



Matthew Flinders Care Services Monthly Journal - January 2023

Residential Office Hours

Monday To Friday 8.30 - 4.30pm
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 In January:

1st - New Years Day

9th Day Centre

Reopens

26th - Australia Day

*Happy
New Year*

2024

Congratulations to Sarah Davey on winning Matthew Flinders Home Staff Member of the Month for January



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

Happy New Year to everyone!!

Just like that, we have entered 2024 and can plan for the next year hoping for a healthy and happy year surrounded by love and fun for all.

I sincerely thank our dedicated staff for the smooth organisation on Christmas Day that assisted over 80% of our Care Recipients to get up and out with their families for the day. I hope you all enjoyed some time with family and loved ones. I was lucky enough to have some special family time although spent most of it cooking up a storm for them all!

Our visit from Santa was an exciting time and we thank all our Secret Santa's for taking the time to buy small gifts to ensure everyone received one. Our Lifestyle team have again been amazing coordinating many Christmas activities for everyone to enjoy. We Thank many of the local schools and groups who came along to entertain us with musical performances and interactions with our Care Recipients. Its always a joy to see the intergenerational interactions bringing smiles and delight to us all.

With the new year ahead, we are soon to welcome a wave of UNISA students and look forward to the official opening of the new training centre. The student presence will make significant improvement to our services through project work and 1:1 clinical study.

We are so excited for the new year and endless possibilities that our project with UNISA can achieve.



DIRECTOR OF RESIDENTIAL CARE

Our COVID booster clinic was provided late December 2023 with another Clinic planned for early February 2024 where we also hope to be offering the new Shingles vaccine. The new shingles vaccine was not available in December 23 so those Care Recipients who expressed interest in the vaccine will be followed up in February.

We are continuing to make changes to our services in line with the new Aged Care Reform and prepare for the changes to the Aged Care Standards. We will be re-applying for our 3-year Accreditation late in the year in preparation for Accreditation Audit early in 2025. The new Aged Care Reforms require us to invite Care Recipients and/or their loved ones to join a Consumer Advisory Committee to represent the Care Recipients in the Residential facility to be a voice for our MFH community. More information can be found in the flyer attached to this newsletter or on the Aged Care Quality Safety Commission website by following this link <https://www.agedcarequality.gov.au/older-australians/consumer-advisory-bodies>

We are seeking expressions of interest to join the Consumer Advisory Committee at Matthew Flinders Home. Expressions of interest can be forwarded in writing to CEO Nikki Meredith nikki@mfh.com.au or DRC Danielle Green danielle@mfh.com.au by close of business Friday 2nd February 2024.

Please remember to continue providing your feedback to us so we can make changes to our services and offer the best care suited just for you. You can fill in a feedback form or see me directly at my door to provide feedback. You can also provide written feedback if you wish. Our staff can assist you to provide feedback if you need some assistance. I wish everyone a Happy 2024 and look forward to supporting our Care Recipients and their loved ones through out the year and beyond.

Danielle's FUN FACT: It is physically impossible for pigs to look up into the sky!!

Take Care and Keep Smiling,
Danielle,
Director of Residential Care.





Australian Government
Aged Care Quality and Safety Commission

Aged care
reforms 

Consumer advisory body

A resource for aged care consumers.

1800 951 822
agedcarequality.gov.au



A new responsibility for providers is to offer aged care consumers and their representatives the opportunity to start a consumer advisory body.



'Your voice is powerful.'

Providers need to write to you and give you the opportunity to join a consumer advisory body at least once a year.

Providers approved before 1 December 2022 need to do this from 1 December 2023.

Consumer advisory bodies

Consumer advisory bodies can help fix problems and improve your care. They give you a way to talk about care and service quality with others and share this with your provider's governing board.

Consumer advisory bodies are important because they:

-  look at the quality of care and services you and others receive
-  find and communicate consumers' needs and issues
-  provide opportunities for improvement.

Aged care reforms

If your aged care service is a state or territory authority or a local government authority, it doesn't have to offer to start a consumer advisory body. You can still share your thoughts, ideas and give feedback about your care and the services you receive - talk to your provider today.

Membership

Consumer advisory bodies need people like you! Members from all backgrounds are welcome to join; diversity means that all consumers are represented. This includes people who:

- are a current or past consumer
- are a family member or representative of a current or past consumer
- are Aboriginal or Torres Strait Islander
- are LGBTI
- come from a culturally and linguistically diverse background
- have a disability
- live with a cognitive or physical impairment
- live with mental health issues and/or illness
- are socially or economically disadvantaged
- live in a rural or remote area.

Provider obligations

Your provider must:

- ✓ offer to start a consumer advisory body at least every 12 months – even if you already have one
- ✓ make the offer in writing – for example, an email, letter, poster or pamphlets around the service
- ✓ think about feedback the consumer advisory body gives about care and services when making decisions
- ✓ write to the consumer advisory body to explain how the feedback is used.



Aged care reforms

Start date

This responsibility commences from 1 December 2023 for existing approved providers or on the day new providers are approved. You should get more information and an offer to start a consumer advisory body before this date.

If you don't get an offer to form a consumer advisory body or one isn't started, find out why. Maybe this is because other consumers don't have enough information, or they aren't interested in joining. If you want to start or join a consumer advisory body, talk to your family/representatives and other consumers to see if they do too. Then, talk to your provider.

Quality care advisory body

Providers also need to start a quality care advisory body. This must have at least one member that represents consumer interests (for example, a consumer/representative, a member of the consumer advisory body (if established) or a consumer advocate).

More information

- **Talk to your aged care provider.**
- Phone the Older Person's Advocacy Network (OPAN) Support Line.
1800 700 600
8am – 8pm Monday to Friday
10am – 4pm Saturdays
OPAN helps you and your representatives fix problems you have with Commonwealth-funded aged care services.
- Phone the Aged Care Quality and Safety Commission on **1800 951 822** (free call) to give feedback on your provider or make a complaint.

June 2023



Phone
1800 951 822



Web
agedcarequality.gov.au



Write
Aged Care Quality and Safety Commission
GPO Box 9819, in your capital city

LIFESTYLE NEWS

HAPPY
BIRTHDAY

Valmai Kimber

June Wegener

Rhonda Bellchambers

Gary Emms

Grace Atkinson

Have a wonderful day!

LIFESTYLE NEWS

Resident Meeting

Date: 10th Jan
January @ 130pm
Main Dining Room
All family or care
givers
welcomed

FACETIME

Missing your loved
one or family, talk to
the lifestyle staff to
organise a time for
facetime



In House Hairdresser

Appointments
available weekly
See **Reception** to
book



Church Services

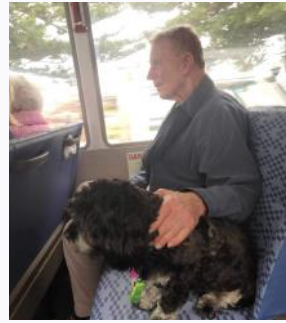
First & Second week
of the month in
Sleaford Lounge




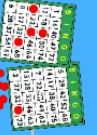
Intergenerational program “**Let’s play together**”.



RESIDENTS HAVINNG FUN!



Matthew Flinders Lifestyle Programme January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1st PUBLIC HOLIDAY Resident Free Choice	2nd 10:30 Painting 1:30 Tunnel Ball	3rd 10:30 Donnington Morning Tea Outing 1:30 Main Home Afternoon Tea Outing	4th 10:30 Walking Group 1:30 Arts & Craft Activities	5th 10:30 Piano Music 1:30 Bingo 3pm Happy Hour	6th Table Activities 
7th 1pm-2:30pm Bingo 	8th 10:30 Sensory Wizard 1:30 Move & Groove	9th 10:30 Table Games 1:30 Cooking	10th 1:30 Afternoon Tea at the Beach Bakery	11th 10:30 Walking Group 1:30 Wheel of Fortune	12th 10:30 Piano Music 1:30 Bingo 3pm Happy Hour	13th Sunshine out in the garden courtyard 
14th 1pm-2:30pm Bingo 	15th 10:30 Shuffleboard 1:30 Move & Groove	16th 10:30 Reminiscing 1:30 Movie Day	17th 11am BBQ lunch on the foreshore & Fun in the sea with the beach mat	18th 10:30 Walking Group 1:30 Australia Day Craft	19th 10:30 Piano Music 1:30 Bingo 3pm Happy Hour	20th Singing 
21st 1pm-2:30pm Bingo 	22nd 10:30 Australia Day Craft 1:30 Move & Groove	23rd 10:30 Op shop shopping trip 1:30 Singing Circle	24th 10:30 BBQ Lunch at Glen Forest	25th 10:30 Piano Music 12:00 BBQ Lunch in the Main Courtyard	26th PUBLIC HOLIDAY 1pm Bingo 	27th Physical Activities 
28th 1pm-2:30pm Bingo 	29th 10:30 Table Games 1:30 Monthly B-Day Party	30th 10:30 Word Games 1:30 Cooking	31st 11am Men's Group Lunch at the Marina Hotel			

DAY CENTRE NEWS

As the end of the year came to a close, December at the Day Centre was a hive of activities!

The start of the month was busy and saw us attending the Port Lincoln High School Pantomime, followed by inhouse visits [from 'The Old Blokes'](#) and the 'United Choir' to round off a week of fabulous entertainment with some great Christmas Carols and singalongs.

Ellie Cheeseman paid us a very welcomed visit to do some Art Therapy, along with her every so friendly Bunny Rabbit – which is always a delight.



Kylie from CFS has been delivering some vital Bushfire Awareness workshops for us, which has been invaluable and very worthwhile; our clients were engaged and interactive throughout the workshops. These will continue into the New Year – thanks Kylie! An annual highlight is our visit to the Winter Wonderland in Cummins, followed by lunch at the Cummins Pub, where a great time was had by all.

Deanne, our regular Exercise Physiologist, visited several times throughout the month to conduct movement sessions, working on balance, coordination, and strength; and of course, some cardio to ensure we burned off some calories in preparation for our

Christmas Lunches!



DAY CENTRE NEWS

We had a vast array of additional activities to keep us busy throughout December, including Christmas Card/Decoration making, DIY craft from Bunnings, Christmas Carols and Movies, and afternoon drives out to North Shields, Point Boston, and Sleaford. In our final week for the year, we enjoyed a delicious Christmas Lunch at the Northern Hotel before we commenced our Christmas/New Year break.

We hope you all had a lovely Christmas and New Year and look forward to seeing you in 2024!





Matthew Flinders Home Inc. Day Centre - Lifestyle Program January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st Happy New Year!	2nd CLOSED	3rd CLOSED	4th CLOSED	5th CLOSED 
8th CLOSED	9th Noodle Hockey Golf	10th Dog Therapy Mosaic Crafts	11th Exercise with Dee-Anne Afternoon Scones with Treena	12th Scare Crows Matthew Flinders Garden Tour
15th Exercise with Dee-Anne	16th Tumby Bay Trip & Lunch	17th Plant Propagation Puzzles	18th Exercise with Dee-Anne Afternoon Sausage Rolls with Treena	19th Sing Along Scrambled Eggs Game
22nd Exercise with Dee-Anne	23rd CFS: Bushfire action plan "Take Home" Pin Ball Drop	24th Australian Movie & Craft Day	25th Exercise with Dee-Anne Australia Day BBQ at Day Centre 	26th CLOSED 
29th Exercise with Dee-Anne	30th Sleaford Bay Trip & North Shields Lunch	31st Recycled Planter Bingo		

* 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.

If you have any questions, please call 0488 123 090 or email lifestyle@mfh.com.au

HOME CARE NEWS

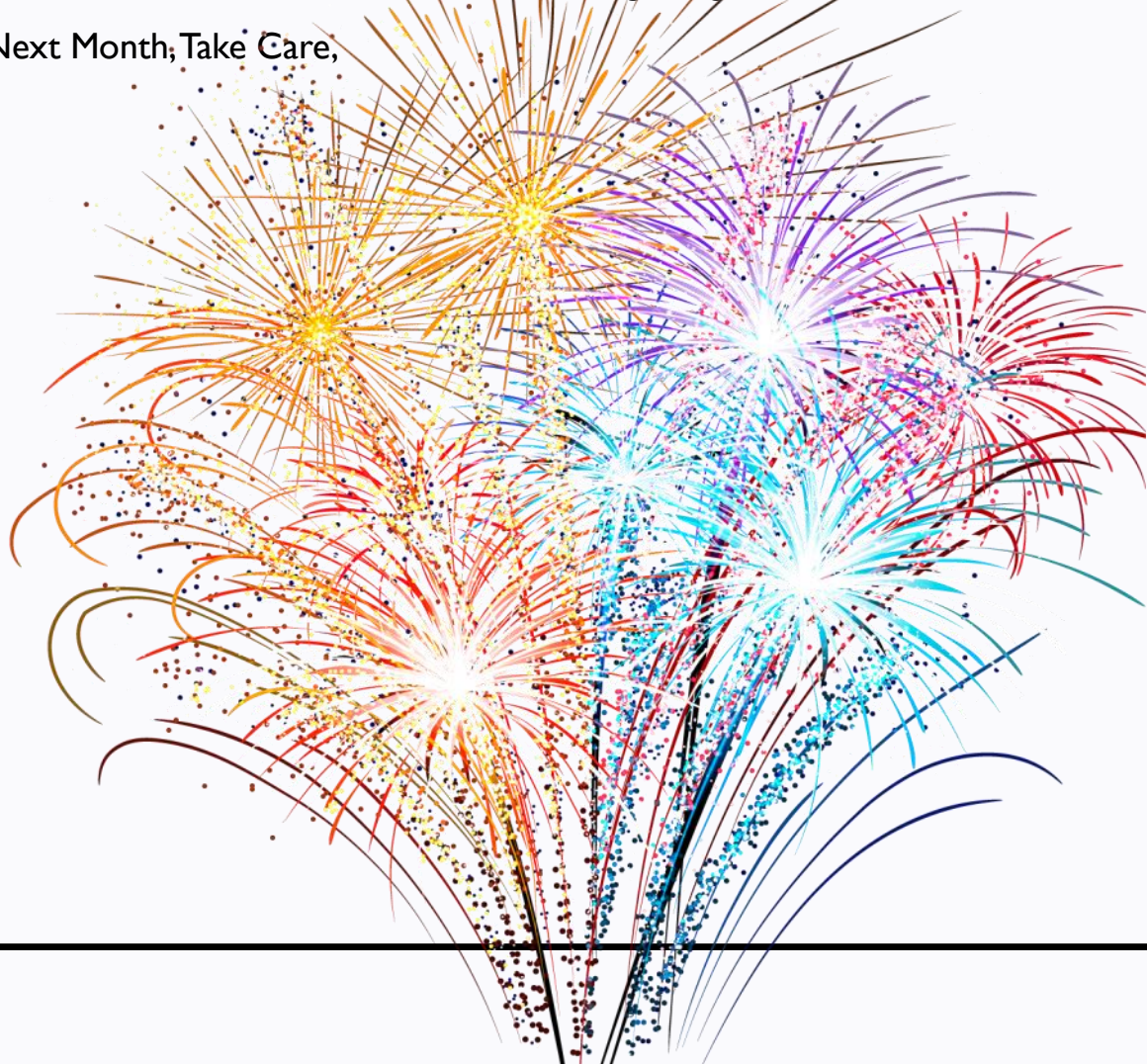
Matthew Flinders Home care is delighted to welcome 2 new staff members to our team, both come with great experience, with knowledge of the workings of home care.

Georgie Hewson, Is and Enrolled Nurse from the Matthew Flinders Home, Georgie has been a member of the team for 10 years. Georgie has done a stint in the home care space within those years and has made the decision to return and become a part of a growing team. Welcome home Georgie.

Donna Payne is a Registered Nurse that has recently moved to Port Lincoln and is working with the Nursing Agency. Donna has vast experience with managing clients needs. Donna comes with outstanding knowledge of home care packages, mental health in aged care and disability services. Donna will be training and providing education to our staff and to our community clients with exciting new programs.

Matthew Flinders Community Care is growing, with exciting things planned. I can't wait as together we will be able to achieve some amazing things.

Until Next Month, Take Care,
Doug



HOME CARE NEWS

A decorative graphic for the month of January. The word 'JANUARY' is written in a large, light orange, serif font. Below it, the word 'January' is written in a smaller, elegant, cursive script in the same color. The background is a soft, light orange gradient with faint, stylized floral or leaf patterns.

Welcome to 2024

Christmas and New Years has come and gone again, We hope you all had a festive season with friends, family and loved ones.

2023 was another year full of new adventures, challenges and surprises, we like to thank you all for your support and patience with us throughout the year, we couldn't have done it without you.

We want to express our gratitude to all our Care Recipients for their wonderful Christmas gifts, which were highly appreciated and enjoyed by everyone in the Home Care Team.

We're excited about the upcoming year and what it will bring we hope it will be filled with love, laughter, wonderful memories, and new chances, just like the last one was.

Home Care Team

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

Donna (CM/RN)
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 January 24

Jess 8th-28th

Public Holidays January 24

The Home Care office will closed on the below dates for public holidays.

1st New Years Day

26th Australia Day

HOME CARE NEWS

SUMMER

wordsearch

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

SUNNY
 PARADISE
 POPSICLE
 FLAMINGO
 FLIP FLOPS
 VACATION

SNOWCONE
 WATERMELON
 SUNGLASSES
 BEACH
 SNORKEL
 PICNIC

BARBECUE
 OCEAN
 PALM TREE
 SAND CASTLE
 SUNBLOCK
 POOL

TOWEL
 ICE CREAM
 STRAWBERRY
 LIFEGUARD
 FIREFLIES
 SWIMMING