STRINGYBARK LODGE NEWSLETTER

March 2015

Dear Residents, Relatives and Friends

Stringybark Lodge hosted an organization wide afternoon tea on Wednesday 25th February in the lounge/dining room with a number of the residents taking part. This was very well attended by staff from different areas of the Health Service and gave staff an opportunity to chat with our residents and enjoy the atmosphere. Staff commented that there was plenty of variety of food and the benchmark keeps getting higher as each section puts on their spread.

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)

Upcoming Events

Monday 2nd March—Country & Western music

Tuesday 10th March—Singing & Piano accordion with Peter Croucher.

Tuesday 17th March—St Patrick’s Day Celebrations with Ascot School Pipers & Drummers.

Monday 23rd March—Entertainment by Melody Makers

Saturday 28th March—Performance by The Sing Australian Choir

Saturday 25th April—Anzac Day Service
ACTIVITIES

Two new volunteers are starting at Stringybark. Rico, who has completed her work experience here as a PCA, is volunteering some of her time to assist with various activities and Susan Royle will be assisting residents with craft activities on a regular basis and will start on 5th March with a felting demonstration. We look forward to enjoying time with these two ladies.

St Patrick’s Day is rapidly approaching and apart from all things green about the place, we will be visited by some students from Scots College in Albury. There will be two pipers and two drummers and they will do a short performance for everyone in the unit and I don’t think anyone will have trouble hearing them. Remember to bring your ear plugs if you have sensitive hearing.

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.

Bye for now

John Turner—Stringybark Lodge Activities Officer.

HAPPY BIRTHDAY

The following residents celebrated a birthday in January and February. We wish them all the very best on their special day.

Noel Gibbons
Margaret Pool
Bill Mahoney
Roma Doherty
RESIDENT, RELATIVES AND FRIENDS
MEETING DATES FOR 2015

Meeting dates for 2015
April—Tuesday 7th @ 10.30am
June—Tuesday 2nd @ 10.30am
August—Tuesday 4th @ 10.30am
October—Tuesday 6th @ 10.30am
December—Tuesday 1st @ 10.30am

If you would like anything to be added to the agenda please contact John Turner on 5728 0325

WELCOME TO OUR NEW GRADUATE NURSES

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).
Hello everyone

Geoff Byrne 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
GOOD-BYE TO LOU

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