



Matthew Flinders Care Services Monthly Journal - December 2023

Residential Office Hours

Monday To Friday 8.30 - 4.30pm

Closed on Public Holidays

61-63 Oxford Terrace

Home Care Office Hours

Monday to Friday 8.30 - 4.30pm

Shop 2/60 Liverpool Street

Day Centre Office Hours

Monday to Friday 8.30am - 3.30pm

65 Oxford Terrace

61-63 Oxford Terrace

PO Box 1095

Port Lincoln SA 5606

Phone: 8682 4122

Fax: 8682 3315

Email: reception@mfh.com.au

Website: www.mfh.com.au

Special Dates

24th - Christmas Eve

25th - Christmas Day

26th - Boxing Day

31st - New Years Eve

**Day Centre Closed from
25/12/23 to 9/1/24**

Merry
Christmas

**Congratulations to Glenn Manfield
on winning Matthew Flinders Care Services
Staff Member of the Month
for December 2023**



Keep up the great work!

**If you would like to nominate a Staff Member from Home Care,
Day Centre or Residential Care for this award there are forms
available at each of our offices to do so.**



DIRECTOR OF RESIDENTIAL CARE

Hello everyone!!

We are fast approaching the silly season once again and preparing for Christmas. We welcome family members who are visiting loved ones from our local community and afar. I do hope you can catch up with family members and can enjoy some Christmas spirit together. Our Catering team are busy planning for another beautiful Christmas lunch for our Care Recipients. We will soon be asking Care Recipients and family members to advise us of your plans for Christmas Day so we can carefully plan care needs and catering on the special day. We hope our Care Recipients can spend some quality family time with loved ones and we can facilitate assistance if you ask. We are unable to cater for additional family members on Christmas day for meals but encourage you to come in and share some special food or treats or quality time during the day. Our Lifestyle team will enjoy preparing for Christmas Day for those Care Recipients who will remain in the home for the day. We also acknowledge the staff who will be working on Christmas Day and thank them for their dedication.

We are extremely proud to have presented some Residential staff with service awards at our recent AGM. Nicola Duns, Leah Slape, Lyn Prosser & Amanda Thomson all received 15-year service awards. Sue Jenkins received 20-year service award and Cathy Loudoun an amazing 30 years' service award. We are extremely proud of all our staff and appreciate their care and dedication. Congratulations!



DIRECTOR OF RESIDENTIAL CARE

The UNISA training centre is officially complete and UNISA staff are now occupying the building. An opportunity for staff to look through the centre was available on Thursday 30th November. From all reports both UNISA staff and MFCS staff are thrilled with the finished product and excited to be using the facilities soon to enhance Aged Care education and provide training to UNISA students and MFCS staff. We look forward to our continued relationship with UNISA and the students who will spend time with our staff and Care Recipients making improvements to our services and care. It is a very exciting time with the only facility in SA being built right here in Port Lincoln at Matthew Flinders Home Inc.

I will soon be sending all Care Recipients and/or their family representatives' information about our vaccination program. It has been encouraged by SA Health that we offer ALL our Care Recipients a COVID booster if the previous vaccination has been more than 6 months. Some Care Recipients who had COVID in our last outbreak will not be eligible for a further vaccine until February 2024. We will keep track of these Care Recipients and offer them a vaccine when eligible. We will also be encouraging our Care Recipients to take up the offer of a Shingles vaccine now encouraged for those over 70. I will keep you well informed with offers of vaccines and to gain consent for vaccination. We are lucky to have Sarah our Clinical Nurse who will be our vaccination nurse as she has much experience and knowledge about the Australia Vaccination program.

I would like to take this opportunity to wish ALL our Care Recipients and their loved ones a MERRY CHRISTMAS and HAPPY NEW YEAR!! We thank you for trusting us with your care and look forward to spending another year providing and improving our services. Your feedback is always welcome and encouraged and hope that you provide all feedback to us so that we can continue to improve.

Many Blessings and much love.....
Danielle DRC

MERRY CHRISTMAS



TRADITIONAL LIONS CHRISTMAS CAKES & PUDDINGS

1kg Cake - \$15.00

1.5kg Cake - \$20.00

900g Pudding - \$15.00

Traditional Lions Christmas cakes and puddings
are available from reception.



Support your community with a
Lions Christmas Cake.



Sometimes, its more than just the thought that counts.

Always.
lionsaustralia
75 years and counting

LIFESTYLE NEWS

Christmas Cooking Competition



This year we are changing it up and you now have a choice of entering a Gingerbread House, decorated Ginger an biscuits or a Christmas Cake!!

All entries need to be at the Main Home by no later than Monday 11th December ready for judging by 2 CWA Judges on Tuesday 12th December.

Lifestyle team would love anyone to be involved including anyone from the Community who would like to participate.

So get those family recipes out and start COOKING everyone!

LIFESTYLE NEWS



To.

**Vaj Tsesmelis
Nancy Pullen
John Lymn**

Have a wonderful day!

Regular Events

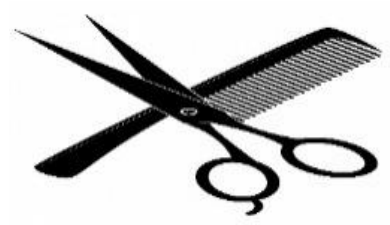
Resident Meeting

**Date: 29th December
@ 130pm**

**Main Dining Room
All family or care givers
welcomed**



**Hairdresser visits on
most Tuesday
afternoons
book appt @ reception**



**Missing your loved one
or family, talk to the life-
style staff to organise a
time for facetime.**

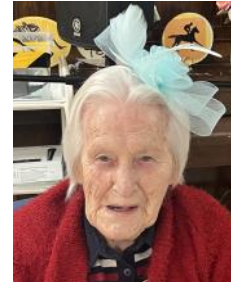
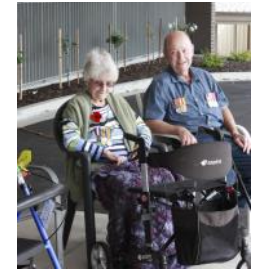


Church Services

**First & Second week of
the Month in Sleaford
Lounge**



RESIDENTS HAVING FUN



Matthew Flinders Lifestyle Programme December 2023

Saved to this PC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31st</p> <p>1pm-230pm Bingo/New Years Eve drinks</p>				<p>1st</p> <p>10-12am Christmas tree festival 130pm: Bingo 3pm: Happy Hour</p>	<p>2nd</p> <p>Physical Activities</p> 	
<p>3rd</p> <p>1pm-230pm Bingo</p> 	<p>4th</p> <p>1030am: Christmas craft 130pm: Move & groove!</p>	<p>5th</p> <p>11am: One Heart church service 130pm: Lawn Bowls</p>	<p>6th</p> <p>1030am: Alice in Wonderland Pantomime PLHS 130pm: Probuss</p>	<p>7th</p> <p>1030am: Walking group @ foreshore 130pm: Christmas Cake baking</p>	<p>8th</p> <p>1030am Piano Music 130pm: Bingo 3pm: Happy Hour</p>	<p>9th</p> <p>Sunshine out in the Garden courtyard</p> 
<p>10th Christmas lights tour Leaving @ 830pm</p> 	<p>11th</p> <p>1030am: Cooking Gingerbread Biscuits 130pm: Move & groove!</p>	<p>12th</p> <p>1030: Let's Play together! 130pm Gingerbread & Christmas cake judging by CWA</p>	<p>13th</p> 	<p>14th</p> <p>1030am: Walking group @ foreshore 130pm: Christmas Cake baking</p>	<p>15th</p> <p>1030am Piano music 130pm: Bingo 3pm: Happy Hour</p>	<p>16th</p> <p>Sensory Wizard</p> 
<p>17th</p> <p>Port Lincoln City Band @ 130pm</p> 	<p>18th</p> <p>No lifestyle Activities</p>	<p>19th</p> <p>11am Catholic Church Service 130pm: Wheel of fortune</p>	<p>20th</p> <p>Men's group Christmas lunch @ Northern Hotel</p>	<p>21st</p> <p>1030am: Walking group @ foreshore 130pm: Secret Santa</p>	<p>22nd</p> <p>11am United we made it <u>Choir</u> 130pm: Bingo 3pm: Happy Hour</p>	<p>23rd</p> <p>No lifestyle Activities</p>
<p>24th</p> <p>No lifestyle Activities</p>	<p>25th</p> 	<p>26th</p> <p>Watch Carols in the Domain</p>	<p>27th</p> 	<p>28th</p> <p>1030am: Walking group @ foreshore 130pm: Monthly <u>Birthday Party</u></p>	<p>29th</p> <p>1030am Piano music 130pm: Bingo 3pm: Happy Hour</p> 	<p>30th</p> <p>Physical Activities</p> 

DAY CENTRE NEWS

October in the Day Centre has just flown by as we have well and truly settled back into the refurbished Day Centre!

The month started off with a bang on our Science Day with a vast array of different experiments from Milk Art, Walking a Rainbow, Ice Fishing, Storm in a Glass, Volcano and Water Fireworks.



This was followed by Melbourne Cup the following week, with some competitions, Fashions on the Field and the ever popular Sweep.

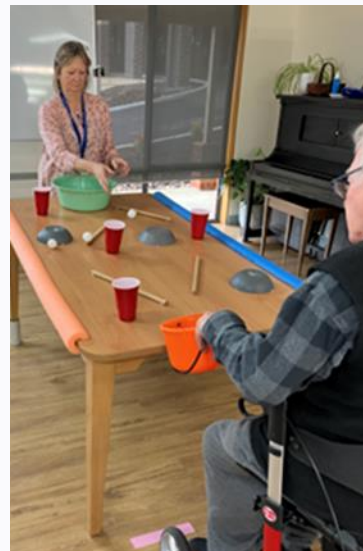


A highlight of the month was a visit from Paige, who came along with her Wombat; this was a real treat and was thoroughly enjoyed by all.



DAY CENTRE NEWS

Additional activities for the month included: outings to Sleaford and the Tumbly Bay Hotel, in-house BBQ, DIY projects, Gardening and exercise.



Welcome Dani – Lifestyle Coordinator

We are delighted to introduce Dani, who is our new Lifestyle Coordinator; Dani comes to us with extensive experience and has been a welcome addition to our team. We are looking forward to having Dani on board to revamp and revitalise our Lifestyle Program, with some exciting new activities planned. If you are out and about, please call into the Day Centre, to say hello and see what we have in store for the New Year!



DAY CENTRE PROGRAM

Matthew Flinders Home Inc.

Day Centre Lifestyle Program December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 4th Mosaic crafts Xmas tree & hall decoration	5th Pantomime The Old Blokes	6th Xmas tree & hall decoration Dog therapy	 7th Ellie Cheeseman Art Therapy Garden tour -Matthew Flinders Home	1st CFS: Bushfire action plan "take home" Puzzles/Bingo	8th United Choir Knitting/Xmas craft	
11th Exercise with Deanne Make a recycled planter	12th Winter Wonderland Cummins 10am start early pickup	13th Xmas Cards Decorations Garden Club: Plant propagation	14th Exercise with Deanne Skittles	15th CFS: Bushfire action plan "take home" Golf		
 18th Exercise with Deanne Xmas carols matching	19th Sing a long Christmas Lunch	20th Xmas movie and craft at Day Centre	21st Exercise with Deanne Xmas cookies decoration	22nd BBQ at Day Centre Scrambled Eggs Game		
25th Closed	26th Closed	27th Closed	28th Closed	29th Closed		

* Clients are scheduled to arrive by 10:30 am. Morning tea, lunch, and afternoon tea will be provided.

* Activities highlighted in red indicate that we will be outside the Day Centre.

HOME CARE NEWS



Hi all, Happy festive season, we cant believe it has come around this quickly again, it has been one busy year again. We thank you for all your support throughout the year, we want to remind you that if you're going away during Christmas, please notify us so we can cancel your services. in advance.

We would just like to inform you the Home Care Office will be remaining open over the Christmas and New Years holiday period, we will only be closed on the public holidays, and the weekends as per normal.

If you need to get in contact with us please call the on call phone after hours, on weekends or the Public holidays.

0400 121 855.

From the staff of Matthew Flinders Home Care, we **hope** that you all **have** a very Merry Christmas and a Happy New Year! Stay safe during the holiday period if you are travelling, and we will see you all in the new year 2024

HOME CARE SPREAD

Home Care Office Reno's



HOME CARE NEWS

Office Staff Hours

Doug (Manager)
08:30am-16:30pm
Mon-Fri

Sara (Admin)
08:30am-16:30pm
Mon-Fri

Kerry (Senior HSW)
08:00am-16:00pm
Mon-Fri

Virginia (CM/EN & TL)
08:30am-16:30pm
Mon-Fri

Jess (CM/EN)
08:45am-15:00pm
Tues-Thurs
08:45-16:30
Fri

Kelly (CM/SW)
08:30am-15:30pm
Mon-Thurs

Georgie (CM/EN)
08:30am-16:30pm
Mon-Fri

Office Staff Away In December

Sara 28th-29th

Jess 27th-29th