

# ANTHEM

MAY

Newsletter 2025



## *Inspirational Quote*

*"Faith is taking the first step even when you don't see the whole staircase."  
- Martin Luther King Jr -*

## IN THIS ISSUE

Lifestyle News	2
Months in Review	3-12
Upcoming Events	13
Happy Birthday	13
Noticeboard	14-17
Poem to Share	18
Laughing Matters	19
Word Search	20

# Lifestyle News

Hello Residents, Families and Friends!

Welcome to the May edition of our newsletter! As we step into the frosty and wintry season of May, we're excited to bring you the latest updates, stories, and insights in this month's edition.



March was a month filled with celebration and recognition! We kicked off with a proud moment, honoring the victors of the Moss Vale show. It was a fantastic opportunity to highlight the talent and hard work of our residents. We also took a moment to recognize the dedication of our long-serving staff, whose commitment continues to make a difference. April was equally eventful, with plenty of memorable moments to look back on. We kicked off the month with our Easter Markets. Highlands Classic and the Enthusiasts Motorcycle Club visited, which our residents enjoyed. Of course, we also took time to celebrate Easter with special events and commemorated ANZAC Day with a heartfelt service, honoring the brave individuals who served and sacrificed for our country.

As we enter May/June, we look forward to concerts, pop up cafes, Mother's Day celebrations. Keep an eye on your email and look for flyers for any further events throughout May and June.

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](mailto:LifestyleTeam@anthemcare.com.au)

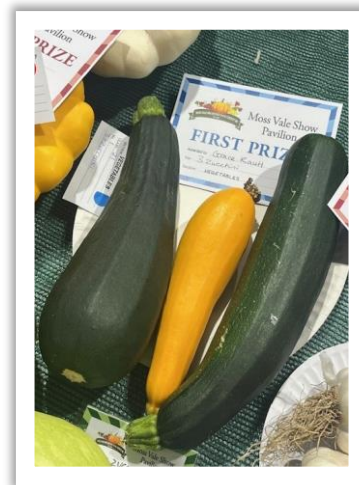
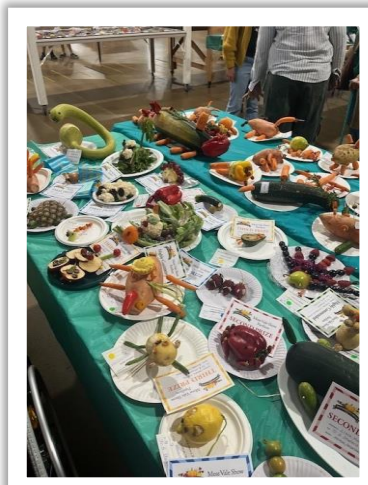
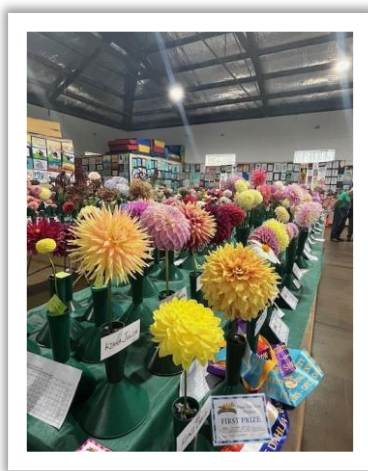
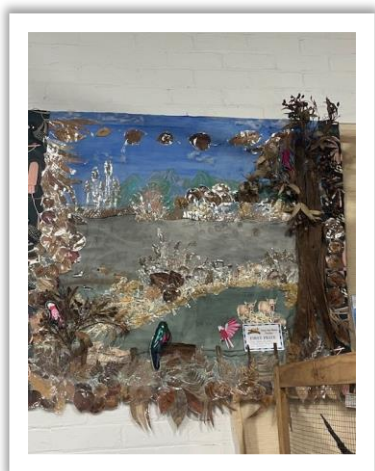
### **EXPRESSIONS OF INTEREST**

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 – March

## Moss Vale Show 2025

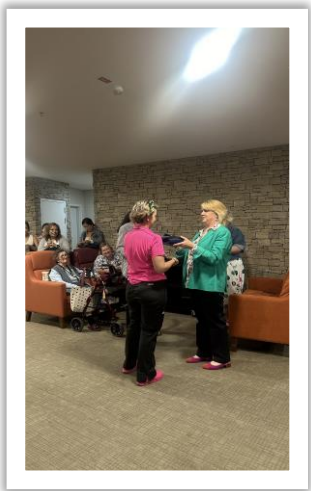
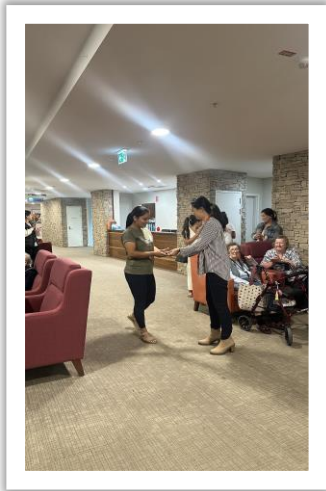
Our incredibly talented residents were all winners at this year's Moss Vale Show! We had multiple entries, including our Art Group, who created a stunning mixed-media mural that took home First Prize! Our vegetable patch also produced award-winning zucchinis, and an exceptional pencil portrait earned Third Prize.



# Month in Review – March

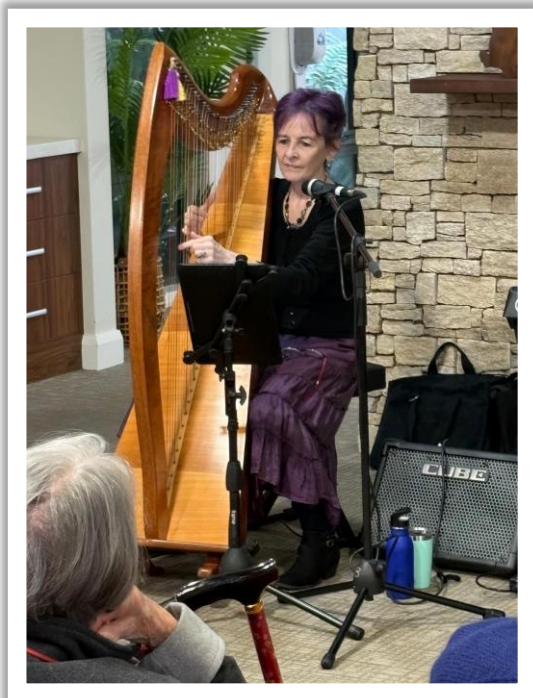
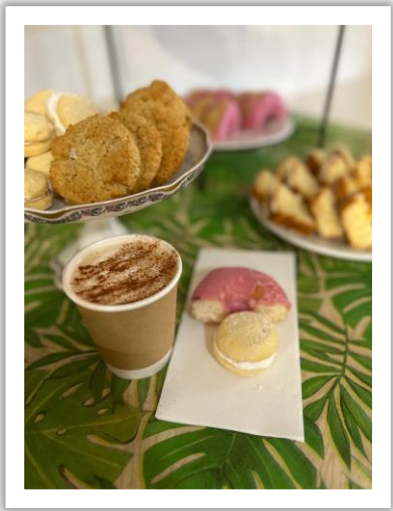
## Long Service

On March 6, 2025, we celebrated and honored our loyal, hardworking team members who were recognized with a Long Service Award for their incredible dedication and service of 5+ years to Anthem. Some of our dedicated staff reaching 16 years with Anthem!



# Month in Review – March

During March, we've been serenaded by Louise Bell, Helen James & Greg Dimmock and enjoyed our weekly pop-up cafe with sweet treats!



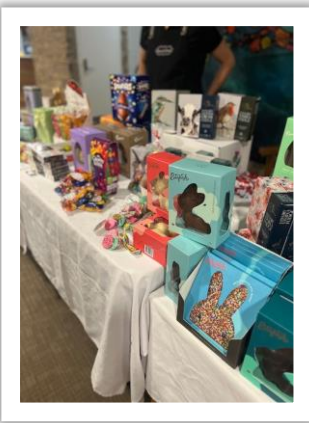
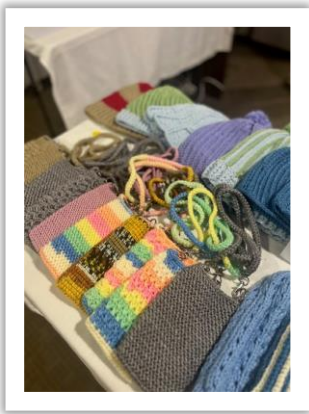
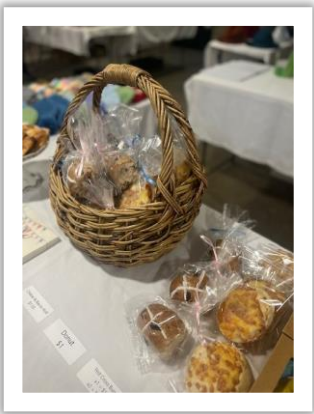
# Month in Review – April

## Easter Market 2025

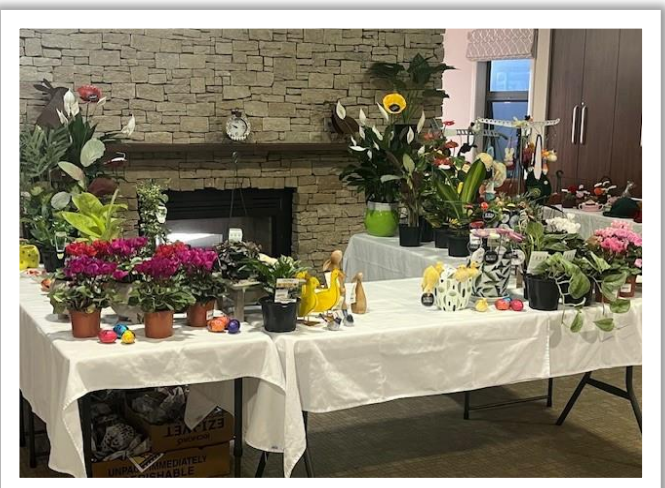
Our Annual Easter Market was, again, a great success!

With thanks to our talented creative staff for their homemade items and to local producers such as

Mrs Oldbucks Pantry, Loaded Creations, Bowral's Sweets & Treats and Mt Murray Nursery!



# Month in Review – April



# Month in Review – April

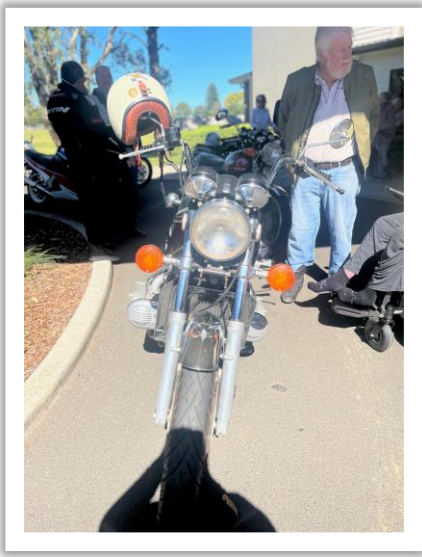
## Highlands Classic & Enthusiasts Motorcycle Club Visit

Today, we had the pleasure of welcoming the gentlemen from our local classic motorcycle club! It was a real treat for both the men and women of Anthem, with club members kindly taking the time to chat with our residents about each of their incredibly special bikes, some dating back to 1975!

**Did you know a motorcycle must be at least 30 years old to be considered a classic?**



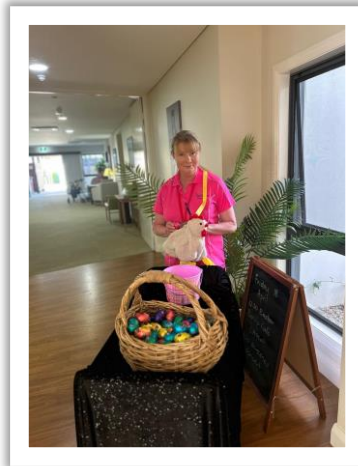
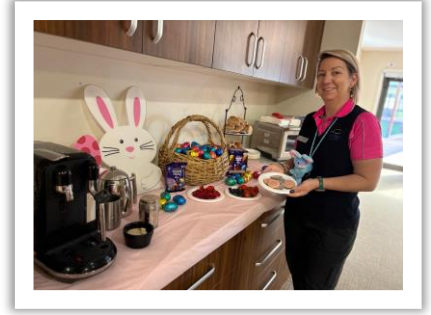
# Month in Review – April



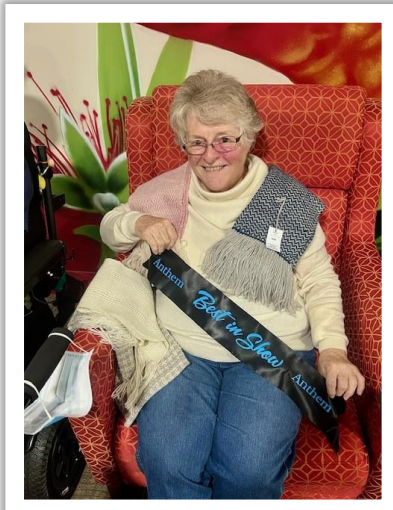
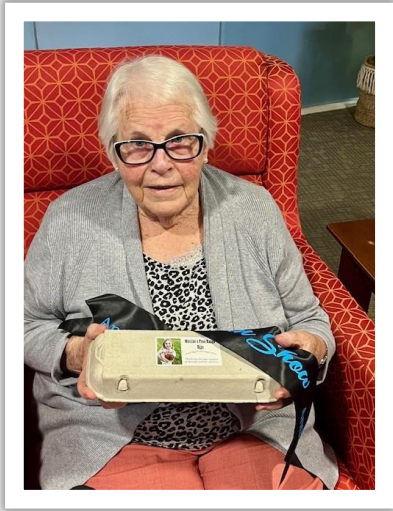
# Month in Review – April

## Easter 2025

We've had a wonderful few days at Anthem with our "Best in Show" event and a special delivery from the Easter Bunny! Residents, families, and staff all took part, entering their produce, handicrafts, and artwork into friendly competition. We had many creative entries and celebrated several well-deserved winners across the categories!



# Month in Review – April



# Month in Review – April

## ANZAC Day at Anthem

We were honoured to welcome members of the Bowral RSL Sub-Branch who kindly led our ANZAC Day Memorial Service. It was a moving and heartfelt morning, offering residents, families, and staff a meaningful opportunity to reflect, remember, and pay tribute to those who served. We extend our sincere thanks to the RSL representatives for their time and dedication.



# Upcoming Events

## On Site Voting

Thursday 1<sup>st</sup> May

## Mother's Day Morning Tea

Friday 9<sup>th</sup> May

## Frensham School Visit

19<sup>th</sup> May

## Louise Bell Concert

Thursday 22<sup>nd</sup> May

## Hayden Wiseman Violinist

Tuesday June 3<sup>rd</sup>

## Helen James Concert

Tuesday 17<sup>th</sup> June

# 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

### May

- 4<sup>th</sup> Space Day
- 5<sup>th</sup> Cinco de Mayo
- 10 National Train Day
- 11<sup>th</sup> Mother's Day
- 12<sup>th</sup> International Nurses Day

### June

- 5<sup>th</sup> World Environment Day
- 9<sup>th</sup> King's Birthday
- 15<sup>th</sup> World Elder Abuse Awareness Day
- 21<sup>st</sup> World Music Day

# Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in November and December a very Happy BIRTHDAY!!!



# Noticeboard



## STINY Clinical News

### **Winter Preparedness at Anthem Care**

As winter approaches, we have organized vaccinations for both residents and staff for flu and COVID-19. The staff flu vaccination was successfully completed on April 24.

### **Quarterly Indicators Report**

We submitted our quarterly clinical indicators report for January, February, and March on April 16. Except for hospital transfers, all other metrics are performing well, placing us in the Green Zone compared to industry averages. The areas we are monitoring include pressure injuries, restrictive practices, unplanned weight loss, falls and major injuries, medication management, activities of daily living (ADLs), incontinence care, hospitalizations, workforce metrics, consumer experience, and quality of life.

### **Care Planning and Case Conferences**

Annual case conferences will be held for residents, or as needed in response to changes in their health. For new admissions, RNs will arrange a case conference within 30 days. Every three months, RNs will conduct care evaluations and communicate with both residents and their families about the care provided. Residents and their families will receive a copy of the care plan.

### **COVID-19 Outbreak**

Currently, we are experiencing an outbreak in our dementia-specific unit. All residents are safe, and infection control measures, including staff education, are being implemented to manage and contain the outbreak.

### **Complaints and Compliments Process**

We have a process in place for submitting complaints and compliments. If you have any suggestions or concerns, please feel free to inform the RNs verbally or submit a written complaint either in the Dropbox or via email.

*Stiny*

Clinical Care Manager

# Noticeboard



## **LYDIA** **Operational News**

It's good to hear residents' feedback from our resident meeting in mid-April that the overall food service is improving, and residents are happy with the new dishes trialled & introduced in autumn menu.

The external Chef consultant is currently focusing on desserts to further optimise recipes as well as train our Chefs/Cooks cooking methods for better quality and consistency.

We are preparing to follow the same process (food focus, taster, menu design, consultation with dietitian, recipe design & training etc) for coming winter menu.

In the resident meeting some families/friends requested to have information on what the major changes under the strengthened Aged Care Quality & Safety standards & new Aged Care Act are, and how they affect resident's care for both new and existing groups.

We will prepare a summary and provide to residents/families /friends soon.

We are also working on an Action Plan whereby we aim to put in place process/procedure/resource or make changes to them so that we can meet the new or enhanced requirements under the strengthened Aged Care Quality & Safety standards & new Aged Care Act which will take effect from 1st July 2025.

*Lydia*

**Facility Manager**



## **LORRAINE** **Project News**

Anthem Care is participating in a research project with the University of NSW. The research study is a National Consensus research project for reablement and rehabilitation for people living with dementia in the community.

Reablement or rehabilitation interventions such as occupational therapy or exercise maximise functioning, improve health related quality of life and reduce service utilisation in older populations.

Reablement & rehabilitation are recommended for people living with dementia; however, it is not routinely available in dementia practice.

The aim of the project is to find a broadly applicable strategy that can be implemented to the Community Aged Care Sector. Participants in the study include Allied Health practitioners & assistants, Program Managers, Policy makers, Expert and thought Leaders & people who live with dementia.

The research will present concepts & implementation strategies, such as staff training, funding mechanisms, referral procedures, program practicalities & program accessibility.

It is hoped that this will lead to reablement for people living with dementia in real world Community Aged Care practice. At the conclusion of the project, we will offer the publication of the research findings.

If you would like to read more about this project, we can provide you a copy of the information statement document at reception.

*Lorraine*

**Dementia Support**



# Poem to Share

---

## To Autumn

Season of mist and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eaves run;  
To bend with apples the moss'd cottage trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set buddingmore,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brimm'd their clammy cells

*John Keats*

---



# Laughing Matters



## The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all his friends again and see how everyone was doing.

When he got there, he was immediately greeted by everyone because they recognized him instantly.

He said hi to all of his friends warmly but then noticed one man didn't say anything to him or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk, and they'll tell you".

## Quick Jokes

What's an indication of iron deficiency?

*Wrinkly clothes.*

Waiter, how long will my pizza be?

*Sorry Sir, we don't do long ones, only round ones*

What happened when the dentist and manicurist had an argument?

*They fought tooth and nail.*



# Word Search



## FALL WORD SEARCH

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

Fall

Apple

Halloween

Stuffing

Rake

Crunch

Autumn

Pumpkin

Trick Or Treat

Cranberry

Cool

Change

Peeper

Hayride

Candy

Orange

Cider

Leaves

Crisp

Thanksgiving

Turkey

Red

Costume

Cozy