



Matthew Flinders Care Services Monthly Journal - November 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
Washington Street
(Behind Del Giornos)

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

Dates To

Remember

7th - Melbourne Cup

11th - Remembrance
Day

15th - Fire Ban Season
Starts



November

Congratulations to Prue Ryan on winning Matthew Flinders Care Services Staff Member of the Month for November 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!

Here we find ourselves already in November with many activities on the card. We will commemorate Remembrance Day with a small inhouse service and utilise our war memorial which is now replaced on the front landing. Melbourne Cup Day will again bring some excitement as the Lifestyle team and Kitchen are busy planning for an exciting day. A fashion on the fields event and sweeps will all be on the cards in the residential facility.

We have a very busy few months with the UNISA students in the home providing additional services to our Care Recipients and conducting research to develop new resources for us to use. We have had projects done around work health and safety and falls prevention with OT and Physio students and now how firm programs in place and improvements made because of the wonderful student input. The 6 UNISA Nursing students worked along side our experienced nurses and care staff and will finish up at the end of this week. We have also had some local TAFE students completing their placements. All the exposure of our facility with the students in place will hopefully boost the Aged Care workforce as the students learn and appreciate the environment we provide to our vulnerable community.

Melbourne Cup



DIRECTOR OF RESIDENTIAL CARE

We have had information from the Australian Technical Advisory Group on Immunization (ATAGI) about the Shingles Vaccine. It is suggested that adults over 65 should speak with their GP about their health risks and consideration for the Shingles vaccine. I will write to each clinic and ask that the GPs discuss the vaccine with their patients at MFH and consider administering the vaccine if required. I will also be doing an audit on the vaccination status of our Care Recipients and arranging a vaccination clinic at MFH to offer any CR who may have missed the last COVID vaccine or any other vaccines available to them.

We continue to remind our Visitors and Staff that community infections are still around potentially putting our vulnerable at risk. We ask that you stay away if unwell and consider a phone call to your loved one if you are unable to visit. We also ask that visitors are vigilant when entering and exiting and check with staff before letting anyone out of the doors who may have their safety put at risk if left alone outside.

Please remember to continue giving us feedback. We use all feedback to make improvement to our services. We have an open-door policy and encourage you to provide verbal or written feedback at any time. Small problems are easy to manage but big problems can be more difficult, so we ask that you raise them early and allow us to fix them.

Danielle's November FACT: November 11th is a very important day where we remember the veterans we have lost in past wars and thank the military of today for protecting our country.

Until next time, take care and keep smiling,

Danielle Green

Director of Residential Care



MFH NEWS

We had a very special birthday here at MFH, a Care Recipient, Dudley Noble turned 100! Dudley woke up to balloons in his bedroom, a card from the King, many cards from family and friends and a beautiful birthday cake made by the kitchen staff. The cake was shared with his friends at MFH and we all sung Happy Birthday to him. He had a lovely lunch out with his family and at the end of the month he participated in a group birthday party.

You may have noticed the colourful knitted lap rugs around the home. Bronwyn Thompson has been happily knitting away for over 12 months and donated these bright, warm and colourful rugs, to the home.

A big Thank-You to Bronwyn! We greatly appreciate your skill and kindness.



LIFESTYLE NEWS

Lifestyle Activities Photos



LIFESTYLE NEWS

November Birthdays

To.

Maureen Gerschwitz

Isboel May

Gaile Bobrige

Sandra Sinclair



Ellen Ives

Grozdana Blaslov

Janet Whittaker

Norma Colema



Matthew Flinders Care Services provides many opportunities for volunteer engagement within our community in order to provide meaningful companionship to the Care Recipients and to assist with our Lifestyle Programs and support our Care Staff. Most importantly, our volunteers create a great sense of community and we owe all our volunteers many thanks. Our vision moving forward is to recruit new volunteers to join Matthew Flinders Care Services. If you would or know of someone who would like to join our team as a volunteer, please call reception or send an email to jodie@mfh.com.au.

Regular Events

Resident Meeting

Date: 16 October

@ 130pm

Main Dining Room

All family or care givers welcomed

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



Bus outings are on every **Wednesday**



“Let’s Play together “
INTERGENERATIONAL
PLAYGROUP
Main courtyard

17th & 31st Oct
1030-1130am

Bingo in
October are on
Friday & Sunday



Every 2nd
Wednesday
between 1-3pm
A Group attend Young
@Heart with Mel &
Lesley
@ Unity Hill Church




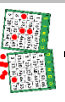
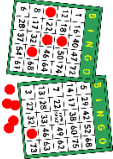


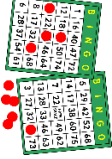


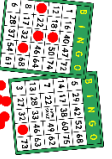




Hairdresser visits
on most **Tuesday**
afternoons
book appt @
reception



Church Services
First & Second
week of the
Month in
Sleaford Lounge



LIFESTYLE PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5th</p> <p>Port Lincoln City Band @ 130pm</p> 	<p>6th</p> <p>1030am: Art/craft</p> <p>130pm: Move & groove!</p>	<p>7th 11am: Uniting church service</p> <p>All Day Melbourne Cup celebrations</p>	<p>8th</p> <p>1030am: Men's group morning tea @ 130pm: Probus Choir</p>	<p>9th</p> <p>1030am: Walking group @ foreshore</p> <p>130pm: Sunshine Club</p>	<p>10th</p> <p>1030am Piano music</p> <p>130pm: Bingo</p> 	<p>11th</p> <p>Remembrance Day Memorial Service in the Main Home @ 11 am</p>
<p>12th</p> <p>1pm-230pm Bingo</p> 	<p>13th</p> <p>1030am: Who am I?</p> <p>130pm: Move & groove!</p>	<p>14th</p> <p>1030: Let's Play together!</p> <p>130pm: Cooking with Ryan</p>	<p>15th</p> <p>Fishing & lunch @ the Jetty</p>	<p>16th</p> <p>1030am: Walking group @ foreshore</p> <p>130pm: Sunshine Club</p>	<p>17th</p> <p>1030am Piano music</p> <p>130pm: Bingo</p> 	<p>18th</p> <p>Sensory Wizard</p> 
<p>19th</p> <p>1pm-230pm Bingo</p> 	<p>20th</p> <p>1030am: Sensory Wizard fun</p> <p>130pm: Move & groove!</p>	<p>21st</p> <p>1030am: Art / Craft</p> <p>11am Lighthouse Church Service</p> <p>130pm: Tunnel Ball</p>	<p>22nd</p> <p>Lunch at Cummins Bakery</p>	<p>23rd</p> <p>1030am: Walking group @ foreshore</p> <p>130pm: Sunshine Club</p>	<p>24th</p> <p>1030am Piano music</p> <p>130pm: Bingo</p> 	<p>25th</p> <p>Reminiscing</p> 
<p>26th</p> <p>1pm-230pm Bingo</p> 	<p>27th</p> <p>1030am: Cooking</p> <p>130pm: Move & groove!</p>	<p>28th</p> <p>1030: Let's Play together!</p> <p>130pm: Visit Day Centre for Activity</p>	<p>29th</p> <p>Visit Horses @ Ryecroft Riding Centre & lunch!</p>	<p>30th</p> <p>1030am: Walking group @ foreshore</p> <p>130pm: Sunshine Club</p>	<p>Bus outings are every Wednesday</p> 	<p>Resident Meeting</p> <p>Date: 12th November @ 130pm</p> 
			<p>1st</p> <p>1030am: Boston Crs bus drive</p> <p>130pm: Donnington Crs</p>	<p>2nd</p> <p>1030am: Walking group @ foreshore</p> <p>130pm: Sunshine Club</p>	<p>3rd</p> <p>1030am Piano music</p> <p>130pm: Bingo</p> 	<p>4th</p> <p>Physical Activities</p> 

DAY CENTRE NEWS

Well, what a busy and exciting month it has been for us here at the Day Centre!
In late September, we made the move back to Oxford Terrace into the refurbished Day Centre building that has a great feel and an abundance of natural light.

The extra space has been welcomed by all and includes a fantastic outdoor undercover BBQ area, garden and Men's Shed.

We kicked off the first week with a High Tea and an array of indoor activities that saw some records broken on our 'Day Centre Guinness Records' board!



In the weeks that followed, we were kept busy with various activities and outings, including being treated to a fabulous performance by the 'United We Made It Choir; a visit from Ellie Cheeseman who shared her art skills and sound drum with us – to everyone's delight, she even brought her gorgeous bunny rabbit with her!

Dee-Anne, our visiting Exercise Therapist, continued to provide our regular exercise sessions, working on balance, mobility, strength and cardiovascular fitness.

One of the highlights of the month was a workshop on site conducted by the wonderful Tammy from Bunnings, who guided everyone through a couple of projects, including making some lap trays and bird boxes.



DAY CENTRE PROGRAM

Matthew Flinders Home Inc.
Day Centre Lifestyle Program November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			1st	2nd	3rd	
			Science Day	Hanging Tea Towel or Painting Skittles or Quizzes	Golf Or Pamper Bingo	
6th	7th	8th	9th	10th		
Morning Drive Scrambled Eggs	Melbourne Cup Day Celebrations	Tunnel Ball High Lunch Early Finish at 1.30pm	Exercise BBQ at D/C Art & Craft or Snakes & ladders	Ballons & noodles or Puzzles Tunnel Ball		
13th	14th	15th	16th	17th		
Exercise Pamper Day Reminiscing In the Sunshine	Bean Bag Match or Gardening Wheatshaf Pub	ELLIE ART THERAPY Tunnel Ball	Exercise Scramble Eggs Or Afternoon Trivia in the Sunshine	Morning Drive Shuffle Board		
20th	21st	22nd	23rd	24th		
Exercise Hamburgers at D/C Puzzles or Board Games	CFS Guest Speaker BBQ at D/C Sing along	Sensory Wizard Fun or Pin Ball Drop Afternoon at the MH	Exercise Bingo or Gardening	Men Shed or Card making Spag Bog at D/C Bean Bag Toss		
27th	28th	29th	30th			
Exercise Gardening or Bingo	Pin Ball Drop or Cover the Number MH Visit at the DC	Painting in the Sunshine or Pamper Rissole at the D/C Shuffle Board	Exercise Scrambled eggs or Free Choice			
						

HOME CARE NEWS

Home Care Office

Its been an exciting month for Matthew Flinders Home care. The renovation to the office on Liverpool Street started during October. The office has been closed for the last 2 weeks and has extended to shop 1. Currently the renovation is to continue for another 2 weeks. The office will be closed during this time. We are always contactable via phone.

The weather is warming up and the fire ban season is upon us. Please review you bush fire plan. The fire danger season starts for the Lower Eyre Peninsula on the 15th of November. Bush fire plans are available at the website,

<https://www.cfs.sa.gov.au/plan-prepare/before-a-fire-be-prepared/make-a-plan/bushfire-survival-plan/>

Case Manager News.

Both Stacey and Virginia are nearly at the end of their Clinical placements, we are looking forward to their return.

There is a new case manager starting soon and we look forward to welcoming her.

Care Recipient Meeting.

I would like to welcome all carers and care recipients to come to the newly renovated office on Liverpool Street for a walk around and a general chat and any issues that you may have. Our new facilities are designed to welcome all with consulting rooms, Education rooms and in the future a clinical space.

Thursday the 16th of November at 10.30am and 3.30pm

Morning and afternoon tea will be supplied.

Until Next Month, Take Care,
Doug



HOME CARE NEWS



2023 November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Dates to Remember in November

7th Melbourne Cup

11th Remembrance Day

15th Fire Ban Season Starts

1st—30th November

Hi All, hasn't this year just gone by in the blink of an eye.

Some exciting reno's have been happening in the office over the last month, they are soon to be completed. We are all very excited for the new space to be finished and can't wait to share it with you.

As it's getting closer to Christmas we would love if you could let us know if you require services over the holidays. Feel free to ring the office or let your Case Managers or Home Support Workers know when they attend your home.

Until Next Month, Sara

HOME CARE NEWS

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HOME CARE NEWS

Care Recipient Monthly Meeting

Come join us monthly to have a chat, this meeting is your chance to chat about any concerns, questions or suggestions you may have regarding your Home Care Package.

We would love to hear them so we can make improvements to benefit you and your Home Care Package.

When: Thursday 16th Nov

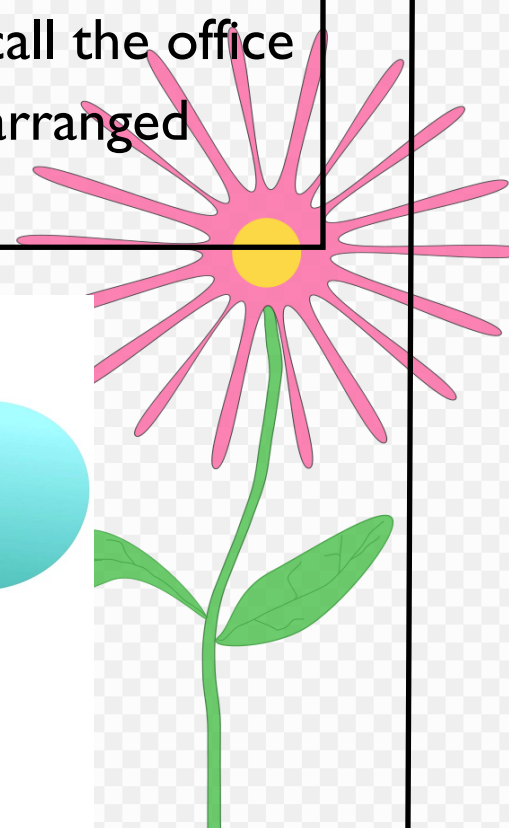
Time: 10:30pm and 3:30pm

Where: MFH Day Centre

61 to 63 Oxford Terrace

Ph: 08 8683 3970

If you would like transport please call the office prior for this to be arranged



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

Stacey (CM/EN)
08:30am-16:30pm
Mon-Thurs

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

Office Staff Away In November

Sara 17th
Kelly 28th-Dec 7th



Remembrance Day

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

armistice	battle	ceasefire	conflict	eleventh
field	flanders	freedom	medal	memorial
peace	poppy	remember	sacrifice	service
silence	soldier	sunday	veteran	war
wreath				