

# Monthly Newsletter **April 2024**

MFH.COM.AU

Providing meaningful and enjoyable lifestyles for our loved ones



## Treasure Life Ride 2024 is a huge success

We are thrilled to announce the incredible achievement of a group of 15 dedicated riders who have cycled across the Eyre Peninsula from Whyalla to Port Lincoln to raise crucial funds for Matthew Flinders Home and Ronald McDonald House Adelaide.

This year over **\$210,000 was raised** and half will be donated to Ronald McDonald House Adelaide and half to Matthew Flinders Home.

**We would like to say a massive THANK YOU to all of our supporters for donating and encouraging us every step of the way!**



### Contact Us

Phone: 8682 4122

Email: [reception@mfh.com.au](mailto:reception@mfh.com.au)

### Residential Office Hours

Monday To Friday 8.30 - 4.30pm  
61-63 Oxford Terrace

### Postal Address

PO Box 1095  
Port Lincoln SA 5606

### Home Care Office Hours

Monday to Friday 8.30 - 4.30pm  
Shop 2/60 Liverpool Street

### Online

[www.mfh.com.au](http://www.mfh.com.au)



### Day Centre Office Hours

Monday to Friday 8.30am - 3.30pm  
65 Oxford Terrace



# Message from Director of Residential Care

DANIELLE GREEN



**Hello everyone!! I hope you are enjoying the beautiful autumn sunshine.**

As we approach Easter, I hope everyone has some time with family and/or friends and Easter Bunny finds you all with some special treats!

I feel the month of March has flown by and we are all busy. We are enjoying the UNISA students input but sadly are soon to say goodbye to Max and Conni who have worked with the group of keen fisherman and woman to sustain this most enjoyable activity. We hope to continue their great work and offer a regular outing to fish from our jetties with our Lifestyle team. We are always relying on the weather to offer this outing, but we aim to continue of as we see the enthusiasm and enjoyment the group have experienced. I think I've still caught the biggest fish to date!!

We look forward to the next cohort of UNISA students to our home as we continue to see the improvements they are making to our service delivery. Our staff are also reaping the benefits of the training centre where we have offered some additional training for them using the facility and have great plans for the future training using the UNISA resources.

I have included some photos from our recent training offered to staff where we refreshed our skills on testing and analysing urine. While it sounds unpleasant, it is important that our staff can confidently analyse a urine specimen and act on their findings. Urine can tell us many things about the health of our Care Recipients, and I feel this information is an important part of our care provision. We are so blessed to have the partnership opportunity as we see big improvements to our care and are carefully monitoring how the students and their facilitators are helping us with those improvements.

# Message from Director of Residential Care

**DANIELLE GREEN**

A reminder to everyone that our Community Advisory Group are now active and there are posters around providing information for the best contact person should you wish to speak with them to make comment on our care services or have input directly to the group. This group is a voice for you, and we encourage everyone to consider being involved. Please ask if you need any further information about the group.

We continue to monitor our performance through the required quarterly reporting and continue to improve where we can. Our workforce remains a challenge and I am always looking for new strategies to improve this. I hope to soon announce an exciting training plan to attract more Personal Care workers to our team.

I hope you all take up our offer of a 2024 FLUVAX as we strive to keep everyone well. Vaccination is our best defence. Sarah, our new Infection Control Lead will be offering and administrating FLUVAX in mid-April. Please consider taking up the offer of a FLUVAX.

I hope you all stay well, enjoy Easter, and take some time to remember and thank the members of our armed forces on ANZAC day.

Many Blessings

**-Danielle**

Staff learning at the UNISA training centre to refresh and learn new skills.





# Staff Member Of the Month



Congratulations to  
**Donalyn Kimber**

on winning Matthew Flinders Care Services Staff Member of the Month for April for being thorough within her work and her dedication to our Care Recipients

# Residential Facility

## LIFESTYLE NOTICE



The Lifestyle Team has a vision to have a shopping trolley filled with treats that a volunteer will go around with once a week!

**Hello to all of our Care Recipients,  
Families & Friends!**

The Lifestyle team here in the Residential Home have been planning lots of outings into the community for April. We also welcome any families to come along if you are able, just inform the lifestyle team by either phoning reception and ask to speak to a lifestyle staff member or you can email on [allied@mfh.com.au](mailto:allied@mfh.com.au)

In our office we have a **vision 2024 board** with some **amazing ideas** we wish to make come true and we invite you all to express your ideas to us, so we can add it to our board and hopefully make it happen!

Watch this space as one of the **visions is to have a shopping trolley** that a volunteer will go around to the Care Recipients once a week and you can buy treats from. We are still planning the logistics around this vision, although aim to **have it by June 2024!!** How exciting is this!

That's all for now,








**The Lifestyle Team**



# Residential Facility



## Lifestyle Program :

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>April Fools Day 1st of April</p>	<p><b>01</b></p> <p>10:30am to 2:30pm Easter Activities with Ryan</p> 	<p><b>02</b></p> <p>10:30am Men's Group in Sleaford Lounge</p> <p>1:30pm Probus Choir</p>	<p><b>03</b></p> <p>1:30am to 4:30pm Farewell afternoon tea &amp; Fishing @ the Wharf for Conni &amp; Max (Uni Students)</p>	<p><b>04</b></p> <p>10:30pm Manicures</p> <p>1:30pm Port Lincoln Singers</p>	<p><b>05</b></p> <p>10:30 to 11:30am Piano Music by Dori</p> <p>11:00am StediMoves</p> <p>1:30pm Bingo/Happy Hour</p>	<p><b>06</b></p> <p>1:00pm to 2:30pm Gardening in the Courtyard</p> 
<p><b>07</b></p> <p>1pm-2:30pm Bingo</p> 	<p><b>08</b></p> <p>10:30am Free Choice</p> <p>1:30pm Move &amp; Groove</p> 	<p><b>09</b></p> <p>10:30am Match the Shapes</p> <p>1:30pm Craft in Boston</p> 	<p><b>10</b></p> <p>10:30am Donnington Cr's Morning Tea @ North Shields</p> <p>11:00am StediMoves</p> <p>1:30pm Afternoon Tea @ Coffin Bay</p>	<p><b>11</b></p> <p>10:30am Walking Group</p> <p>1:30pm Sunshine Club</p> 	<p><b>12</b></p> <p>10:30 to 11:30am Piano Music by Dori</p> <p>11:00am StediMoves</p> <p>1:30pm Bingo/Happy Hour</p>	<p><b>13</b></p> <p>1:00pm to 2:30pm Tunnel Ball</p> 
<p><b>14</b></p> <p>1pm-2:30pm Bingo</p> 	<p><b>15</b></p> <p>10:30am Cooking Group</p> <p>1:30pm Move &amp; Groove</p> 	<p><b>16</b></p> <p>10:30am Men's Group in Sleaford</p> <p>1:30pm Flower Arranging</p> 	<p><b>17</b></p> <p>11:00am StediMoves</p> <p>11:45am to 2:00pm Lunch @ Wheatsheaf Hotel &amp; Listening to live music after lunch</p>	<p><b>18</b></p> <p>10:30am Walking Group</p> <p>1:30pm Rock Painting</p> 	<p><b>19</b></p> <p>10:30 to 11:30am Piano Music by Dori</p> <p>11:00am StediMoves</p> <p>1:30 to 4:30pm <b>SALT FESTIVAL</b> Movie Yer Old Father @ Nautilus Theatre</p>	<p><b>20</b></p> <p>1:00 to 2:30pm Arts &amp; Craft</p> 
<p><b>21</b></p> <p>1:00 to 2:30pm Bingo</p> 	<p><b>22</b></p> <p>10:30am Move &amp; Groove</p> <p>1:30pm Monthly Birthday Party</p>	<p><b>23</b></p> <p>10:30am Hand Manicures</p> <p>1:30pm (Invite Only) Sunshine Club</p>	<p><b>24</b></p> <p>10:30am Anzac Craft</p> <p>1:30pm Anzac Day Memorial Service</p>	<p><b>25</b></p> <p>Anzac Day</p> 	<p><b>26</b></p> <p>10:30 to 11:30am Piano Music by Dori</p> <p>11:00am StediMoves</p> <p>1:30pm Bingo/Happy Hour</p>	<p><b>27</b></p> <p>1:00 to 2:30pm Movie Afternoon</p> 
<p><b>28</b></p> <p>1:30pm Port Lincoln City Band</p> 	<p><b>29</b></p> <p>10:30am Cooking Group</p> <p>1:30pm Move &amp; Groove</p> 	<p><b>30</b></p> <p>10:30am RSPCA Visit</p> <p>1:30pm Guess the Word</p>				

# Residential Facility



## Birthdays this Month!!

In April, we celebrate birthdays with:

- Joyce Ashman
- Olwyn Newton
- Robin Glover
- Tom Radford
- Florence Jeffrey
- Colleen Willmoth

Please join us in the Sleaford Lounge on the last Monday in April for a big birthday party to celebrate!





# Residential Facility



## What's On This Month :



### Resident Meeting

Date: Thursday 9th April in the Main Dining Room.  
All family or carers 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 every Monday @1:15pm.  
See reception to see if available and to book.



### Church Services

Anglican - April 2nd @11am Lighthouse - April 30th @11am  
Uniting - April 16th @11am  
All church services will be held in the Sleaford Lounge



### Library Service

Port Lincoln Library delivers new books every week for you to read!  
Speak to the Lifestyle Staff to be put on this service.



# Residential Facility

What we've been up to





# Residential Facility

## Birthday Party



## UniSA Morning Tea





# Day Centre



Matthew Flinders Day Centre is a great way to access social support, transport, meals & other Allied Health Services.

Matthew Flinders Day Centre & CHSP services are available to the people aged 65 and over. People aged 50 or over and are either Aboriginal or Torres Strait Islander have access to these services.

## **The Day Centre's opening times are from:**

**Mon & Fri** - 10:30am to 1:30pm

**Tues, Wed & Thurs** - 10:30am to 2:30pm

## **Funding & Fees**

Matthew Flinders Day Centre can be provided within the Governments Commonwealth Health Support Program, also known as CHSP. CHSP means that your fees are supported financially and helps make your plans more affordable.

Some services are also provided to clients within Home Care Packages, NDIS, or privately funded.

## **Activities**

Matthew Flinders Day Centre have an activities program that changes every month. This program includes many group socials & individual activities such as:

- Exercise Physiology Program
- EMMA Exercise Program
- Cooking
- Bus Outings
- Art Therapy
- Pet Therapy
- Trivia & Quiz

For more information, please contact the Day Centre on (08) 8683 0262 or 0488 123 090.

# Day Centre



## Day Centre Program

Monday	Tuesday	Wednesday	Thursday	Friday
01 Closed	02 April Fool's Day The Old Blokes @1:00pm	03 Closed	04 Coffin Bay Trip & Fish and Chips	05 Exercise with Dee-Anne Bingo
08 Exercise with Dee-Anne Sensory Wizard	09 Port Lincoln Singers 10:45am Scrambled Eggs Game	10 Closed	11 Art Therapy with Ellie Sensory Wizard	12 CFS Visit Karaoke
15 Exercise with Dee-Anne Pin Ball Drop	16 Tumby Bay Outing with Lunch	17 Closed	18 Exercise with Dee-Anne Skittles Game	19 Kind Visit Sensory Wizard
22 Exercise with Dee-Anne Scrambled Eggs Game	23 Coffin Bay Trip & Fish and Chips	24 Closed	25 Closed	26 Making Scones Scrambled Eggs Game
29 Exercise with Dee-Anne Tunnel Ball Game	30 BBQ day Bingo			



# Day Centre



## What we've been up to

March at the Day Centre has been buzzing with activities and enjoyable experiences for our clients. We were honoured to have the Port Lincoln Mayor, who shared valuable insights with our clients, and fostering a sense of community engagement.

Additionally, regular exercise sessions have always left our clients feelings energised and ready to enjoy the delicious meals served at the Day Centre.

The Old Blokes, who visit us every month to sing and entertain, brought cheerful moments, adding to the lively atmosphere.

Moreover, this month our clients have enjoyed a special outing to Coffin Bay, where they explored the beautiful scenery and indulged in fresh seafood delicacies, creating lasting memories along the coastline.

Our Art Therapy sessions with Ellie, has created a creative outlet for emotional expression, reducing stress and enhancing mental wellbeing.

Lets not forget the Sensory Wizard machine! Our clients have had a great time engaging with it, improving their skills and having fun.

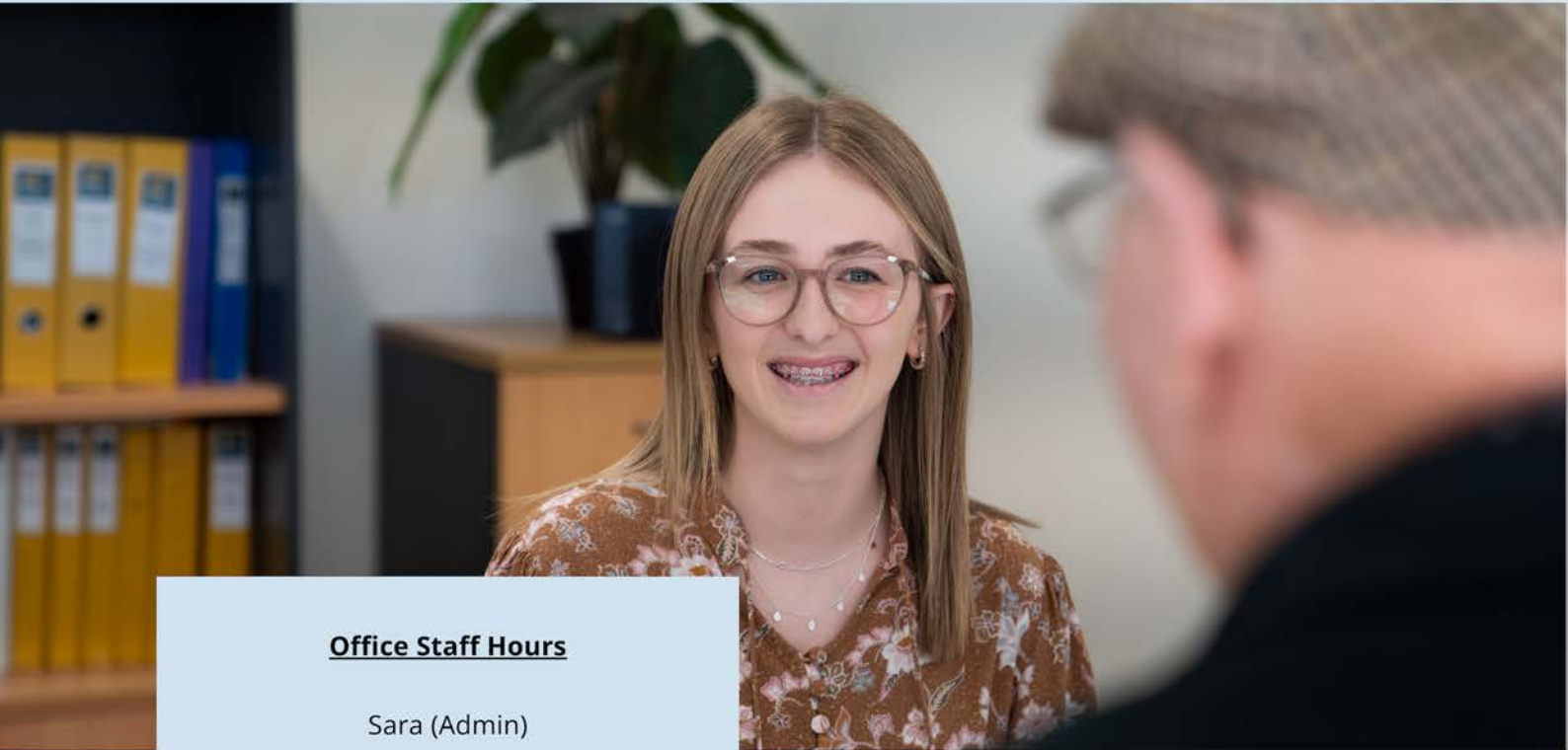
As March progresses, we eagerly anticipate further nurturing a vibrant and supportive community at the Day Centre.

Any feedback please let us know!  
Thank you

**Dani & Kerry**



# Home Care Services



## Office Staff Hours

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

Donna (RN/ Interim Manager)  
08:30am - 16:30pm  
Mon-Fri

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

Our office is open Monday to Friday 8:30am - 16:30pm. We are closed on Thursday April 25th for ANZAC Day.

We'd like to thank everyone in the Matthew Flinders Community for supporting us through all the recent changes to the Home Care Office.

We look forward to reinstating our Care Recipient meetings, we will look to keep you informed as the dates are to be determined.

We are looking forward to engaging our Care Recipients and staff in ongoing improvements. Last month we farewelled Jess from our team. We would like to thank Jess for all her dedication and passion during her time with Matthew Flinders Home. We wish Jess all the best on her future endeavours.

If you need to get in contact with us don't forget we are just on the phone on 8683 3970, if you're ever unable to get through to us remember we have a mobile number that is available after our office hours as well as in our office hours, just ring 0400 121 855.

Take Care, until next month,

*Sara*



# Education & Training

Rural Health and Aged Care Education Centre (RHACEC)



Final Dissemination Article  
By Conni and Max (UniSA  
Occupational Therapy Students)

As we reflect on the past 9 weeks, we're excited to share the results of our 2024 Participatory Community Practice (PCP) project, the 'Health is the Reel Deal' Fishing program, conducted in collaboration with Matthew Flinders Home.

Our mission was to establish a safe and sustainable fishing program framework, fostering engagement of MFH residents in meaningful occupation. By week 9, a diverse group of selected residents had participated in three fishing outings and fortnightly fishing activity sessions, fostering social interaction & camaraderie. Regular discussions provided a platform for residents to share knowledge, experiences & enhance connections. Moreover, our placement concluded with the creation of a comprehensive resource folder for staff, which served to enhance program coordination and efficiency.

We hosted a Fish Tales Morning Tea event for a reminiscence story-sharing group, where 13 residents attended. This heartwarming event underscored the power of fishing to bring people together, highlighting its significance as a cherished pastime for many residents living in this beautiful city of Port Lincoln. It was truly touching to witness the shared joy and sense of community that fishing has instilled in the people of MFH.

To further enrich the meaningful initiative here at MFH, we have devised suggestions encompassing short, medium, and long-term strategies aimed at enhancing resident engagement, safety, program effectiveness, and quality of life for MFH residents.



# Education & Training

## Rural Health and Aged Care Education Centre (RHACEC)

Continue of the  
**Final Dissemination Article**  
By Conni and Max (UniSA  
Occupational Therapy Students

### **Community Outcome: Increased Social Engagement & Safety-Efficacy**

Residents engaged in fishing outings and activity sessions, contributed to decision-making, and participated in discussion, empowering them and fostering a sense of ownership of their experiences and contributions to the fishing program. Tailored support, resources, and weekly updates promoted social engagement and boosted participants self-efficacy in their fishing ability. We anticipate that the contribution of the Fishing Program will lead to increased social interaction, enhanced mental and physical health, and overall improvement in participants quality of life.

### **Agency Outcome: Implementation of Sustainable Practices**

A comprehensive staff resource folder was established, streamlining coordination and ensuring safe management of fishing activities. Detailed checklists enhance safety and efficiency, contributing to the sustainability of the program to continue beyond our placement.

### **Advocacy Outcome: Integration of Safe Nature-Based Activities**

Advocacy efforts highlighted the benefits of nature-based activities (NBA) like fishing, promoting awareness and support for their integration in community and residential facilities, thus increasing older adults' overall wellbeing.

Incorporating these recommendations will further strengthen the Fishing Program, enriching the lives of MFH residents and fostering a sense of purpose and belonging. Reflecting on the achievements of the 'Health is the Reel Deal' project, it becomes evident that our collaborative efforts have laid a solid foundation for continued growth and development. The recommendations provided offer a roadmap for MFH to continue enhancing resident engagement, safety, and overall quality of life. Together, we have established the foundation for a lasting impact of meaningful engagement and community connection at MFH.

We extend our heartfelt gratitude to MFH residents and staff for your unwavering support, dedication, and valuable input throughout this endeavour. While our catches may not have always been as plentiful as we hoped, the joy and camaraderie shared during our fishing adventures at MFH have been truly priceless. We are honoured to have worked with such a vibrant and welcoming community. Even though the fish weren't biting, at least we were reeling in good times!





# Education & Training

Rural Health and Aged Care Education Centre (RHACEC)



## Meet Our New students



**Hannah (Speech Pathology – on placement from 08/04/24 – 07/06/24)**

Hi, I'm Hannah, and I am a 4th year speech pathology student at UniSA. I am looking forward to my 9-week placement at Matthew Flinders Home, from April to June. I grew up on a farm near Cummins, so I know the Port Lincoln area well, and can't wait to be back home on the Eyre Peninsula. In my spare time I love to read, cook, and spend time with my friends and family.



**Edwina (Speech Pathology - on placement from 08/04/24 - 07/06/24)**

Hi, I'm Edwina, a fourth year Speech Pathology student. I will be at Matthew Flinders for a 9-week placement and I'm looking forward to my time in Port Lincoln. I'm also currently completing my research honours looking into "the impact of pets on the lives of informal carers of people with aphasia". Some of my hobbies are taking my dog, Willie, to the park and going to spin classes for some exercise.

# Education & Training

Rural Health and Aged Care Education Centre (RHACEC)

## Meet Our New Students (continued)



**Tiffany (Nursing – on placement from 25/03/24 – 17/05/24)**

Hi, I'm Tiffany, a 3rd year Nursing student. I work as an enrolled nurse and a disability support worker in Adelaide. I'm looking forward to exploring Port Lincoln which is a good placement for me since I love travelling and exploring. I also love cooking, listening to music and watching movies. I'm excited to meet new people and learn from Mathew Flinders Home in my 8-week placement.



**Laura (Physiotherapy – on placement from 02/04/24 – 19/04/24)**

Hi, I'm Laura, a final year Physiotherapy student. I enjoy knitting (I've mastered baby blankets) and playing video games for some downtime. I spent many years dedicated to ballet dancing, which certainly influenced me to undertake this degree. I'm also a big history buff, having completed my Bachelor of Arts in History and Honours in the History of Women's Health and Medicine – a far cry from Physiotherapy!



**Isabella (Physiotherapy – on placement from 01/04/24 – 19/04/24)**

Hi, my name is Isabella, and I am in my final year of Physiotherapy (Honours) at UniSA. I will be at Matthew Flinders Home for 3 weeks beginning 2nd April completing my Health Promotion Project alongside my colleague Laura. I am looking forward to my time in Port Lincoln and experiencing all the region has to offer. I am excited to meet all staff and care recipients and cannot wait to begin!



**Lucy (Physiotherapy – on placement from 02/04/24 – 03/05/24)**

Hi, my name is Lucy, a 4th year Physiotherapy student. I will be completing my placement at Matthew Flinders Home for the next 5 weeks starting on the 2nd of April. Outside of studying, I love to run, teach swimming, and spend time with my 2 cats! I grew up in a country town in the South-East, so I am very excited to be back in the country and be a part of the Port Lincoln community. I am looking forward to meeting everyone at Matthew Flinders Home!



# Community Notice Board



**Matthew Flinders Day Centre** provides a social environment that includes transport, friendships and great food!

Contact us now on  
**8683 0262** or  
**0488 123 090**

## Easter Long Weekend

We hope the community of Matthew Flinders Home has a fantastic Easter long weekend, surrounded by their loved ones.

Be Safe & Enjoy



### Contact Us

Phone: 8682 4122

Email: [reception@mfh.com.au](mailto:reception@mfh.com.au)

### Residential Office Hours

Monday To Friday 8.30 - 4.30pm  
61-63 Oxford Terrace

### Postal Address

PO Box 1095  
Port Lincoln SA 5606

### Home Care Office Hours

Monday to Friday 8.30 - 4.30pm  
Shop 2/60 Liverpool Street

### Online

[www.mfh.com.au](http://www.mfh.com.au)



### Day Centre Office Hours

Monday to Friday 8.30am - 3.30pm  
65 Oxford Terrace