

ANTHEM

MARCH

Newsletter 2025



Inspirational Quote

*“The only thing that will make you happy is
being happy with who you are”
- Goldie Hawn -*

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Lifestyle News

Hello Residents, Families and Friends!

Welcome to the March edition of our newsletter! With the hot summer season coming to an end, we welcome autumn with open arms.



We had an incredible start to 2025 with plenty of performances from Shay Byrne, the Honey Sippers and Louise Bell. Australia Day 2025 was a hit for our residents with a tasty barbecue from our Chef Rob and Geoff. Valentine's day was filled with love and roses.

We will be having our Easter Markets on Friday, 11th April and encourage family members to attend with their loved ones. If you are unable to attend and would like them to spend some money on the day, you can hand your amount in to reception. Keep an eye on your email and look for flyers around the facility for any further events throughout March and April.

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

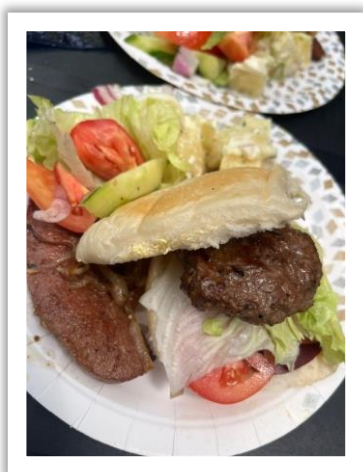
Would you like your loved one, or a staff member to be featured in our newsletter? If so, please email us at LifestyleTeam@anthemcare.com.au



Month in Review – January

Australia Day 2025

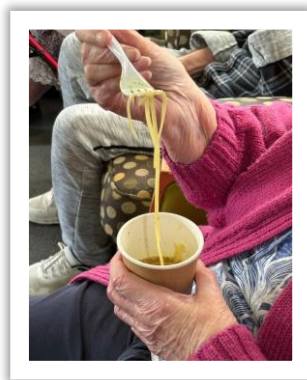
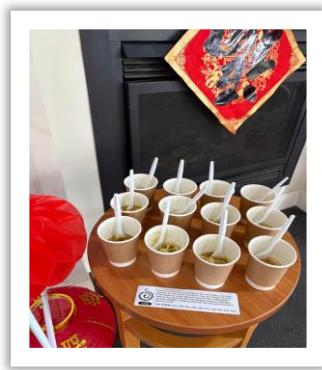
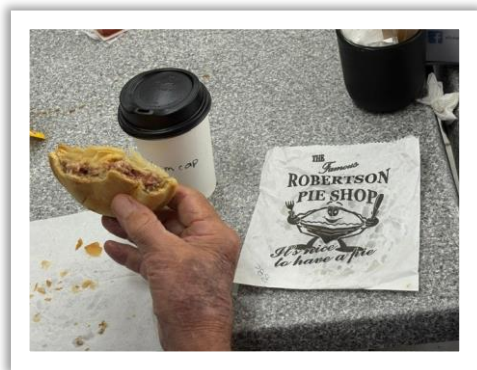
Our residents celebrated Australia Day with a tasty BBQ followed by some great entertainment and extra special purple haired guest with her gladioli!!



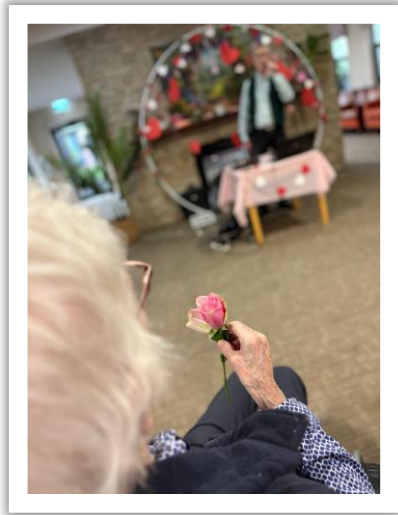
Month in Review – February

February 2025

It's been a month full of fun and festivities! Residents enjoyed a visit to Robertson Pie Shop, performances by the Honey Sippers, Sing Australia Choir, and Shay Byrne to kick off Valentine's Day! We also celebrated Chinese New Year by slurping down Longevity Noodles, and had a lovely High Tea, along with our Food Focus Group.



Month in Review – February



Upcoming Events

Exercises with Mira

Thursday 6th March

Paws Andrew and Molly Return

Monday 17th March

Ukes in the Mist Concert

Thursday 3rd April

Easter Market

Friday 11th April

Shay Byne Concert

Friday 18th April

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 Thursday at 10.30am

Paws Pet Therapy Fortnightly on Monday at 2.00pm



Special Days

March

- 1st Autumn begins
- 2nd The Oscars
- 3rd World Wildlife Day
- 8th International Women's Day
- 17th St Patrick's Day
- 21st Harmony Day

April

- 1st April Fool's Day
- 15th World Art Day
- 18th Good Friday
- 20th Easter Sunday
- 25th Anzac Day

Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in November and December 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.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!

Roldan A **Christine P**

Manisha K **Roshani P**

Jiby J

We hope that you enjoy your time here!

NEW RESIDENTS

A very warm welcome to

Harry K **Patt P**

Sandra C **John P**

Ethel M **Barry F**

Terry A **Quentin C**

Lance M **Terina H**

Charles W **Helen C**

John B **Marlene B**

Patricia L **Elaine B**

We hope you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents

Colin C **Pam C**

Maurice M **Jenny M**

Pat M **Joe B**

Pat L

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



STINY Clinical News

Infection Control:

Anthem is committed to ensuring that the residents receive recommended vaccinations, including COVID-19 and influenza. Our GPs have begun administering COVID-19 vaccinations to the residents. According to the latest guidance from the Department of Health, all residents who have not received a COVID-19 vaccination in the last six months are now eligible for vaccination.

In terms of influenza vaccination, we are currently in the process of obtaining consent and placing orders for the vaccine, with the goal of completing all influenza vaccinations by May this year.

Roster Updates:

Anthem is committed to provide quality of care; we are increasing the number of RNs to improve the clinical Onsite.

Care Conference:

RNs will be reaching out to family members/ NOKs to arrange a care conference meeting. Typically, a care conference is organised for a new admission after four weeks, followed by an annual care conference. Additionally, a care conference will be held in the event of incidents or changes in the resident's health status.

Complaint management and Open disclosure:

Anthem has a systematic process of receiving, investigating and resolving complaints from residents, families and employees.

It involves acknowledging the complaint and ensuring it is addressed promptly and fairly. This is helping Anthem to identify areas of improvement and enhances trust. Open disclosure is a key part of effective complaint management. It involves openly communicating with residents and their families about the incident/concerns.

Stiny

Clinical Care Manager

Noticeboard



LYDIA Operational News

Autumn Menu Design:

We would like to inform you that Anthem Management and our Kitchen Team have decided to implement a significant change to the menu cycle for our residents, including new items. Going forward, the menu will be rotated on a fortnightly basis, rather than weekly.

To ensure the highest standards, all meals selected for the new menu have been designed and developed by our expert chef consultant in his test kitchen, ensuring both quality and consistency—something that sets us apart from other aged care homes. New recipes have been created and the menu redesigned, with new items to be tasted by our residents tomorrow for feedback.

As part of this update and redesign, dishes that have not been as popular will be removed from the menu. This will allow us to focus on serving your loved ones' favourite meals more frequently.

After thorough consultation, we believe this change will significantly improve the quality and consistency of the meals we provide.

For our kitchen staff, a more focused menu will allow for the use of finer ingredients, reduce waste, and provide more time to plan special events and occasions throughout the year.

Additionally, there will be changes to the evening meal options. Residents can expect a choice of one hot option, one protein-based salad, and a soup with bread roll. We're also incredibly excited to introduce a new Supper Menu featuring items such as toasted sandwiches, cheese and crackers, fruit cake, and hot chocolate to see our residents satisfied through the night.

These changes will take effect with the introduction of our Autumn menu, beginning from the week of 17th March.

Thank you for your understanding and support as we work to provide an even better dining experience for your loved ones.

Ongoing Training

As the aged care sector will be using the new rights-based Aged Care Act as well as the Strengthened Aged Care Quality and Safety Standards from 1 July 2025, we are working on a project to review our systems, processes and documents making sure they are suitable for the coming changes.

We are also upgrading our staff education/training program to reflect the changes and convey the main messages/implications to our staff so that they understand the impacts on their jobs and adjust accordingly to maintain the quality of care provided to our residents.

Lydia

Facility Manager



Poem to Share

What Easter Means to Me

What Easter means to me
Is down in my heart
The story all about Jesus
It's told from the start.

How he rose that great morning
And rolled away the stone
He did it for us all
And did it all alone.

Showing all his love
When he got up that great day
As he promised that he would
He'd have it no other way.

So there we have it my friends
Because we all are set free
And everyone surely knows
What Easter means to me.

Rebecca Sally



Laughing Matters



Tempting Fate

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside. “Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she’s in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great! The day she’s discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed. Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.

“So what happened?” she asks.

God shrugs. “I didn’t recognize you.”

Funny Figures of Speech

Since light travels faster than sound, some people appear bright until you hear them speak.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

To be sure of hitting the target, shoot first and call whatever you hit the target.

They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.



Word Search



EASTER

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

Chocolate

Angels

Resurrection

Chick

Palm Sunday

Fertility

Tradition

Christ

Forgiveness

Eggs

Rebirth

Equinox

Bunny

Lamb

Jesus

Egg Hunt

Bonnet

Cross

Good Friday

Family



HOP ON OVER FOR OUR

Easter Markets

Friday 11th April
at 10am

ASCOT GROUND LOUNGE

Joined with some egg-cellent stalls from
SOPHIA'S CREATIONS
ANTHEM BAKERY + FRUIT STALL

