

## EVENTIDINGS

### WINTER 2023 ISSUE 35



## WELCOME TO THE WINTER EDITION OF EVENTIDINGS



Hello residents and their family and friends,  
Welcome to the winter edition of our newsletter.

The last three months have been another busy period for us. In the two-and-a-half years since the Royal Commission into Aged Care handed its final report to government, Australia's aged care sector has been on a roller-coaster ride of evolving change and new regulations. At Eventide Homes we are part of that change and welcome it.

Our new-look executive team has continued to evolve, with a Chief Financial Officer, Richard Dunlop, joining our team this week. Richard is a very experienced Certified Practicing Accountant and has already impressed with his ideas and how he will value-add to Eventide Homes. Welcome aboard Richard!

I would like to make special mention of Barry Sertori, who has been our consultant accountant since earlier in the year. Barry has been a wonderful help to Eventide Homes in a period of transition, and his analytical mind and keen sense

of humour will be missed. Thank you for your support Barry, and our best wishes to you.

We've also seen evolving changes at care-level too. Of several new things happening, we have embarked on delivering Montessori-inspired care for our residents. The Montessori principles mean that we are creating an environment that better supports individual resident needs, by giving them as much opportunity as possible to be involved in their community (which includes here at Eventide) through stimulating activities. Our Leisure & Lifestyle team are currently delivering innovative new activities and a suitable physical environment, which will soon include sensory activity rooms

We recently underwent our re-accreditation audit when auditors from the Aged Care Quality & Safety Commission made an unannounced visit to our site. The audit, which was three days in duration, required us to demonstrate how we are meeting the 8 Standards for Aged Care. It was a very thorough process! At the end of their final day, auditors met with us and provided a verbal overview of their audit findings, which we felt was a strong indicator of a positive result coming our way. We look forward to receiving our final report.

**Gary Simpson**  
**Chief Executive Officer**

## MONTESSORI PRINCIPLES



We have introduced numerous Montessori-inspired activities in the past few months.

Lavender Oil Diffusers have been implemented in both Warne House and the chapel. Lavender oil is known to provide a sense of relaxation. Mindfulness stacking blocks and threading activities have been well received by residents.



## PEOPLE & CAPABILITY

Over the past few months, we have employed 23 new Personal Care Worker's, 4 new Kitchen Hands (1 x also being a Baker), 1 x Domestic, 1 x Registered Nurse, and 1 x Enrolled Nurse, 1 x People & Capability Officer, 1 x Wellbeing and Engagement Officer. 2 staff have undertaken new roles 1 x Rosters Coordinator and 1 x WHS Coordinator.

A new Orientation program is being trialled for new staff commencing June onwards and the team is busy working out new training for staff members throughout the next 12 months such as Understanding Bullying & Harassment, Dealing with Challenging people and Effective Communication and Meaningful Conversations.

Our people are  
at the heart  
of everything we do!

We are also currently rolling out a new staff survey. It has been noticeable the past couple of months in the higher recording of employee recognition as we show appreciation for employees' contributions. We are incredibly proud of our staff for their agility and resilience.

Recent positive feedback has indicated staff are exhibiting desired behaviours and going above and beyond expectations.



## OUT & 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 everybody home with large smile on their face

If you are interested in becoming a volunteer bus driver please contact Volunteer Co-ordinator 53582027.



## LEISURE & LIFESTYLE

We endeavour to keep our residents engaged with various lifestyle activities.

Recently residents have enjoyed Relaxation sessions, Baking, Gardening, Art Classes, Special Events, Visiting Musicians, and many Bus outings throughout our local community. As well as our regular favourites; Bingo, Crosswords, Active Games, Social Afternoon Teas and Happy Hour.





## ALLIED HEALTH

As Winter sets in with reduced sunny days our residents are really keen to keep moving.

Our on-site Physiotherapist Kushi has introduced an "In House Walking Parade" which not only keeps residents active but also challenges them with various turns and inclines while walking throughout the facility. This activity also gives residents an opportunity to explore the various corners of the Eventide Homes. The in-house Walking exercise session has ultimately led to an increase in the numbers of residents participating in physical activity.

Another amazing achievement our residents are heading towards is learning about "Alternating Movements" which is generally reduced or lost with Ageing. Physiotherapist Kushi states "Co-ordination and Synchronization is one of the most difficult challenges to overcome in our senior years, but our active and motivated residents are taking a step forward to overcome this, and are producing fabulous health achievements by being part of the Group Exercises sessions.

*Kushangi*





## WELLBEING & ENGAGEMENT

We have decided to add some more fun activities in our programming to encourage more smiles, create an atmosphere of happiness, and ignite laughter. There is method to our madness. They say laughter is the best medicine. And for many, it sure is. I recently heard of a doctor who prescribes a dose of humour to his patients – and they have found it very therapeutic. I too have found laughter brightens my day and gives me a sense of wellbeing.

During lockdown when my husband and I were working from home, we binged watched all of the Vicar of Dibley series and all of the Keeping up Appearances Series. Why? Because we both know how beneficial laughter is. I'm sure you have also experienced the benefits of laughter. Laughing releases the feel-good hormone serotonin, which is known to reduce the symptoms of anxiety. One study of seniors with depression found those who were able to maintain a sense of humour were more likely to feel better.

According to a Mayo Foundation for Medical Education and Research report, a good hearty laugh stimulates your organs, soothes tension

and tummy aches, improves the immune system, relieves pain, and increases overall personal satisfaction.

So watch this space! Don't be surprised if you encounter a clown in the hallway or overhear us singing silly songs. Join in and enjoy the fun!

**Del Marie**



## ANZAC DAY SERVICE

Residents and staff were included in this year's Anzac Service, reciting poems, readings and the laying of an Anzac Wreath proudly made by resident Rod.



# INTERACTIVE INTERGENERATIONAL EXPERIENCE

We have recently embarked on an interactive and safe intergenerational experience for both residents of Eventide Home and students from Stawell Primary School.

Both Eventide Home's residents and Prep Students from Stawell Primary School 502 have been exchanging information and images of special items that are important to them.

Projects and Marketing Officer Toni Williams said "It has created a lot of interest from residents and we have really enjoyed hearing about the significance of some of the unknown treasures

that adorn resident's rooms".

Information has been collated as a collective interactive slideshow, which will be presented to both residents and students at respective locations in the coming weeks.

"Not only has this been a fun project that we anticipate to continue throughout the year", stated Toni, "but also a fabulous opportunity to reinforce positive intergenerational relationships within the community, whilst abiding Covid regulations that remain in place throughout aged care facilities"

## GLORIA

Hello, my name is Gloria. I am 102 years old. When I turned 100 the Queen sent me the card I am holding. I am from Lake Lonsdale. My father used to have bee hives so we always had plenty of honey! We did not have any electricity. We had a bath once a week. We had to boil our water in a big bowl called a copper. We then poured the hot water into a tin bath. My father had an old truck and we would sit in the back while he drove it. If we wanted to go on the train (and in those days they were steam trains), we would catch a taxi. The taxi was a horse with a cart!



## BETTY

Hi, my name is Betty. I have a collection of statues. My first statue was given to me by my son over 25 years ago, this started my collection and I hold this statue very dearly to my heart. Do you collect anything?



## JOYCE

My name is Joyce and I worked as a primary school teacher before becoming Principal at the Pomonal Primary School. My children are all grown up with their own children and now grandchildren. I love yoga, and enjoyed teaching it for many years. I attended the Indian School of Yoga during my frequent travels to India. On one of these trips I purchased this statue of the supreme god of 'Ganapatya', with an elephant head and a human like body, who represents wisdom, success and overcoming obstacles. Is there a country overseas that you love?



## SANDRA

Hi, my name is Sandra. I live here at Eventide Homes. My favourite item is this collage of photos of my beloved family members, including my husband, children and grandchildren. Before I go to bed each night, I blow a kiss to them.



## BERYL

My name is Beryl and I was born in the United Kingdom, before marrying and settling in Australia. My eldest son Eric returned to UK and is now a military soldier. Eric sent me this teddy about 6 years ago. When I look at the soldier bear it simply makes my heart swell with love for my family. This bear is extra special to me because it is dressed how my son dresses for duty.



## PAT

My name is Pat and I am a Bombers fan. Sometime in the 1940's when I was quite young I once watched the Essendon great footballer Dick Reynolds with my family. I have lots of Bombers memorabilia. My favourite being this scarf? What AFL team do you barrack for?





## FIT FOR A KING

The event our residents were most eagerly awaiting, the coronation of King Charles III. The weekly activity calendar was coordinated around this famous event with residents preparing for the celebration by baking sausage rolls and creating a magnificent Coronation cake.

A fabulous afternoon was had by all residents who attended the 'Royal Coronation High Tea'. Delicious food, fun games and great company created the perfect atmosphere for this very 'regal' event.

Our wonderful Food Services team catered with some amazing food, fit for a King. The lifestyle team did a great job of bringing a royal atmosphere and creativity to the afternoon event with some colourful decorations and lots of fun Royal Quizzes, and to our amazement we received a surprise royal visit by the newly crowned King Charles and Queen Camilla.

An absolute delightful afternoon to celebrate this grand milestone.







## NATIONAL VOLUNTEER'S WEEK

This year National Volunteers Week was celebrated with the theme "The Change Makers".

We held an afternoon tea to acknowledge and say THANK YOU to our special team of volunteers aptly named 'Friends of Eventide'.

The national celebrated week long event is the opportune time to show appreciation for all that our volunteers provide to Eventide Homes and the 'changes they make' to enrich the lives and wellbeing of our residents.

To each and every one of you, a huge thank you for your continued support.

Eventide Residents made the day that little bit more special by creating beautiful gift cards to Thank our dedicated team of volunteers.

We are always on the lookout for new volunteers.

If you are interested in volunteering and becoming a Friend of Eventide please contact us on 53582027 or email



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