



**CLIFTON COMMUNITY
HEALTH SERVICES**

Newsletter

February 2022



Hello Everyone

As this is my first article for the year, I'd like to take this opportunity to wish everyone a happy and healthy year in 2022! I trust you enjoyed a nice Christmas, albeit maybe a distant memory already.

**Chairman
Andrew Douglas**

While some of us have enjoyed a well-earned break since our last communication,

others unfortunately haven't had the chance to take as much time out as they deserve. To these people we are most grateful, as I'm sure are our residents, patients and clients!

The last month has seen the Covid-19 pandemic spread rapidly across Queensland and, sadly, within many residential Aged Care facilities. While a number of people in our community have contracted the virus, it is notable that our residents have, thus far, managed to stay free of the illness. This has only been possible due to the ongoing diligence of our committed staff and the undying focus of our leadership team.

On that note, the constant monitoring of the government's ever-changing Health Directives, and adaptation of our policies, procedures, protocols and plans to appropriately respond, can easily go unnoticed. It is important, however, to acknowledge the significant focus and energy that Brad, in particular, and his team continue to dedicate in this regard (often out of regular hours); all of which has a direct influence on the health and safety of those who live, work and visit our facility. To these people, I extend the Board's sincere thanks.

More broadly, I should also like to take this opportunity

to acknowledge and thank every single member of our team, be they an employee, volunteer or contractor, as well as our visitors, for how they have responded to the need to change the way they operate. Learning to live within 'a pandemic world' has placed increased workload and strain on everyone over the past two years; however, the responsible and respectful way everyone has responded is a credit not only to them but to our community.

I should also remind our team of the availability of the Employee Assistance Program and encourage anyone who may feel the need to access this confidential service to do so without hesitation.

While I would like to be able to say that this year promises to be easier than the last couple, that unfortunately isn't possible at this stage. There is still much to do, many challenges to address and many people whose wellbeing we must strive to maintain. We cannot afford to become complacent and I am confident that we shall all continue to do what is necessary in the interests of those for whom we care.

With that said, I am also confident that while we each take our responsibilities seriously, we shall continue to not take ourselves too seriously. We can, do and must also have fun and enjoy the journey. There is no greater privilege or calling than to serve others and there is no greater satisfaction to be gained than by doing so as a member of cohesive and successful team.

On that note, we were sorry to recently bid farewell to Louise, our very able Finance Manager, after a number of years in the role. Louise did a commendable job in repositioning the Finance & Administration function and Financial & Board Reporting, implementing new Accounting Systems, supporting the Board from an administrative perspective and relieving as General Manager in Brad's absence. Sincere thanks go to Louise, as she embarks on the next chapter of her career, a little closer to home.

Finally, thanks again to each and every one of you for the role you play. Keep up the great work!

Until next time, stay safe and well.

Inside this issue:

Chairman Report	1
General Manager	2
DT Team	3
Australia Day	4-10
Lifestyle Calendar	11
Home Care/ Facebook	12

General Manager-Brad Jones



Thank you everyone for the continued support of the team.

We remain on high level for personal protective equipment and entry procedures and I am pleased to report that we have started to receive some supplies from the National Stockpile administered by the Federal Government.

It was great to meet recently with our CCHS Community Consultation Committee and receive some feedback from the community on our operations. I have come away with a list of things that are going well and as always, a few areas where we could improve. We continually strive to improve upon the services we deliver and appreciate everyone who takes the time to provide constructive feedback. Speaking of which, some of our keen readers have noticed that the Birthday & Memorial section has been absent from the last few newsletters. We are working on it being back from the March 2022 issue and will recognise anyone that would have been in the last few issues then.

Through all of Covid we have been working away on all of our Strategic initiatives and will shortly be launching our Home Care offering to

the town. Home Care Coordinator, Sharon, introduces herself further on in this newsletter.

We have been live on the Icare resident management system within Nirvana Hostel for the last two months and are on target to go live across the nursing home in late February. The system is already delivering improvements and these will continue to grow as we switch on the further capabilities across the next few months..

Remember that there is a standing invitation for all residents and nominated family members to be involved in our regular care plan reviews, please contact the Clinical team if you want to be part of this valuable process.

Please arrange to have your Covid-19 booster vaccination. At the time of writing we have just four residents left that will shortly be due for their third dose and have embarked on the booster vaccination process for all staff & volunteers.

We expect the 2022 Influenza vaccinations to be available in March (no firm times yet). Please also make sure to book in for this as soon as they are available.

Thank you and best wishes to Louise as she moves onto the next stage of her career.

Keep working with us in partnership.

Together we can continue to make a difference. Brad

LETTER FROM DIVERSIONAL THERAPY

Hi Folks,

Activities for residents have been continuing as per normal with the only changes being the requirement for staff and volunteers to don personal protective equipment (PPE) the likes of masks, face shields or safety glasses. Its an interesting look. Here are some examples. Casey and I thought that if we were going to look silly anyway, that we may as well look 'sillier' and drew new pictures on our shields for a couple of days to bring a smile on the faces of those we were assisting to and from activities. They are hot to wear and not comfortable but we appreciate the effort that all staff and volunteers go to to ensure that our residents are being protected.



Please enjoy some photos of regular activities happening within the centre.



Happy *Australia Day*

Australia Day Celebrations on Tuesday the 25th of January for the residents. The room was decorated in Australian Flags from the ceiling, old advertising posters from back in the day anywhere from Vegemite to Holdens. Below are some of the posters that were on display over the month of January.



The purpose of these posters was to connect those back to when they were younger and growing up in Australia. There were smiles seen and chatter heard when these posters were seen.

We started the morning in with Trivia, information about landmarks known and unknown to our residents, working out which direction main towns and cities were in relation to us and where we are situated here in Clifton.

It became quite a talking point and a good laugh when one or two really didn't have their bearings but all in good fun. DT staff were quite surprised by the amount of knowledge folk have of Australia and how many have travelled or read up on where they would have liked to have travelled. It was a great start to the celebrations.

The menu chosen by residents was – Party Pies, Pasties, Sausage Rolls, Hot Chips and finally Danish Pastry for dessert. There were calls to have this on the menu once a week. Obviously, a hit.



The main activities for the day were:

1. **Yabby Races** – Real yabbys that were caught in Casey's home dam.
2. **Thong Throwing** – Some of our residents are pretty good with their arm throws as we had to duck out of the way.
3. **2 Up** – With a real 2 Up board and pennies for the correct weight to throw.



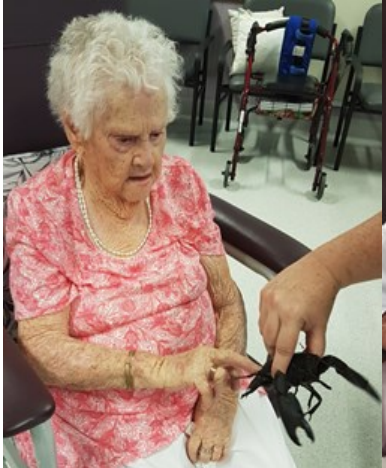
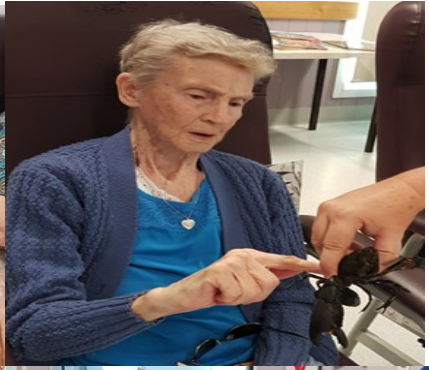
Prizes were Australian themed and are now pride of place in winners rooms.

Lots of smiles, fun, laughter, storytelling and sharing tales of growing up catching yabbys. We thought folk wouldn't be keen to touch or come close to the yabbys. We even got Terry the gardener to come and catch them for us. All volunteers jumped in to catch them as they moved out of the circle while Terry wondered why we had called him down to help. Seems our volunteers have had experiences with yabbys growing up and it was all hands-on deck to help collect them back for the next race. There weren't many residents that didn't want to pat one.

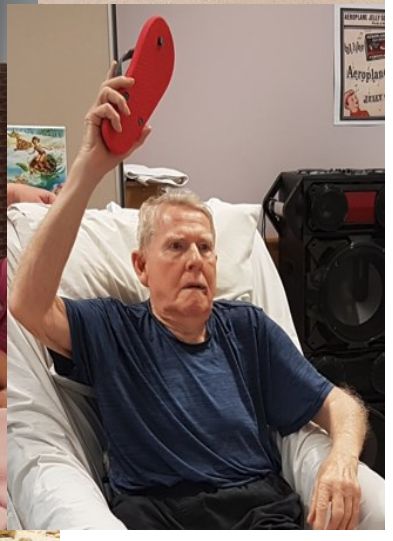
On that note, we hope that you enjoy the photos of the day and get a sense of the fun we all had at CCHS for Australia Day celebrations.

The Yabby Experience





Thong Throw






Yabby Race Trophy Winners Australia Day 2022





FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 7 9:30 Tai Chi 10am Morning Tea 10:30 Crossword Bingo	1 10am Morning Tea 10:30 Hoy 2pm Tai Chi in Sunflower	2 10am Morning Tea 10:30 Lynelle plays 1pm Pool in DT room	3 10am Morning Tea 10:30 Judith Plays 2pm Tai Chi in Sunflower	4 9:30 Tai Chi 10am Morning Tea 10:30 Bingo	5	6
8 10am Morning Tea 10:30 Hoy 2pm Tai Chi in Sunflower	9 10am Morning Tea 10:30 Valentine Craft 1pm Happy Hour	10 10am Morning Tea 10:30 Holz Plays 2pm Tai Chi in Sunflower	11 Sheila (92) 9:30am Tai Chi 10am Morning Tea 10:30 Bingo	12 Barbara (77)	13	
14 Valentines Day 9:30 Tai Chi 10am Morning Tea 10:30 Valentine's day celebrations	15 10am Morning Tea 10:30 Hoy 2pm Tai Chi in Sunflower	16 10am Morning Tea 10:30 Trivia 1pm Pool in DT room	17 10am Morning Tea 10:30 Grace Plays 2pm Tai Chi in Sunflower	18 9:30am Tai Chi 10am Morning Tea 10:30 Bingo	19	20
21 9:30 Tai Chi 10am Morning Tea 10:15 Residents Meeting 10:45 Celebration of life with Kath	22 10am Morning Tea 10:30 Hoy 2pm Tai Chi in Sunflower	23 10am Morning Tea 10:30 Armchair Travel 1pm Happy hour	24 10am Morning Tea 10:30 Ken Plays 2pm Tai Chi in Sunflower	25 9:30am Tai Chi 10am Morning Tea 10:30 Bingo	26	27
28 9:30 Tai Chi 10am Morning Tea 10:30 Anglican Church			Sheila 11th (92) Barbara 12th (77)			

Calendar is subject to change

HOME Care is on the way.

On behalf of the Clifton Health Services, I am very excited to announce that soon we will be offering the delivery of Home Care Package services in our local area. The implementation of this service will allow community members who are eligible for Home Care Packages the ability to access care in their own home to prolong the need for residential care.

I accepted the Clifton's Home Care Coordinators role last November, during the last 2.5 months the team and I have been working through the requirements and regulations which will enable us to provide a quality service to the community. I have 13 years' experience coordinating Qld Health Community Care in the communities of Chinchilla & Miles and surrounding areas.

There are 4 levels of Home Care Packages, the higher the level the higher the Government subsidy. Care plans will be developed in consultation with our clients and will be tailored to meet the needs of the individual, a budget will be drawn up and a WH&S audit conducted. Clients will be asked to contribute to the cost of their service which will complement the Government subsidy and allow us to provide and/or purchase extra care as required.

Keep an eye out for the official announcement re the launch of the service, however in the meantime feel free to contact me to discuss any aspect Clifton Home Care Package service.

If you are a passionate, caring, and reliable person who may be interested in working for our service, please reach out for a chat.

Kind Regards

Sharon Cruickshank Home Care Coordinator [Clifton Community Health Services](#)

