

ANTHEM

JULY

Newsletter 2024



Inspirational Quote

*To appreciate the beauty of a snowflake it is necessary to stand out in the cold
-Aristotle -*

IN THIS ISSUE

Lifestyle News	2
Months in Review	3-4
Upcoming Events	5
Happy Birthday	5
Noticeboard	6-7
Word Search	8
Poem to Share	9
Laughing matters	10

Lifestyle News

Hello Residents, Families and Friends!

Welcome to our July newsletter. The coming months will be full of fireside fun. We have our winter warmers, world chocolate day, Irish dancers, Christmas in July, Greg Dimmock and Shay Byrne in concert, a Whitley college performance, and so much more!



The next Residents meeting will take place on Tuesday the 9 July at 10.30am on Ascot Ground. Invitations will be sent shortly, and everyone is welcome to attend in person or via zoom.

We're challenging you to attend at least 3 activities each week this month. Attend a favourite program or try a new group. In either case, you'll reap the benefits of healthy socialisation! Let our team help you find your next favourite event.

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

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

Month in Review – May

Mocktails Happy Hour

We enjoyed mocktails by the fire on a cool May afternoon.



World BEE Day

We had some sticky fun to celebrate our little buzzy friends and all they do to make the natural world go round.



Merry Music Makers

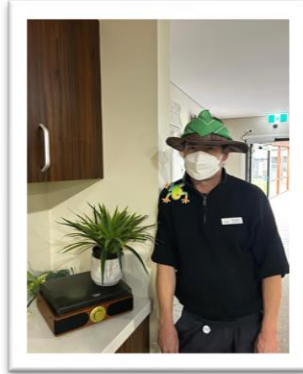
We had an afternoon of laughs, monkey business and singalong with the Merry Music Makers.



Month in Review – June

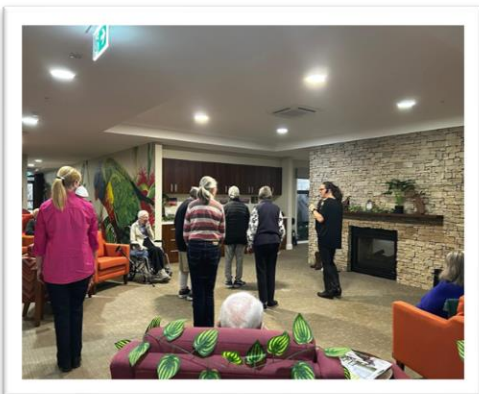
World Environment Day

We were lucky enough to have Garth from Mittagong Garden Centre come and discuss how to look after our plants during the winter months.



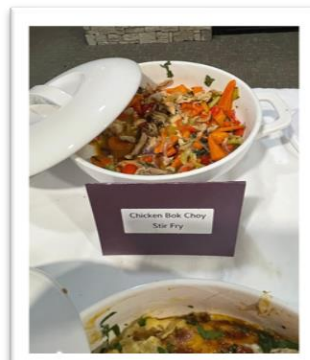
Step Savvy Line dancing

Michelle from Step Savvy came to help us bust out a move on the dance floor.



Winter Menu Taster

Chef Sanjeev prepared a delicious winter menu for us to sample.



Upcoming Events

World Chocolate Day

Friday 5th July

Residents Meeting

Tuesday 9th July Ascot ground

Irish Dancers

Tuesday 9th July

Greg Dimmock

Tuesday 16th July

Christmas in July

Thursday 25th July

Aged Care Employee Day

Wednesday 7th August

Whiteley College

Tuesday 13th August

Shay Byrne

Friday 16th August



Special Days

July

4th American Independence

5th World Chocolate Day

12th Bastille Day

17th World Ice Cream Day

22nd International Lamington Day

24th Cowboy Day

25th Christmas in July

August

1st Horses Birthday

3rd National Watermelon Day

6th International Beer Day

7th Aged Care Employee Day

10th World Lion Day

12th World Elephant Day

13th Left- Handers Day

17th Book Week

23 Daffodil Day

30th International Whale Shark

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 Thursday at 10.30am

Paws Pet Therapy Fortnightly on a Monday at 2.00pm

Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in May and June a very Happy BIRTHDAY!!!



Noticeboard

NEW RESIDENTS

A very warm welcome to

Andrew P
Maurice F
Graham M
Denise T
Ronald T
Luise S
Barry D
Eric C
Elspeth R
Margaret W
Carolyn B
Nicholas L

We hope you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents

Raelene Mc
Norma W
Lesley H
Susan H
Heather B
Arthur R
Rolf F
Pamela F
Jill R
Marjorie B
Nina M

May you be comforted by the knowledge that your loved ones are at peace.



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.

If you require any information for external services, please see the web address below

www.hearing.com.au

<https://visionaustralia.org>

<https://www.dementia.org.au>

<https://beyondblue.org.au>

<https://palliativecarenewsw.org.au>

alternatively, please speak to the lifestyle team and we can assist you in obtaining the relevant resources for you or your family member.

Thank you!

NEW STAFF

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

Vivian L	RN
Sanjeev L	Head Chef
Greg P	PCA
Nissant R	PCA
Kenneth E	PCA
Ashlesha P	PCA
Rashi M	PCA
Abigail W	EN
Kathleen C	Catering Assistant

We hope that you enjoy your time here!

Noticeboard



LYDIA

Operational News

External Nurse Advisor on site to continue our staff education while we are recruiting a new Nurse Educator & Clinical Quality Manager.

The management team are in the process of setting up Anthem's Quality Care Advisory Body (QCAB) with the first meeting being held at the end of June. The report from the QCAB meeting will be submitted to Anthem's Governing Body with recommendations to assist the Governing Body in its oversight and governance of quality care for our residents.

New Chef was onboarded in mid-May with 5+ years of experience in healthcare, in charge of improving overall kitchen services.

We received positive feedback from residents following the new winter menu taster focus group.

Lydia

Facility Manager

STINY

Clinical News

Vaccinations & Current COVID Situation:

Flu Vaccination: Over 90% of residents and staff have received their annual flu vaccines.

COVID-19 Vaccination: More than 90% of residents and staff have completed their initial COVID-19 vaccinations and boosters.

Outbreak Status: We have 8 positive cases in Retford and 1 positive case in Loft.

Infection Control: Enhanced measures are in place, including a 12-hour shift for extra support, frequent touchpoint cleaning, and ongoing staff education

We appreciate families for understanding and adhering to mask-wearing and hand hygiene protocols to help prevent the spread of infection.

Quality Improvement:

Two Clinical Care Coordinators are supervising the floors to continuously improve the quality of resident care.

Staff Training: Our staff continue to receive regular training on the latest infection control practices and guidelines, ensuring they are well-prepared to provide the best care possible.

Our care staff, under the guidance of the lifestyle team, are conducting a variety of lifestyle activities during weekends to enhance the quality of life for our residents.

Audits:

Conducting regular audits by external consultants and reflecting on the continuous improvement plan to ensure compliance with healthcare standards and to identify opportunities for enhancement.

Any gaps identified during our audits will be incorporated into our continuous improvement plan to address these issues and enhance the quality of care, ensuring compliance with NSW aged care standards.

Stiny

Clinical Care Manager



Winter Wordsearch



K N A M W O N S T N X O T F E
K O W I N T E R E C O C O A L
P I C I C L E I Z R R R B K G
C H M B W M I T T E N S M W I
H S G H W S Z I W D Y F E A L
T G H Q R A K E N E Z O R F A
O L X O D S S P R U C E I S U
B O J E V C A R D I N A L N A
O V R N L E B G O T A H I O R
G E T C H I L L Y G Z O M W D
G S P C D O K T Z G Q L K F B
A C T S K A T E X S C L D L S
N I Z M M Y W F E X D Y E A H
C W N L U T G Y N S O A L K B
S D O Q V L Q K H W M Q S E A

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS

A Poem to Share

A Dog's Love

By Edgar Albert Guest

When the noon sun shines bright and high,
And shadows dance and breezes sigh,
A loyal friend is by my side,
A dog whose love will never hide.

Through fields of green and skies of blue,
He walks with me, so tried and true.
With every step, a wagging tail,
In joy and sorrow, without fail.

His eyes, so deep, a story tell,
Of days we've shared, through every spell.
A silent bond, a gentle touch,
In his embrace, I feel so much.

No words he speaks, yet speaks so clear,
In loyalty, he's always near.
A guardian, a playful soul,
With him, my heart is always whole.

Through years that pass and memories stay,
In love's pure light, we find our way.
A dog's love is a timeless song,
A faithful heart, where we belong.

Laughing Matters



The Talking Dog

A man sees a sign in front of a house: "Talking Dog for Sale." Curious, he rings the bell.

The owner tells him the dog is in the backyard.

The man goes there and asks the dog, "Can you talk?"

"Yep," the dog replies.

"So, what's your story?"

The dog looks up and says, "Well, I discovered my ability to talk when I was young. I wanted to help the government, so I worked for the CIA, eavesdropping on spies. I've traveled the world, learned many languages, and retired a few years ago."

Amazed, the man asks the owner how much he wants for the dog.

"Ten dollars," the owner replies.

"Ten dollars? This dog is incredible! Why so cheap?"

The owner sighs, "Because he's a liar. He didn't do any of that."

The Doctor Visit

A man goes to the doctor and says, "Doctor, my wife has a problem with her hearing."

"What are the symptoms?" the doctor asks.

"Well," he says, "sometimes she doesn't hear me at all. It's like she's completely tuned out."

The doctor nods and suggests a test: "Next time she can't hear you, stand a few feet away and ask her a question. If she doesn't respond, move closer and try again until she hears you. This will help us understand the severity."

That evening, he stands in the living room while his wife is in the kitchen. From across the room, he asks, "What's for dinner?" No response. He moves closer and repeats, "What's for dinner?" No answer. Finally, he stands right behind her and asks, "What's for dinner?" His wife turns around and says, "For the third time, we're having chicken!"