



# Matthew Flinders Care Services

## Monthly Journal - August 2017

Hello Everyone,

What a joy to finally have some rain at last! Woo Hoo!

Last month we welcomed the students doing their work experience and we hope they have enjoyed their time with us. The big event of late has certainly been the Golf Tournament with the Day Centre and the Residents in the main home. Approximately 40 people sat comfortably in the newly refurbished courtyard and I have the pleasure in letting you know MFH were the winners on the day!

We had a grand musical afternoon last week with Peter and Terry. Their music genre was a breath of fresh air many of the Residents were very animated, fingers tapping, along with singing and dancing so much that Red took off his hat and had a waltz with Mary and her new knee! Pat was moved to get out of her wheelchair and dance. Heather became her partner and Pat talked seriously about her 'Jitterbug' (She once won a competition in Tumby Bay with her partner). We then had Leanne appear on the scene and some serious dancing took place. Rock and Roll with Red (Hat Off) the Jake got all the moves happening 'Sharkies' style! Peter and Terry are booked for a Country and Western afternoon in September.. Watch this space!

A BBQ for small groups has been rewed up again and the Lavender group enjoyed a lovely meal with their friends and families. The Book Club has been a hit with poetry reading by Jeff Cook. He is a well known poet writer who writes lots of different poems. His biggest fan is June Franklin as she used to listen to them on ABC radio, so we emailed him and in no time he replied with some more wonderful poetry.

The suggestion box at Reception is always available for your thoughts and comments. A big thank you to our wonderful Volunteers who do a great job being apart of our Lifestyle Team. Your work is greatly appreciated and your kindness.

So keep warm and keep smiling!

Have a wonderful month.

Lifestyle Team

61-63 Oxford Terrace  
Po Box 1095  
Port Lincoln, SA 5606  
Phone 8682 4122  
Fax 8682 3315  
Email [reception@mfh.com.au](mailto:reception@mfh.com.au)



### FOOTY TIPPING TOP 10 - LEADERBOARD

Monica Sanderson - 91  
Jodie Edwards - 90  
Kristie Hayford - 90  
Mike McKeown - 89  
Michelle Packer - 89  
Lauren Routledge - 89  
Jazz Andrew - 88  
Lynne Barker - 88  
Glenn Manfield - 88  
Maxine Yeates - 88





If you have any  
queries with regards to Aged Care, you can call the  
Department of Social  
Services on 1800 550 552

#### DO YOU HAVE SPARE TIME?

Try volunteering at Matthew  
Flinders Home Inc Second-hand Shop,  
Matthew Flinders Home Inc & Day Centre  
See Tess at  
Matthew Flinders Home Inc  
61-63 Oxford Tce, or phone: 08 8682 4122

#### "Tell us what you think"

These forms are available on the front desk,  
let us know your  
suggestions and  
comments, good or bad.

Please place in the box  
Your suggestions could make a difference!

# HAPPY BIRTHDAY!

## AUGUST BIRTHDAYS

### Residents + Clients

1st - Vera Agars  
2nd - Richard Moller  
3rd - Lorna Dempsey  
17th - Beth Schramm  
18th - John Stenson  
20th - Lyn Grocke

### Staff

3rd - Kristy Strycharski  
4th - Janet Graetz  
5th - Monica Sanderson  
6th - Anita Andrew  
13th - Tulleah Bell  
14th - Lynda Varney  
17th - Rachel Vella  
23rd - Ruena Mabalod  
31st - Lil Primus

# DIRECTOR OF RESIDENTIAL CARE

Well we've finally had some winter weather!!! BRRRR

The last month we've celebrated Christmas in July with some lovely carols and a beautiful meal from the kitchen.

We had a menu review completed by Leading Nutrition Dietician in early July followed by some staff training. The dietician looked over our menu and spent some time in the kitchen with the staff. She has provided some feedback to Vince our Chef/Manager and myself with some suggestions to improve the menu. We hope to remove some serves of the processed foods in the evening and provide some additional vegetables and sources of protein. We also will look at more substantial soups and daily serves of dairy. You will notice some gradual changes in the menu which will improve our service and bring some additional choices and variety. Please be patient as implementing changes takes time as we have to use up current stocks before moving onto new lines. Feedback about the changes are welcome through the "Tell us what you Think forms".

Please ask for assistance if required.

We had an unannounced visit from the Australian Aged Care Quality Agency on Tuesday 11/7/17. The agency come on a regular basis to check up on our processes and ensure we are providing the quality care that we say we are. We are pleased to report that we got a glowing report and all our Care Recipients reported that they were happy and were cared for with high quality services.

I love that you are all happy!!

I encourage any Care Recipients and Family and friends to come and talk to me with any issues that arise so that we can quickly address them and continue the high level of care we offer. Your feedback is vital and will assist us to continue our level of care that we are proud to offer our community. Our full 3 year accreditation is due in December so the agency will be on site for 2-3 days for that audit so you may see some official looking people around ensuring we meet all 44 outcomes of the 4 standards across our organisation.

We continue to enjoy some lovely outings and visitors the Lifestyle staff have planned for you. Please remember to ask if there's any activity you would like to do or places you'd like to visit. As the weather gets warmer, we will venture out a bit more on the bus for some exploring.

Jeans for Genes day will be held on Friday 4<sup>th</sup> August so everyone is encouraged to dress in their jeans that day to raise money for childhood genetic research. There will be a collection box at the front desk for any donations.

Every cent will go towards valuable research in Genetic Diseases particularly in children.

Take Care and stay warm,

Danielle Green

DRC.

# HOME CARE PROGRAMME

Community Care would like to invite you to tell us about your Home Care journey.

We are seeking care recipients to share their story about how community care has enriched their lives. If this sounds like something you would be interested in participating in please contact our office.

## Events

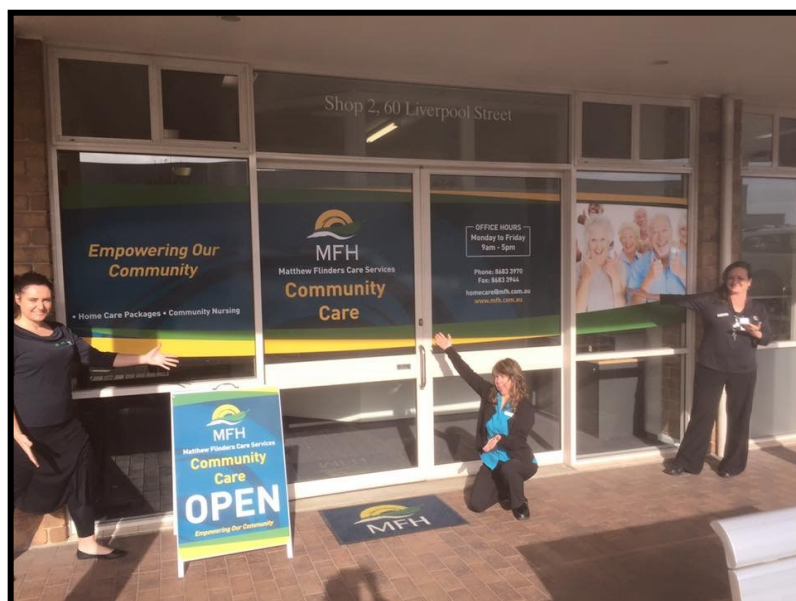
On the 21<sup>st</sup> of July, Community Care wore their sleep wear to work to raise money for children in foster care. It was definitely a sleepy Friday in Community Care, it was very entertaining with lots of laughs. It is rewarding and supporting those in need!

## Maisha Fitness – Silver Sneakers Class

The fitness class is held for Home Care Package Care recipients weekly on a Friday from 11:30am-12:30pm. If you would like to get involved, the class costs \$10 and this can be charged to your Home Care Package. If you require transport, please don't hesitate contacting the office.

## Care recipient/family meeting:

The next Care Recipient/Family meeting with the held on Thursday 24<sup>th</sup> of August at 13:00pm at Shop 2/60 Liverpool Street. Please RSVP to the office by Monday August 21<sup>th</sup> on 8683 3970.



Shop 2/60 Liverpool Street  
PO Box 1095  
PORT LINCOLN SA 5606  
Phone: 8683 3970  
Fax: 8683 3944

## DAY CENTRE SPREAD

Welcome to August and welcome to some beautiful rain that has been received at the end of July, all of the plants and gardens are looking lovely and fresh.

July we had a display of some absolutely stunning hand made quilts showcased from Port Lincolns Patchwork Pear Shop. We have also welcomed our intergenerational play group to the Day Centre which was a delight for everyone. The children interacted with our care recipients with games, cards, colouring in and general chit chat, it was very busy but also very rewarding for all involved.

Our monthly Golf Tournament with the nursing home was once again a huge success with everyone participating in the event, Day Centre was the overall winner for this Tournament which leaves the ladder with Day Centre 2 wins to the Nursing Home 1, which will surely bring the next game scheduled for the 10<sup>th</sup> of August an event not to be missed.



August will also have an action packed Activities programmed for the month which includes exercises, relaxation sessions, cooking groups and Lunch out and about at Tumby Bay and the Port Lincoln Marina.

Be sure to get yourself a program and pass the word around about our wonderful action packed month scheduled, we welcome new faces to our Day Centre.

Happy August to Everyone!