

The Good Oil

Olivet Aged Care - Monthly Magazine



Smiles all round as Sandra, Norma, Julian and Pam enjoyed an outing with the Leisure and Lifestyle team this month!

Stay warm and well...

Winter...we're literally in the thick of it now! Having passed the Winter Solstice our days will gradually lengthen, however we can still expect many more brisk mornings and cold nights before Spring starts to show her face again. A big thank you to those who have refrained from visiting whilst unwell, it makes a huge difference to our residents in avoiding the spread of illness.

ISAIAH 55 : 10-11

"For as the rain and the snow come down from heaven and do not return there, but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it."

When it's cold and dreary outside, it can be tempting to stay home and rugged up - but remaining engaged with our community is vital to our emotional and social well-being. So, if you're looking for ways to remain involved during the colder months, check out what's happening this month at Olivet and times that you can come along and share some fun! There's also opportunities to head into Olive Grove House, our Day Respite program which can provide social support and relief for carers. Our local council also has a huge range of groups which focus on providing opportunities for retirees and seniors to stay social. You can check out the "Chatterbox" newsletter at the Maroondah Healthy Ageing Network for a great list of activities and resources close by.

Stay connected, stay warm and stay well! We hope to see you soon.

A Note From Penny's Pen

Penelope West - Director of Nursing

We have arrived at the beginning of a new financial year, and the time for implementation of the Commonwealth Government's new Single Framework for Standards in Residential Aged Care.

Last month I provided information on these eight new standards which all residential facilities will be working to implement this year. In line with these changes, and the government's requirements, Olivet has commenced a survey of a percentage of residents in each wing, and all staff, regarding how prepared we are with the upcoming changes and the areas in which we can improve.

Over the coming three months all existing residents will be provided with a copy of the Consumer Rights Charter Agreement, and an opportunity to discuss it with their Clinical Manager. The charter agreement will be signed by a representative from Olivet and either the resident or a representative to ensure that everyone understands these rights and how they will be implemented.

One of the key points of the new standards is that our partnership of care is with the resident. Each residents' representative is consulted regarding their care with the permission of the resident - or in the case that the resident is unable to participate, the representative is consulted. Our Clinical Managers are working to increasingly involve the wants and needs of our residents during the process of documenting their plan of care, or "Care Plan".

We also want to reiterate that all information held by Olivet about our residents and their care is private and confidential, and is governed by our Privacy Policy. The Privacy Policy is available to read via our website, or you can request a printed copy from our administration team. The privacy policy is extensive, but is written in easy to read language.

Communication is key, and at Olivet we adopt a policy of full disclosure whenever there is a concern. This also means that we want to hear from you if you have a concern or complaint. Any complaint made is treated with complete confidentiality, and we promise to, where possible, resolve concerns in a timely manner.

Over the past eight weeks, every member of staff at Olivet has received extensive education about the changes being implemented and how we intend to implement them. This includes care staff, management, service staff and administration. The main driver behind each of the standards is that our residents are encouraged to maintain as much independence in their life skills as possible, and that our attitude in supporting them is "**doing with**", rather than "doing for".

Olivet, as always, has a legal commitment to security of tenure - which means that your home at Olivet is secure, and you have the right to continue to receive care and services.

Whilst it can be somewhat daunting when big sweeping changes are made at a government policy level, we are so proud of our staff for already taking on board the new mindset which will frame the way we continue to provide care and support to our residents.

If you would like to talk further about the new standards, or any area of concern you may have, please don't hesitate to chat with the Clinical Nurse in your area, or chat with our reception team and they will help you find the right person to talk to.

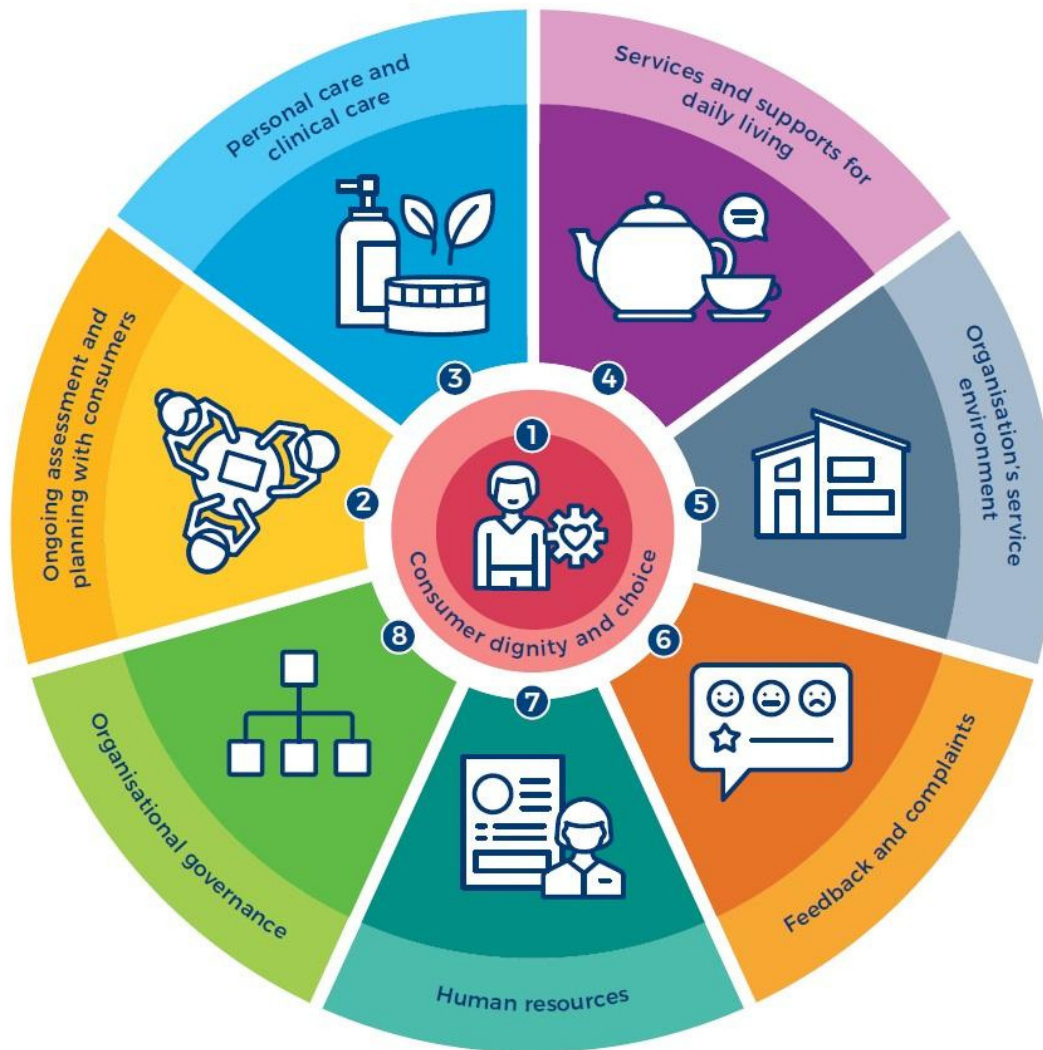
On the page opposite you will find a reminder of the eight new standards, and a brief description of the outcomes expected for you as the consumer.

May God continue to bless and be with us

- Penny

A Note From Penny's Pen

Penelope West - Director of Nursing



- 1 - I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.
- 2 - I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.
- 3 - I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.
- 4 - I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.
- 5 - I feel I belong and I am safe and comfortable in Olivet's service environment.
- 6 - I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.
- 7 - I get quality care and services when I need them from people who are knowledgeable, capable and caring.
- 8 - I am confident Olivet is well run. I can partner in improving the delivery of care and services.

Olive Grove House

We have recently experienced a very cold snap, with fog and frosty mornings. It has been lovely to see the sun shining and blue skies during the day, even though we all need to rug up when venturing outside. Please take care on the roads - the fog and slippery surfaces are always a concern at this time of year.

If your loved one is unwell with a cold, flu or virus, please keep them home until they are well again. We have many frail aged clients with complex health issues and it is therefore essential that we protect the wellbeing of all those who attend Olive Grove House.

Olive Grove House is a community day program. We are open Monday to Friday offering high and low care needs to consumers living in the community. Monday and Thursday sessions are specifically tailored to people living with dementia, providing a service to the carers of our community. If you would like more information on the services we offer, please contact **Cathy Honan** on **9131 5500**.

WELCOME TO OUR NEW CLIENTS!

We would like to welcome our new clients, Barbara and Geoffrey, to Olive Grove House. I am sure they will be made welcome by all!

FAREWELL

One of our regular clients, Anne, has accepted permanent residential care at another facility. We say a fond farewell to you, Anne - you will be missed by all the staff and clients. We wish you well and hope you will be very happy in your new home.

JUNE BIRTHDAY CELEBRATIONS

This month we celebrated the birthdays of Louis, Ann and Bill. We hope you all had wonderful days with your families and enjoyed your time celebrating with your OGH friends!

A special milestone birthday for our staff member Fiona, who went overseas with her family to celebrate this special day. We hope you had a wonderful holiday, Fiona, and we can't wait to hear all about it when you return!



THINKING OF YOU

We send our best wishes to Valda who has recently been unwell. We wish her a speedy recovery and hope to see her again very soon.

And it is with much sadness that we say farewell to Jim who passed away this month. We would like to say thank you to his wife, Gillian, for allowing us to help care for Jim whilst he attended Olive Grove House and Respite at Olivet.

Olive Grove House

CLIENT OF THE MONTH - ROBBIE

We would like to thank Robbie for presenting his life story to the staff and clients and sharing photographs of his loved ones. Robbie has written a book that the staff of OGH have had the opportunity to read. This sharing was thoroughly enjoyed by all of our clients, and is such a great opportunity for us to get to know each other even better.



JUNE THEME - ROYALTY!

We celebrated the Queen's Birthday public holiday with a week of Royalty. The room was transformed with decorations, our finest white table clothes, silver wear, crowns and much more! As always, thanks to the clients and families of OGH for getting into the spirit and being involved!



COMING UP - COLONIAL THEME!

The staff have been very busy preparing our room for our next theme - stepping back into colonial times! There will be gold mining, convicts, wagon wheels, Eureka flags and even Ned Kelly! We can't wait to provide a fun week of activities, history of the colonial times and food tasting (there'll even be damper for morning tea!)

Leisure & Lifestyle

Hello! I hope that this month's newsletter finds you well, and enjoying the sunny (but cold!) weather.

June at Olivet started with a birthday party with a "Soiree" influence - we had about six lovely senior students from Tintern come to entertain us. It was wonderful to listen to the talent of these students. Our regular activities have been on most of the time, but our wonderful Andrea Green had a wonderful holiday in Western Australia, returned to work for one day after the Queens Birthday weekend and unfortunately had to have an emergency appendectomy! We wish her the very best and want her back to work healthy and well again - but this has left us a little short staffed. I am very grateful to all the staff who stepped in to help fill Andrea's shoes whilst she recovers, however, we have had to (unfortunately) cancel some activities as I can't be in two places at once. We do thank our residents for their understanding at these times.

I've heard great reports from our weekend CYC entertainment, and I was told some of our younger staff were involved in the entertaining and that it was very funny!

Alison Caudery and I had a fabulous morning with the science show. I actually think that Alison loved the fact we didn't really know what the outcome of each experiment would be!



Leisure & Lifestyle



Science fun!



Leisure & Lifestyle

As ever, we have enjoyed the company and fun which comes from visits from the students of Heritage College (who, in turn, thoroughly enjoy our company and that of Mac the Dog!).



Carpet Bowl Challenge with Heritage College

During June our movie was Fatty Finn - more of a reminiscence movie that we may have watched in the past with younger family members. If you do have any suggestions for a great movie we can show, we'd love to hear from you! Please remember that the movie cannot be longer than 100min in duration, and needs to be suitable for general viewing.

Saturday the 22nd June was the Winter Solstice, marking the shortest day of the year - very little daylight so a great time for a weekend sleep-in!



Our concert with Steph was fab! We even got to choose the songs!

July is planned to be our "Pamper" month - so we hope everyone gives themselves some special, quality time at least once per week. We will start the month with everyone being back at work (hooray!), our birthday party on the 2nd, monthly book club on the 5th, and part 2 of armchair travel to Africa (with Alison C) on the 9th.

Our movie for July is an oldie but a goodie - "The Gang's All Here" with Alice Faye, Carmen Miranda and Phil Baker, and on the 16th we have a concert planned with Sarah. Blackburn Ecclesia will be in to entertain us on Saturday 20th in the Collins Room, and we have a Harpist coming to play for us on 23rd as well. Not to mention The Unforgettables are back again on Monday 29th! What a jam packed month we have coming up. Everyone is, of course, welcome to join us for any of our four concerts and special entertainment - we just ask that you remember our wise ones who live at Olivet require a chair with arms and need a good amount of leg room to be comfortable.

An update from our Sponsor Child Mbithe

Did you know that, here at Olivet, we sponsor a child through the Agape in Action charity? Mbithe Katavi is our sponsored child, and we love receiving updates from her home in Kenya. Mbithe is just about to turn 9, and we recently received this updated photograph of her. She shared with us that her favourite subject at school is drawing, that her favourite bible character is Abraham, and that for fun she likes to play hide and seek! What a joy to be able to help support this gorgeous girl as she grows.

If you'd like more information on the work of Agape in Action, you can head to the website agapeinaction.com

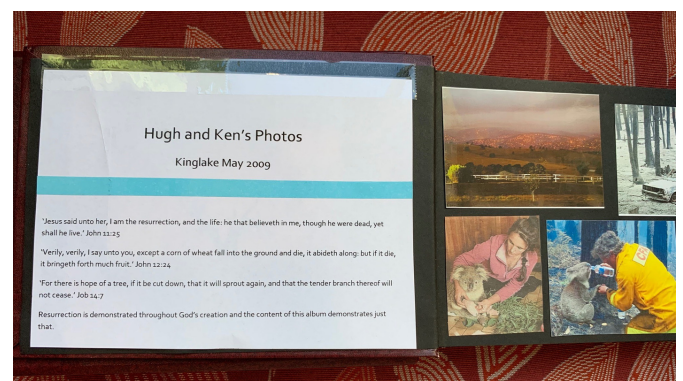


Photographs and Memories to Share

We presently have, at Olivet Reception, an album of photographs taken by Ken Franklin (from our independent living units) and late resident Hugh Newton in May 2009 in Kinglake.

These photographs show the beautiful re-growth in that area after the terrible bushfires which had moved through the area just prior.

If you would like to have a look through the photo album, please pop past Reception and we'd be happy to share with you these beautiful captured memories of regeneration and growth.



ACTIVITIES FOR July

These activities will proceed, God Willing, this month. If you would like to get involved, please don't hesitate to contact our lifestyle and leisure team!



Tuesday 2nd	9.30am	Library (Acacia Hall)
Friday 5th	10.45am	Sing A Long (Willows)
	3.00pm	Book Club (Acacia)
Tuesday 9th	10.45am	Armchair Travel with Alison - Part 2 African Safari (Willows)
Friday 12th	10.45am	Hymn Singing (Willows)
Tuesday 16th	10.45am	Concert with Sarah (Willows)
Friday 19th	10.45am	Sing A Long (Willows)
	2.00pm	Movie Afternoon (Willows)
Saturday 20th	2.00pm	Blackburn Ecclesia Entertain and Afternoon Tea Collins Room
Tuesday 23rd	10.45am	Harp Recital with Cath (Willows)
Friday 28th	10.45am	Hymn Singing (Willows)
	3.30pm	Catie's Capers (Willows)

Reminders

Daily bible readings in Acacia Hall 2.00pm
Bible Class Tuesdays at 7pm in Acacia Hall

Food Safety – A Friendly Reminder

Cooking a favorite dish or lovely meal for someone you love is a wonderful way to show that you care for them, and this is still the case when they enter residential aged care. But the last thing you would want to do is to put your loved one at risk of illness - so there are a few things to remember.

1

CHECK WITH CARE STAFF FOR DIETARY OR SPECIAL REQUIREMENTS

Many of our residents have special dietary requirements relating to the ingredients or consistency of their food. Please check with the staff to make sure the food you're providing is safe for them to eat.

2

BE CLEAN, BE HEALTHY

Never touch food with un-washed hands, ensure your food preparation area and utensils are clean, and don't prepare food if you are unwell.

3

AVOID HIGH RISK FOODS

Some foods are a higher risk than others in causing illness. These include cold meats, cold cooked chicken, pate, pre-packaged fruit or vegetable salads, chilled seafoods, prawns, cheese, soft serve ice cream, unpasteurised dairy food, raw or undercooked egg.

4

DO NOT CROSS-CONTAMINATE

Raw food, especially raw chicken, has dangerous bacteria which can cause serious illness. Do not store raw food in the same container as cooked food, and if you use utensils or surfaces for raw food, ensure it is washed before being used for cooked food.

5

COOK IT WELL, COOL IT QUICK

Ensure food is cooked thoroughly, all the way to the centre. Meat should not be pink or rare, egg should be set. A thermometer can be used to ensure the thickest part of the food has reached 75C. Cool food quickly in a shallow dish in the fridge (not on the bench).

6

TRANSPORT FOOD QUICKLY

Whether hot or cold, food brought to Olivet should be transported quickly (within 1 hour) to avoid growth of bacteria. Cold food should be transported in a clean esky with ice-bricks, and hot food in a thermal container or flask.

7

STORE FOOD SAFELY

All cold food must be either eaten by the resident within 1 hour of arrival, or safely stored in a designated refrigerator. The food must be clearly labelled and used within 24 hours.

We ask that food which is not shelf-stable is not left in residents rooms, but rather in the designated refrigerators.

With regards to food safety for residents at Olivet, we must balance the positive sense of well-being that a special dish can provide with the importance of keeping our residents healthy and well.

We thank you for working with us in ensuring that foods brought in are safe (and delicious!). You can find additional information in our "Food Safety" brochure which is provided to families on admission, and is also available at Main Reception.

If you have any specific concerns or questions about bringing food in for your relative or friend, please speak with the care team in their area, or you can contact our Catering Manager, Caroline on 9131 5500

FREE

AVAILABLE TO
RESIDENTS,
FAMILIES AND
STAFF

COUNSELLING SERVICE

Olivet is please to advise that we will be again providing a free counselling service from August 2019 to any resident, family member or staff member who would like to take up this opportunity. Feedback from this program has been excellent, and we encourage anyone looking for support to contact **Meredith King** on **9131 5500** or **M.King@Olivet.com.au** to arrange an appointment

