



# Matthew Flinders Care Services

## Monthly Journal - September 2017

Mary has returned from the Apple Isle & actually came back to work one day too early - think she drank to much cider!

A farewell to Rodney McCallum was a fitting event and were sure he will remember us all fondly as we do of him. Knitted & Crocheted articles are taking shape in many forms and it's always a happy group.

Bus Trips are up and running and it's always a highlight as the country side emerges into spring — beautiful scenery to be seen! Residents were treated to some arm chair travel and enjoyed the scenery and commentary of events around the globe. Heather researched so many including Henley on Tod race in Alice Springs and the Beer Can Regatta in Darwin & Birdsville Races.

During Science Week Heather put together some interesting and wacky experiments. At one stage June's bed was apart of an experiment. A red balloon was seen wizzing up and down the length of her bed. A volume of 'Stuff' was exploding from a tall vessel and every one was fully engaged in the morning activities.

Jacque added to an exercise class by adding an element of laughter which of course releases endorphins and improves mood.

We also had Adventure Bay Charters come along to have a chat and show us some amazing footage of the 'Great White Sharks' & Sea Lions. The Residents thought that it was just the bees knees. Thank you Andrew and his team for that.

Hope everyone stays warm and happy!

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)

### "Tell us what you think"

These forms are available in the second hallway, let us know your suggestions and comments, good or bad.

Place in the box also in the second hallway.

Your suggestions could make a difference!

### Special Dates in September

3rd - Fathers Day

16th - Great Flinders Grandfinal

23rd - Local Footy Grandfinal

30th - AFL Grandfinal Day



## NEW HAIR DRESSERS! Headquarters

We would like to welcome our new Hairdressers Headquarters who started on the 22nd of August.

We welcome them with open arms!

The girls will be offering their services every Tuesday between 9 - 12noon

See Reception to book your appointment!



## September Birthdays Residents + Clients

2nd - Neil Coaby  
8th - Patricia Denning  
8th - Haydn Chappell  
16th - Kelvin Blacker  
17th - Donna Parsons  
26th - Vivienne King

## Staff

2nd - Kristina Toth  
5th - Margaret Foster  
7th - Tracey Cowley  
8th - Jacquie Bastian  
8th - Faye Roderick  
19th - Danielle Nugent  
24th - Joanne Perham  
28th - Anne Druze  
30th - Sandra Valacco Birch



## FOOTY TIPPING WINNERS

1st Place - Michelle Packer 132 Points  
2nd Place - Lynne Barker 129 Points  
2nd Place - Kristie Hayford 129 Points  
3rd Place - Jodie Edwards 128 Points  
3rd Place - Glenn Manfield 128 Points  
3rd Place - Lauren Routledge 128 Points  
3rd Place - Monica Sanderson 128 Points

Congratulations to all winners!

# SPRING FETE



*Matthew Flinders Care Services are holding their Annual  
Spring Fete on Saturday 7th October so  
SAVE THE DATE!*

*We are seeking any Stall Holders and any donations for a raffle  
and a girl & boy lucky dip.  
We thank you for your support!*



*For any further information please contact Tess Davies*

**Phone:** 8682 4122

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

KEVIN  
HART

ED  
HELMS

NICK  
KROLL

THOMAS  
MIDDLEDITCH

**When:** Thursday 28th September

**Where:** Youthoria Cinema

**Time:** 6.30pm

**Cost:** \$12.00 Per Ticket

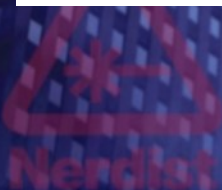
Fundraising for  
Matthew Flinders Care Services.  
Funds to be used for Resident amenities.

For more tickets

**Contact:** Tess - 0421 504 555

**Or Phone:** 8682 4122

Lucky ticket number on the night!



DREAMWORKS  
**CAPTAIN  
UNDERPANTS**  
THE FIRST EPIC MOVIE

CHANGE IS COMING  
**JUNE 2**

REALD 3D  
AND DIGITAL 3D

DREAMWORKS

## DIRECTOR OF RESIDENTIAL CARE

Hello everyone as we say goodbye to yet another Month!! Wow. I hope some of you have enjoyed some outings and visitors to our home through the Lifestyle program. It's been a busy month with some Whale watching and lunch outings and a few smaller group activities. As we speak Rodney is busily putting together our new outdoor kitchen in the courtyard ready for some BBQ's. As the weather warms up we hope to have a few get togethers out there and really enjoy the new space.

The Lions group has helped us purchase the BBQ with a generous donation so it's only fitting that we will invite them to come and help christen it with a BBQ party. This is yet to be advised.

Matthew Flinders Care Services will be holding the Annual Spring Fete on Saturday 7<sup>th</sup> October in the front carpark. We ask any stall holders to book a stall with the front office in the home. A small site fee will be \$50 but stall holders will keep all their own profits. We expect lots of stalls, food, face painting and entertainment to be available for everyone to enjoy and pray that this year the weather is kind to us. Last year we were almost blown away. MFCS staff will be holding a coffee stall and selling show bags and lucky dips. Anyone wishing to donate any small novelties for the lucky dip can do so at the front office. Please leave these unwrapped. The target age is under 12 and for boys or girls.

We congratulate the staff at the Day Centre for a fantastic 20th Birthday Celebration and continue to wish them well. The party was enjoyed by many people in our community. Happy 20<sup>th</sup> Birthday to the Day Centre!!!

We said "Seeya Later" to resident Rodney McCallum as he moved to Cleve to be closer to family and friends. We had a lovely party to see him off and we wish him well in his new home. He assures us he will be back to visit when he can.

We send our thoughts and best wishes with the Dunchue, Liddle and Hodge families following the passing of their loved ones and welcome Brian Sampson, Rhonda Sampson and Faye Semmler to our home. We hope they all settle in and enjoy our company.

### Australian Marriage Law Postal Survey

Between 13-25<sup>th</sup> September 2017, those Care Recipients who are active on the Electoral Roll, will receive a voluntary postal survey in the mail to gather the views of the Australian people in regards to same sex marriage. As mentioned, the survey is optional and the Australian Bureau of Statistics have instructed that should you chose to not participate, the papers should be torn in two and discarded. To be eligible to participate in this survey, your details on the Electoral Roll must be updated and correct by 24<sup>th</sup> August 2017. This can be done online at [www.aec.gov](http://www.aec.gov).

Staff will be available to assist any Care Recipients with their survey to those who request assistance. Please refer to the Australian Bureau of Statistic with any further questions about this survey. [www.abs.gov.au](http://www.abs.gov.au) or phone 1800 572 113.

Should anyone feel they or their loved ones no longer have the capacity to vote due to dementia in any future elections, they can remove themselves from the Electoral Roll. This involves filling out a form and having a GP or medical officer completing the form for submission to the AEC. Forms are available at reception.

Please don't hesitate to ask if you have any questions with this matter.



It is with great sadness that we were recently advised of our friend and colleague Andy Betts JNR's passing. Andy was a very kind and caring member of our care team and he will be sadly missed by his Friends, Colleagues and Care Recipients. We will all miss his happy face and gentle way. We pass on our sincere condolences to his family and friends and everyone who has been touched by Andy's presence. He will always be in our thoughts.

May he rest in peace.

I hope you are all happy and keep smiling,

Danielle



# HOME CARE PROGRAMME

## Welcome to MFCS Inc. Community Care

Providing Government subsidised Level 1,2,3,& 4. Consumer Directed Home Care Packages and self funded community support to the Eyre Peninsula region. Our services focus on choice, freedom, control, wellness, re-ablement and independence.

Empowering you to have control of your care and wellbeing. Enabling you to make informed choices about your services and their delivery. Giving you freedom and flexibility to allocate your packaged funds to services that maximise your quality of life.

Services offered include Nursing, Personal Care, Social Visits, Respite, Shopping, Administering Medications. These services and more can be accessed by contacting

MFH Community Care or My Aged Care on 1800 200 422 or go to [myagedcare.gov.au](http://myagedcare.gov.au)

## Navigating Aged Care Services (NACs)

The Lower Eyre Health Advisory Council (LEHAC) invited Matthew Flinders Home Care Services to attend the NACs Expo in Cummins on Thursday 3/8/2017 and Friday 4<sup>th</sup> August 2017. Both these events were attended by Community Care staff who showcased all the services provided by MFH. These events were extremely well received with positive feedback and appreciation from the public. Information was handed out through brochures, information packs and gift bags along with many questions being answered by staff, relating to Option for Aged Care on the EP, Costs, Benefits and Differences of Aged Care.

## Consumer Meeting

The next Consumer Meeting will be held on Thursday 21<sup>st</sup> September 2017 at 13.00 hours.

## Social Visit

On Friday 8<sup>th</sup> September we will be attending the Mayor's Variety Charity Concert being held at the Nautilus Art Centre. The Mayor Mr Bruce Green will be hosting the Charity Concert which promises to provide a fun filled program to entertain the whole family.

## Meet the Staff

Lara Evans has been part of the Coffin Bay community for 8 years after relocating from Adelaide when she was younger, with her family. Whilst completing Year 12 last year, Lara also studied Aged Care, which led to her receiving a job from Kate and the team from Matthew Flinders Home Care. She began working for Matthew Flinders Home Care in March of this year assisting the elderly in their homes undergoing everyday jobs such as personal care, Shopping and domestic duties as well as social outings and respite. Lara is an aspiring Nurse and Midwife, which has also led her to becoming a volunteer at the Coffin Bay Ambulance Station. She is hoping after completing her degrees to move back to Coffin Bay and work locally. In her spare time, Lara plays softball for The Eagles Softball Club, loves to watch sport, volunteers and spends quality time with her friends and family.



## DAY CENTRE SPREAD

August saw another jam packed program for the Day Centre.

There have been cooking groups a plenty with us all enjoying sausage rolls, cakes, toasties and lasagne. We have kept the bus busy with outings to the Ming Inn Restaurant, Marina Hotel and The Ritz Café in Tumbly Bay. Fish and chips was the winning dish at the Ritz and why wouldn't it be when overlooking the beautiful ocean. A huge thank you to all the venues that host the Day Centre for our outings, we always receive such wonderful service.

Our exercise groups are growing, it is wonderful to see so many of our Care Recipients being active. The weather has been kind to us (some days) and we have enjoyed morning tea and walks outside. The Wii has been set up again and our Care Recipients have been enjoying being active when unable to venture outside. We will soon be giving the grandchildren or even great grandchildren a run for their money!!

On the 10<sup>th</sup> of August we ventured up to the Residential sector of MFH for the monthly Golf Tournament along with a cup cake baking competition. Well what a successful day it was for the Day Centre coming out victors of both events! (we wont mention the error in the scoring)

The winning cup is sitting proudly on the piano and we hope that that is where it shall remain in the upcoming tournament.



A DIY workshop was held for us at Bunnings, our Care Recipients were given a terracotta pot to paint along with a beautiful plant. A huge thank you to Bunnings for your generosity and hosting this workshop. We look forward to seeing what you will have in store for us next time.



## DAY CENTRE SPREAD

Saint Josephs school came to visit us on the 29<sup>th</sup> and what a buzz that brought to the Day Centre. They arrived with questions prepared and a good listening ear. The conversations were flowing and I think some of the children were shocked to hear many of our Care Recipients were on the receiving end of the cane when they were at school. The board games were brought out and the competitive nature of all came to play.

The Footy Tipping Competition was again a highlight for many, this year it was won by Kath Brewer on 120 points. Congratulations Kath. September will see the Probus Choir, Boston Country Singers and the Harry Letton Band come to entertain us. A visit to Tumby Bay for a BBQ on the foreshore. Multiple cooking groups along with some new and adventurous food to be tried, stay tuned for the outcome!

The monthly golf tournament will be held on the 8<sup>th</sup> of September so please remember to keep practicing so we keep hold of that trophy. A visit to the movie theatre will be in store for Care Recipients that attend on Wednesday. To finish the month off will see us having a BBQ and celebrating the AFL Grand Final.

On the 22<sup>nd</sup> of August the Day Centre celebrated 20 years of service to our community. The planning began only a few weeks prior when it was noted on the plark in the foyer! The staff did an amazing job to get everything arrange in such a short time. The Day Centre was filled with Care Recipients and Family Members, old Staff Members, Volunteers and we were even lucky enough to have Deputy Mayor Neville Starkey attend. The Docking Band entertained us with their beautiful taste in music. Everyone remised about old times at the Day Centre and the changes that have been made in the last 20 years. Joyce Ashman our longest attending Care Recipient was given the honours of cutting the cake, she gave a lovely speech.



A huge thank you to all that attended our celebration. An even bigger thank you to anyone that has ever walked through our doors to use our services, without you we wouldn't be where we are today. The Day Centre is an wonderful service for our community and we look forward to serving them for many years to come.

Have a wonderful Month!