

Curtin Chronicle

Summer 2024



February Trivia

The oldest known Valentine's Day message dates back to 1415, written by Charles, Duke of Orléans, to his wife while he was imprisoned in the Tower of London.

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

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JOHN CURTIN AGED CARE IS COMMITTED TO KEEPING OUR RESIDENTS SAFE.

ALL visitors must RAT test before entry and wait for staff to confirm and record results

ALL visitors must provide evidence of Covid and Flu vaccinations

JOHN CURTIN AGED CARE IS : NOT FOR PROFIT/ REGISTERED CHARITY/ COMMUNITY

From Steve's Desk

Summer is fully upon us, and we're grateful that we haven't experienced any local fire events since December, nor have we had to activate our emergency management plan.

In August of last year, we applied for five Federal government grants under the Commonwealth Government Aged Care Capital Assistance Funding Round, which included:

- Kitchen Equipment & Infrastructure and Electronic Menu System
- New Building Development and Upgrade of Existing Resident Rooms
- General Equipment Upgrade
- Nurse-Call System Implementation
- Upgrades of Storage space

Unfortunately, none of these applications were accepted. However, we will continue to explore other funding sources. Some of these upgrades, such as improvements to the kitchen and the introduction of a system called "Dreams Edge" to enhance the nurse-call system, are now part of our budget and will proceed. This system will prioritize call bell responses and quickly alert staff to falls or other concerns.

We will also move forward with planning for New Building Development and upgrades to existing resident rooms. We intend to apply for planning permits and may pursue redevelopment wing by wing, potentially self-financed if other funding sources are not available.

Sadly, we had another COVID-19 outbreak last Christmas, but we managed to control it before the holiday celebrations. Thanks to everyone's efforts, we were able to host a wonderful Christmas celebration with families, residents, and staff—complete with singing, dancing, and a warm, family-like atmosphere at John Curtin.

We recently completed a Dementia Australia audit and will be implementing several progressive changes in the Peacock Wing, including the addition of a resident-use kitchen. Additionally, we've undergone an external audit by Provide Assist to assess our preparedness for the new aged care legislation and the Strengthened Quality Standards. These standards are designed to improve the aged care experience, and we have posted information around JCAC to keep everyone informed.

For residents and consumers, the Stronger Standards Better Aged Care Program should provide you with:

- Confidence in your rights and the care you can expect
- The ability to make decisions about your care
- Assurance in the quality of services and care
- Knowledge that JCAC is always seeking ways to improve care
- Confidence in the role of the Commission and how it helps
- Clarity on how to submit feedback or complaints
- Support from the Commission and easy interaction from the commission

From Steve's Desk 'Cont.'

Following the audit, we will continue to focus on our continuous improvement plan.

On February 20 at 2.30 PM, we will also kick off our Consumer Advisory Body (CAB) meetings, which will offer valuable feedback to the John Curtin Aged Care Board on the quality of care and services. This will further enhance our person-centred culture. While CAB participants won't be expected to represent all residents, their input will play a critical role in identifying areas for improvement.

The CAB will provide feedback on consumer experiences, which will influence decision-making, strategic planning, and continuous improvement activities at JCAC. This aligns with our responsibilities under the Aged Care Act. The CAB will consist primarily of current consumers (residents) along with representatives, ensuring a diverse and representative membership.

So far, the CAB includes:

- John Curtin Aged Care consumers (residents) Max, Jean, and Wayne
- Consumer representatives (e.g., carers or decision-makers) Jane Miller
- Myself as CEO
- Clinical Governance & Quality Committee representatives Jacinta Read, Sue Craven, Cleo Chisaka, and Ross Waddington

Board Members Alison Trevenen and Sandy Campbell

Staff will attend only to facilitate access, administrative tasks, or conduct the meeting. Any agreed feedback will be escalated to the Board for consideration. The CAB will meet at least twice a year, or more frequently if needed. We are currently seeking additional family representatives for this group.

Birthdays

February

6th Betty E

6th Shirley K

20th Margaret P

March

2nd Bill W

24th Margaret G



Resident Profile

TONY CHAPPELL



Tony's journey began in the serene valleys of Wales, where he was born in 1931. Tony grew up with a curious mind and an adventurous spirit. He attended high school in Newport, Monmouthshire, where he developed a passion for languages. His fascination with words and cultures led him to study Italian, French, and German languages that would later help him navigate the world and connect with people from diverse backgrounds.

At the age of 16, Tony enrolled in a technical college to study nautical navigation, it was during this time that he first encountered the vastness of the world beyond his Welsh homeland. In 1948, at just 17 years old, Tony embarked on his first voyage to Australia aboard a massive cargo ship. The sunburnt landscapes and vibrant cities captivated his heart, sparking a lifelong love affair with the country.

At 18, Tony met Olwyn, a spirited and intelligent young woman who would become the love of his life. Their connection was instant and deep, setting the foundation for a partnership that would withstand time and distance. While Tony pursued his studies at college for another four years, Olwyn became his anchor, encouraging his dreams and cheering him on.

After completing his studies, Tony signed a contract with a prominent shipping company in Cardiff as an apprentice navigator. His role took him across the globe, from the bustling streets of New York to the wild coasts of South Africa and New Zealand. Tony, now 24 joined a shipping pool, allowing him to work with various companies and expand his horizons further. However, his seafaring career was interrupted when he was called up by the Welsh army. His skills as a navigator led to his deployment in the navy, but it wasn't long before he was seconded to the army and sent to Hong Kong. There, Tony served as a recruiter, tasked with identifying capable individuals to join the ranks. His work later took him to India and Sri Lanka, where he continued in this role.

In the late 1950s, Tony and the late Olwyn made the life-changing decision to migrate to Australia. The land that had once captivated him as a young sailor now became their home. Tony found work in construction, channelling his resilience and resourcefulness into building infrastructure. Among his proudest achievements was contributing to the construction of John Curtin Aged Care! A poignant reminder of his life's journey.

Meanwhile, Olwyn thrived as a schoolteacher, sharing her knowledge and passion for learning. She taught an impressive range of subjects, from economics and sciences to cooking and languages, leaving a lasting impact on generations of students.

Tony, keep smiling and keeping us on our toes here at JCAC.



Activities in Review

Activity Spotlight 1– Art and Craft Village...by Mel

We had many pieces of wood cut into different shapes and sizes for individuality, so residents could have a choice on what they like.

The residents then gloved up to sand and paint the blocks with white paint. This is now the foundation to let their imagination run wild and in the coming weeks to design!

Chatter took place in and around what we would like to achieve with our future houses, a village, singly, or make a wall of them. We will use fine motor skills to paint them, add some dimension to them, using stickers, cut outs etc.

This activity is designed to be an ongoing project. New residents are always welcome to join in, and add to our designing. We look forward to ongoing discussion, creative imagination and flair.

Below is the start of wonderful things to come.....



Activity Spotlight 2—Trivia and Quiz....by Janet

A whiteboard, some printed paper and a loud voice and lots of enthusiasm is all you need for an afternoon filled with trivia and quizzes.

Questions can have a subject like Melbourne Cup, Christmas, China or current special days. Hangman or 9 letter words can be built into this too at the resident's request.

Singing, in Name This Tune, keeps the minds guessing and engaged. This session is scheduled for 1 hour in the afternoon when residents are comfortable in the Lounge room. Please pop in on a Tuesday afternoon and join us any time.

Active Games: Peacock Wing (Memory Unit)

Ball games and balloon games are active activities introduced and conducted for the residents to engage their minds, promote movement or exercise, and enhance alertness. As a lifestyle activity officer, I have developed specific mechanics for playing ball or balloon games.

Prior to commencing the game, I arrange the area where the activity is held, typically in the lounge room at the Peacock Wing. This location is ideal as it provides ample space while ensuring the residents' comfort and safety by allowing them to remain seated in lounge chairs. The setup involves arranging the chairs in a circular formation. I prepare a soft ball (such as a beach ball) or balloons suitable for the game.

The activity officer gathers a small group of residents, usually between six to eight participants, depending on their mood or feelings on that day. The lifestyle activity officer officiates the games, communicating with the residents, compassionately and encouragingly, ensuring they have fun and enjoy the activities. These sessions serve as both physical and mental exercises, beneficial for overall well-being. The activities generally run for 30 minutes to an hour, primarily conducted in the mornings.

As a lifestyle activity officer, I begin by introducing myself to the residents and explaining the purpose and objectives of the activities. Our focus is on enjoyment and fun, combined with an emphasis on safety. The main aspect of the game involves throwing and catching the soft ball or balloons. Once a resident catches the ball, they must throw it back to either another resident or the activity officer. The materials used for the balls/balloons are soft to prevent any harm, and the activity officer guides and assists the residents throughout the game.

Over the past year, these activities have proven to be helpful and effective. While they may seem simple, and perhaps reminiscent of children's games, they provide significant benefits for the residents' mental and physical health by keeping them active and entertained.

In conclusion, every activity we conduct for our residents has a positive impact on resident's well-being. We will continue to strive to provide meaningful and enjoyable experiences for our residents at John Curtin Aged Care.

Thank you, Enzo



**Farewell to Enzo,
We will miss you as
you leave us to return
to NSW.**

Christmas John Curtin Style



Resident's Poetry by Cheryl Gordon

WONDER

I wonder what the day will bring
Will I be glad, will I be sad?
I hope that I will be surprised, and I can sing
I will enjoy everything

I wonder if I can feel
The lovely soft green grass beneath my feet
I throw my shoes into the air
Showing the world I don't care
The grass beneath my feet is real

I wonder if the little doggie is down the street
The one I like to talk to when we meet
I would like to sit him on my knee
But dear little puppy, he is not free

I wonder at a passing car, has it come from afar?
It's on a journey to .. I don't know where
I hope it travels with a good deal of care

I wonder now I spy
A channel of water floating by
The water it flows with determination
It hastens to reach its destination

I wonder as I see a tree
Please don't drop your branch on me
I would like to sit and use your shade
To lean against you and watch the parade

I wonder as I sit and watch
Bull ants marching on by
They scare the life out of a fly

I wonder as the day goes by
What do I think I would like to try

I wonder at the waves in the sea
Are the clouds meant to be?
Should the wind be blowing with such speed?
Should the sun be so very hot?
Like it or not that's what we have got

I wonder can I shout "HOORAY"
I reach the ending of my day.
I wonder !!



Laughing Matters

Poems from Neville...written by William Baring—Gould and Ogden Nash



There once was a man who said God
Must find it exceedingly odd
That this oak tree
Continues to be
When there's no one about in the quad.
Dear Sir, your astonishments odd
I am always about in the quad
That's why this tree
Continues to be
Since observed by, Yours faithfully, God.

I give you now Professor Twist
A conscientious scientist
Trustees exclaimed "he never bungles"
And sent him off to distant jungles.
Camped by a tropic riverside
One day he missed his loving bride
She had, his guide informed him later,
Been eaten by an alligator
Professor Twist could not but smile
"You mean" he said, "a crocodile".

Life in the Laundry

Working in the laundry at an aged care facility is an essential yet often overlooked role that contributes significantly to the wellbeing of residents. Life in the laundry revolves around efficiency, precision, and care, ensuring that each resident's clothing, linens, and personal belongings are cleaned and returned in pristine condition.

Every day begins with sorting mountains of laundry, separating items by fabric type, colour, and washing requirements. The attention to detail is critical, as aged care residents often have unique needs—whether it's delicate fabrics, medical-grade sanitation, or avoiding allergens. The work involves using industrial washing machines and dryers, operating under strict hygiene and infection control protocols to prevent the spread of illness.

There's a rhythm to the job: washing, drying, folding, and redistributing items back to their rightful owners. However, it's more than just a routine task—it's personal. Residents often rely on the laundry staff to care for their most cherished possessions, like a favourite sweater or a handmade quilt that carries sentimental value. This trust adds an emotional layer to the work, requiring not only technical skills but also compassion and sensitivity.

Time management is vital, as staff often juggle high volumes of laundry while accommodating emergencies, such as cleaning soiled items promptly to maintain residents' dignity. Communication with the care team is constant, ensuring residents' needs are met seamlessly.

While the work can be physically demanding and fast-paced, there's a sense of fulfillment in knowing that these efforts contribute to the comfort and happiness of elderly residents. For many laundry workers, it's not just a job—it's a service of care, respect, and humanity.

Thank you & Kind Regards, Mahi Christoforou Environmental Co-ordinator

Word Search



DOG BREEDS

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

HOW MANY HAVE YOU FOUND?

Labrador

Beagle

Rottweiler

Bulldog

Doberman

Chihuahua

Dachshund

Maltese

Pomeranian

Greyhound

Boxer

Pitbull

Papillon

Sheepdog

Chow Chow

Poodle

Pug

Great Dane

Shih Tzu

Whippet

Noticeboard

CAFÉ CURTIN

OPEN 8-4 DAILY

Air Conditioned, peaceful and surrounded by greenery.

Pop in say hello and enjoy a Hot/Cold drink, Ice-cream Snack or Lunch.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

FOLLOW US

On FACEBOOK, our Webpage or contact our office on 5345 9999

SPARE TIME?

Large Print Books are located in Main Dining Room

DVDs are in the Function Room

CDs are in B Wing Lounge.

From the editor

Goodbye to 2024 and welcome to 2025. We begin the year in my favourite season Summer and hope that we all stay safe as the weather heats up.

Our residents can be assured of a full program each month, and we encourage all residents to come on out of their room, and join in with the Lifestyle staff. Our week always begins with relaxing hand waxing and massages and ends with some music and Happy Hour entertainment. In the middle we have bingo, skittles, bobs, trivia, music, games, craft, Café Curtin visits and outings around Ballarat. We are always in need of some new ideas and please see the Lifestyle staff if you would like to have anything added to our monthly calendar.

The Huntley room is air conditioned/heated and is always open for residents to come on in. A perfect place for family gatherings and a kitchen adjoins for all to use. B wing lounge is another meeting place, a little quieter than the Lounge and filled with CDs, DVDs, books and comfy chairs.

You will notice that we have some new Volunteers around John Curtin, some will help with games, some will visit relatives and some will run small activity groups. We thank each and every one of you, who make John Curtin a wonderful place to live. If you have any friends or family who feel that they have some free time to give, please see our Lifestyle team, (we wear the teal shirts). Finally, we thank our wonderful staff at JCAC for their love and care of all our residents.

Monique

Lifestyle Co-ordinator

Next Edition

*Autumn
2025*

Quote of the Day

*It is not how much
we have, but how
much we enjoy, that
makes happiness.*