

NEWSLETTER

September 2023



Director's Desk

Dear readers,

It is lovely to be back in the facility and being with the residents once again. As you are all probably aware by now, I have returned to the position as Facility manager. While we are discussing leadership within the facility, I would also like to introduce you all to our new deputy manager Alaya Mu. Please feel free to introduce yourself to Alaya at any time you are in the facility, and I believe many of you may have already spoken to Alaya on the phone. My office is currently the office nearest the admin office and Alaya is in the end office near the hairdressing room.

What a lovely time of the year to return to Whiddon Kyogle. The front garden is looking spectacular with beautiful spring colour. A little rain would be lovely though. We have just gained approval to have 8 rooms in Richmond area totally refurbished. These rooms are expected to be ready to fill early 2024.

Thanks everyone and will keep you updated in our next monthly newsletter.

Kathy Gibson, Acting Director of Care Services

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

*Without music, life is a
journey through a
desert.*

- Pat Conroy

Looking Back

Gardening Club

In September we started our gardening club and so far it has been a big success!

Aimed at getting outdoors and having fun, the gardening club has been a positive way to get out in the fresh spring air and work on some projects to brighten up the gardens. We have been planting out some big pots with pencil pines and surrounds of flowers.

Some of the ladies have been getting in and getting their hands dirty with the physio and OT students, with their help and planning, this has become a fun filled activity for everyone involved. The gardens are looking great, if you get the chance feel free to have a look in the Junior courtyard for these creations!



Looking Back

Art and Craft

We have been getting into our art and craft morning with Rachel over the last month with some fun and creative art projects.

We got busy with some wool craft recently, these woolen hearts and rings will look great once they are complete and hung up around the activity room.

We also put together our flower vase and mounted it on cardboard, ready to enter in the Kyogle Show this year.

If you get a chance to look through the hallways between Junor and Main you might spy some of the crafts we have been making to brighten up the home.



Looking Back

Armchair Travel

In September we took a trip to the Philippines to enjoy a beautiful lunch and see some of the sights.

With some special guests adorning some traditional attire, our Armchair Travel Day was a huge success!

For lunch we had a Chicken Adobo with a side of fried noodles and rice, for dessert we had a Leche Flan and other tasty treats. We even had some traditional dancing by some of our nurses, as they dressed for the part in some traditional attire.

We will continue to run these travel days, and our next destination is Holland, so get your passports ready as we head to Europe next!



Looking Back

Fathers Day

On the first Sunday in September, we celebrated Father's Day and this year we tried to make it extra special. A pair of funky socks and some shortbread biscuits seemed like a nice gift for this occasion. We also had a nice morning tea, and everyone was invited to come and share a cup of tea and some sweets!



September Birthdays



Freddie Mercury, Musician, 5th September, 1946

Buddy Holly, Musician, 7th September 1936

Peter Sellers, Actor, 8th September 1925

Agatha Christie, Writer, 15th September 1890

Lauren Bacall, Actor, 16^h September 1924

Lance Armstrong, Cyclist, 18th September 1971

Stephen King, Author, 21st September 1947

Andrea Bocelli, Singer, 22nd September, 1958

Bruce Springsteen, Singer, 23rd September 1949

Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

September in History: Teenagers Unearth Stunning Prehistoric Art

In September 1940, a group of teenagers stumbled upon the awe-inspiring Lascaux Cave paintings in France. These ancient artworks, dating back around 17,000 years, showcase a mesmerizing array of animals and intricate details.

WOW!

A Poem to Share



Music

When music sounds, gone is the earth I know,
And all her lovely things even lovelier grow;
Her flowers in vision flame, her forest trees
Lift burdened branches, stilled with ecstasies.

When music sounds, out of the water rise
Naiads whose beauty dims my waking eyes,
Rapt in strange dreams burns each enchanted
face,
With solemn echoing stirs their dwelling-place.

When music sounds, all that I was I am
Ere to this haunt of brooding dust I came;
And from Time's woods break into distant
song
The swift-winged hours, as I hasten along.

- *Walter de la Mare*



Laughing Matters

**Here's a few music-inspired jokes to keep you laughing...
or groaning!**

How do you fix a broken tuba?
With a tuba glue!

What musical key do cows sing in?
Beef flat.

What's the difference between a piano and a fish?
You can't tuna fish!

Why did the pianist keep banging his head against the keys?
He was playing by ear!

What type of music are balloons afraid of?
Pop music!

What key do you get when you drop a piano down a mine shaft?
A flat miner.

What type of songs do planets sing?
Nep-tunes!

Why did the singer climb a ladder?
To reach higher notes!

What do you get when you cross a sweet potato and a jazz musician?
A yam session!

Why was the musician arrested?
Because she got in treble!

Word Search

CAT BREEDS



B O E H R D B I R M A N M T
 U M A I N E C O O N Q Y O U
 R B N M T L I B O B T A I L
 M O G A P E R S I A N N A M
 E M O L O E S P H Y N X Q J
 S B R A G E T R B E N G A L
 E A A Y J R A G D O L L S Z
 B Y O A T B U R M I L L A M
 L T B N T O N K I N E S E A
 O S I B E R I A N V Y U U N
 C M L G Y S N O W S H O E X
 R U S S I A N B L U E C R A
 D X C H A R T R E U X L A B
 J T L S I A M E S E A K Z B

Angora	Bengal	Himalayan	Birman
Burmese	Bombay	Toyger	Burmilla
Manx	Tonkinese	Bobtail	Chartreux
Persian	Siberian	Maine Coon	Snowshoe
Siamese	Sphynx	Ragdoll	Russian Blue



Dear Families, Friends and representatives,

We would like to welcome you to attend our residents' meetings to bring forward any feedback you may have so we can continue to provide the best possible care that we can.

These are held monthly, below are the dates of the last meetings for 2023.

Tuesday 31st of October 2023 – 9:30am in the Activities Room

Tuesday 28th of November 2023 – 9:30am in the Activities Room

Wednesday 27th of December 2023 – 9:30am in the Activities Room

If you wish to attend these meetings, please arrive 10 minutes prior for us to get you checked in. A RAT test will be required upon entry to the facility, though masks are not required.

Whiddon – Kyogle

Meeting: Residents Meeting

Date: 27-09-23

Present – Betty, Vilma, Norma, Eileen, Alice, Lisa, Bob, Leila, Tom, Ellen, Greg, Mike, Merv, Colleen, Dick, Marlene, Denise, Frank, Nell, Ellen, Lynne, Brian - well-being team, Rebecca – well-being team, Mia, Kathy DCS, Jordan well-being team, Mary, Mandy and Ralph - family

Confirmation of Previous Meeting minutes moved by - Mike

Second by - Betty

Acknowledgement to Country: We acknowledge the Bundjalung people as the traditional owners of the land on which we meet today. We honor the first nations people culture and connection to land, sea and community. We pay our respects to their elders' past, present and emerging.

Business arising from Previous Meeting

Item	Discussion	Action	By whom	Date Due / Status
Quality Control	How to make a Comment / Complaint/ Compliment	Reminder that feedback forms are for ANY feedback , staff are all trained on how to fill out a feedback form if anyone requires help. If clients need feedback forms they are located at the front office, staff can help clients acquire a form to provide feedback. All comments welcome, both positive or negative	Everyone	Ongoing

Page | 1

Whiddon – Kyogle

Item	Discussion	Action	By whom	Date Due / Status
Art Therapy	Art Therapy Thursdays with Rachel from Casino Whiddon	Rachel has been coming every second Thursday for art therapy and this is ongoing . Positive feedback given about Rachel attending from Tom, saying it was "inspiring". 27-09-23: many clients enjoying program and want this to stay as fortnightly activity.	Everyone	Complete
Exercise 4 Life	Exercise groups run by student physio team	New students have started (Jo and Riley) and positive feedback has been given for the current program. Lynne and Colleen would like to participate in the Exercise4Life program. Program to continue with clients. This is run by the Physiotherapy students and not on calendar, but added to each clients Agreed care and Services plan	Physio team	Complete
	Megan asked if anyone was interested in helping plan some vegetable gardens in the front garden. To speak with Kathy (DCS) about this when she returns.	Greg, Marlene, Lynne and Ray would like to participate in the vegetable garden, Kathy has given approval for Megan to commence this being setup by the end of next month.	Wellbeing Team Cook	30/10/23

Page | 2

Whiddon – Kyogle

Item	Discussion	Action	By whom	Date Due / Status
	Interest was given about growing a Giant Pumpkin for the festival next year, seeds have been purchased and we need to seek approval from DCS to plant and grow the pumpkin.	Spoke about the giant pumpkin festival, Lynne suggested it was too late to plant a pumpkin. Kathy suggested we visit the pumpkin festival instead, there was positive response from several clients to attend the festival in January.	Wellbeing Team	Jan 2024

New Business

Item	Discussion	Action	By whom	Date Due / Status
DCS Report	Staffing in the facility	Kathy has a contract for 6 months until mid Feb. DDCS Alaya Mu has started and is a fulltime Whiddon employee. CCC Sam Pandey has returned from maternity leave. Agency staff – continue to have RN's, no <u>AIN's</u>		

Page | 3

Whiddon – Kyogle

Item	Discussion	Action	By whom	Date Due / Status
		Kathy invited residents to discuss any staffing concerns that they may have. Introduced Mia Sherwell as the new member of the wellbeing team member to cover the weekends.		
	<u>CI's</u> commenced	School children are coming the facility as per <u>residents</u> request. Newsletter will continue every month but will also have meeting minutes attached and will be posted on Whiddon webpage for families to access.		
	Facility happenings	8 rooms are to be refurbished, Kathy to advise a start date when available. Friends of Whiddon morning tea to be held on 4 th October at 10:15am with the CEO and Deputy CEO.		

Page | 4

Whiddon – Kyogle

Item	Discussion	Action	By whom	Date Due / Status
Business Arising	Lights and early morning noise was discussed, asked if anyone had any further issues with this	Tom commented the lights outside his window were bright and kept him awake. Will investigate this further. No other clients mentioned any issues.	Wellbeing Team	15-10-23
	ACSP – discuss care plans with clients	Jordan spoke about Advanced Care Plans and how they work. Spoke about them being evaluated every 3 months, reviewed annually and can be discussed with the client if they request it. Tom and Lynne would like to discuss further about their care plans. RN team to discuss with both clients personally.	Wellbeing Team Clinical team	27-09-23
	Laundry schedule for linen changes, asked if everyone had a laundry schedule in their room.	A few clients mentioned they did not have a laundry schedule; Jordan noted this and will get updated schedules printed for all client rooms.	Jordan	15-10-23
	Jordan moved to have the meeting date changed to Tuesday to	Client agreed that the day wouldn't affect them and were happy to change the meeting dates to a Tuesday. Jordan to review the schedule and post the dates in the next newsletter.	Jordan	04-10-23

Page | 5

Whiddon – Kyogle

Item	Discussion	Action	By whom	Date Due / Status
	help with administration.			
	Tom brought up having access to medical documentation and that we must provide this at the request of the client.	Tom made no request for further action from the team. Noted	NA	Complete
	Lynne asked what is done in the home for Christmas and suggested a Carols by candlelight on the balcony.	Spoke about how each year we have a theme for Christmas and suggested a Aussie bush theme for this year. Decided to finalise this by next resident meeting so we have time to prepare for Christmas.	Wellbeing Team	30/10/23
	Rebecca advised 3 ladies had previously asked about running a lady's luncheon as we already run a men's luncheon.	Several clients supported this idea, Jordan spoke about how the men's luncheon currently works, advised that if we run a luncheon due to the number of ladies, it will be group by group. Clients were happy with this idea.	Wellbeing Team	30-10-23

Page | 6

Whiddon – Kyogle

Item	Discussion	Action	By whom	Date Due / Status
	Jordan spoke about Referendum Voting and the polling booth being supplied. They are scheduled 3 rd of October between 11am and 2pm.	Jordan spoke about voting details and this responsibility to have them updated falling on the client and their families. Jordan advised we shall send a memo to all NOK regarding this, and advised the clients speak to their NOK about their voting details. Voting details are not the responsibility of Whiddon to update. No activities will be scheduled between 11am and 2pm on October 3 rd to ensure we can assist with getting people to and from the voting booth.	Wellbeing Team	03-10-23

Next Meeting: 31-10-2023 Time:
09.30