



Matthew Flinders Care Services Monthly Journal - October 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

Residential Facility

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 to Remember

1st - International day of Older Persons

4th - Referendum for Residents

15th-21st - Carer's week

31st - Halloween



Congratulations to Jess Frost on winning Matthew Flinders Care Services Staff Member of the Month for October 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

Spring has truly sprung and isn't it lovely to have some warm sunny days upon us?! Another year has passed for me as I recently celebrated 24 years at Matthew Flinders Home. Many changes have happened in that time and I'm so proud of the facility that we have today. We offer quality services to our community, and we look to make continuous improvements in the care that we offer. It's such a joy for me to work for an amazing organisation with dedicated staff who always have the best interest of our Care Recipients and their families. We look forward to more exciting changes ahead as we further develop and improve our facility and services.

The UNISA training centre is now close to completion, and we are so excited for the new space to be used by the UNISA students and our staff where we can further develop and learn new skills. The centre will be supported by a small group of UNISA staff, and we are excited to welcome them into the project to work with us. Our student turn over has been steady and we have so many improvements to our care following their project and clinical placements. We have a new exercise class aimed at preventing falls, bed height indicators to ensure the beds are at a height for individuals to assist with safety in and out of bed, resources for staff and updated function reviews. We are so blessed that we can increase our allied health services and offer opportunity to students by exposing them to Aged Care. I hope all our Care Recipients and their representatives enjoy their interactions with the UNISA students and encourage you to provide feedback to me at any time.

I hope everyone is now reviewing the information board and learning about our improvement process and how we show you what we do with your feedback and suggestions. We also have explanations about the star ratings and how we plan to improve our star rating. Star ratings for all facilities in Australia are now available for viewing online and give you a snapshot of how a facility performs. The data that we collect and report quarterly and the recent consumer experience surveys all provide our results in the star ratings. We continue to monitor and collect data for 11 different indicators. Our present downfall now is recruiting staff, but we continue to work on several workforce strategies to build and strengthen our workforce into the future. We are utilising agency Registered Nurses to ensure we can meet the requirements of a 24/7 RN and the required Care Minutes. You can follow the performance of any Australian facility on the My Aged Care website.

DIRECTOR OF RESIDENTIAL CARE

Just a reminder to everyone that if you are feeling unwell, please try to socially distance from others and/or choose to visit loved ones when feeling better. We remain on high alert to identify and manage any infections throughout the home and continue to monitor our Care Recipients and staff.

We are excited that the Day Centre has now been relocated to the MFH site and look forward to developing strong relationships with Community Care Recipients and staff and plan to engage with those members often.

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

Take Care, enjoy the sunshine and keep smiling,

Many Blessings,

Danielle Green – Director of Residential Care.



UNISA STUDENTS

Hi, my name is Nic and I am a 4th year Physiotherapy student from UniSA currently completing my 5 week Work Health and Safety project. We will be working together with the ancillary staff to work towards minimising any hazards that may be associated with their work. Some fun facts about myself are that I enjoy playing Water Polo and card games. I am also a Port Adelaide supporter but am currently looking to cancel my membership after another failed season. Some things I would love to do while visiting Port Lincoln are going camping, fishing, and shark cage diving.

Hi, my name is Mitchel - I'm working on the project with Nic. I live with my partner and 2 dogs in the Adelaide Hills on a 1acre property with several fruit trees, and a small vineyard. I works as a remedial massage therapist and hopes to work with a variety of people once he graduates. While in Port Lincoln, I intend to take in some of the natural sights in the national parks and head up the coast to do the Bairde Bay Sealion dive.

My name is Phoebe, and I am a second-year Master of Physiotherapy – Graduate Entry student from UniSA. I will be completing my Advanced Physiotherapy clinical placement here at Matthew Flinders Home over the next 5 weeks. I am from Adelaide, South Australia and this is my first time visiting Port Lincoln, so I am eager to explore this amazing town, meet new people and would love to hear any suggestions you have! I love all things sport, participating in swimming, basketball, and netball, and I'm a huge Geelong Cats supporter and love to chat footy. I also am a swimming instructor back home, so I have a passion for making therapy fun and enjoyable, with a key interest in helping people maintain and improve their optimal function. I would also like to thank you for this incredible opportunity to work with you all as I approach the completion of my degree and look forward to getting to know everyone and hear some incredible stories. I can't wait to help you achieve your goals and if you see me around, please come and say hello!

Hi, I'm Alexander, I'm a fourth year physiotherapy student at the University of South Australia. I decided to study physiotherapy as I'm passionate about helping people live healthy and fulfilling lives. I'm excited to bring my passion into Matthew Flinders Home and help residents as best I can. I'm a born and raised Port Lincoln local and have salt water flowing through my veins. In my free time I love spending my time in nature and the ocean, surfing, sailing and fishing.



KITCHEN NEWS

Earlier in September Chef Prue, Chef Don and myself commenced training with the Maggie Beer Foundation. The training program is called 'Improving Food in Aged Care through Education and Training' and is funded by the Australian Federal Government's Department of Health and Aged Care. It is designed to assist Residential Aged Care Cooks, Chefs and Providers meet the new dedicated food and nutrition Quality Standards.

We have completed a number of live online sessions and this week we were fortunate to travel to Adelaide for the practical session which was delivered by Maggie Beer and her team of trainers. The session was conducted at Sprout Cooking School which is managed by Callum Hann (ex MasterChef runner-up) and was attended by various Cooks and Chefs from in and around Adelaide. The class was extremely informative and it has given us many new ideas which we will begin incorporating into our menu. It was wonderful to be able to meet with other Chefs from other Aged Care Facilities and share our ideas and information.

Thankyou - Monica Sanderson Ancillary Manager



LIFESTYLE NEWS

October

★HAPPY★ BIRTHDAY!

Have a wonderful day!

Christine Hull

Susan Radford

Gil Green

Dudley Noble (100)

Beth Wiseman



Please join us in Sleaford lounge in the last week of the month to celebrate all our Birthdays in October together.

LIFESTYLE NEWS

Regular Events

Resident Meeting

Date: 12th 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
Monday in October



Bingo in October
are on Friday after-
noons only



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



“Let’s Play together “

**INTERGENERATION-
AL PLAYGROUP**
Sleaford Dining area

17th & 31st Oct
1030-1130am

Every Friday at 3pm



Hairdresser visits on
most Tuesday
afternoons
book appt
@ reception



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



RESIDENTS HAVING FUN!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|---|
| <p>1st</p> <p>Outside Activities</p>  | <p>2nd</p>  | <p>3rd</p> <p>1030: Quiz time with Mel 11am: Stead-IMoves 130pm: Probus</p> | <p>4th</p> <p>1030am: rem-niscing 130pm: craft-fascinator for Melb Cup</p> | <p>5th</p> <p>1030am: Walking group 130pm: Sunshine Club 230pm: Stead-IMoves</p> | <p>6th</p> <p>1030am Piano music 130pm: Bingo 3pm: Happy Hour & Smile Day cup cakes</p> | <p>7th</p>   Anne & Linda Performing @ 130pm  |
| <p>8th</p> <p>Sensory Wizard</p>  | <p>9th</p> <p>1030am: morning tea @ North Shields 130pm: Donning-ton CR'S afternoon drive</p> | <p>10th</p> <p>1030am: SteadIMoves 130pm: Art Challenge</p> | <p>11th</p> <p>1030am: Hand Massages/nail care 130pm: Wellness class & Men's group</p> | <p>12th</p> <p>1030am: Walking group & sausage sizzle at Mental Health Expo @ yacht club 130pm: Sunshine Club 230pm: Stead-IMoves</p> | <p>13th</p> <p>1030am Piano music 130pm: Bingo 3pm: Happy Hour</p> | <p>14th</p> <p>Outside Activi-ties</p>  |
| <p>15th</p> <p>Physical Activities</p>  | <p>16th</p> <p>BBQ at the fore-shore</p> | <p>17th</p> <p>1030: Let's Play together! 11am: Stead-IMoves 130pm: Cooking with Ryan</p> | <p>18th</p> <p>1030am: Group word searches 130pm: craft-fascinator for Melb Cup</p> | <p>19th</p> <p>1030am: Walking group 130pm: Port Lincoln singers 230pm: Stead-IMoves</p> | <p>20th</p> <p>1030am Piano music 130pm: Bingo 3pm: Happy Hour</p>   | <p>21st</p> <p>Table games/ jigsaws/knitting</p>   |
| <p>22nd</p> <p>Reminiscing</p>  | <p>23rd</p> <p>10am: Men's group - Stenross museum 130pm: Donning-ton CR'S afternoon drive</p> | <p>24th</p> <p>1030am: SteadIMoves 11am: Salvation Army Service 130pm: Lawn Bowls</p> | <p>25th</p> <p>1030am: Craft-Melb cup decorations 130pm: Wellness class & Men's group</p> | <p>26th</p> <p>1030am: newspaper reading /discussion 130pm: Sunshine Club 230pm: Stead-IMoves</p> | <p>27th</p> <p>1030am Piano music & United we made it Choir 130pm: Bingo 3pm: Happy Hour</p> | <p>28th</p> <p>Creating Art</p>  |
| <p>29th</p> <p>Sensory Wizard</p>  | <p>30th</p>  At the Port Lincoln Cinema | <p>31st</p> <p>1030: Let's Play together! 11am SteadIMoves 130pm board games or knitting</p> | <p>Bus outings in October are on Monday's</p>  | <p>Bingo In October are on Friday after- noons only</p>  | <p>Church Services In October are 10th 24th in Seafor'd Lounge</p>  | <p>Resident Meeting Date: 12th October @ 130pm</p>  |

DAY CENTRE NEWS

Community News

3 Months ago, I would have never thought that I would be living in the beautiful seaside City of Port Lincoln and being a part of the Matthew Flinders Family.

Hello, my name is Doug and I have the pleasure of taking over from Beck to become the new Community Services Manager. I have slowly been able to meet some of you and look forward to getting to know you all.

Beck has been a wonderful manager and leader to the Home Care Team and a great asset to the community. I would like to wish her well with the upcoming maternity leave. You will be greatly missed.

Virginia and Stacey are currently on leave from their roles as Case Managers to complete their clinical placements. I wish them well and look forward to their return.

Day Centre News

I am pleased to introduce our new Team leader for the Day centre, Tracey Fenwick who comes to the Day Centre with new ideas and a wealth of knowledge.

Brenton has chosen to return to Adelaide to be with his family, I would like to wish him well with the move.

There have been some exciting changes to the Day Centre with the recent move to a larger facility with the potential to expand our services to all of Port Lincoln senior citizens. I invite you to come to our next care recipient meeting for a tour of the new facility.

Care recipient meeting.

3:00pm Monday the 16th of October at the new Day Centre

61 to 63 Oxford Terrace

Port Lincoln.

Come and have a tour of the new day centre and meet our new TL Tracey.

Tea and Coffee supplied.

Until next month,

Doug

DAY CENTRE NEWS

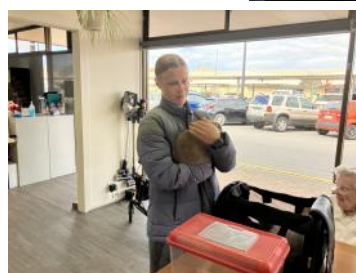
Matthew Flinders Day Centre October 2023 Newsletter

The past month at Matthew Flinders Day Centre had some lovely outings visiting the Anglers Club for BBQ Lunch and sadly the Anglers Club closes this month as it's the end of an era.

Pet Therapy was an exciting activity on several occasions this month at the Day Centre with visits from Paige with her lovely Rabbits her puppy & her Lizard & lots of information about Rabbits in Australia. Alex with her dog "Bentley", Grace with her Cavoodle "Milo".

Some nice outings for lunch to Ming Inn & at Tumby Bay Pub, plus Fathers Day Lunch at The Northern Hotel. Marina Hotel was also enjoyed for Lunch one Day. Ellie Cheesman Art Therapist did some awesome painting & Art with the busy Care recipients. The Old Blokes visited so sing up a Storm once again. Dee-Anne Beinke regular Exercise Therapist gave the Care Recipients some awesome exercises. Exciting News is that The Day Centre is moving back to Oxford Street next to the Matthew Flinders Main Home and will be Closed from 21st of September until Monday the 25th of September reopening on Tuesday the 26th of September.

The New look Day Centre will have much more room, new activities and more exciting Days. Please see some lovely photos of our Care Recipients exciting activities this month



DAY CENTRE LIFESTYLE PROGRAM

Day Centre Lifestyle Program October 2023

Matthew Flinders Home Inc.

| MFH | | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|----------|--|---|
|  | | 2nd | 3rd | 4th | 5th | 6th | | |
| | Public Holiday Closed | Bean Bag Match Puzzles/Quiz The Old Blokes | High Tea Tunnel Ball Bean Bag Match | Tunnel Ball BBQ at Day Centre | K Mart / Skittles BBQ in the Park | | | |
| | Exercise Scrambled Eggs | Ellie Cheeseman Art Tunnel Ball | CFS Fire Guest Speaker BBQ on Beach | Exercise Painting Expo Yacht Club | United Choir Painting | |  | |
|  | 16th | 17th | 18th | 19th | 20th | | | |
| | Exercise Bingo | Quiz and Trivia Volley Ball Afternoon Drive | Skittles Ming Inn Lunch | Exercise Scrambled Eggs | Grace & Milo Picnic Lunch Beach | | | |
| | 23rd | 24th | 25th | 26th | 27th | | |  |
| | Exercise Noodle Bento Tunnell Ball | Alex & Bentley Scrambled Eggs Bingo | Tumbly Bay Pub | Exercise Ming Inn Lunch | Skittles DIY Bunnings Bean Bag Match | | | |
|  | 30th | 31st | | | | | | |
| | Exercise BBQ at Day Centre | Paige & Animals Brunch on BBQ Halloween Activities |  | | | | | |

HOME CARE NEWS



Dates to Remember in October

1st Daylight Savings Starts

1st Breast Cancer Awareness Month

2nd Labour Day Public Holiday

14th World Palliative & Hospice and Palliative Care Day

31st Halloween



SPRING FORWARD
Turn your clocks ahead

Hi all,

The Home Care Office will be closed the 2nd of October for the Public Holiday.

If you require us please ring our on call phone on 0400 121 855.

Thank you,

Sara

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 September

Sara 4th-10th

Virginia RN Placement

Stacey RN Placement



COMPASSIONATE COMMUNITIES
Together for Palliative Care

14 OCTOBER 2023

WORLD HOSPICE & PALLIATIVE CARE DAY

HOME CARE NEWS

In our Community

Take a look at what some of our Care Recipients get up to out and about in the community.

Our Home Support Workers have been busy on social visits taking our Care recipients out for lunch, exploring the small towns nearby or getting their chefs hats on in the kitchen to do some baking.

We love to see what everyone gets up to, we are very jealous here in the office wishing we could get out more and enjoy the sunshine that has found its way to us.

If you ever feel like getting out an about let us know and we can organise a social visit for you.



Newsletter Suggestions

Do you have any suggestions of what you would like to see in our newsletter spread, we would love to hear them from you, as we love feedback and suggestion's.

Any suggestions are welcome. Just phone 8693 3970, or email to homecare@mfh.com.au

Comments, Complaints and Feedback.

If you have any feedback good or bad, please don't hesitate to let us know.

Please find a Tell Us What You Think form at the office, Email us at homecare@mfh.com.au or phone 8683 3970.



Christmas Countdown From October 1st:

85 Days

