

FRONDITHA CARE NEWSLETTER

27th July 2015

UPDATES FROM THE MANAGER'S DESK

We are now one month into the new financial year and many plans are already underway for further improvements to our facility. The Board of Directors and the Hippocrates Association have now signed off the plans for the development of a covered walkway between the facility and the hall and work should commence shortly. We have also been allocated funds in this year's budget to purchase a generator for the site, that will ensure we never have power loss like we suffered in the April storms. Another exciting development for the facility is that we will have the Novaskill Team on site for a further 6 months assisting with repainting the inside of the facility.

Our financial performance over the past 12 months has seen a significant improvement to the levels of income the facility receives from the Department of Human Services. This has enabled us to increase our staffing hours to provide you with more staff to assist you. One major change to our care staff rosters has been the commencement of staff in the morning at 6.30am. This will help get more people to the dining room for breakfast.



STRESS DOWN DAY 24TH JULY 2015

Our staff working in the facility do an amazing job and genuinely aim to provide you with the best care possible. As you can appreciate, caring for a lot of people with complex care needs can be stressful at times for our staff. To support our staff with managing stress, on July 24th, we held a Stress Down day for the staff. Staff came dressed in their Pyjamas and got involved in a range of stress relieving activities. The day was enjoyed by all and helped to re-charge the batteries. Staff on the day made a gold coin donation and raised \$34 which we donated to Theona Combos who is aiming to do the NeuRA Great Wall of China: Discovery Trek in order to raise money for a cure for Alzheimer's Disease.

July Activities

Well I think we would all agree that the LES Belles Dancers were the highlight this month. What a fantastic performance!

There were plenty of smiles throughout the room and the show was really entertaining. Our Leisure and Lifestyle Team work really hard to provide you all with lots of variety in our Activity Program.

In addition to this fantastic show, we also celebrated American Independence Day, had High Tea, shared “Spiders” in the café, celebrated NAIDOC Day, had Tub Chair games, KARAOKE and had parachute fun.

We have also enjoyed Bingo with Jenny and Errol and our weekly sing a long with Les the Piano Man. I’m sure August will be equally as exciting.

Don’t forget our Spring Spectacular will be held in September which will see our staff performing for your entertainment. Staff are busy preparing their acts for you to enjoy. We still need a few judges if any of you are interested.

LES Belle Dancers



Tub Chair Games



American Day



Lamps in Bedrooms

Any resident who still has a lamp in their bedroom will need to remove this by the end of July. Lamps in rooms after this will be removed by our Maintenance Man and stored for relatives to collect. Again we apologise for any inconvenience but staff safety has to be a priority.

Bus Trips

Despite the cooler weather, many residents enjoyed the bus trips in July. This month our residents visited Maitland, Botanical Gardens and Toronto. Thank you to Lorraine, Naomi, Jenny and Errol for making these trips so enjoyable.



Knitting Circle

In July we started a Knitting Circle. This was run by Naomi and Jenny and had 5 residents attend the group. The group are knitting squares that will eventually be sewn together to make a rug. The group was enjoyed by those who attended and it is hoped that more residents will become involved. The group will come together at least once every month. Feel free to come along and join in. You don't have to be an advanced knitter. Anyone with an interest in knitting can join in.



New Visiting Optometrist

In August an Optometrist from BUPA will be onsite to check any residents who want their eyes tested. This is a free service that anyone can access. BUPA also have a great range of glasses for residents to choose from at a budget price, should you need new glasses.

Anyone wanting to be seen by the Optomoterist should complete the consent forms that were delivered to all rooms a few weeks ago. Completed forms should be returned to Sally. If you require a new consent form please see Sally. This is a great service that we hope you will benefit from.



Merlene enjoying a Spider

LES Belle Dancers



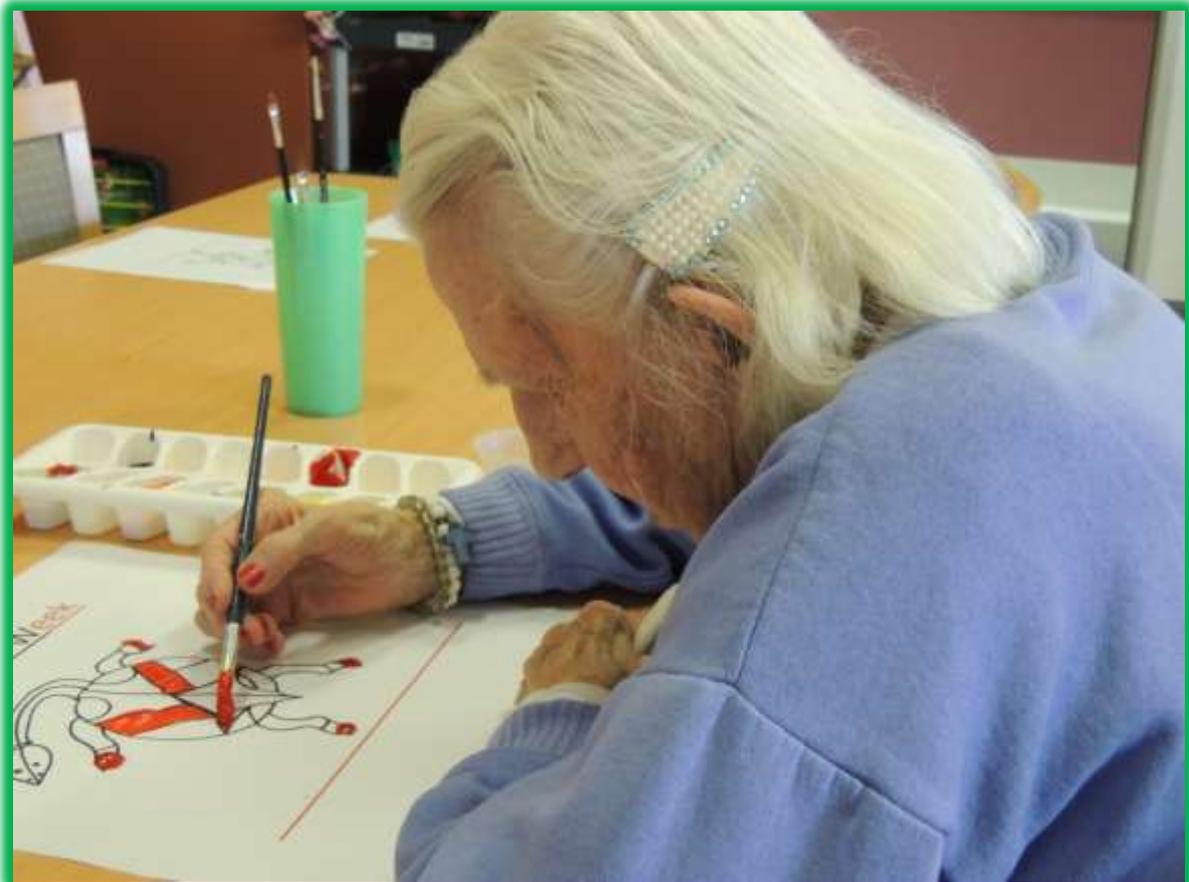
High Tea



Spiders in the Cafe



NAIDOC Activities



Staff Stress Down Day



