

# Monthly Newsletter **March 2024**

[MFH.COM.AU](http://mfh.com.au)

Providing meaningful and enjoyable lifestyles for our loved ones



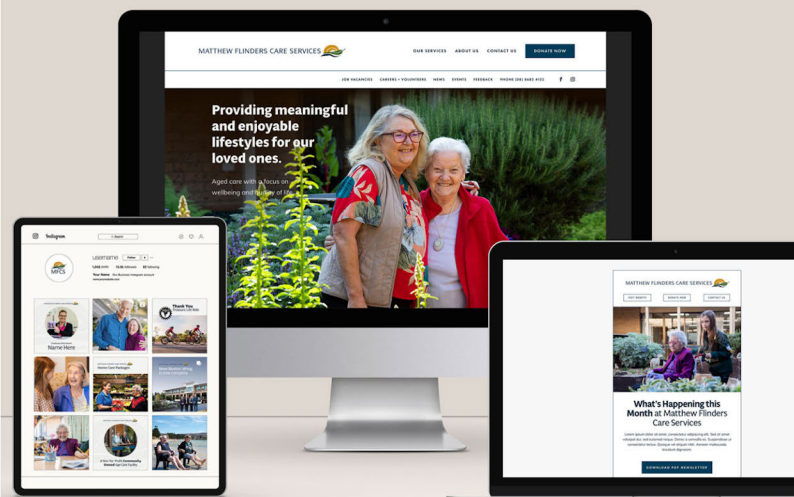
## A Beautiful New Space for Learning and Training

Our New Rural Health and Aged Care Education Centre is fully operational and we have enjoyed a month of firsts in our new space; welcoming our first placement students, hosting our first inter-professional learning sessions for students, and presenting our first ever training session for MFH staff.

## Fresh New Look for Matthew Flinders Care Services Online

You may have already noticed the sleek, updated appearance of our website, social media platforms, and even this newsletter layout. We've recently collaborated with the talented team at Cohere Creative, a local design and marketing agency, to revitalise our brand and ensure that information is conveyed clearly, promptly, and with a touch of sophistication.

This refresh not only aligns with our values but also enhances our professional image, reflecting our commitment to excellence.



### 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 all fit and well and enjoying life at Matthew Flinders Home.** Your feedback to us is important and we hope everyone feels confident to provide any feedback to us so that we can continue to improve our care and services.

**The Consumer Advisory Body in the Residential facility has been formed** with the first informal welcome meeting held on Friday 23rd February. So far, 4 members have joined, and we look forward to more Care Recipients and/or their representative coming forward to join the group. This group is extremely important to our organisation as they are a voice for our Care Recipients and provides us with additional information from our Care Recipients to make improvements. We have invited our current members to the next Care Recipient/ Family meeting on 14th March 2024 to introduce them to everyone and hope that you all have an opportunity

to meet with them. If you have yet to attend a Care Recipient/ Family meeting, please come along and meet the new group. Once the group has established themselves, we look forward to working with them and providing information to them. There will be posters displayed informing every one of the best contact people in this group to express an interest to join or provide them with information to action on your behalf.

**During December 2023 and February 2024, we have offered and administered another COVID booster to our Care Recipients** who wished to have one. We are pleased to maintain a high vaccinated rate where 89% of our Care Recipients have received at least 2 vaccinations and 59% now have had 5+ COVID vaccinations in line with the SA Health recommendations for vulnerable people.

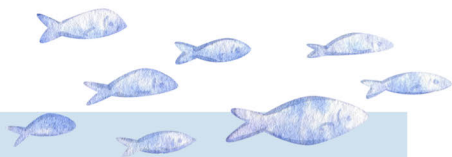


# Message from Director of Residential Care

**DANIELLE GREEN**

We thank our Care Recipients who continue to take up the recommended vaccinations and received the boosters. It remains a recommendation that vulnerable older adults continue to receive the COVID boosters regularly to avoid severe illness.

**We welcome the services of Speech Pathologist Ash Langton** who is busy supervising UNISA speech students in the home and providing regular reviews for appropriate meals and drinks and assessing the communication needs of our Care Recipients. Ash's services are making huge improvements in the care received for our Care Recipients ensuring they have a great quality of life. Ash is also providing much needed education for our staff and working closely with the kitchen to ensure everyone is working together to make the required improvements.



Danielle's fun fact: The largest of the whiting species, King George can live for up to 15 years and can grow up to 70cm long but have an average length of 35cm.

**Georgia Crossman is also working with us supervising the UNISA Physiotherapy students and Occupational therapy students** making improvements in our care. The Occupational Therapy students are working on the development of the fishing group which has proven to be popular. We love the enthusiasm our current students have towards their project work. Take a moment to check out their progress board at the front entrance to see what the group are catching and who's catching the most fish!

**Emily Prakash is supervising 2 UNISA nursing students** almost at the end of their placement and we thank her and the students for their work during the placement.

**We are working on preparing an application for Accreditation** later this year as our current accreditation is due to expire in November 2024. With the new Aged Care Standards to be introduced mid-year, there are lots of boxes to check off to ensure a successful accreditation process. I remain confident that our quality of care is up there but I will strive to continue making improvements.

I can't believe how quickly the months are flying by as we are so busy in the home. Please remember to call in for a chat anytime, my door is always open.

**-Danielle**



# Staff Member Of the Month



Congratulations to  
**Treena McDonald**  
on winning Matthew Flinders Care  
Services Staff Member of the Month  
for March 2024



# Residential Facility



Our Residential Facility is designed for loved ones who can no longer live at home and need ongoing help with everyday tasks or health care.

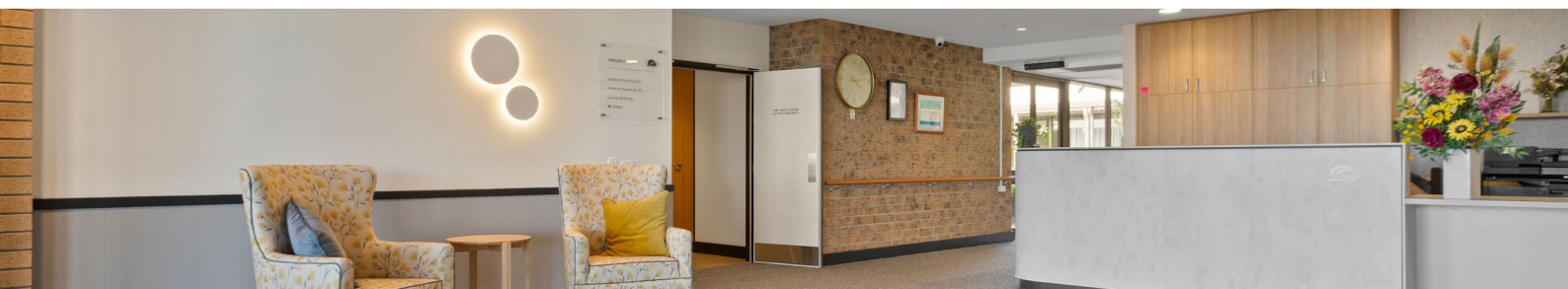
**We wanted to take a moment to recap what our state-of-the-art residential facility offers and the benefits it brings to our cherished residents.**

From the warm welcome of our friendly staff to the array of engaging activities curated by our full-time lifestyle coordinators, you'll find a place where comfort and well-being are top priorities.



Our spacious private rooms are ready to be personalised with cherished mementos from home, creating a sense of familiarity and belonging. In our communal areas, residents come together to share stories, enjoy meals prepared by our incredible kitchen staff using locally sourced, fresh produce, and foster meaningful social connections.

With access to a dedicated team of specialised health professionals, residents can feel confident in their safety and well-being. Our staff genuinely care about each resident, ensuring they receive the support they need to thrive.



# Residential Facility



## Lifestyle Program March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> Easter 1pm-2:30pm Bingo 	Every Monday between 9:45 – 10:30am Footy Tipping with Ryan Season starts Thursday 7th March	5th & 19th March @ 10:30 – 1:00pm All things Fishing group with Georgia, Uni Students & Jacqui	Wednesdays & Fridays @ 11am StediMoves Program with the Physio Uni Students		<b>01</b> 10:30am Piano Music  1:30pm Bingo/Happy Hour	<b>02</b> Physical Activities
<b>03</b> 1pm-2:30pm Bingo 	<b>04</b> 10:30am Cooking Group  1:30pm Move & Groove	<b>05</b> 10:30am Free Choice 1:00pm One Heart Church Service 2:00pm Probus Choir	<b>06</b> 10:30am Morning Tea @ Billy Lights 1:00pm Young @ Heart – Uniting Hill	<b>07</b> 10:30am Walking Group @ Foreshore 1:30pm Sunshine Club- Invite Only	<b>08</b> 10:30am Piano Music  1:30pm Bingo/Happy Hour	<b>09</b> Sunshine in the Garden Courtyard 
<b>10</b> 1pm-2:30pm Bingo 	<b>11</b> 10:30am Nail Care & Hand Massage 1:30pm Move & Groove	<b>12</b> 10:30am Table Games  1:30pm Painting	<b>13</b> 10:30am Morning Tea @ Tulka 1:30pm Wendy's Ice Cream @ Foreshore	<b>14</b> 10:30am Walking Group @ Foreshore 1:30pm Resident Meeting	<b>15</b> 10:30am Piano Music  1:30pm Bingo/Happy Hour	<b>16</b> No Lifestyle Activities
<b>17</b> No Lifestyle Activities	<b>18</b> 10:30am Move & Groove  1:30pm Kids Connect- Intergeneration al program	<b>19</b> 10:30am Free Choice 11:00am Catholic Church Service 1:30pm Singing Circle	<b>20</b> Greek Independence Day Lunch @ Bluewater Beach Cafe 	<b>21</b> 10:30am Walking Group @ Foreshore 1:30pm Sunshine Club- Invite Only	<b>22</b> 10:30am Piano Music  1:30pm Bingo/Happy Hour	<b>23</b> Reminiscing
<b>24</b> 1:30pm Port Lincoln City Band 	<b>25</b> 10:30am Move & Groove  1:30pm Monthly Birthday Party	<b>26</b> 10:30am Wheel of Fortune 1:30pm Lawn Bowls / Golf 2:00pm Men's Group- Sleaford Lounge	<b>27</b> No bus outings  Surprise activities with Ryan	<b>28</b> 10:30am Gardening  1:30pm History Circle with Heather	<b>29</b> Good Friday  1:30pm Bingo 	<b>30</b> Easter Free Choice Activity 



# Residential Facility



## What's On This Month : March 2024



### Resident Meeting

Date: 14th March @130pm 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 weekly.  
See reception to book.



### Church Services

March 5th – One Heart  
March 19th – Catholic, 11am in Sleaford Lounge



### StediMoves

With the Uni Students Wednesdays & Fridays  
11am in the Courtyard



### March Birthdays

Bill LeBrun, Barry Moon, Kathyrn Heath , John Easton,  
Margaret Lindsay , Bluey Dunn



# Residential Facility

## What we've been up during February



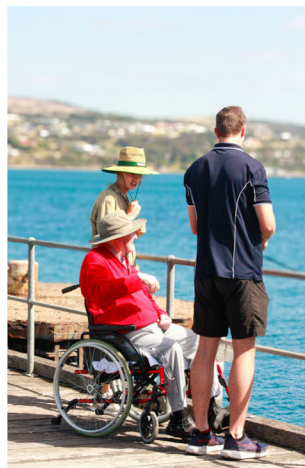


# Residential Facility

## Valentines Day



## Fishing at the Wharf





# Day Centre



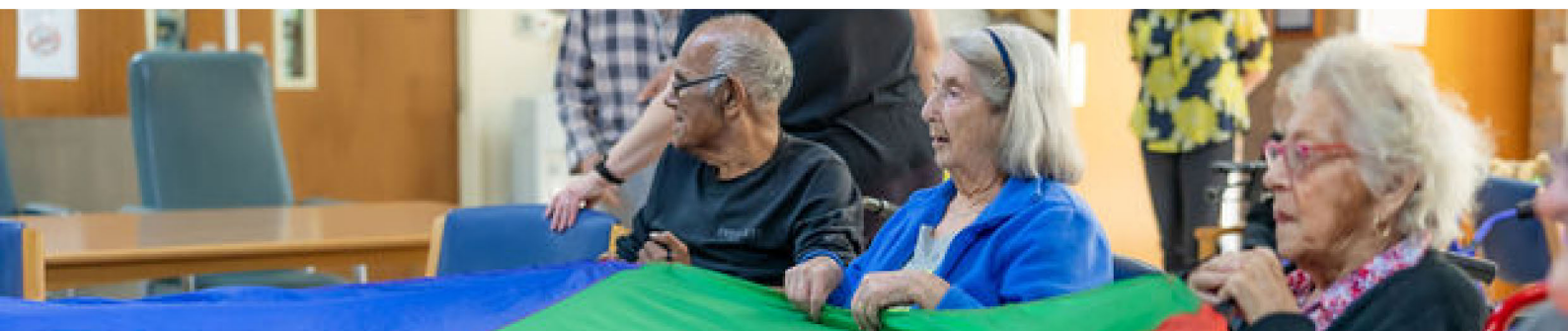
Our Day Centre offers group activities and care services to encourage social interaction for anyone in the community over 65 years of age.

**Attending our Day Centre offers numerous benefits that contribute to improved health and wellbeing.**

One of the primary advantages is the opportunity for socialisation. Our group activities create an inclusive environment where attendees can engage with peers, share experiences, and build meaningful connections. This social interaction is vital for combating loneliness and isolation, which are common concerns among older adults.

In addition to fostering social bonds, participation in our Day Centre program contributes to physical wellbeing. Our Exercise Physiology classes, led by Dee-Anne Beinke, are tailored to promote strength, flexibility, and overall fitness. Through these classes, attendees can improve their mobility, reduce the risk of falls, and enhance overall quality of life.

Furthermore, our Day Centre keeps individuals connected to their community through organised outings and trips. These excursions provide opportunities for exploration, recreation, and cultural enrichment, all of which contribute to a sense of belonging and purpose.








# Day Centre



## Day Centre Program March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>01</b> CFS Visit Sensory Wizard
<b>04</b> Exercise with Dee-Anne Sensory Wizard	<b>05</b> Bunnings Project 1:00pm The Old Blokes	<b>06</b> Making Coasters Dog Visit	<b>07</b> Art Therapy with Ellie Sensory Wizard	<b>08</b> International Women's Day Karaoke
<b>11</b> Closed Public Holiday 	<b>12</b> 10:45am Port Lincoln Mayor Visit Question Ball	<b>13</b> Sensory Wizard Day	<b>14</b> Exercise with Dee-Anne Skittles Game	<b>15</b> Gardening Project Sensory Wizard
<b>18</b> Exercise with Dee-Anne Scrambled Eggs Game	<b>19</b> Coffin Bay Trip & Fish and Chips	<b>20</b> Mosaic Mirror Puzzles	<b>21</b> Exercise with Dee-Anne Savory Scrolls with Treena	<b>22</b> Making Scones Scrambled Eggs Game
<b>25</b> Exercise with Dee-Anne Tunnel Ball Game	<b>26</b> Making Pizzas Golf	<b>27</b> Easter Decoration / Games Bingo	<b>28</b> Exercise with Dee-Anne Easter Decorations / Games	<b>29</b> Good Friday Closed 

# Day Centre



## What we've been up during February

February was a busy month here at the Day Centre as we whiled away the hours with various activities and projects such as plant pot painting, card making, hand eye coordination challenges, exercise sessions, singalongs, and a fabulous teapot stacking workshop with Treena.

The mild weather provided many opportunities to spend some time in our beautiful outdoor area, surrounded by the lovely flowers in bloom – all under the watchful eye of our resident Scarecrow 'Smiley'.

We celebrated birthdays, were entertained by the Óld Blokes' choir, and enjoyed an outing to Sleaford, followed by lunch at the Tasman Hotel.

Here are just a few happy snaps of what we have been up to:





# Home Care Services



Our Home Care Services are designed for those who are still able to reside in their own home but need support for performing day to day tasks.

**It's easy to overlook the importance of maintaining independence and comfort. We understand the significance of feeling confident and in control.**

With Matthew Flinders Home Care Packages, choice, control, and flexibility are at the forefront. We believe in supporting and empowering both you and your loved ones to make decisions that best suit your unique needs, goals, and interests.

Whether it's arranging social outings, providing nursing services, or ensuring reliable transport, our team is dedicated to delivering comprehensive care with a friendly and professional touch.

By choosing Matthew Flinders Home Care Services, you're not just accessing essential support – you're investing in peace of mind, knowing that your loved ones are receiving personalised care in an environment where they feel most at ease.

Together, let's prioritise independence, comfort, and quality of life for those we cherish most.



# Home Care Services



Autumn has come around fast. We hope you have had a lovely warm February with your loved ones, we have seen a few hot days these last few weeks.

Our office is open Monday to Friday 8:30am - 16:30pm. We are closed on Monday 11th for the Public Holiday.

If you need to get in contact with us don't forget we are just at the of 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



## Office Staff Hours

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

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

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





# Education & Training

Rural Health and Aged Care Education Centre (RHACEC)

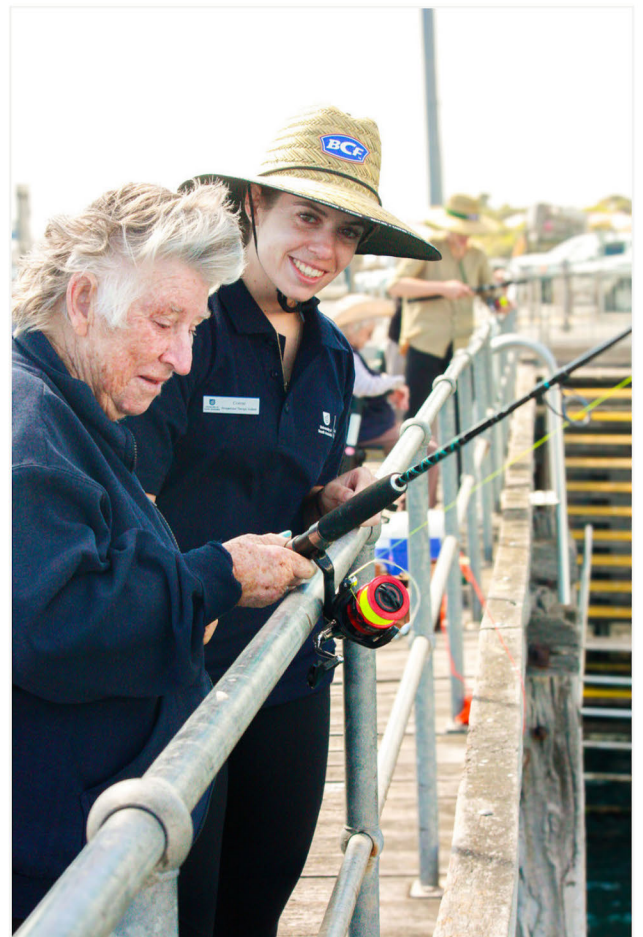


The Centre is now fully operational and we have enjoyed a month of firsts in the beautiful new space; welcoming our first placement students, hosting our first interprofessional learning sessions for students, and presenting our first ever training session for MFH staff.

We currently have 7 UniSA students on placements at MFH; Peter and Erin (Nursing), Erin and Mia (Speech Pathology), Conni and Max (Occupational Therapy) as well as Georgia (Physiotherapy).

In January we also welcomed two new fulltime staff members, Speech Pathology Academic Ashleigh (Ash) Langton and Zareena Gynell, the Centre Coordinator.

We are looking forward to many more firsts in the year to come and making the most of our wonderful new facility.



# Education & Training

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



## Meet Our New students



**Hi, I'm Peter, a 3rd year Nursing student.**

I was born and went to school in Adelaide and am the youngest of 3 sisters and 2 brothers. In my spare time I like going to the gym, and watching TV shows especially Japanese Anime and Comedy shows (Kevin Hart is a favourite). I really enjoy Japanese and Korean culture and went on a trip to Japan and Korea before starting this placement.



**Hi, I'm Erin, a 3rd year Nursing student.**

I work part time as an aged care worker in a nursing home in Adelaide. On this placement I'm looking forward to building on my experience and expanding my learning. I will turn 21 while I'm in Port Lincoln and am looking forward to celebrating my birthday while I'm here.



**My name is Georgia, and I am in my final year of study - Masters of Physiotherapy (Graduate Entry) at UniSA.**

I will be here at Matthew Flinders Home for 5 weeks starting on the 26th Feb completing my Advanced Physiotherapy placement. I grew up in Naracoorte & moved to Long Plains after primary school, but have since relocated to Adelaide to undertake study, although I am still a country girl at heart! I am very keen to explore Port Lincoln & everything it has to offer. I'm looking forward to meeting you all and I can't wait to get started!



# Education & Training

Rural Health and Aged Care Education Centre (RHACEC)

## Meet Our New Students (continued)



**Hello my name is Erin. I am a fourth year speech pathology student at UniSA, currently completing my third clinical placement.**

This placement is my first rural placement and first placement working with an adult population. I am from Port Lincoln originally and moved over to Adelaide to study a few years ago. Since then, I have been keen to return to Port Lincoln to continue my studies and contribute to the workforce and strong sense of community I grew up in. In much spare time, I enjoy spending time with my family and friends going to the beach, out to nice cafes and restaurants and reading in my downtime to relax.



**Hello, my name is Mia and I am a 4th year speech pathology student from UniSA.**

I will be at Matthew Flinders home for 9 weeks and am very excited to be here. I live in a small town called Kersbrook, which is in between the Adelaide Hills and the Barossa Valley. I love to spend my time playing netball, reading, spending time by the beach (perfect placement location for me!!!), eating yummy food and spending time with people I love. I can't wait to explore your beautiful town and the Eyre Peninsula, if you have any recommendations, please let me know the best places to eat, drink and swim. I can't wait to meet everyone, please come and say hello.



**Hi, my name is Conni, I'm a 4th year occupational therapy student from UniSA.**

I'm currently completing my 9-week Participatory Community Practice project, which you may have heard about as the fishing program. I am from Adelaide and, before this project, had never been to Port Lincoln. I enjoy playing and watching nearly any sport and am a big Crows supporter. I love cooking, travelling, and going to the beach. I am just happy to be here and cannot wait to meet new people and explore Port Lincoln.



**Hi, my name is Max, I am a 4th year Occupational Therapy student from UniSA completing my Participatory Community Practice implementation.**

Other than a half day visit in 2023 I have never been to Port Lincoln and am excited to be here for the next 9 weeks. I have spent time growing up on Kangaroo Island and often spent many hours fishing with Grandpa. My love and passion for fishing was a major part of why I applied for the fishing project that is being conducted at MFH. Outside of University, I'm an avid Adelaide Crows supporter, and often get to their home games when I'm in Adelaide and don't have my own football commitments. I currently play footy for a small country town just outside of Loxton in the Riverland called Browns' Well in the Murray Mallee Football Netball League. I play here with my two stepbrothers and a couple of my best mates from Adelaide.

# Community Notice Board



## Treasure Life Ride

Embarking on an inspiring journey across the Eyre Peninsula, the Treasure Life Ride is a heartfelt charity event covering over 600km to raise crucial funds for Matthew Flinders Home and Ronald McDonald House Adelaide.

Join us in supporting this incredible cause – every donation over \$2.00 is tax-deductible! Help our volunteer organisers, riders, and support crew make a difference over the 5-day ride from Whyalla to Port Lincoln.

Learn more about the event and donate online via their dedicated website:

**[treasureliferide.com.au](http://treasureliferide.com.au)**



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