

Autumn • 2022

# Residential Aged Care Newsletter



BEECHWORTH  
HEALTH SERVICE

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Director of Clinical  
Services
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Croft
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*Photo "The Acacias garden"  
Autumn, 2022"*

## Upcoming Events

August 11<sup>th</sup> Australia's Biggest morning tea

August 31<sup>st</sup> Italian day

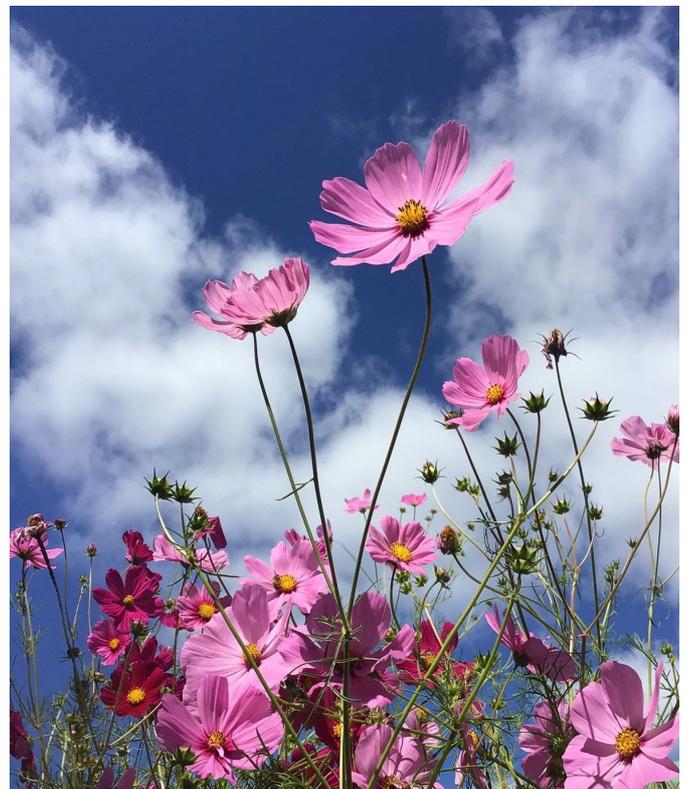
September 9<sup>th</sup> Fathers' Day

September 23<sup>rd</sup> -24<sup>th</sup> AFL Grand Final Eve/Day

October 11<sup>th</sup> Octoberfest

November 1<sup>st</sup> – 3<sup>rd</sup> Melbourne Cup & Oaks Day

November 11<sup>th</sup> Remembrance Day



This newsletter is available on our website

[www.beechworthhealthservice.com.au](http://www.beechworthhealthservice.com.au)

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## WELCOME – Angela!

Beechworth Health Service welcomes Angela Clement to the role of Director of Clinical Services.

Angela brings with her a wealth of experience, stemming from a successful career in Nursing spanning 42 years. Having completed her initial training at St John Of God hospital in Ballarat Angela has worked across a range health services in various positions. A diverse career which has included roles as a Paediatric Nurse at the Royal Children's Hospital and at Western General Hospital, and a Midwife at the Royal Women's Hospital, where she was awarded the 'Margaret Black Award for Excellence in Midwifery'.

In 1986 Angela relocated to Albury where she commenced work with Albury Wodonga Health, working in various areas of nursing, including - Emergency care, Paediatrics, Medical and Surgical. Angela completed 25 years of loyal service, ending with a near 10year role as the Nurse Unit Manager of the Surgical unit. Ready for a new challenge, Angela transitioned into Aged Care in the Private Sector, as a Facility Manager until 4 months ago when she commenced at Beechworth Health Service in the position of 'Director of clinical services'.

Drawn to a career in nursing by an enthusiasm for helping others with their care needs, Angela describes her experience in this role;

*"I feel very humble to continue to support and share responsibility for patients and residents requiring assistance with their care needs. I enjoy talking and spending time with patients and residents whenever I can. It is a pleasure to advocate for patient and residents to ensure they receive safe and a high quality of care by maintaining clinical governance and regulatory compliance. I strongly support the What Matters project at BHS"*

Work – Life balance has been crucial to Angela's success. In her down time Angela enjoys spending time with sons Matthew and Benjamin and their families including her 4 cherished grandchildren. When Angela isn't indulging her spoilt and much-loved rescue dog 'Roxy', she enjoys travelling the globe with friends. Her destinations to date have included - Italy, London, Germany, Spain, Portugal, Netherlands, Austria, Switzerland and Morocco with more adventures to follow.

We're excited to have Angela onboard and look forward to celebrating her success's.

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# EASTER 2022



## ANZAC Day - 2022

Congratulations to the team (in particular the activities team in aged care) for organising and carrying off such a successful and well attended ANZAC Day 2022 service.

Upwards of 50 people attended the service, including residents, patients, staff, volunteers and a representative Director of the BHS Board.

The weather was perfect and the gardens were as always well prepared. Being able to conduct the service on the lawn, and outside meant that we could see people's smiling faces. Everyone did a great job in helping to make the ANZAC Day service, a COVID-19 safe event.

We were also joined on the day by representatives from the local RSL Beechworth sub-branch and local Salvation Army respectively. We thank them for their support and attendance each year at the BHS ANZAC Day service.

Mark Ashcroft CEO



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## Volunteer Report

BHS is committed to the inclusion of Volunteers in service delivery and recognizes the valuable contribution Volunteers make to service delivery and the lives of our residents and patients.

We have gradually been welcoming back our volunteers across BHS. This welcome back process has been accompanied by recent infection control training in which a large number of our Volunteers enthusiastically participated.



We celebrated volunteer week to thank all the volunteers for their ongoing support to the volunteer program for their time, companionship and are glad to see our volunteers coming back.

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The return to singing and music playing in Residential has been enthusiastically welcomed back by the residents and volunteers are glad to be back to provide music and singing to the groups.



Volunteer programs that have recommenced already at BHS include:

- Kiosk
- Club Connection
- Club Connection Nail Care
- Drivers
- Indigo Calling
- CAC
- Music and singing
- Advocacy
- Walking School Bus is in the process of returning

Volunteer programs will continue to be rolled back out gradually in 2022 in line with the current COVID-19 safe guidelines.

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**A BIG  
THANKS  
TO  
RAY CROFT**

*A special afternoon tea was held to celebrate Ray Croft retiring from Community Advisory Committee as a volunteer representing fellow residents at BHS –*

*Serving from 2018 to 2022 inclusive, Ray's participation and time has been valued by all.*



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## Message from Macy

We have now come into one of the coldest seasons for the last few years, make sure to keep yourself warm and safe.

It has been a challenging first half of the year for us in residential care with COVID still lingering in our communities; however, we have kept our staff and residents' well-being.

Majority of our residents have already received their 4<sup>th</sup> COVID dose in the last couple of months. We will keep their immunisations up-to-date to protect them from the Coronavirus. We still encourage visitors from families for our residents and allow day outings with measures in place, ensuring that we are all 'COVID safe'. Please keep yourselves abreast of the current BHS guidelines on visiting in residential aged care units through our regular correspondence.

We also now welcome back some of our volunteers into RAC. Our lovely ladies from the kiosk is now back on Wednesdays as well as our volunteer drivers. Entertainment for our resident has also returned, with Dot Stelling regular visits to play the piano and Dave plucking the strings of his ukulele bringing in lovely tunes. We are still working towards bringing the other volunteers back soon, watch this space.

Our units are starting to look bright and cheery. We have now changed our curtains into blinds in Acacia and both units have new carpet tiles along the corridors and in our communal lounges. Our outdoor furniture has also been upgraded and will be out in our outdoor areas very soon for residents and families to enjoy.

We thank all of our families and the rest of our community for supporting BHS in facing the challenges of this pandemic. We are committed to ensure we provide the care and compassion looking after our residents in The Acacia and Stringybark.

Macy Rambla

Residential Care Manager

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## How to stay connected with loved ones

**VISITOR BOOKINGS** 03 57280200 (8:30-5:00PM MON- FRI)

### PHONE

- Aged care residents can have direct landline installed to their room – please discuss with the Residential Aged Care Manager.
- Residents can purchase their own mobile phone or tablet with a phone plan.
- For both Stringybark Lodge and The Acacias, between 8am – 1pm, Monday to Friday, call 03 5728 0337  
Outside of these hours:  
Stringybark Lodge 03 5728 0371  
The Acacias 03 5728 0365

### EMAIL

Stringybark Lodge: Stringybark@beechworthhealth.org.au  
The Acacias: Acacias@beechworthhealth.org.au

### SKYPE

Contact an Activity Officer to book a time to Skype.

For Stringybark: Skype name is: **Health Beechworth**

For The Acacias: Skype name is **Beechworth Health**



### FACEBOOK & SOCIAL MEDIA

- Follow the BHS Facebook Page:  
[www.facebook.com/BeechworthHealthService](http://www.facebook.com/BeechworthHealthService)
- A family member can set up a social media e.g Facebook, Instagram account for a resident and staff can assist the resident to sign into the account and view photos and messages.

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## HEALTH INFORMATION

### If your mental health is suffering because of the current pandemic, call Head to Health

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**Head to Health** supports Victorians of all ages. It is an initiative aimed at helping people to take the first steps towards finding the mental health and wellbeing support that's best for them, particularly in the current pandemic climate.

Phone #: 1800 595 212 8.30am – 5pm Monday – Friday

Online @; <https://headtohelp.org.au/head-to-health/>

Now is the time to reach out, even if you've never felt like this or asked for help before.

- The sooner you talk about your mental health, the sooner you'll get the help and support you need, to help you move forward and feel stronger.
- A trained professional will take your call, give you advice, and if you need it, connect you to a free **Head to Health** hub or help you find the support that suits your needs. Our nearest **Head to Health** hub is located in Wodonga

## CRISIS SUPPORT

If you require immediate assistance or feel at risk to yourself or others call '000' immediately.

Urgent support can also be found here;

**LifeLine** 13 11 14

**MensLine** 1300 789 978

**Beyond Blue** Mental Wellbeing Support Service 1800 512 348

**SuicideLine** 1300 651 251