

Chairman – Chris Bazley



Goodday readers,

Who would believe our lives would be thrown into such turmoil in a month since our last newsletter? All of us say our health is the

most important thing we can have. When our health is challenged at times like this, almost never seen before, we need to take heed, follow the rules put in place and above all, stay calm.

Here at CCHS, the Board, management and staff have implemented a number of changes to how we deliver medical and aged care services for the best outcomes for you.

Not everyone likes change, but new ways of doing things like telehealth reduce the risk to all of us from Covid-19.

Just as important is protecting our staff who are at the front line of the fight against the virus.

If you have any questions or feedback on CCHS which are not of a medical nature (I have pretended to be a doctor in my early family days but failed miserably when I sent one of our boys off to school saying he only had a bruised elbow but in fact it was badly broken!) please give me a call – you can't catch me down the street any more.

When this issue is over, CCHS will be even stronger I am sure as our management and staff have come up with some really good ideas which have been supported 100% by your board.

Hopefully some of the Commonwealth government funding from a number of stimulus packages will come our way and support CCHS in keeping at the forefront of delivering medical and aged care to members of our regional community. Stay safe and look after yourselves.

Regards
Chris Bazley

PS Without a haircut for 6 months I am thinking about growing a mullet so you may see a new photo soon in our newsletter.

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Complaints/Compliments and Feedback



We are seeking a new resident representative and any interested residents are most welcome to let the staff know if they are happy to provide us with any feedback.

Residents have been very excited to receive letters from family and especially from great grand children. It is amazing how much a letter and photos can bring joy during this time.

General Manager-Brad Jones



THANK YOU, THANK YOU, THANK YOU.

The support from our entire community as we continue to try to reduce the Covid-19 risk to our town's elders (and us all) has been outstanding.

Tremendous support and understanding from patients, residents, board members, volunteers, hospital auxiliary, families, businesses, community members, representatives and many many more.

I am overwhelmed at the support and encouragement as we implemented the latest stage of our Covid-19 risk minimisation and protection measures. THANK YOU ALL.

And how about our staff team, everyday going above and beyond to make the best of our new reality, whilst delivering exceptional levels of care and attention to our residents and patients. THANK YOU.

Please remember to continue to support our own small businesses in town. As a small community, severely impacted by drought, many of our businesses are suffering and need your help. Many are adapting and offering contactless delivery services and other options to assist our town. As a community owned, not for profit, stand-alone, charitable, health services cooperative, in a rural area, we, as any other small business, are also feeling the financial pressures, please continue to consider the ways you may be able to help us both now and into the future as we all adjust to our new reality.

Please continue to do all you can to help families and friends to keep in contact whilst following all the important guidance and directives from the Federal Department of Health, Queensland Health and our own fantastic local team at Darling Downs Health. We continue to work with families on an individual basis to facilitate this. Please contact us to see what can be arranged.

The situation continues to change rapidly, and we will do our best to keep you updated.

Please don't become complacent, keep following all the advice.

Clifton Medical Practice is now treating patients via telehealth. This decision has been made to keep you, our patients, as well as our nurses, doctors and practice staff safe as we adapt to the COVID-19 pandemic.

We are still here but patients will no longer be able to physically access the practice. Instead, medical services will be provided via phone or online consultation by calling **4697-3097** to make an appointment.

It is crucial that we slow the spread of COVID-19 and ensure continuity of medical services to Clifton - now, over the course of the pandemic, and through the recovery phase.

We have been here for you since 1949. We know you and your health and understand that our ability to provide care for you is more important than ever. Should you have a medical emergency call 000.

If you have a non-urgent question in relation to COVID-19 or any other health matter, please call 13HEALTH (13-432584) for advice or contact the medical practice on **4697-3097** during normal business hours to arrange a telehealth consultation with a doctor.

Looking ahead, it is now a requirement that from the 1st May 2020 anyone coming into the premises of residential aged care must have a current Influenza vaccination. Please start planning to get your vaccination in April 2020 and find out what evidence you can obtain in writing that you have had it, as we will have to develop a way to check people's vaccination status when we come out of preventative lockdown at some point in the future.

Remember, a community working together with a common purpose can achieve anything.

Continue to support each other and "together we will continue to make a difference".

Regards

Brad





Lifestyle & Volunteer
Coordinator—Jade Gilchrist

Hi everyone,

Last month has been like no other, we have made some significant changes to how lifestyle deliver activities due to adapting to the COVID 19 restrictions. All of us have been put out of our routines and this has been a challenging time for both residents and staff. I would like to thank residents and staff for their understanding as we continue to try and meet the needs of residents during this time. With only two staff and three areas to work in this has seen the nursing home activities moved to the afternoons. I hope this will pass soon so we

Lifestyle Coordinator— Jade Gilchrist

can get back to normal but until then we will strive to do the best we can with the circumstances. My afternoons are now spent with assisting families and residents stay connected by any means possible. I have been fortunate to see the joy that letters from families bring to the faces of residents each day.

I would also like to thank the staff and management for their support.

Kind Regards,

Jade

Thinking about becoming a Pen
Pal and writing to our residents!
Drop your letter to the Jam
Factory!

April Birthdays

Selwyn	4th
Bob S	15th
Tommy	15th
Thelma	28th



Lifestyle Award WINNER



The winner of the Lifestyle Award for
March Fabian under the category of
Excellence in Care

Congratulations Fabian



Clifton Community Health Services

Published by Brad Clifton [?] · March 25 at 5:09 PM ·

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What are the symptoms?



FEVER



FATIGUE



COUGH



SORE THROAT



SHORTNESS OF BREATH

Darling Downs Health
March 25 at 2:03 PM ·

Like Page

Novel coronavirus (COVID-19) is a respiratory illness, this means it can affect the parts of your body you use to breathe, i.e your nose, throat and lungs. We've...
[See More](#)



Clifton Community Health Services

Published by Jade Gilchrist [?] · March 24 at 2:43 PM ·

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Thank you to our lovely volunteer Ken Gillam for his kind words and support!



Clifton Community Health Services

Published by Brad Clifton [?] · March 21 at 5:31 PM ·

...



ABC Brisbane

March 21 at 8:58 AM ·

Like Page

What a beautiful gesture ❤️

Holland Park residents Sangitha Mensingh and Brady Whitby created this work of art with chalk on the road outside a nursing home at...
[See More](#)



Clifton Community Health Services

Published by Brad Clifton [?] · March 23 at 6:51 AM ·

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Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

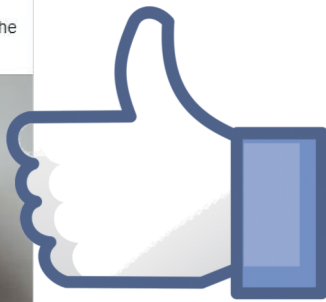
Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

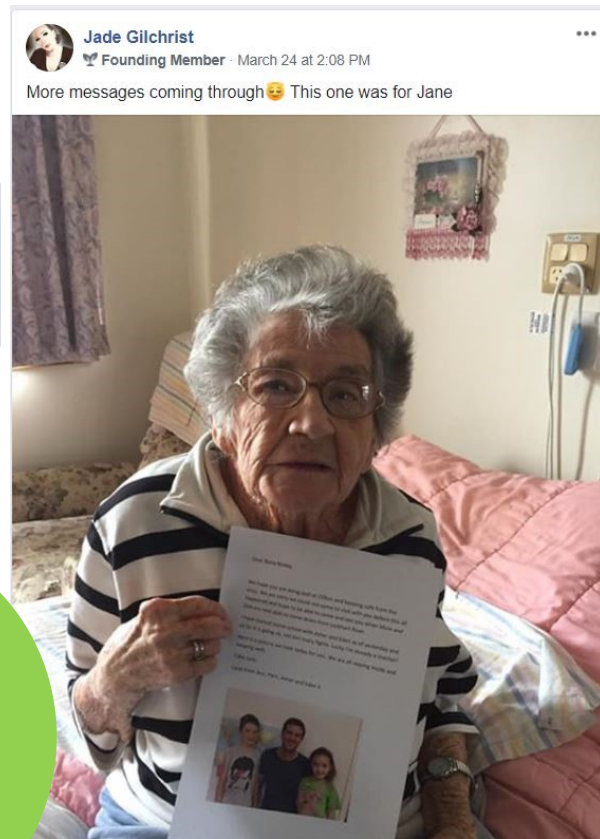
Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **[health.gov.au](https://www.health.gov.au)**



Australian Government



**Friends of
CCHS
Facebook
Group**



**Helping
families
stay
connected**

