

# ANTHEM

## March

## Newsletter 2024



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### *Inspirational Quote*

*Autumn leaves shower like gold, like rainbows,  
as the wind of change begin to blow.*

*- Dan Millman -*

# Lifestyle News

Hello Residents, Families and Friends!

I am really looking forward to this month – there is so much to celebrate! Join us at any of our events and programs that celebrate International Women’s Day, Easter, and more. It’s sure to be a busy time at Anthem and I hope you’ll be a part of all the fun!



**We are having an Easter market on Tuesday 12 March between 10am – 2pm.** We have lots of great stalls organized and would love for you to come along with your loved ones. If you are unable to attend but your loved one would like to participate you are more than welcome to leave some money at reception with Sarah.

Moving forward we are going to be highlighting some of our amazing residents. We will be lucky enough to have them share life experiences and stories. If you would like your loved one to feature in our newsletter, please get in touch with us.

## *Lifestyle Team*

### **CAN YOU CONTRIBUTE?**

Contributions to our newsletter are encouraged and appreciated!  
Articles, photos, staff news, trivia, poems, and amusing stories relating to residents or staff are most welcome.

Please hand in your submissions to reception or email us anytime at  
[LifestyleTeam@anthemcare.com.au](mailto:LifestyleTeam@anthemcare.com.au)

### **EXPRESSIONS OF INTEREST**

**Would you like your loved one, or a staff member to be featured in our newsletter?  
If so, please email us at [LifestyleTeam@anthemcare.com.au](mailto:LifestyleTeam@anthemcare.com.au)**

# Month in Review – January

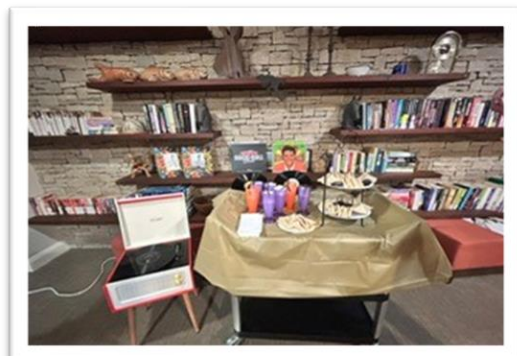
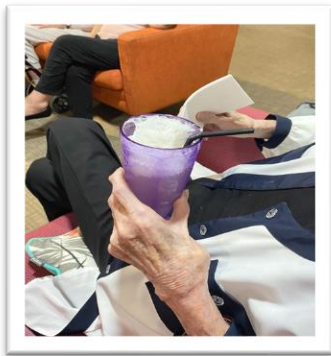
## Honey Sippers concert

First concert of the year we welcomed back the Honey Sippers to kick the concert year off.



## Elvis Birthday Morning tea

Celebrating Elvis in style - ice cream spiders and peanut butter and jelly sandwiches!



## School holiday Helper Hayden

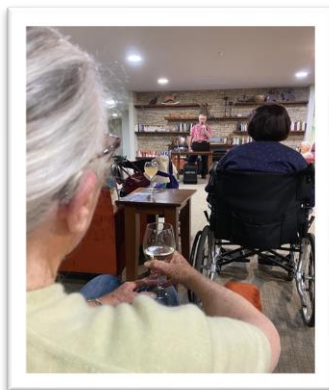
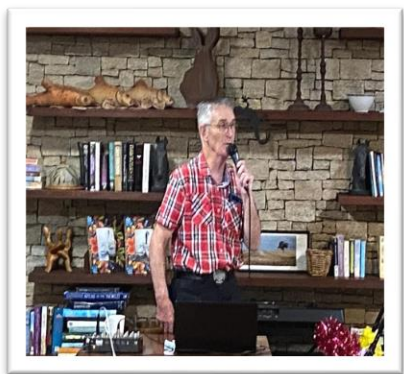
We were lucky enough to have Hayden - a year 6 student - come in and make coffee for us and lend a hand in the laundry.



# Month in Review – January

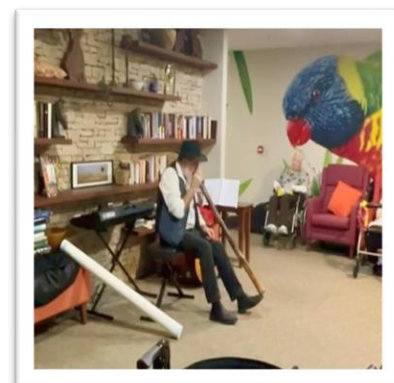
## Shay Byrne

We enjoyed having Shay entertain us at our Friday afternoon happy hour.



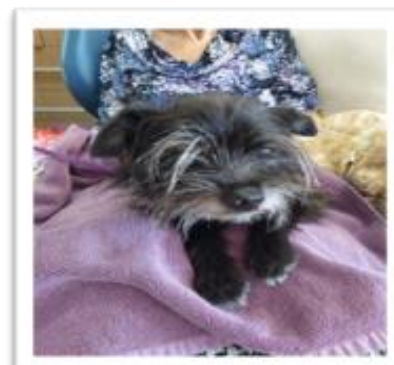
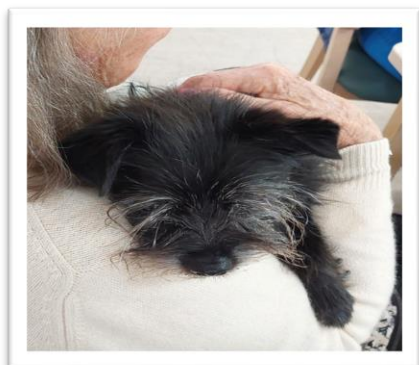
## Greg Dimmock

It really has been the month of entertainers finishing out January with the wonderful Greg and his wide range of musical talent.



## Miss Molly Visit

Molly is a regular guest at anthem bringing smiles to the residents faces fortnightly on a Monday afternoon.



# Month in Review – February

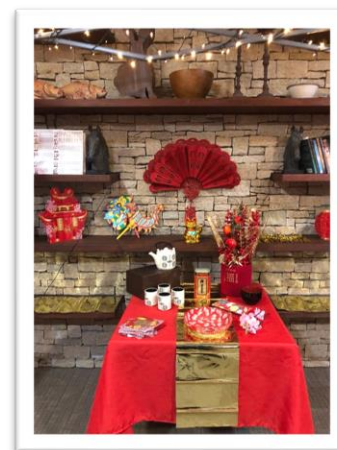
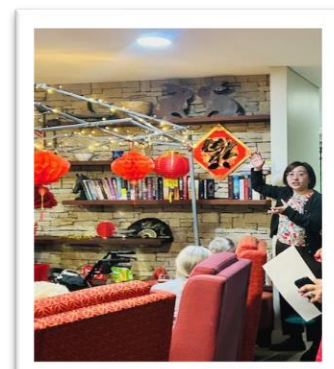
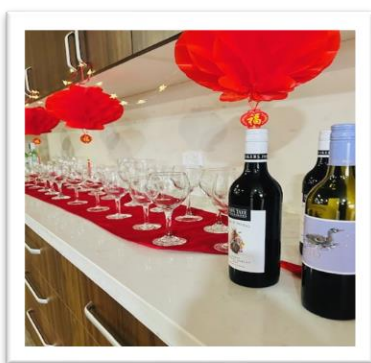
## Guinea Pig Arrival (Thelma & Louise)

We would like to welcome our new Anthem Guinea Pigs - Thelma & Louise



## Chinese New Year

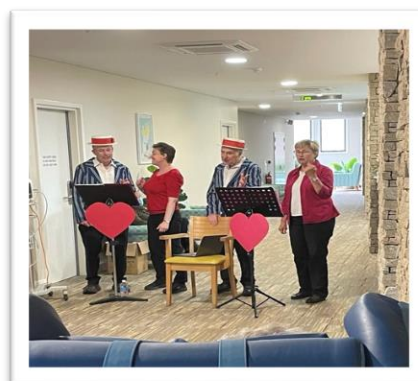
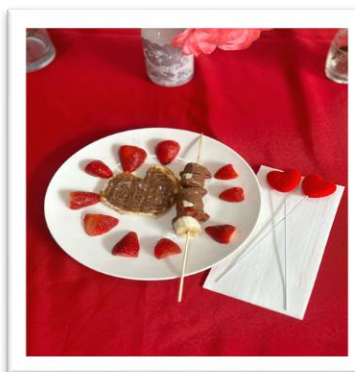
We celebrated Chinese New Year in style we had Joanna explain the meaning of some Chinese symbols and we enjoyed trying longevity noodle.



# Month in Review - February

## Valentines' Day

We celebrated all things *love* on Valentine's Day from a chocolate fountain, heart pancakes, strawberries beautiful decorations our staff dressing in red and pink what a colourful day.



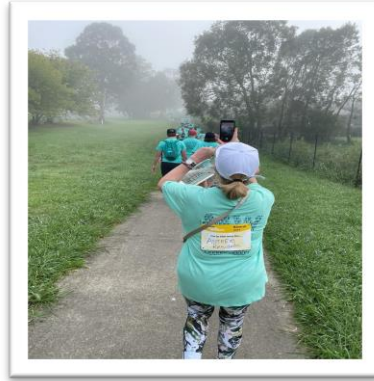
## Louise Bell

We had Louise come in and sooth our souls with her harp session. We joined in with percussion instruments whilst giving staff tips on how to entertain in her absence.



# Bowral Memory Walk & Jog

Some of our Anthem team (and one amazing resident) joined the Memory Walk & Jog in Bowral to support dementia awareness. A fun day was had by all for a worthy cause!



**MEMORY WALK & JOG**



# Upcoming Events

## Easter Market

Tuesday 12<sup>th</sup> March

## Saturday BBQ Brunch (Throsby Building)

Saturday 9<sup>th</sup> March

## Australian choir

Tuesday 2<sup>nd</sup> April

## Paul classical guitarist

Thursday 18<sup>th</sup> April

## Anzac Day



## Special Days

### March

1<sup>st</sup> World Day of Prayer

3<sup>rd</sup> Caregiver Appreciation Day

8<sup>th</sup> Intl. Women's Day

15<sup>th</sup> The Ides of March

17<sup>th</sup> St. Patrick's Day

21<sup>st</sup> Harmony Day

24<sup>th</sup> Palm Sunday

31<sup>st</sup> Easter

### April

Jazz Appreciation month

1<sup>ST</sup> April fool's Day

14<sup>th</sup> World Dolphin Day

22<sup>nd</sup> Earth Day

25<sup>th</sup> Anzac Day

29<sup>TH</sup> International Dance Day

# Regular Events

Happy Hour every Friday at 2.30pm

Bus Trips Fortnightly

Pop up café every Friday at 10.30am

Refined Moves Tai Chi Fortnightly on a Thursday  
10.30am

Paws Pet Therapy Fortnightly on a Monday 2.00pm

# Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in January and February a very Happy BIRTHDAY!!!





# Noticeboard

## NEW RESIDENTS

A very warm welcome to

- Owen B
- Robert F
- Moira K
- John McC
- Pamela McC
- Barry M
- Pamela S
- Rose T

We hope you enjoy your time here!

## IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Robert F
- Judith W
- Joan L
- Pamela S
- Kevin B

## CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available at reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Thank you!

## NEW STAFF

A warm welcome to the people who joined our team in the past few months!

- Rashmi Maharjan
- Regina Ghale
- Angelica Balcabal
- Madan Karki
- Sneha Adhikari
- Salina Koirala
- Nysha Turner
- Fara Gurung
- Karla Rona
- Sajina Bajracharya
- Wendy James

We hope that you enjoy your time here!



# Noticeboard



## LYDIA

As we raised in our resident meeting (also be defined by the government as Consumer Advisory Body Meeting) in Jan 2024, we are liaising with a provider regarding mobile dentist service. We have sent email to families with introduction materials and will look into the arrangement once response from families received.

We are also working on adapting our current polices & procedures to the coming 'big change' in aged care around June/July 2024, whereby there will be strengthened Aged Care Quality Standards, a new rights-based Aged Care Act, as well as a new Aged Care Regulatory Model.

Many of our operational modules and the governance structure have to be tuned, enabling us to continue providing quality care to our residents through the transition, then eventually stand on our own feet under the reformed context.

We will keep our residents/family informed about the major updates, and staff training will be scheduled for them to understand the context as well as build their knowledges & skills.

*Lydia*

Facility Manager

## Stiny

- 1) **Anthem organised a Mobile Dentist to visit our residents.** The information was emailed to all the families. Appointments would be carried out in the comfort of the residents own home (Anthem) and include the following as indicated by individual needs. The aim of these appointments is to improve quality of life as well as reducing risk of dental and systemic diseases connected to oral bacteria. It is now well documented that oral health has a significant effect on overall health and so preventative care becomes particularly important in older years. **The cost of a mobile dental hygiene appointment is \$295. This is a flat rate, and no extra charges will be incurred. Residents with full upper and lower dentures can avail of this service for a reduced fee of \$195.**
- 2) **Strengthening New Standards:** The new model will ensure older people in Australia at the front and centre of regulation. It will increase protections for older people and empower them to exercise their rights. It will also better support continuous improvement in the sector. We are also working on adapting our current polices & procedures to the coming 'big change' in aged care around June/July 2024, whereby there will be strengthened Aged Care Quality Standards, a new rights-based Aged Care Act, as well as a new Aged Care Regulatory Model. The government is introducing a new regulatory model for aged care.
- 3) **Open Disclosure Policy:** We are disclosing to all families that we received a formal complaint from a family member regarding care. We are responding to the commission, and it is in progress.
- 4) **Continuous improvement:** To improve the resident's quality of care, we are doing our audits, the concerned areas will be reflected in the continuous improvement plan and will improve. The Continuous improvement plan provides a structured way to record areas for improvement, such as identified gaps in systems and processes that do not meet the standards outline the planned actions/tasks to be undertaken, allocate responsibility of improvement activities to relevant people in your orginsiation.

*Stiny*

Clinical Care Manager

# Anthem Easter Market

Tuesday 12<sup>th</sup> March  
Ascot Ground

10am - 1pm



Hillside  
Pottery





## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____

# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

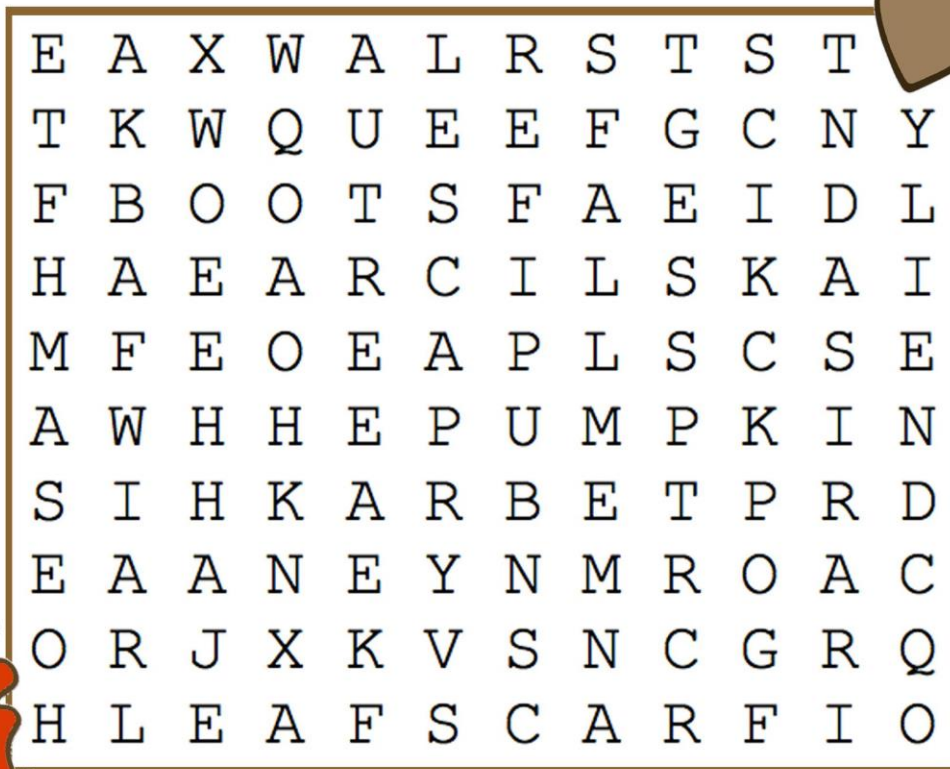
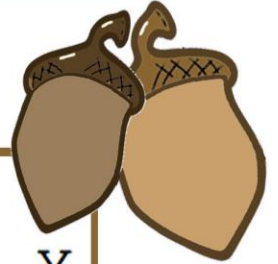
Light blue.

Why did the man fall down the well? Because he didn't see that well.

# Autumn



## WORD SEARCH



SCARF

APPLE

BOOTS

TREE

FALL

RAKE

ACORN

PUMPKIN

PIE

HAY

SWEATER

LEAF