Dear Residents, Relatives and Friends

The activities program is now in full swing after all the celebrations of Christmas and the New Year.

As we head into autumn and the cooler months, some up and coming activities that have been planned are Monday March 2nd Country and Western music with Maurice Smullin, Tuesday 10th March, Singing and piano accordion with Peter Croucher. Tuesday 17th March, St Patricks Day celebrations with the Scots College pipers and drummers will be here to perform.

So many young men willingly went off to war, leaving behind their innocence and their loved ones, to embark on an “adventure” from which they did not return. What would our lives be like if they didn’t make that ultimate sacrifice? What lessons has humanity learned?

“We will not learn how to live together in peace by killing each other’s children.”
(Former U.S. President Jimmy Carter, from his Nobel Peace Prize Lecture 2002)
Monday 23rd March there will be entertainment provided by the Melody Makers, and on Saturday 28th March The Sing Australia Choir will return to perform for the residents. These and the recurring activities such as hand and nail care, church services, and the gentle exercise programs are providing a wide and varied program for the residents.

Plans are also well underway for the Anzac Day Service on Saturday 25th April. This year we commemorate the 100 year anniversary of the Anzac’s landing in Gallipoli.

The next resident resident/relative meeting for The Acacias is to be held on Wednesday 1st April at 10.30am in the A wing lounge.

If you have any ideas for activities please let the activities team know.

Regards

Liz Cooper—The Acacias Activities Officer.

We would like to welcome our 3 new graduates for 2015, Tayla Hamilton, Brooke Menzies and Naina Guragai who have completed their orientation and have settled into their respective units. Over the next 12 months all 3 Registered Nurses will complete a rotation through most areas of Beechworth Health Service. These young ladies have been made to feel welcome to Beechworth and look forward to their challenging year ahead. Please introduce yourselves to them, they are the ones with the big smiles (check out our Beechworth Health Service Facebook page).
HAPPY BIRTHDAY

The following residents are celebrating birthdays in March and April. We wish them a Happy Birthday.

Leila Dawes
Bernard Delaney
Joan Gillies

RESIDENT, RELATIVES AND FRIENDS

Meeting dates for 2015

April—Wednesday 1st @ 10.30am
June—Wednesday 3rd @ 10.30am
August—Wednesday 5th @ 10.30am
October—Wednesday 7th @ 10.30am
December—Wednesday 2nd @ 10.30am

If you would like anything to be added to the agenda please contact Liz Cooper on 5728 0335

Norm, Joyce & Peggy blowing out the candles on their birthday cakes last month.

THE CAKES LOOK DELICIOUS.
Geoff has crossed into the Northern Territory near Port Roper on the coast of the Gulf of Carpentaria. Regrettably he has encountered some mechanical difficulties. We are not sure if he scored a puncture when riding over a cane toad or his machine suffered from the tropical atmosphere. Either way John Turner has secured a back up bike until Geoff’s can be repaired. We have tracked his progress (refer to page 5).

We welcome Mr. Ae Vongsena formerly of Wangaratta. Ae, was born in Laos and has already impressed us and his fellow residents with his physical prowess during exercise along with apparent martial arts skills.

We also welcome Deanne Leary to the team. Dee will be working as a ward clerk in Stringybark Lodge and will be a great asset to the unit. Sharon Knowles is our new ANUM in The Acacias. Sharon has moved to the area from Ballarat and commenced with us in early February. Even though she has only been here a few weeks she has made an impression on the team and our residents. Pam Carlton, Joanne Coutts-Smith and Leah Hobbs have also bolstered the number of Casual ENs we have at our disposal. Each has already worked a few shifts in The Acacias.

Our new graduate, Tayla Hamilton, started with us this month. Tayla is one of three graduates working at BHS this year and they will each be rotated through the clinical units over the course of the next twelve months.

Montessori Program:
We have started the first phase of introducing this exciting initiative. We will be disseminating material and information about this program throughout the year. Please speak to myself or the staff if you have any questions.

Volunteers.
We have two new volunteers helping us out; they are Rico Uchino and Randy Woner. Both are vibrant characters and like all our volunteers add value to the service. I also need to recognize the time spent in The Acacias by Mrs. Lois Garland who regularly helps us in and around the dining room while visiting her husband Norm, who incidentally turned 91 last week. Thanks to Sue Parkhurst who ably filled in for Liz Cooper who took some well deserved annual leave.

Regards— Kym Durance (Nurse Unit Manager for Aged Care).
Geoff Byrne's Cycling Adventure.

Geoff is currently at Port Roper in Arnhem Land at the western corner of the Gulf of Carpentaria. He has had bike problems as he has worn out the drive belt on his bike and the back-up crew had to find another bike for him to continue while his is being repaired. During this time he was camped on the beach at Calvert River in the centre of the Gulf. Extra padding has been provided to overcome issues of saddle soreness but apart from that Geoff is pedaling on strongly. He is looking forward to getting to Darwin within the next two weeks and putting his feet up and enjoying a nice cold beer, and that will be very well deserved.
Pancake Sunday & Australia Day Celebrations
At last, after much discussion and planning the implementation of The Montessori-Changing Minds Project has commenced in Stringybark Lodge. Thank you to all the residents, families and friends that participated in the forum and education provided at the end of February. The Montessori – Changing Minds Project is being led by Kim Wright, who is also an Occupational Therapist with our organisation. Kim was interviewed by Bronwen O'Shea ABC Goulburn Murray; the interview can be heard on the following link.


As previously mentioned the long term plan incorporates rolling The Montessori- Changing Minds Project out across all of residential care.

If you have any queries, or would like more information on The Montessori—Changing Minds Project, please contact Kim Wright (Montessori Project Coordinator).
Phone: 03 5728 0265
Email: kim.wright@bhs.hume.org.au

The AFL season is almost upon us and will feature on upcoming activity calendars as will the ANZAC Day service, and Easter.

Resident Relative and Friends meetings remain an important forum for communication and I hope to see you at the next meeting.

Take Care

Lisa Pryor
Director of Clinical Services
Satisfaction Survey Time.
Each year Beechworth Health Service conducts a two-part Resident and Family Satisfaction Survey. We have included in this newsletter, part 1 of this year’s survey. This comprehensive survey can be completed on paper or electronically via the ‘Survey Monkey’ system. The survey is distributed to every resident and posted or emailed to the family representatives of every resident. The survey gives us valuable information about living in The Acacias or Stringybark Lodge, and how we can improve.

Last year part one results were:
Enjoyment of life—63% satisfied
Choice and decision making—74% satisfied
Care provided—78% satisfied
Food, cleaning and laundry—60% satisfied

Some of the main issues highlight were:
Not enough outings
Taking the time to explain what is about to occur
You and family being consulted about the care given
Clothes returning from the laundry

Things that were done well:
Having the opportunity to make friends
Being treated with respect
Getting a chance to have your say about care
The place being kept clean

While we have been working to improve the areas of lower satisfaction, your comments and suggestions are always welcomed and are helpful in helping us to improve. You can provide suggestions in the following ways:
- Discussion with staff on your unit or your Unit Manager
- Resident, family and friends forum
- Resident / Client satisfaction survey
- ‘Opportunity for Improvement’ suggestion box system
- Compliment / complaint forms
- Appointment with the Complaints Liaison Officer
- Written complaints addressed to the Complaints Liaison Officer or the Chief Executive

Please take the time to complete this year’s survey attached to this newsletter. If you need assistance or have further queries please contact:

Shell Morphy or Annette Chalkley
Quality Unit—Care@bhs.hume.org.au
Beechworth Health Service
PO Box 20, Beechworth Vic 3747
Phone: (03) 5728 0200
On February 4th many staff gathered in the Function Room to say farewell to Lou Gotz. Generally the source of good-natured jibes, he was often on the receiving end, proving he could both give and take it.

Lou was employed by BHS for 47 years which is a feat unlikely to be overtaken in the near future. During that time he became friend to both his colleagues and residents.

Undoubtedly Lou’s retirement will be shared between Beechworth and Wangaratta and involve the occasional flutter on his beloved pokies and horses as well as enduring the annual pain of being a lifetime Richmond supporter.

Whilst he may no longer work for us, Lou will always be made welcome at BHS and we trust he left with fond memories.

Enjoy your retirement Lou.

Cameron Butler—Chief Executive.

Lou Gotz has left the building.
The Beechworth Men’s Shed is progressing well and is scheduled for completion in the next 2 months. Located at the rear of our block, between Bantick House and the Secondary College football oval the shed will become home to members of Beechworth Men’s Shed. The Shed operates independently of BHS; however we have a shared arrangement with them. Male residents will be eligible to apply for membership which will allow them to attend when the shed is open and participate in events. A nominal annual membership fee is payable. More information about the Beechworth Men’s Shed can be found on their website: http://sites.google.com/site/beechworthmensshed/home

Heart Foundation walking groups are a great way to make friends and look after your health. Beginners are welcome and it’s free.

Every Friday
9.00 – 10.00am—Leaving from the Post Office

For more information about joining this group come along to our first group or contact Simone Weston, Area Coordinator on 5728 0200