

# The Sunnymeade Sentinel



National  
Breast Cancer  
Foundation

Sunnymeade Park Aged Care Community



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## WE'RE ALL IN THIS TOGETHER.

Sunnymeade acknowledges and pays respects to the past, present and future Traditional Custodians, the Gubbi Gubbi people and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait peoples.

### **Pink Week Raffle fundraiser for Breast Cancer.**

A big thanks to all those who have bought raffle tickets to raise money for Breast Cancer research. Every dollar will help in finding a cure.



Visitors are still asked to make a booking when visiting a resident. Please follow all PPE and infection control directives within the facility. Your understanding is greatly appreciated .



## THE RESIDENTS DOING THEIR MORNING EXERCISE AND LIGHT WEIGHTS PROGRAM WITH TONY



DEBBIE AND CHRIS ACTIVITY TEAM



IRENE, MANDY AND MARGIE AT THE PINK WEEK RAFFLE DRAW.





## RESIDENTS ENJOYING ITALIAN DAY







## **CARON'S CORNER**

*I would like to welcome all new residents who have taken up residency at Sunnymeade since my last article in the newsletter. Also welcome to the families of the new residents.*

A greater part of the population in Australia will know that it is the 100<sup>th</sup> Centenary, 1922-2022, of the Queensland Country Womens' Association. I became a member of this incredible association last year. I have been interested in joining for many years mostly due to my paternal grandmother (deceased) who was a supporter of the QCWA when she lived at Winton.

*On the QCWA website are the following words:-*

*"We are an active community of women who, together, improve the lives of people living in regional, rural and remote Queensland.*

*We are renowned for our great home cooks and handcrafts – but the QCWA is so much more than that. It's about friendship, community and connection."*

I have met some of the most genuine, kindest and very skilled, both young and older, women since joining the QCWA. They are an amazing bunch of ladies and I feel privileged to be a part of the group. If you are looking for friendship, want to make a difference in the community helping others and are wanting to share your knowledge and are open to learning new skills then look no further than the QCWA.

*Until next time. Take care.*

*Caron*

## **A MESSAGE FROM THE CLINICAL COORDINATOR**

We would like to give a big thank you to all our residents and resident's representatives who were very patient and understanding during the COVID outbreak here at Sunnymeade. We all understand the big disruption on your daily lives this has caused. Additionally, thank you to our Sunnymeade staff who have worked tirelessly on the frontline and behind the scenes to support our resident's during this unprecedented and challenging time. Your ongoing commitment is appreciated and we are all grateful to have you in the Sunnymeade family.

*Thanks Sam*



## Message from M

What a couple of months we have had at Sunnymeade since I last wrote with a lot of our residents contracting the Covid virus. There have been Red zones, Orange and Green zones and staff dressed in full PPE and even help from Government agencies to assist with our staff shortage due to them being Covid positive and having to stay home. Our senior staff have had to do so many things to keep the care of our residents at the high standard that we all expect. The press only want to know about the bad things and how nursing homes are not doing the right thing. They



don't want to know about good things that also happen. Thanks to our management and senior clinical team working with Government departments as well as our clinical and environment staff working extra shifts and long hours they managed to keep the day to day activities as near normal as possible. Delicious meals were delivered on time, personal cares were attended to, laundry was done and our marvelous Life Style Team made sure everyone was visited and given things to help fill their day. Thank you to all the visitors who donned the necessary PPE and assisted staff by adhering to the visiting times. Now we get ready for the next wave of infections.

It is nearly time for the Ekka and the westerly winds that always seem to come in August, though with the changes we have experienced lately in our weather it is hard to predict anything. It is a shame that there seems to be a new variant to the Covid virus coming at this time but if people are careful and wear their masks they should still be able to have a good time. There is such a lot of work and money that goes into preparing for the Exhibition it would be a shame if it was canceled again or if no one went. As we prepare to live with the virus we must try to readjust our way of life but not so much that there is no enjoyment in it. The wearing of masks, staying away from elderly relatives if at all unwell and keeping ourselves as well as possible will become the norm but so will going to restaurants, theaters or exhibitions. We must continue to enjoy life.

I wonder if the Ekka cakes, arts and craft, the fish and chips, the strawberry ice-cream sundaes, the wood chopping and the ring events are as good as I remember them. Here at Sunnymeade I am sure that there will be lots of "Ekka" things, Sunnymeade style, happening during the week that the "show" is on for both residents and staff, restrictions being lifted of course. Even though our "Think Pink" was sadly interrupted I would like to thank all the people who helped to still make it a success. I am certain that the Cancer Council will be appreciative.



Goldie Hawn said: "The only thing that will make you happy is being happy with who you are."  
Until next time be happy. *M*

## Behind the Scenes

Hello from everyone at Sunnymeade . Unfortunately during June and July we had to postpone many events that we had planned including, concert groups, Mens Week activities including visits to the Mens Shed and fishing trips, Pink Week activities and Naidoc week activities. We hope to reschedule some of these activities at a later date. The lifestyle team have been seeing individual residents, providing emotional support, making up activity packs and running small activity groups whilst we have suspended large activity groups. At the beginning of June we did manage to celebrate the national day of Italy. We made our own pizzas and had a barista whipping up coffees for the residents with Italian music to set the mood. Bellissimo. Our exercise program was starting to become a regular morning activity and small hand weights have been added to increase and develop residents strength. The session goes for around half an hour from 9.30-10.00am.

### **AUGUST-SEPTEMBER EVENTS**

**We will be celebrating Fathers Day on Sunday September 3rd and all the men will receive a gift box to enjoy. We hope to have concert groups back to entertain the residents in August. Also we are planning to have our first Coffee Shop morning on Friday August 19th at 10am in the Lakeview Activity Room. Family members are invited to attend. Come along and enjoy a café style morning tea with your loved one and being treated to freshly made coffee/ tea with snacks. A gold coin donation is asked to contribute to costs. More information will be sent out to families and will require a RSVP to the lifestyle team for catering numbers.**

**Until next time stay safe Tony Griffiths Lifestyle Coordinator**

*Vale*



*Our sincerest condolences to the family and friends of Vera Campbell, Shirley Winnet, Ian Dunbar and Norman Hogg on their recent passing. They will all be missed dearly.*

## **Residents meeting dates for August/September**

**Lakeview Wing: AUGUST Tuesday 2nd —10.00 AM**

**SEPTEMBER Monday 5th —10.00 AM**

**Keith Wing: AUGUST Wednesday 3rd —10.00 AM**

**SEPTEMBER Wednesday 7th —10.00 AM.**

**RESIDENT FAMILIES AND REPRESENTATIVES ARE  
ENCOURAGED TO ATTEND RESIDENTS MEETINGS.**



## SUNNYMEADE PARK VOLUNTEER PROGRAM

### FUN AND FRIENDSHIPS

Sunnymeade Park is looking for volunteers to be a part of the lifestyle team to help bring meaningful friendships and diversity to the resident's activity programs. As a Sunnymeade Park volunteer, you will be part of our team who work at making a difference in the quality of life for people in our Aged Care Community. The Lifestyle Team run a diverse program of activities including bingo, bowls, craft, bus trips, happy hours, concerts, singalongs, exercise programs, gardening, individual activities and cooking to name some. Your decision to volunteer at Sunnymeade Park Aged Care Community will help to achieve our vision and play a vital role in helping us improve the lives of our residents.

As a Sunnymeade Park volunteer you can expect:

- a role that is in the area of your interests as well as being safe and rewarding,
- decisions that are made transparently, fairly and applied consistently,
- relationships based on teamwork, respect and honesty,
- zero tolerance for discrimination, harassment, and bullying or intimidating behavior.

Sunnymeade will provide training, education and guidance for volunteers in assisting the residents achieve goals through enhancing holistic lifestyle programs within a supported and team orientated environment.



***Some of our residents and staff having fun.***

If you or anyone you know is interested or would like further information please contact Tony Griffiths, Lifestyle Coordinator at Sunnymeade Park on 54954233 Extension 114.