

OCTOBER-NOVEMBER 2022

The Sunnymeade Sentinel

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.

Young at Heart concert group entertaining our residents.





August Coffee Club afternoon. Thank you to our volunteers Beverley and Alison for their assistance and the family members who came in for a lovely afternoon. Hope to see you next month.





Concerts, craft, bowls and residents .



A MESSAGE FROM THE CLINICAL COORDINATOR

Do you need antibiotics?

Antibiotics are precious and powerful drugs – and they should only be used for specific purposes.

They can be helpful against many bacterial infections such as Urinary tract, skin and respiratory infections. When antibiotics are needed, their benefits outweigh the risks of side effects and antibiotic resistance.

Antibiotics are not always needed. When they are not needed they won't help you and the side effects could still cause harm and contribute to antibiotic resistance.

What don't antibiotics treat?

Many upper respiratory tract infections that are caused by viruses.

Some bacterial infections that can get better quickly without use of antibiotics.

Harmless bacteria conditions where there are no symptoms or signs of infection such as asymptomatic bacteriuria and uninfected skin wounds.

Use of prevention of infections (Prophylaxis) such as antifungal creams or oral antibiotics just in case infection may develop for months, sometimes years.

What are the possible side effects and risks of antibiotic use?

Loss of appetite including food and fluids reduction

Nausea

Diarrhoea

Yeast infections such as thrush

Rash

Antibiotic resistant bacteria (Where exposure to antibiotic may allow bacteria on your body to adapt so they are no longer killed by that antibiotic)

C. difficile infections which lead to gastrointestinal illness caused when good bacteria in your gut are destroyed by antibiotics. This can cause abdominal pain, nausea, diarrhoea, severe bowel damage.

How can I stay healthy?

Performing hand hygiene with soap and water and using alcohol-based hand rub before touching others or eating.

Insisting staff and visitors clean their hands before touching you or caring for your wound

Covering your cough to prevent the spread of germs

Asking family or friends not to visit when they don't feel well.

Staying in your room when sick

Protecting yourself by getting vaccines for flu, COVID-19 and pneumonia

What if I have questions about antibiotics?

Talk to your aged care home staff and doctor if you have any questions about antibiotics.

Message from M

This year is going too quickly for me as we enter into the tenth month. October is still Spring and the gardens everywhere are looking beautiful with the spring flowers or the new coloured growth on the trees and shrubs. I love the native trees that come into flower at this time and Sunnymeade has some beautiful ones this year. October is also when some churches celebrate the Harvest Festival. Churches are often decorated with fruits and vegetables brought by parishioners, which is then donated to charity. This is the time of the year when crops have been gathered from the field and people can reflect on the food that they have. It dates back to ancient Britain when people relied on crops for food and farmers would give thanks for a good harvest. The Harvest Festival is celebrated around the world across many different faiths and cultures. It takes place at different times of the year in different countries, according to when the main harvest is for each country. In the USA, the Harvest Festival is known as Thanksgiving and is a national holiday in November every year.

This year we are celebrating 40 years of service to the Caboolture and surrounding areas with our annual Badge night for staff and their partners on October 20. There have been many structural changes over these 40 years and we have been fortunate to have employed some wonderful staff. Caron our resident liaison and admissions staff member is celebrating 40 years with us. Caron helped plant some of our roses all those years ago and helped with the last minute things getting ready for our first residents. She was our accounts payable and receivable clerk as well as admitting residents and dealing with government claims. It was an exciting time in 1982 and a steep learning curve for management and staff. We had a lot of laughs and quite a few tears. We were family then and we are family now with a mixture of new and well established staff. We have helped many families and their loved ones during these years and now we are seeing some of the original family members coming for help for themselves. It has been a privilege to serve our residents and their families and we continue to give the best care and service to our present residents that we can.

October is a good time to have a look at your residents' clothing to make sure that they have appropriate clothing for the coming summer. Of course we are still experiencing such variations in our weather that a variety of clothing is necessary.

Our residents have been catching up on the activities that they missed out on during our recent Covid outbreak. The bus outings and concerts have resumed and it is fantastic to see all the participation and smiling faces of the residents. Our Lifestyle Team have done a marvellous job of helping our residents, sometimes in very difficult circumstances, but always with a smile. The help from our clinical staff is always welcome and becoming more necessary as our residents become frailer. The coffee morning teas organised by Tony have been very successful and the kitchen staff have assisted in making these mornings extra special with lovely cakes and treats. It has been wonderful seeing the families interacting at these events.

Not sure who said "The smell of fresh-made coffee is one of the world's greatest inventions" but a lot of people here would agree. *M*

Behind the Scenes

I would like to thank Debbie and Chris our two Dt's for their tireless dedication in providing activities, fun and support to the residents during the course of this year. They have had to cover all five wings and have done so always with a smile on their dials and no request from myself or residents have gone unheeded. On a wonderful note we are having a new addition to our team so I would like to welcome Debra Kells. She filled in awhile back when we required someone and she ticked every box so when the opportunity arose we asked her to join the Lifestyle team and she immediately accepted. She has filled numerous roles here from the kitchen to nursing and now will be a part of the team in delivering activities and support to our wonderful residents. Welcome aboard Debra. Last month we had our first Coffee Club afternoon and we had a great afternoon with family members and residents coming in for a High Tea and Barista made coffee. We will have Coffee club once a month so RSVP, come in meet the team and enjoy a social afternoon with refreshments and music.

OCTOBER-NOVEMBER EVENTS

Upcoming events for October include our bowls competition between the Lakers and the Hawks. Both sides will be battling it out to see who takes home the trophy. We have rescheduled our mens fishing trip so hoping for good weather and fish to bring back for dinner. Mens group will be happening and the resident choir will be practicing songs and Christmas carols to entertain the residents.

Vale



Our sincerest condolences to the family and friends of Beverley Maroske, Valerie Roberts, Victor Mateer, Victor Riddel, Marlene Behan, Pat Skelton & Nancy Shaw on their recent passing. They will all be missed dearly.

Residents meeting dates for October/ November

Lakeview Wing: OCTOBER Tuesday 4th—10.00 AM

NOVEMBER Thursday 3rd —10.00 AM

Keith Wing: OCTOBER Wednesday 5th —10.00 AM

NOVEMBER Wednesday 9th —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.