

ANTHEM

NOVEMBER

Newsletter 2024



Inspirational Quote

*“Keep your face always towards the sunshine –
and shadows will fall behind you”
- Walt Whitman -*

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Lifestyle News

Hello Residents, Families and Friends!

Welcome to the November edition of our newsletter! With the warmer months ahead, we look forward to more walking groups, BBQ's and celebrating the Christmas spirit with events!



We will be having our Christmas Markets on Tuesday, 3rd December, followed by our Christmas party on Tuesday 17th December. We would love family members to come and join us in celebrating the last couple months of the year. Keep an eye on your email and look 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

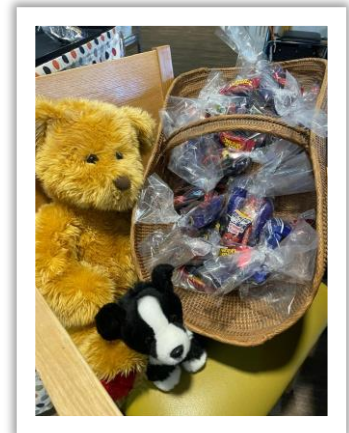
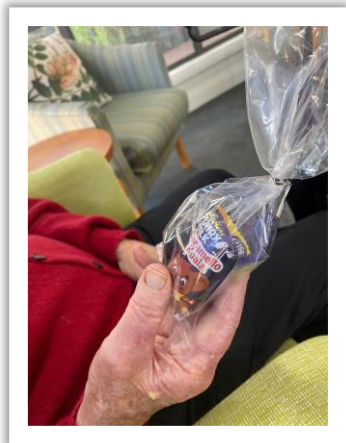
Would you like your loved one, or a staff member to be featured in our newsletter? If so, please email us at LifestyleTeam@anthemcare.com.au



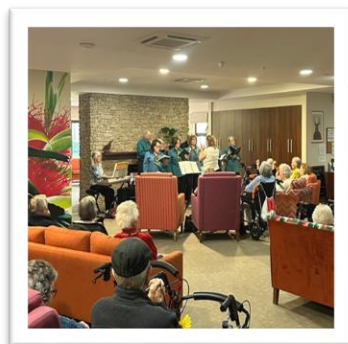
Month in Review – September

Father's Day Celebrations

Sweet treats for all – cupcake making with residents and Father's Day deliveries



An afternoon with the Sing Australia Southern Highlands Choir

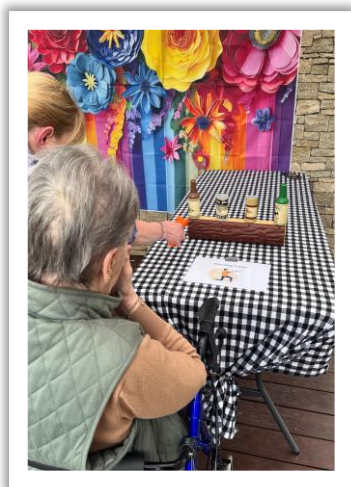
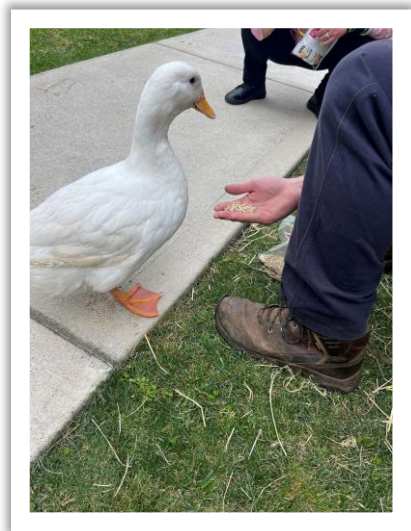


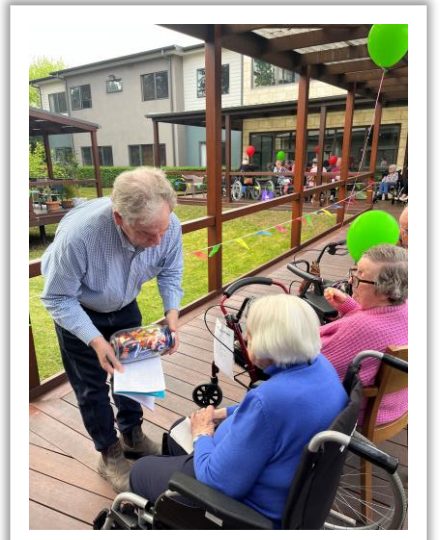
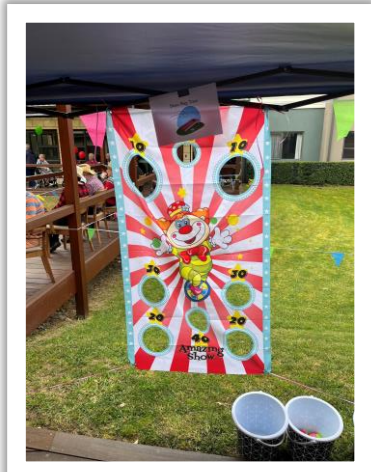
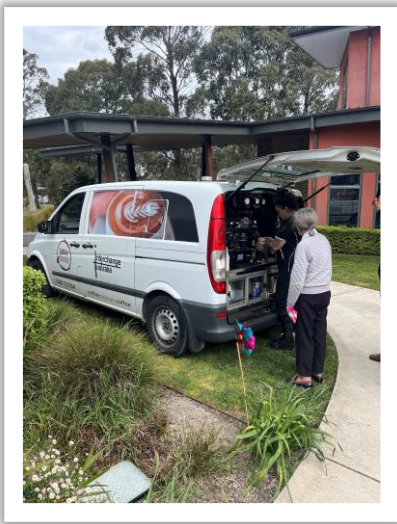
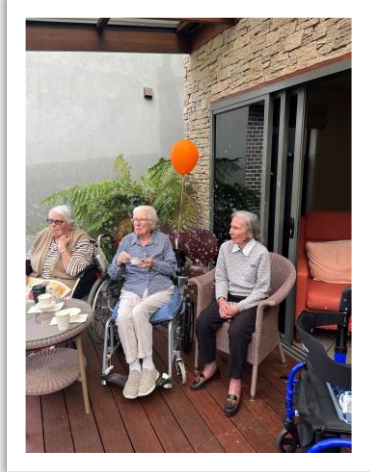
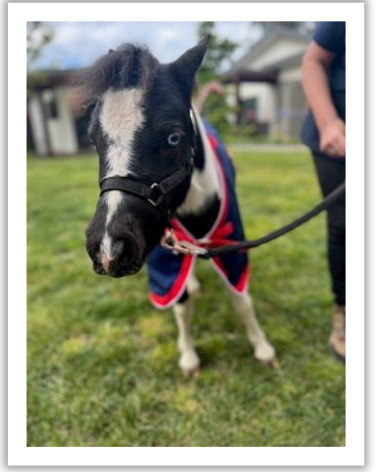
Month in Review – October

Spring Fair

It was all fun and games at the Anthem Spring Fair!

We were joined by ol' blue eyes, Frank the Pony, Daffy Duck, and enjoyed donuts and fresh coffee from Coffee Change!



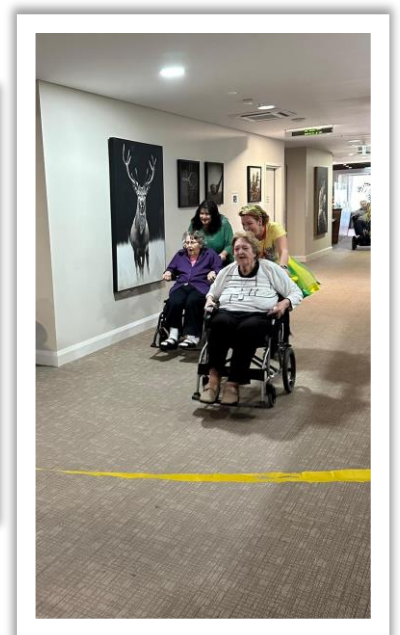
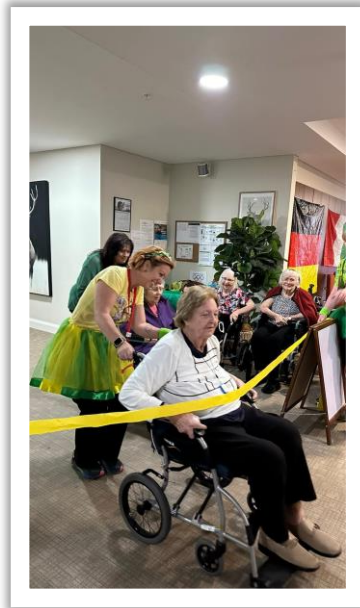


Month in Review – October

Anthem Olympics

Celebrating the Anthem OLYMPICS 2024

Our residents getting athletic with boxing, weightlifting, wheelchair races. Winners are Grinners!



Month in Review – October



Upcoming Events

Melbourne Cup

Tuesday 5th November

Remembrance Day

Monday 11th November

Christmas Market

Tuesday 3rd December

Christmas Party

Tuesday 17th December

End of Year Concert

Tuesday 31st December

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

November

- 1st All Saints Day
- 1st Diwali
- 5th Melbourne-Cup
- 9th Inventors' Day
- 11th Remembrance Day
- 13th World Kindness Day
- 19th International Men's Day
- 21st World Philosophy Day
- 21st World TV Day
- 29th St. Andrew's Day

December

- 5th International Volunteer Day
- 24th Christmas Eve
- 25th Christmas Day
- 25th Hanukkah
- 26th Boxing Day
- 31st New Years Eve

Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in September and October 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://palliativecarenswh.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!

Asmita: PCA

Reiahna: PCA

Gayatri: PCA

Narayan: PCA

Michelle: RN

We hope that you enjoy your time here!

NEW RESIDENTS

A very warm welcome to

Jill D

Janette R

Ruth B

Yvonne R

Jean S

Beverly S

Valrene W

Pam V

We hope you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents

Norman F

Margaret H

Domenico C

Bob C

Chris C

Janice T

Terry R

Marie P

Kevin S

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



STINY Clinical News

On site Clinical Pharmacist: Since July 1, 2024, funding has been made available to community pharmacies and aged care providers to employ on-site pharmacists in residential aged care homes. These pharmacists will play a crucial role in regularly reviewing medications, aiming to reduce medication-related harm and optimize the use of medicines for our residents. In addition to enhancing the safety and effectiveness of medication management, they will collaborate closely with aged care staff to improve health outcomes and build stronger relationships with families and carers.

At Anthem, we are thrilled to announce that we have initiated discussions with our pharmacy team and are optimistic about welcoming an on-site clinical pharmacist starting the first week of November this year. This initiative will further support our commitment to providing the highest quality care for our residents. Stay tuned for more updates!

Commitment to Antimicrobial Stewardship at Anthem and Consumer Guide to Antimicrobial Stewardship: Antimicrobial stewardship is a practice focused on the responsible use of medicines that treat and prevent infections, such as antibiotics and antivirals. These medicines can become ineffective if microbes develop resistance. The Antimicrobial Stewardship Clinical Care Standard outlines what patients can expect when receiving treatment for infections, including immediate administration of appropriate antimicrobials for severe conditions, adherence to established guidelines when prescribing medications, regular reviews of treatment to ensure its effectiveness, and the use of preventive antibiotics during surgical procedures. These measures aim to ensure safe and effective care while helping to combat antimicrobial resistance. For more information, visit [www.safetyandquality.gov.au/ams-ccs](www.safetyandquality.gov.au/ams-ccs).

At Anthem, we are dedicated to promoting responsible antibiotic use through our Antimicrobial Stewardship (AMS) program. By adhering to AMS guidelines, we focus on optimizing the treatment of infections while minimizing the risk of antibiotic resistance. Our interdisciplinary team actively monitors and reviews antibiotic prescriptions, ensuring that our residents receive the most appropriate and effective therapies. Through education and collaboration, we strive to enhance patient outcomes and safeguard the health of our community.

Noticeboard

STINY

Clinical News continued

Important Update on COVID-19 Isolation Protocols: In light of recent regulatory changes regarding COVID-19 isolation measures, we want to inform our residents and their families about the new guidelines in the event of an outbreak. Specifically, if a COVID-19 outbreak occurs, we will require pre-consent from residents who are not infected but are willing to isolate voluntarily to help mitigate the risk of infection. This proactive approach is aimed at protecting the health and safety of all residents within our community while ensuring their autonomy and comfort during these challenging times. Thank you for your understanding and cooperation as we continue to prioritize the well-being of everyone at Anthem.

Update on Anonymous Complaint Received: We would like to inform our residents and families that we have received an external anonymous complaint, which was of a general nature and not directed at any specific issue. In line with our commitment to open disclosure, we have responded to the complaint and are currently awaiting further feedback. We believe in transparency and keeping our community informed, and we will provide updates as we receive more information. Thank you for your understanding and continued trust in us as we address this matter.

Stiny

Clinical Care Manager



Noticeboard



LYDIA Operational News

Anthem introduced mobile optometry service into our care with first onsite service from the provider 'Healthcare 2 You' conducted in mid-October 2024. Their optometrist and optical dispenser came with equipment and did assessment/examination/screening for our residents.

Good feedback received from residents who had their booked services done on the visit. Anthem will continue with this provider to arrange regular onsite optometry services for our residents.

- We had our annual Resident Experience Survey conducted on site by the Commission's survey team in end of July and achieved overall better outcome than last year.
- Food focus group for Spring menu was conducted in early September with positive feedback received for a few new dishes which we are adding to weekly menus.

While we continue to improve our services, we appreciate residents and families for your support throughout the year.

Lydia

Facility Manager

Poem to Share

Reflections of Gratitude

On this day, let us pause and reflect,
On the blessings we often neglect.
From the morning sun's gentle rays,
To the love that brightens our days.

Gratitude flows from a humble heart,
For the simple joys life imparts.
A warm meal, a friend's kind word,
The beauty in nature's song, often unheard.

So, let's share our thanks far and wide,
In every gesture, let gratitude reside.
For in giving thanks, we find our way,
To peace and joy, on this special day.



Laughing Matters



Short Jokes and One-Liners

Want to hear a joke about construction?

I'm still working on it.

What happens when a snowman throws a tantrum?

He has a meltdown.

The Hospital

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said,

"I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything."

Word Search

FIND IT IN THE KITCHEN



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

Blender
Utensils
Sink
Stove
Bowl

Colander
Frypan
Refrigerator
Oven
Peeler

Stockpot
Grater
Saucepan
Plate
Cup

Dishwasher
Kettle
Spatula
Toaster
Wok



ANTHEM

Christmas Markets

TUESDAY

3 DECEMBER | 10 AM - 2 PM

