

# Curtin Chronicle

## WINTER 2025



### July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**

Birthstone: **Rubies**

Flower: **Water Lily**

### IN THIS ISSUE...

1. **Welcome**
2. **Steve's Words**
3. **"Cont."**
4. **Resident Profile**
5. **NDIS in action**
6. **Photographs**
7. **Birthdays/Exercise**
8. **Parkinson's Article**
9. **Laughing Matters**
10. **Word Search**
11. **Noticeboard**
12. **From the Editor**

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

**ALL visitors must provide evidence of Covid and Flu vaccinations**

If you are entering the facility and do not feel well, please RAT test at the front door

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

## From Steve (CEO's) Desk...

The shortest day of the year has passed, and winter is really here. Thankfully we'll get some more rain so the farmers will worry less as things are a bit grim.

As stated in the last Chronicle we said we would still continue to explore other funding sources and in May we applied for another federal government grant for new building development and upgrade of existing resident rooms. We will also be moving forward and are applying for a planning permit for the 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.

Although unsuccessful in two grant applications we are introducing an enhanced Nurse-Call System Implementation and waiting to iron out some glitches to see the implementation of this. The system is called "Dream's Edge" and will assist in prioritise call bell responses and quickly alert staff to falls or other concerns.

Since the pre-Christmas Covid outbreak, we have had 3 individual residents and 7 staff contract Covid.

In the next couple of months we are implementing a change in the Peacock Wing, the addition of a resident-use kitchen and repainting through main areas.

We continue our preparations for the new aged care legislation, and the Strengthened Quality Standards. The delay of commencement changed from the 1st of July until the 1st of November has certainly helped the sector get ready. Since our last publication we have had 2 external audits on our readiness for standard 6 on food and nutrition and we will continue to focus on our continuous improvement plan in all areas and standards.

We have had two Consumer Advisory Body (CAB) meetings, which will have offered valuable feedback to the John Curtin Aged Care Board on the quality of care and services with good representations from residents and families.

Harrison our head chef has left JCAC and I wish him every success for the future. We now welcome Leo and Elisa into the kitchen. Additionally new to our staff is Dashan Kaur as an expert aged care clinician, Clinical Care Quality and Compliance Educator. As CCQE, she will support our team of nurses, allied health, personal care workers and the Lifestyle Team providing

leadership, education and support to the direct care team at John Curtin Aged Care. Dashan will work closely with the CCM Clinical Care Manager, Cleo the Clinical Care Coordinator CCC, Kerri local, our Ochre Medical Practitioners and allied health

## STEVE CON'T....

clinicians in coordinating the day-to-day provision of high-quality care to residents. Dasha will use her clinical leadership skills with the CCM manager Cleo, to develop and maintain clinical care practice standards and will teach and monitor clinical and care staff in practice improvement. Dasha will use her clinical leadership skills with the CCM manager Cleo, to develop and maintain clinical care practice standards and will teach and monitor clinical and care staff in practice improvement.

We have purchased 4 SilVR adventure headsets, providing Cognitive Virtual Reality for older adults with engaging, research-backed activities that simulate real-life scenarios to support mental sharpness and independence. These exercises are designed to challenge memory, improve problem-solving skills, and boost confidence in performing everyday tasks. Several residents have experienced this with over seas trips using the VR headsets, offering landmarks, wildlife, music, cultural experiences, bucket list adventures, and wellness activities—designed to spark joy, evoke memories, and foster connections . The link is <https://silvradventures.com.au/vr-experiences/>

Our wonderful news we have to share with everyone is that our new Bus has arrived, six months early. You may recall that we started our fund raising back in late 2023 with our Cats Come to Creswick Art Show, book sales and generous donations. Once the information got out that we were raising funds to upgrade our existing manual bus, community donations started rolling in. We are very grateful, and it is humbling to live in such generous communities. Like many projects, it has evolved. How lovely to see we now have 2 buses to assist us in our outings with residents. We look forward to the return of good weather , to enable us to utilize the great outdoors . On behalf of all of us in the John Curtin Aged Care family, thank you!



Board member Sandy Campbell and members of the community engagement group





# Meet a fellow Resident

**CHERYL**

Cheryl's story is full of colour, resilience and heart. She embraces life with a warmth and spark that always light up those around her.

Living with Parkinson's has brought its own challenges, but Cheryl has always met life with determination and grace. Music is a big part of her world, she loves rock and roll and often danced, bringing energy and fun to each day.

A creative soul at heart, Cheryl spends lots of her time creating beautiful things for others. She loves knitting, creating paper crafts and writing poetry, which became a meaningful outlet after she moved into her new home.

Cheryl also has a sharp mind and loves a good challenge. She is fantastic at Scrabble and lights up when playing, always thinking carefully about her next move. It's a game she truly enjoys and one that brings out her playful and competitive side.

Being a mother has been one of Cheryl's greatest joys. She raised four children and is now a proud grandmother and great-grandmother. Family has always held a special place in her heart, and she treasures her role in raising and nurturing those she loves.

Her life has also been shaped by hard work and resilience. Cheryl left school early and worked in many different roles, including as a waitress, shop owner, cook and cleaner, and even picked oranges and climbed lemon trees into her 60s. She loved working in cafes, meeting people and making them smile, and would walk 7 km every morning before starting her day.

Cheryl enjoyed an active lifestyle, spending time playing tennis, squash and table tennis, as well as camping, hiking and exploring much of Australia.

# Lifestyle in Review...

## *NDIS Support, Social Integration... Written by Francois Von Burg*

Since being employed in the role of Social Integration with two charges, I have relished the opportunity this has provided for myself & the gentlemen I support. As the name suggests, the Social Integration role entails furnishing these gentlemen with social interactions & meaningful one on one time with a support person. Over the years this has included such outings as visiting family, Ten-pin bowling, the Ballarat Wildlife Park & a trip to the Airport! We may also integrate with Lifestyle activities in-house & externally which has offered us a broad range of undertakings like meal outings & the Begonia festival. NDIS staff may also support clients when attending appointments like the dentist & hospitalisation, or sometimes we just go for a drive.

Having supportive families behind these gentlemen has been invaluable in learning about them in order to ensure client-centred care, in addition to the supplementary assistance in external endeavours. The core team of JCAC employed NDIS staff is two personnel, & we work closely with Clinical, Lifestyle & other JCAC departments as well as external providers in contributing to the wholistic wellbeing of our charges. Over several years we have seen significant changes in “our boys”, often inspiring & sometimes deeply saddening. While the work can be challenging, it remains abundantly rewarding & the team is privileged to be of support. Being able to see positive change to these residents’ quality of life is most gratifying, & those break-through moments are just GOLD!

The boys are very well received among their fellow residents & staff, often being enthusiastically greeted when walking through the facility. This is particularly true of one, seeing significant change with dedicated one on one time resulting in greater stability which in turn increases social opportunities. Providing care in this specialised way continues to be fulfilling each and every day.

### **Café Curtin**

Come in out of the cold and enjoy a hot cuppa.  
Wraps, Pizza, Hot Chips, Cake, Slice and homemade  
goodies.





# Our Busy Residents...



# Birthdays...

## JULY

Beryl

Theo



## AUGUST

Nan, Tony,  
Margaret , Nita,  
Craig, Jocelyn,  
John, Neville,  
Marion, Bernie,  
Ron, Jennifer

## SEPTEMBER

Norma

Chris

Jean

Elizabeth

### MY EXERCISES THAT I DO EVERYDAY...

I **jump** to conclusions,  
I **climb** the wall,  
I **drag** my heels,  
I **push** my luck,  
Make mountains out of mole hills,  
I **run** around in circles,  
Go over the edge,  
Beat around the bush.  
By the time I have done all that,  
I don't have any energy  
For anything else!



# Resident's Poetry

## Parkinson's Disease

Written by Cheryl Gordon

My nemesis: It travels with me the rest of my life.  
The greatest challenge of my life has been given to me,  
I don't want to hide in a hole in the ground,  
I want the world to see what this disease is doing to me,  
Parkinson's Disease can only be described as invasive and cruel,  
It's an overwhelming master, it will control the rest of my life.  
It's a constant challenge, causing unrest and strife.  
You lose your balance, you lose your sense of smell,  
You begin to walk like a snail, your throat muscles start to tighten,  
You choke, splutter, cough and spit,  
You begin to dribble from both sides of your mouth.  
You begin to sway from side to side, then your body decides to shake,  
You wish you could have a life and take a break.  
You no longer drive, your independence is taken away,  
You know that from this moment on,  
You will need the help of someone for the rest of your days.  
This disease is not going away, you start using a walking stick,  
Next comes the "walker" to help you along,  
Then you advance to the use of a wheelchair.  
You suffer the indignities of needing to ask for care,  
You move into a nursing home, where you are given the best of care,  
The disease is very debilitating and very difficult to bear.  
I wish could snap my fingers 'poof' and turn to a puff of air.  
Remember people with Parkinson's, there are a lot of us out there.





# Laughing Matters

## Poems by Hilaire Belloc



### HENRY KING

The chief defect of Henry King  
Was chewing little bits of string.  
At last he swallowed one which tied  
Itself in ugly knots inside.  
Physicians of the utmost fame  
Were called, but when they came  
They answered, as they took their fees  
“There is no cure for this disease.  
Henry will soon be dead.”  
His family gathered round his bed,  
Lamenting his untimely death,  
When Henry with his lastest breath  
  
Cried “Oh my friends be warned by me,  
That breakfast, dinner, lunch and tea,  
Are all human frame requires”.  
With that the wretched child expires.

### FRANKLIN HYDE

His uncle came on Franklin Hyde  
Carousing in the dirt.  
He shook him hard from side to side  
And hit him till it hurt,  
Exclaiming with a final thud,  
“Take that!, you abandoned boy!  
For playing with disgusting mud  
As though it were a toy!”

### MORAL

From Franklin Hyde’s adventures, learn  
to pass your leisure time,  
In clear merriment, and turn from  
mud, ooze and slime  
  
And every form of nasties, but, on the  
other hand,  
Children in ordinary dress,  
May always play with sand.



# Puzzles... CHOCOLATE WORD SEARCH



 Word Search 24 **Chocolate**

Aztec	Beans	Brazil	Butter
Cake	Chocolate	Cocoa	Dark
Fondant	Ganache	Ground	Liquid
Maya	Milk	Mocha	Mold
Powder	Roasted	Snap	Sugar
Sweet	Tempering	Viscosity	White

# Noticeboard

## CAFÉ CURTIN

**OPEN 9-4 DAILY**

Air Conditioned, peaceful and surrounded by greenery.

Pop in say hello and enjoy a Hot/Cold drink, yoyo biscuit or a piece of lovely sponge

## THANK YOU

In this edition, we thank the current residents that make the new residents feel welcome when they join us to live here at John Curtin Aged Care.

## PARKING

Parking outside of the café is for Café visitors.

Please do not park staff cars here at any time!



## FOLLOW US

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

## SPARE TIME?

Large Print Books are located in Main Lounge Room

DVDs are in the Function Room

CDs are in B Wing Lounge.



# From the editor

My, how the first half of the year has flown by, and when I reminded residents that we are half way to Christmas the general comment was “Time seems to move on faster with age!”

Winter does have some lovely times with a warm cup of tea or chat with our friends over coffee, a warm nourishing soup that has the goodness of the available winter vegetables added. Our coffee morning in our Café, soon turns to the warm desserts, those memories we share of Jam Roly Poly, Sago pudding, Sticky Date puddings and perhaps our favourite Golden Syrup dumplings. A list of food that brings comfort to us all and time to reminisce.

Here at John Curtin we are all family, we celebrate the good times, the fun times and the music that bring cheer to us all, taking us back to days gone by. We enjoy the stories of residents lives and find out more about each other. As staff we become attached to not only our residents, but at times just as much to their family members, and how we all feel the grief and loss when a resident leaves our care.

To our wonderful staff, we thank you for caring and contributing to a fulfilling life for all here at John Curtin, and know you all make a huge impact in their lives.

*Monique Ford*

*Lifestyle Co-ordinator*

