fort with "business as usual" and I wish to thank them for stepping up when needed. We have contracted Tracey Gemmill to undertake Clinical Oversight, which includes phone support for Nurses in Charge and review of Clinical information daily.

This week we received our gym equipment, obtained through a grant from Foundation for Rural and Regional Renewal (FRRR). The late Harold Blake was instrumental in pushing for a fitness gym, it is so sad that he is not here to witness the fruits of his fruition. I know he will be watching over us all.

Our decking between Cashin and McGregor is due to commence in the next couple of weeks, which will provide a lovely safe outdoor space for all residents to enjoy.

COVID continues to cause havoc across the world, please be mindful that this pandemic has not gone away, keep washing those hands and following guidelines, we appreciate your commitment to keep COVID out of Eventide. I think we have the process pretty well down pat, closing to visitors, opening to visitors and we thank you all for your understanding and patience during this time.

Sue Blakey – Chief Executive Officer

REMINDER OPAN SUPPORT

The Older Persons Advocacy Network (OPAN) is an independent, free service to support older people and their family members during COVID-19. Families can call OPAN on 1800 700 600 if they would like to talk with someone about the COVID-19 situation and its impact, or if worried about a loved one and need to talk to someone. Elder Rights

Advocacy (ERA) is the Victorian OPAN member who will be providing direct individual support to older people and their families and can be contacted through 1800 700 600.



LEISURE AND LIFESTYLE NEWS



Wow, what a busy few months we have had, lots of highlights to talk about, new activities, new areas of development and our regular and expanding activity programs.

I am so pleased that the recent launch of our Independent Retirement Living 3 Monthly Activity Calendar has so far been a success. The program includes local community activities, such as the Stawell Leisure Centre and Senior Citizens programs, as well as regular activities for our IRL's and opportunities to join the wider Eventide Homes Community.

Our Men's Shed project is nearing completion with most of the internal work on the shed completed, we are almost ready to establish garden beds ready for the Spring planting. We have been collecting rustic items to give the area a back yard shed atmosphere and points of interest for our resident men to reminisce over.

There has been plenty of action in the Hall with the newly introduced "Drumming to the Beat" and Special Events such as St Patrick's Day, Easter, Mother's Day, Biggest Morning Tea and the Queen's Birthday Celebrations. Later this month we are looking forward to our Country and Western Day with Kerry Wilson and the Senior Citizens Line Dancers. We hope to see many cowboys and cowgirls who put on their boots and saddle up to a afternoon of fun.

Its great to see that our Covid-19 and Flu Vaccinations have now all been completed. Our latest lock down is easing, with Volunteers and Visitors once again welcomed back.

We look forward to building the current Intergenerational School Programs which will soon include an ongoing placement of Stawell Secondary College Students.

We continue to grow our Leisure and Lifestyle Programs in partnership with our Volunteers and the Community and look forward to introducing new and exciting opportunities for our residents and families to enjoy.

Pamela Wheeler
Leisure and Lifestyle Coordinator

MOYSTON SHEEP DOG TRIALS

The Moyston Sheepdog Trials are the oldest annual sheepdog trials in Victoria. They have been held at the picturesque Moyston Football Oval since 1928. Four obstacles, 3 sheep and one dog, sounds easy, what could possibly go wrong? It is set up to mirror tasks and skills a good farm sheepdog needs to possess. The dogs must do all the work, the handler can only give instructions by whistle or words. The obstacles are a gap, race, bridge and finally a pen. Time allowed is 15 minutes. There are rules of course, and a scoring system. Most of the dogs are beautiful Border Collies, with a few Kelpies. The handlers are men and women of all ages, often retired farmers who spend years training and perfecting their dogs.

Our residents recently attended the 93rd Moyston Sheep Dog Trials and had the opportunity to witness the bond between handlers and their sheep dogs. A lovely morning tea and lunch was supplied by the organisers and an enjoyable day in the sunshine for our residents.



SENIOR CITIZEN'S SING-A-LONG

Eventide residents have enjoyed the monthly Community Sing-a-long sessions held at the Stawell Senior Citizen's Hall with local talented performer Kerry Wilson.

The sessions have been back for the past few months and our residents enjoy a wonderful morning tea, catching up with local Stawell friends and stretching their vocal cords.

MEN'S SHED

We are very excited with the progress of our very own Men's Shed. The on site area will provide the gentlemen of Eventide the opportunity to socialise, get involved in making or 'fixing things', and learn or pass on skills.

The social aspect of the shed will have a positive impact on the men's mental wellbeing. It gives them an opportunity to be with other like-minded blokes to interact and bond or have a chat over a refreshment.

Rob Spicer has been working (along side) the Lifestyle Team with a collaboration of ideas to make this a relaxed and creative area for our men.

The old original hut is undergoing a make over, with the concept of keeping its charm and creating a space that can be used in all weather conditions. Rob has gutted the inside, relined the walls adding a touch of tin for character, added a veranda and new front door, concreted a safe entry and will add a bar and finishing touches over the next few weeks. Inside has a new heating/cooling system and will

be decked out with a work bench and fridge. Shelving will hold old trinkets, magazines and other bits and pieces of interest.

The area has had sections of new fence completed, existing tool sheds repositioned and we will add a garden bed around the internal fence line that can be filled with plants such as lavender or hydrangea's that will require attending to. Garden beds have been donated by Seppelts of Great Western and the Stawell Gold Mines. With some repositioning underway they will soon be filled with soil and ready for the planting of next season's vegetables and colourful blooms.

Eventide is currently looking for rustic items of interest, such as old wheels and tools, a rusty bike and things that will add character or conversational pieces to the area.

Please contact Pamela Wheeler on 5358 2027 if you would like to donate anything to help make this area a great space for our Eventide men, families and volunteers.



ST PATRICK'S DAY LEPRECHAUN'S PICNIC

Our Residents were invited to attend the St Patrick's Day Leprechaun's Picnic held in the Glyn Cashin Hall. The catch, not a pot of gold, although there were a few gold coins floating around, but an entry requirement to wear a touch of green was essential. Our residents took up the challenge and a great afternoon was had by all.

Our wonderful Chef, Graeme knocked together some amazing food, themed in green. The lifestyle team did a great job of bringing atmosphere and creativity to the afternoon picnic with some fantastic decorations and lots of fun Irish

Quizzes, a little St Patrick's history, lots of props and a gold coin tossing competition.

Did you know Irish immigrants started dyeing the Chicago River green in 1962. When city pollution workers used dyes to trace illegal sewage discharges they realised the green dye might provide a unique way to celebrate the St Patricks Day holiday. That year, they released 100 tonnes of green vegetable dye into the river. Enough to keep it green for a week! Today, to minimize environmental damage, only 40 tonnes of dye is used and the river is green for a few hours.



ALLIED HEALTH

During May we farewelled Elizabeth on her journey to becoming a new mum to a beautiful bay girl, Nevaeh, Heaven spelt backwards. We welcomed the lovely Christine to the Allied Health team alongside Grace. Christine brings a different set of skills to the team being a Physiotherapist and I am sure you will all get to know her well and make her feel very welcome.

We wish you all the best Elizabeth for your maternity leave and we will all miss your happy, smiling face at Eventide Homes.

The Allied health team is going to be implementing a Tai Chi group in the coming weeks, which is a sitting down class and involves breathing exercises, slow coordinating movements and balance exercises. Tai Chi is a gentle exercise that improves balance and reduces falls risk. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done slowly. It will help residents get the health and wellness benefits of Tai Chi without the fall risk.

Alongside the Tai Chi group, our Allied Health team are still running a seated exercises class on Monday's, Falls and Balance class on Wednesday's, Mindfulness Meditation on Thursday's and Friday see our Allied Health team running exercises in the Memory Support wing.

We look forward to continuing to implement creative ideas to promote and facilitate resident's health and wellbeing at Eventide Homes.

Grace and Christine
Allied Health Team



A WHOLE LOAD OF CUTENESS

The residents forgot about how cold it was outside just for a while when our four legged "cute as" visitors arrived for a cuddle. It brought back so many memories for our ladies who have a farming background and have spent many cold mornings rescuing and feeding babies such as these. And for those who weren't familiar with the process, what a treat! Staff and residents had a great time with the very accommodating lambs, who appeared to enjoy the attention. We would like to thank Kylah for bringing her babies into Eventide and treating us all with a dose of happiness.



AUSTRALIA'S BIGGEST MORNING TEA

Eventide recently held their Australia's Biggest Morning Tea to help support and raise funds for people impacted by Cancer. Our residents really got behind the Event and dug deep into their pockets helping Eventide raise over \$220.00. The Event was to be held in the Glyn Cashin Hall for all our residents including our Independent Living Unit residents. Unfortunately a few days before the Event was to happen, we were once again thrown into a snap lock down. Determined to march forward and make this an event for all, we quickly adapted and held 2 events. The Hostel and Warne residents continued as usual in the Glyn Cashin Hall and our Independent Living, who needed to comply with the recent restrictions, were able to still contribute in their Community Centre simultaneously.

We would like to thank all of those that came to support this event and for the Gold Coin and all other generous donations. What a great effort!



ANZAC DAY SERVICE

Eventide was excited to once again have members from the Stawell RSL, President Graeme Cox and Secretary Des Leonard present a moving Anzac Day Service for our residents, held in the Glyn Cashin Hall.

We would also like to thank Rod Tonkin, who has a love for gardening and is a retired Florist, for once again creating a wonderful wreath for the service. Rod accompanied by CEO Sue Blakey then placed the wreath at the Stawell RSL Memorial on behalf of Eventide Homes.



EASTER CELEBRATIONS

It seems like we celebrated Easter such a long time ago now, but in reality it was only a few months back. Our residents enjoyed visits from families and friends, and a lovely Easter lunch supplied by our Food Services Team. Decorations and treats adored the tables, creating a lovely atmosphere. Religious activities were not forgotten with Eventide welcoming Services from a variety of Denominations for our residents to attend. We were thrilled to receive some Easter Treats from Jim and Karen Leithead, who donated the surplus Easter Chocolates from the Vintage Car Good Friday Appeal, which they hosted to raise money for the Royal Children's Hospital. Eventide would like to thank Jim and Karen for their kind generosity. We would also like to thank all residents, families and staff for their donations towards our Eventide Easter Raffle.



INTERGENERATIONAL CARE: CHILD'S PLAY BENEFITS YOUNG AND OLD!

Intergenerational care brings together two different generations both requiring care. Older adults living in an Aged Care Home, are partnered with school aged children in a program that brings benefits to each generation. The group are given joint activities that help the older generation to maintain cognitive function and help the younger generation to learn and grow.

Recently we were able to recommence visits from students from local primary schools. During these exchanged visits, children and residents participate in a shared activity such as art work or puzzles which helps create a common ground

for children, teachers, residents and their families to engage in conversation, interactions, share stories and build mutual and genuine friendships.

"Intergenerational activities have so many benefits for all participants, but they're particularly good for creating genuine opportunities that encourage social connectedness," stated Leisure and Lifestyle Co-ordinator Pamela Wheeler. "When we bring together older people and preschool-aged children, we find that there is a real sense of joy. Everyone is focused, everyone is in the moment, and as a result, everyone benefits."

For Older Adults	For Children
Provides a sense of purpose.	Opportunity to learn from and connect with the older generation.
Enhances dignity.	Improves the behaviour that children show towards older people.
Alter communities' perceptions of older adults and the ageing process from negative to positive.	Improves children's pro-social behaviours of sharing, helping and cooperating.
Improves social outcomes.	Decreases likelihood of juvenile delinquency later in life.



COVID-19 VACCINATION

COVID-19
VACCINATION

Safe. Effective. Free.

The most important priority for us is to keep our residents well and safe.

Following last year's situation with COVID-19 getting into aged care facilities, there truly was a sense of relief knowing that most residents have been fully vaccinated.

Along with the residents, our staff looked forward to the vaccination rollout to arrive here at Eventide. A team of representatives from Aspen Medical administered the vaccines and ensured that all residents who consented to the vaccine received it in a safe and well organised manner.

Aspen Medical undertook the process and along with our staff, took the time to check and double check to ensure that everything went right. All vaccines were delivered safely with all residents monitored and no side effects recorded.

Aspen Medical commented on how prepared both Eventide Homes staff and residents were for the day. Several residents commented how relieved they feel about receiving their first dose of the COVID vaccine.

Staff should be congratulated for their detailed and resourced planning which enabled the execution of the vaccination days. It was so important for staff to be on hand, for residents to see familiar faces, to feel comfortable and to be reassured throughout the process.

Residents were keen to receive the final dose, seeing the vaccine program as an important step towards protecting themselves and each other.

There was a lot of work behind the scenes in implementing the vaccination program, and we would like to congratulate and thank all staff for their comprehensive planning.

Up to date information regarding COVID-19 can be viewed at: <https://eventidehomes.com.au/covid-19-information/>



A THANK YOU TO OUR VOLUNTEERS

National Volunteer Week is Australia's largest annual celebration of Volunteers. We at Eventide Homes recognised and thanked our volunteers for the significant contribution they regularly provide to each and every one of our residents.

The celebration High Tea was held at the Kingston Community Centre. The theme for National Volunteer Week 2021 was Recognise, Reconnect and Reimagine. Here at Eventide we value and thank all of our current Volunteers for the great job they do. We also look forward to welcoming our future Volunteers.

RECOGNISE, celebrate and thank volunteers for the vital role they play in our lives.

RECONNECT to what is important by giving our time to help others and ourselves.

REIMAGINE how we better support volunteers and communities they help.



BIRTHDAY CELEBRATIONS 1ST JUNE 2021

Eventide Homes continues to celebrate our Resident Birthdays in style. Each and every resident receives a delicious Cup Cake on the day of their birthdays complimented by a whole lot of fuss.

We now group our residents birthdays over a 3 month period and have one big party, complete with all the trimmings, a drink or two and fun party games. We have recently celebrated all the birthdays from March, April and May, which included a milestone birthday for resident Elaine McCracken, who turned young 100 years of age.



MOTHER'S DAY HIGH TEA

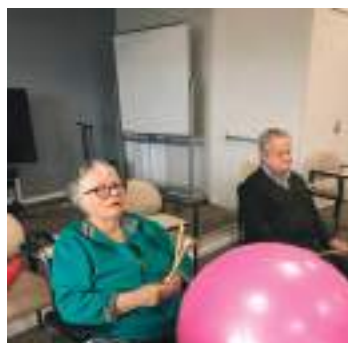
The ladies at Eventide Homes enjoyed a grand High Tea to celebrate Mothers Day in the beautifully decorated Glyn Cashin Hall. Each of our wonderful ladies were delighted to receive a gift in recognition of the love, support and care they have shared with others throughout the years. The Glyn Cashin Hall was elegantly styled to suit the occasion with lots of special treats created by our Food Services Team accompanied with a glass of bubbles.



DRUMMING TO THE BEAT

Making exercises fun through drumming is a fun way for our residents to get some physical exercise while enjoying the challenge of keeping the beat. Cardio Drumming, takes a simple movement **Drumming** and turns it into a full body workout that leaves residents smiling, sweating and feeling great.

Our residents have taken to this new activity with a whole new attitude and definition to exercising. They look forward to this class each week and have amazed the Lifestyle Team with their abilities.





LAUNCH OF ILU'S 3 MONTHLY CALENDAR

Independent Living Residents look forward to an active and social lifestyle with their newly planned Activity Calendar. Every day brings new opportunities for residents to meet and have fun. Residents will find opportunities to join social outings, take up new hobbies or enjoy a meal with friends.

Being connected to others can help improve mental and physical wellbeing. Residents can choose to get involved as much as they like from the wide range of regular organised activities and events.

Leisure and Lifestyle Coordinator Pamela Wheeler said "I am excited to launch the 3 Monthly Activity Calendar with our retirement village residents. Whether you enjoy a walking group or prefer more relaxing, leisurely pursuits, you're guaranteed to make great friends while having fun. Choose to get involved as much or as little as you like."

There are opportunities to take up new hobbies and learn new skills. Our social activities are inclusive, stimulating and fun with regular themed dinners, social events and invitations to all Eventide Hostel Special Events. Bus trips, movies, and social outings are included and we are open to all ideas on the places our Retirement Village Resident's may wish to visit. The program is a work in progress, that is designed to have a little something for everyone.



RELIGIOUS ACTIVITIES

At Eventide Homes we have a rich diversity of faiths, cultures, beliefs and traditions and it is important we uphold the rights of our residents to express their spirituality in a way that is meaningful to them.

We currently host religious services on a regular basis. We have the Uniting Church Communion Service monthly along with their weekly Sunday video link in conjunction with Rev Susan Pearse's weekly Bible Study Group. And we are pleased to be able to have both the Anglican and Catholic Services held in the Grapians Chapel on a monthly basis.

Whilst we are currently able to host religious services for residents to attend, when Government Covid-19 Lockdown Regulations are in practice, these religious services are still available to our residents to view via an online platform. Spiritual care can be offered in special circumstances during these times.

If you require any further information please contact the Leisure and Lifestyle Team on 5358 2027.



OUT AND ABOUT

Even though we are in the mist of Winter and the weather has now got that chill in the air, our residents are still enjoying a bus trip out and about. A scenic drive or a nice cup of hot chocolate to wrap your hands around, in a local cafe, seems to bring them home with large smiles on their faces. With covid lockdowns that can be sprung on us at any time, the Eventide Lifestyle Team will take every opportunity to see that our residents get past the walls that surround them. There is no better medicine than good company, good food, great coffee and fresh air.

If anyone is interested in becoming a volunteer bus driver please contact Pamela Wheeler on 53582027.

