



GOOD SHEPHERD LODGE LTD

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Simply the Best

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NEWSBRIEF - SEPTEMBER 2017

Dear Residents and Families

After quite a mild winter, the weather is warming up already and the official start of Spring is this week. We were fortunate that neither Good Shepherd Lodge nor Kerrisdale Gardens experienced a serious 'flu outbreak however we will remain cautious as the medical advice is that the strain is still prevalent in the community.

A reminder to residents and families not to leave valuable items at nurses stations, while every care is taken with personal belongings, it is preferable for residents to keep them locked in their drawer or families take the valuables home.

At Kerrisdale Gardens we now have a suite available for family members wishing to stay overnight or to accommodate short term visits by relatives. Bookings can be made through Reception and it will operate much the same as the Family Room at Good Shepherd Lodge. The cost is \$60 per night.

Save the date! Christmas Party dates have been set for both sites:

Kerrisdale Gardens – Saturday 02 December – 9.30 for 10:00am start
Good Shepherd Lodge – Saturday 09 December – 9.30 for 10:00am start
More details to follow in the next Newsbrief.

Raelene Phillips - Chief Executive Officer

Hello to Residents and Families,

Recently a concern was raised by a family member about the evening meal being served before 5:00pm is too early. Residents are reminded that the main meal will not be served before 5pm however you are more than welcome to go to the dining room earlier for social interaction.

Could families please bring in the replacement Medicare cards with new expiry date when received so we have the correct details recorded for residents.

One of the many things to emerge following the cyclone earlier this year was the suitability of the bags used for residents when evacuation was necessary. It was decided to suggest to families that they bring in a small zippered bag which can be labelled and packed in readiness should the need arise which we all hope it doesn't ever again! The one pictured here for carrying cold foods is available from Coles or Woolworths for \$3. If you haven't been able to obtain one by the end of September, we will purchase it for you and charge your account.



Good Shepherd Lodge had an unannounced visit by the Accreditation Agency on Wednesday 16 August. 3 auditors spent the day talking to residents, staff and looking at policies and procedures. The outcome was a very positive response by the Agency on how pleasing it was to observe staff interacting with residents and the level of care and services provided.

Therese White - Facility Manager

Hello everyone,

As you know we strive to provide the best possible care for your loved one. Sometimes we don't get all the information or paperwork we need when someone is admitted to our care. Often it's a huge rush and family are trying to locate documentation, fill in a lot of paperwork for various agencies and things can get missed or forgotten. We understand this can be challenging, so we'd like to ask families to ensure that your contact details are current, a copy of any legal documents that might be relevant are on file with us, including EPOA, POA or advanced health directives. This will assist us to ensure that residents wishes are respected in the event of an emergency, and that we will contact the correct family member with the legal power to make decisions for the resident.

Annie Thompson - Clinical Services Manager

SB Wright Therapy Centre / Good Shepherd Lodge / Kerrisdale Gardens News

Physiotherapy:

SB Wright Therapy Centre is operating without change.

Physiotherapist Jennifer Algie is working at the KG Wellness Centre now Monday through to Thursday. The Exercise Program at Kerrisdale Gardens for the village/apartment and community is being held on Tuesday morning and doing very well with great attendance. The fee remains at \$7 per session and participants are asked to register their intention to attend with KG Reception to enable the room to be arranged to suit the numbers. Thank you for your support of this program.

Stroke Week, 4th – 8th September. Jennifer will have a display and information available in the Wellness Centre during that week. Please feel free to go and have a look and come along to the exercise session that week to learn more

Podiatry. We are fortunate to have Christie Work continuing as our ongoing Podiatrist providing podiatry services to both sites.

Hairdressing:

GSL - The regular days for Kristy the hairdresser at 'Waves' are Tuesdays and Thursdays. If you need a cut, or style or other treatment please speak to your Diversional Therapy Assistant or SBWTC Reception.

KG - 'Gingers' is open for business Tuesday to Saturday. Please call Jenny on 0439 072 112 to make an appointment or speak to a Diversional Team member to have an appointment made for you.

Kerrisdale Gardens 2nd Birthday Celebrations: Reminder that care residents will be celebrating the 2nd Birthday of the facility on September 6th at 2:00pm in the function room and on the 7th at 2.30pm in the Function Room another celebration will take place for Village and Apartment residents, members of the Board, staff and volunteers.

Fathers Day at KG. There are 2 buses of male residents from GSL going over to KG to have a BBQ for Fathers Day on Friday 1st September. This is the second year this has been done promises to be a great day. This is the second year this has been done and I am sure it will be just as enjoyable.

Art/Painting classes at KG. These continue with Sue Gee the 4th Wednesday of each month.

KG Library Books are available from the library area on the ground floor. New Library books are brought in every 3 weeks. Residents are asked to please sign books in and out and have them returned again before the **Pick Up** date which will be displayed in the Library Area.

Volunteers. We are always on the lookout for volunteers so if you know someone with time on their hands and would like to volunteer at either GSL or KG please ask them to call S B Wright Therapy Centre and speak with Lynn Laister.

Craft Sessions:

GSL - Monday afternoon craft in Scawfell is a variety of different crafts that residents are able to participate in. Jewelry making, painting, mosaics etc. Please come along and join this very busy group.

KG - Craft sessions are on Wednesday afternoons with Di. Please check Monthly Activity programs.

Many of the items made at both sites are available for purchase at SB Wright Therapy Centre or at Bloomingdales Cafe. All funds go towards activity for residents at both sites.

GSL 43rd Birthday Celebrations. These celebrations were well attended on both the 22 August for residents and the 23rd for Village and Apartment residents, members of the Board, staff and volunteers. Awards were given to staff reaching milestones for years of service. A great time was had by all as we strive to continue to achieve for the next 12 months.



Raelene Phillips (CEO), Joyce Wright (Resident) and Therese White (Facility Manager)



Therese White (Facility Manager), Helena Wolsey Physiotherapist celebrating 25 years of service, Noel Kidd (Board Member) and Raelene Phillips (CEO)

Resident Meetings. Kerrisdale Gardens Residents – October 16 – Level 1 dining room. Good Shepherd Lodge Residents – October 5 - Acacia House. Families welcome, any changes to these dates will be advised in the Monthly Activity programs.

Cent Sale Wednesday 27 September, 9:30am at Good Shepherd Lodge
This is our major fund raiser for the year and everyone is invited to join us. GSL buses will bring as many KG residents over as possible. If you wish to make a donation we would be delighted to receive at the Therapy Centre or KG Reception.
This is always a great day so hope to see you there!

As you can see we continue to have full activity plans with our usual shopping, drives, bingo, trivia and outing for morning teas or lunches. Please let us know if there is something you would like us to consider for you.

In Youth we Learn: In Age we Understand
Marie von Ebner Eschenbach

Jo Davies
Allied Health Manager GSL and KG