

ANTHEM

SEPTEMBER

Newsletter 2024



Inspirational Quote

*"Wherever you go, no matter the weather,
always bring your own sunshine."
-Anthony J. D'Angelo -*

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Lifestyle News

Hello Residents, Families and Friends!

Welcome to the September edition of our newsletter! With the warmer months ahead, we look forward to more walking groups, BBQ's and outside fun brushing off the winter chill.

We will be having our Spring fair on Friday October 4th. We would love for family members to come and join us in celebrating spring. Keep an eye on your email and look out for flyers around the facility, there will be more details to come.



Warm Regards

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

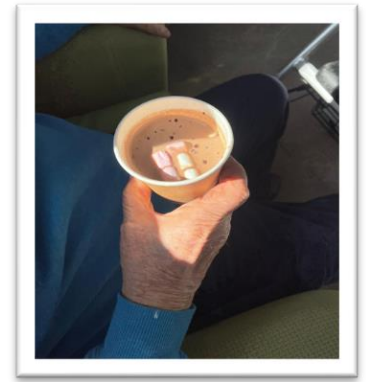
Would you like your loved one, or a staff member to be featured in our newsletter? If so, please email us at LifestyleTeam@anthemcare.com.au



Month in Review – July

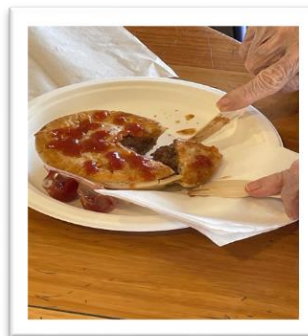
Snowflake Festival

Celebrating all things winter, we had a snowflake festival in upper Throsby with hot chocolate and marshmallows.



Heatherbrae Lunch

We had a beautiful trip out to Heatherbrae pies for lunch.



Pop-Up Cafe

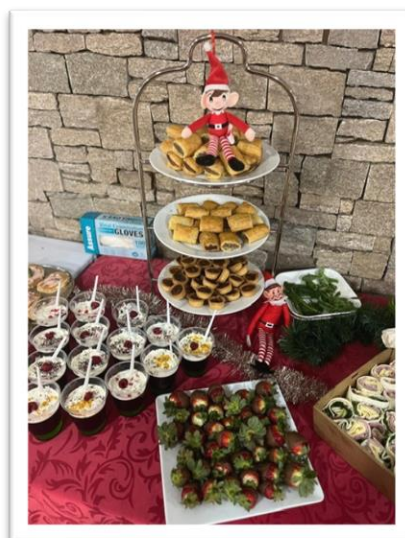
Our pop up cafes are always special but when you have cakes from the Cupcake Co in Berrima, it is just that much better.



Month in Review – July

Christmas in July

Celebrating Christmas in July with the Merry Music Makers and a special appearance by Santa!



Month in Review – August

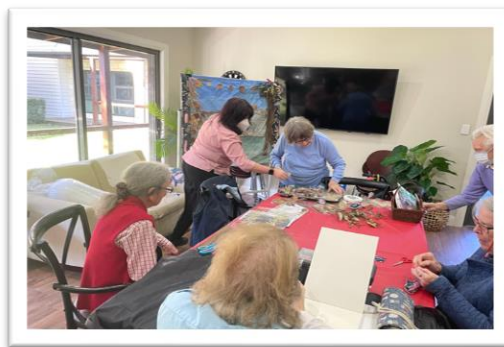
Louise Bell

We had Louise and partner Dave come in and treat us to the soothing sounds of the harp and violin.



Getting Arty

Some of our Anthem ladies have been getting highly creative in the green room with art therapy on a Monday afternoon, creating a mural. Stay tuned for the final result!



Andie Bramble

We were incredibly lucky in the school holidays to have Andie come in and preform for us.



Upcoming Events

Paul Leventhal Classical Guitarist

Wednesday 4th September

Local Election onsite polling booth

Tuesday 10th September

Spring Menu Taster

Thursday 12th September

Spring Fair

Tuesday 4th October

Shay Byrne

Thursday 10th October

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



Special Days

September

- 1st Classical Music Month
- 1st Father's Day (AU & NZ)
- 12th Chocolate Milkshake Day
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 21st Oktoberfest
- 25th Comic Book Day (US)
- 28th Confucius' Birthday
- 30th World Maritime Day

October

- 1st Day of Older Persons
- 1st Intl. Music Day
- 1st Residents' Rights Month
- 4th World Animal Day
- 4th World Space Week
- 5th World Teachers Day
- 6th World Smile Day
- 9th Curious Events Day
- 25th Pablo Picasso's Birthday
- 31st Halloween

Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in July and August a very Happy BIRTHDAY!!!



Noticeboard



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://palliativecare.nsw.gov.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!

Jinjutha: Kitchen
Suwimon: Kitchen
Jennifer: Clinical Nurse educator
Parvinder: Covid clinic
Carolyn: PCA
Rogelio: Kitchen
Deriece: RN
Elizabeth: Receptionist
Brenda: Housekeeping

We hope that you enjoy your time here!

NEW RESIDENTS

A very warm welcome to

Domenico C
John P
Susan Pf
Pamela C
Colin C
Patrick E
John B
Fay W
Ehtel M
Deleen T
Carmel L
Graham M
Terry B
Andrew P

We hope you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents

Ronald T

Elizabeth C

John B

Joe G

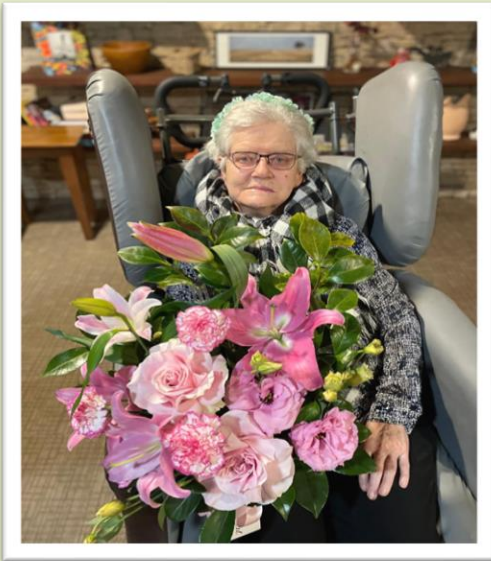
May you be comforted by the knowledge that your loved ones are at peace.



Noticeboard



BIRTHDAY FLOWERS



Ena's birthday was celebrated with a beautiful bunch of spring flowers from her family.



JENNIFER

Jennifer is a Registered Nurse with extensive experience in healthcare compliance, financial management, education and strategic planning. She has worked in the healthcare industry for more than 35 years with roles varying from clinical care, senior management, CEO and Non-Executive Director. Jennifer has a well-developed understanding of the aged care industry and has an embedded appreciation and belief in the drivers for best practice and quality outcomes in care and services to residents.

Jennifer holds the following qualifications: Bachelor of Nursing (Registered Nurse), Bachelor of Psychology, Master of Nursing (Gerontology and Health Administration), Master of Public Health, Master of Business Administration, Graduate Diploma of Education and Graduate Australian Institute of Company Directors.



Noticeboard



LYDIA

Operational News

Anthem Quality Care Advisory Body (QCAB) had our first quarterly meeting on 27 June.

A comprehensive review of quality-of-care provision in our Home was discussed with representatives from resident and family members in the meeting, with some interesting suggestions raised by the reps.

We have considered those suggestions by putting them into the Anthem Continuous Improvement Program and will work on the items with support from Anthem Governing Body.

- 2024 Resident Experience Survey was conducted at Anthem by assessment team from the Commission on 26th July.

We thank our residents and family members for your support to provide feedback and suggestions for the survey.

- Anthem Strategic Planning for 2025-2028 has now launched, collecting ideas and suggestions from stakeholders.

One of the Anthem Governing Body members will be onsite in the last week of August to hold survey sessions with residents/family/staff and ask about their thoughts.

We encourage all stakeholders to participate in the survey.

For those who are unable to attend the face-to-face survey on the day, a survey document can be sent to you if you are interested in sharing your ideas with us.

Lydia

Facility Manager



Noticeboard



STINY Clinical News

Communication: Thank you for sharing your feedback with the Anthem Team, both positive and constructive. We value your input as it helps us improve and grow. If you have any concerns or suggestions, please feel free to discuss them with our RNs or use the complaint/compliment form available. You can place the completed form in the designated box or hand it directly to an RN. We are committed to addressing your feedback promptly and appreciate your ongoing communication.

Continence Trial and New incontinence Aids: We are excited to announce the success of our new continence trial and the introduction of our latest continence aids. This innovative product is designed to be skin-friendly and offers excellent absorbency, ensuring comfort and reliability for our residents. We are confident that this new aid will enhance the quality of care and contribute positively to our residents' well-being.

New Educator and clinical quality lead: We are pleased to welcome Jennifer Stuart Smith to the Anthem Team as our new Clinical Nurse Educator and Quality Lead. Jennifer brings a wealth of experience and expertise to our team, and we are excited to have her on board to enhance our clinical practices and quality of care. Please join us in extending a warm welcome to Jennifer.

Aged care workers day: We recently celebrated Aged Care Workers Day, honouring the dedication and hard work of our exceptional team. This special day provided an opportunity to recognize and appreciate the invaluable contributions of our aged care workers, whose compassion and commitment make a profound difference in the lives of our residents. Thank you to all our team members for your unwavering dedication and outstanding care.

External Complaint Closed: We are extremely pleased to share that the external complaint regarding a clinical care issue has been fully resolved. Following a thorough review by the commission, including an examination of our clinical care pathway and governance, the matter has been closed with all concerns addressed. This outcome reflects our ongoing commitment to high standards of care and continuous improvement. Thank you for your support and trust in our team.

Stiny

Clinical Care Manager

Poem to Share

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.

- *William Ernest Henley*



Laughing Matters



Husband & Wife

A woman goes to the Doctor, worried about her husband's temper.

The Doctor asks: "What's the problem?"

The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick."

The Farmer

A man asks a farmer if he can cross his farm to catch the 4:25 train.

The farmer says: "Sure go right ahead! If my bull sees you, you might even catch the 4:20!"

The Mother-in-law

Assistant: "Sir, can I have a day off next week to visit my mother-in-law?"

Boss: "Certainly not!"

Assistant: "Thank you so much sir! I knew you would be understanding."

Word Search



PIRATE

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

Ahoy
Captain
Scoundrel
Buccaneer
Dagger

Shipwreck
Eyepatch
Trinket
Earrings
Navigate

Island
Pillage
Vessel
Hook
Scallywag

Privateer
Treasure
Bounty
Cannon
Scurvy

ANTHEM SPRING FAIR

-Friday 4TH October-

-Anthem Gardens-

-2:00pm-



Anthem
Care for Life