

# Residential Aged Care Newsletter



BEECHWORTH  
HEALTH SERVICE

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*Photo: Dot Stelling (Long term Volunteer) with Mark Ashcroft (CEO)*

## Upcoming Events

### Morning Melodies

Wednesday 12<sup>th</sup> September

Wednesdays 24<sup>th</sup> October

Wednesdays 21<sup>st</sup> November

### AFL Grand Final Day Weekend

Friday 29<sup>th</sup> of September

### Stringybark Resident, Relatives and Friends Forum

Tuesday 3<sup>rd</sup> October

### Oktoberfest

Wednesday 11<sup>th</sup> October

### Melbourne Cup

Tuesday 7<sup>th</sup> November

### Acacia Resident, Relatives & Friends Forum

Wednesday 1<sup>st</sup> November

### Oaks Day

Thursday 9<sup>th</sup> November

### Remembrance Day

Saturday 11th November

This newsletter is available on our website

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

# Spring 2023

## Message from the Director of Clinical services

### Angela Clement

Welcome to the Spring edition of the Beechworth Health Service (BHS) Newsletter. Winter has passed again and although the season presented the usual challenges of cold temperatures, rainy days, coughs and sneezes we have continued to see wonderful things happening across BHS. Our service department has been focusing on freshening up our residential aged care units by touching up the painting and upgrading the heating and cooling systems. The kitchen has been working to create and implement a new menu and the Primary Health team have continued to provide consultations to our residents and community members.

You may have noticed some new additions to the Residential Aged Care Units. Stringybark Lodge has had a fan installed in the outdoor Gazebo and a picture board (kindly made and donated by the Beechworth Men's shed) has been hung in the living area. Acacias unit has been fortunate to receive a lovely bird box and a staghorn plant (donated by volunteer Maria). These are perfect additions to the colourful Acacia garden that is tended to by Residents and staff.

Most recently we have been able to implement and share our plan for transitioning to "COVID-19 Normal". If you have missed this communication or are seeking more information please contact main reception for more information (0357 280200).

At the September Resident and Relative's forum members invited administration staff to discuss the current newsletter format. It was agreed that the current Newsletter be expanded to;

- Capture more of the happenings across the entirety of BHS
- Include regular Staff and Volunteer profiles to help familiarise our residents, their families and friends with staff from our support and non-clinical
- Content that captures events hosted at BHS
- Coverage of events that we support and participate in as an organisation and as individuals in the broader community

Residents of Stringybark and Acacia forum attendees also agreed to extend a welcome invitation to local Beechworth Police officer, Sargent Malcolm Clarke, to visit our units. Sargent Clarke will attend the October residents and relative's forum meeting in Stringybark Lodge followed by a visit to Acacia. Residents will be able to discuss local policing and community safety, with the opportunity to put forward any questions they may have.

I would like to take this opportunity to thank our residents for their contributions at the Residents, families and friend's forums and remind families and friends that they are always welcome to attend. Please refer to calendar for upcoming meeting dates.

I hope you're all enjoying the sun,

Angela Clement

# Spring 2023

## Have you met Rebecca "Becc" West?



Becc joined Beechworth Health Service (BHS) 3 Months ago, taking on the role of Trusts and Admissions Officer. Prior to BHS, studied Community Services at Wangaratta TAFE. This has led to a successful career across numerous community settings including Junction Support Services (Residential Youth Worker), Mind Australia (Mental Health Practitioner) and Gateway Health (NDIS Support Coordinator).

Born in Melbourne, Becc has seen much of Australia having resided in Darwin for 8 years and Hamilton Island for 12 months. She then headed south to Wangaratta where she lived for 18 years before relocating to Beechworth where she has been settled for 8 years with her partner Jai, their three children - Summer (13), Jack (9) and Harvey (4) and two dogs Frankie and Ringo. When she has time, Becc loves being outdoors fishing and camping or following the local football and netball leagues.

Beyond her experience Becc brings great enthusiasm to her role. She is always smiling, ready for a chat and adores the residents and spending time with them. Whether she is setting up a room, welcoming a new resident or just hanging out in residential aged care Becc says;

*"I love spending time with our residents and building a relationship with them, it's the most rewarding part of my role".*

When you see Becc around Beechworth Health Service be sure to stop and say hello!



# Spring 2023

## Greetings from Stringybark and Acacia

Although the winter has dished out some cold, wet and miserable weather, we have continued to get out an about.

Over the past months we have been out for lunch and on countryside drives to observe the changing seasons to admire our beautiful area. There have been Meals in Chiltern, Melodies in Wodonga, and Images captured of beautiful Beechworth.

Back at home we have been entertained by the music of our volunteer musicians Dot Stelling and David Box and celebrated numerous special dates on the calendar, including;

### The Kings Birthday



Lovely lunch outings

# Spring 2023



*Volunteer Musicians; Dot Sterling playing piano (Above) and David box strumming his tunes (Below).*





Spring 2023



*Mother's Day 2023*





# Spring 2023



## Indian Independence Day.

Staff and residents were treated to a demonstration of how to wear a Sarre followed by an Indian dining experience with a menu of Butter chicken, rice and naan bread.





# Spring 2023

## Easter, Raffles, Food, Dancing and Games





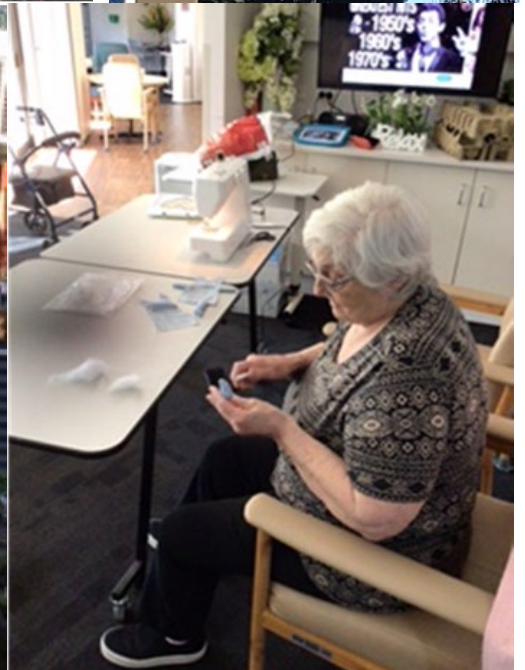
Spring 2023

Easter, Autumn and a Coronation celebration





# Spring 2023





# Spring 2023



## Meet Liz

Elizabeth "Liz" Ibrom our Clinical Quality and Risk Coordinator has been with Beechworth Health Service for the past couple of years.

Prior to commencing in this role Liz has enjoyed a 30 year career in Nursing, most recently at Albury Wodonga Health.

Liz gained her nursing qualification at Latrobe University at a time when training in hospitals was coming to an end. On reflection Liz says;

*"I just missed out on hospital training but I'm glad to have a recognised degree like all the other health professionals."*

Primarily a nurse for most of her career, Liz has been fortunate enough to work in many different states and cities and across many fields of nursing. Liz has worked in Intensive Care Units, Community health setting, Cardiac services, and after-hours supervision. She has also enjoyed working in education as a University lecturer, educator and project management.

Born and raised in Beechworth (born here at BHS in the old maternity section not too far from my office!) Liz left for a long time to study and work but has since returned to settle here with her family and has no plans to leave.

When asked what Liz enjoys most about her role here at BHS Liz stated;

*"I love working at Beechworth Health and what I like the most is playing an important role in keeping everyone safe. I have a passion for improving care!"*

When she's not working Liz loves to travel, enjoy time with friends and family and partake in fine dining experiences. Liz also has a gorgeous fur baby who she admits "rules the roost." She adds

*"Dogs really are a member of your family."*

# Spring 2023

## Volunteer Report

Spring has arrived and we continue to welcome back our Volunteers to enjoy the sunshine and warmer weather with us.

We recognize the valuable contribution Volunteers make to our service delivery and the lives of our residents and patients.

Each year we take time to highlight and celebrate the level of commitment, support, time and companionship our volunteers contribute to our service during Volunteer Week. We also honour their term of service at our annual staff and volunteer service awards.

Dot Stelling (*cover photo*) was amongst those recognised for their long-term commitment to the volunteer programs at BHS. Dot has shared her talents and love of music with our residents for many years and sparked joy in our residents and staff when playing the piano in residential aged care.

We appreciate and thank all the volunteers for their ongoing support.



### Volunteer programs at BHS include:

- Kiosk
- Club Connection
- Nail Care
- Drivers
- Indigo Calling
- Community Connection Health
- Music and singing
- Advocacy
- Walking School Bus
- Chatting one on one to residents
- Bingo
- Card games

Please come and say Hi to the Kiosk ladies who are open 10:00am – 12:00pm Mondays, Wednesdays and Fridays.

Happy Spring,

Marianne Thompson



# Spring 2023



**NATIONAL** 15-21 MAY 2023  
**VOLUNTEER**  
**THE CHANGE MAKERS WEEK**



Celebrating our volunteers at the Volunteer Week morning tea.

If you or you know of someone who would like to volunteer please contact Marianne Thompson Volunteer Coordinator at BHS for further information 0357280200.



# Spring 2023

**A day to celebrate and show our appreciation to our Domestic service staff.**

## Domestic Services Day 2023





Spring 2023



*Some of our fabulous Nurses, celebrating the 2023 day of recognition for their hard work!*

# Spring 2023

## How to stay connected with loved ones

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

### PHONE

- Aged care residents can have a 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.

Stringybark Skype name is: **Health Beechworth**

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

### WEBSITE / SOCIAL MEDIA

- Follow the BHS Facebook Page: **[www.facebook.com/BeechworthHealthService](https://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.
- Website: <https://beechworthhealthservice.com.au/>



# Spring 2023

## HEALTH INFORMATION

Taking care of your mental health is very important for your overall wellbeing. Should you require support please refer to Head to Health.

**Head to Health** is an initiative aimed at helping Victorians of all ages to take the first steps towards finding the mental health and wellbeing support that's best for them.

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

Online: <https://www.headtohealth.gov.au/>

## 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 **1300 224 636**

SuicideLine **1300 651 251** (SuicideLine Victoria is only available to people living in Victoria, aged 15 years and older (18 years and older for video chat).

Kids Helpline **1800 55 1800**