

# Burwood Hill

## ISSUE 1

# NEWSLETTER

## 2017

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**LUNA PARK**  
**ST. KILDA**

## *Message from Lifestyle Department*

Hi All,

Thank you for your patience as we organize our next newsletter for you to read. Can you believe it is almost half way in 2017—I know I have seen it fly by—or is it I am just getting older?

We had a great celebration for Australia Day, loads of fun with our Thong Throwing Contest, our target was the Esky and Flies—great to see everyone have a go and we certainly had a lot of fun.

Elders in the past have supported many causes and have been hands on volunteers for various organizations. Pets are an interest for our Elders so when the opportunity came to assist and support an organization, Elders were happy to support Maneki Neko, a cat shelter association. We sought out how we can support the group and we found the cats in need of beds. With Debbie's assistance and that of our Volunteer, Sue we began making small blanket beds.

Another bonus is that the group will be opening an Op Shop selling items and they have asked if we can assist in making wrapping paper for them. How could we say no!! Thus begins a lovely friendship with the group. What does the name mean?



The *maneki-neko*, literally means, "beckoning cat" and is a common Japanese figurine / lucky charm or talisman which is often believed to bring good luck to the owner.

We opened the football season with a BBQ, courtesy of recommendations by Elders and Family, this was an afternoon of fun and relaxation whilst reminiscing of Football games of the past. Thank you to our wonderful volunteer, Peter who did an excellent job of cooking our snags & hamburgers !

A call out to everyone—we have a project we wish to get off the ground, and that is turning the back room into a sensory room. Our idea is to organize a ceiling project and hook up to a DVD player & sound system—what other equipment should we have? We will organize a working bee soon to paint one of the walls to be able to view Calming Sensory Images on the wall, & also give families opportunities to utilize to beam family pictures. Please speak to Jessie as we wish to get this room changed ASAP.

It is amazing what you find out from people, during a reminiscing session we talked about the street names where we use to live. This was enough to hatch an idea—lets name our 2 main corridors and you would like you to get involved. At the sign in desk you will find a flyer explaining all about our new project—and of course will culminate in a special afternoon tea party (any excuse will do for a get together).

The Lifestyle Team are always on the look out for further ideas on various activities we can introduce, your feedback would be most welcome.

I hope you enjoy reading our bumper 2017 newsletter. For any articles you wish to include please speak to Jessie or Debbie. Please do not hesitate to contact me for any queries or ideas!!!

*Cheers*

*Jessie Bainbridge & Debbie Palmer*

*(Lifestyle Manager) & (Lifestyle Assistant)*

# Australia Day Celebrations

Fun times for Australia Day—we had a thong throwing activity into the Esky, if you missed then you tried to swat the fly. Lovely to see not only Elders get into it but staff as well. Then onto a lovely afternoon tea of Pies & Lamingtons.



Gabriela & Gloria like wearing their special Aussie hats— Aussie Aussie Aussie !







Elders were given an encouraging hand by Jessie, Debbie & our volunteer Sue !  
Go Go Go & Toss !



Masuman gives it a red hot go.



One, two, three .. And its a BULLSEYE !  
John is quite Happy with his efforts.







Mary is encouraged by her daughter to have a toss of the thong ..... With Mary very pleased with her efforts. Great aim Mary!



Joyce with Debbie; Peter and Gloria all got into the game. A wonderful activity to exercise the body and challenge the mind. All therapeutic whilst having a great time.



Deidre was a natural at the game.



# Blanket Beds for Animal Shelter

You may have noticed that we have been busy with a Tie-Blanket project. Majority of Elders have been involved in charitable organizations, no matter what stage in life we are at there is always the ability to assist others. Animals are a lovely focus for our Elders, when we talked about a possible charitable project, the ability to make Blanket Beds for an Animal Shelter got the big thumbs up.

We have begun an association with Maneki Neko.

This is a Cat Shelter and where these beds are destined for, to keep these cats warm in winter.

Our upcoming project for this group will be making wrapping paper for them to sell in their Shop to raise funds.



Gabriela is quite enjoying being part of this project.

Some of our Blanket Beds already made.







Pat and Deidre assists in this project (above)

Peter (below) helps us by sorting our Blanket Beds.





# Football Start of Season BBQ

Following from a successful Football Finals in September 2016, Elders & Family suggested earlier in 2017 to hold a BBQ Lunch to celebrate the start of the AFL Season. Lifestyle Team thought this an excellent idea hence a great afternoon of reminiscing of games of the past, wearing Team Colors, a Pavlova for Dessert, Refreshments and a great BBQ of food—a recipe for a perfect day.



Thank you Peter who did all the cooking for us, cooked to BBQ perfection!







Another surprise for the day– it was Debbie's birthday and we surprised her with a Birthday Cake and singing Happy Birthday to her. We kept mum about this one ! Debbie was truly surprised.

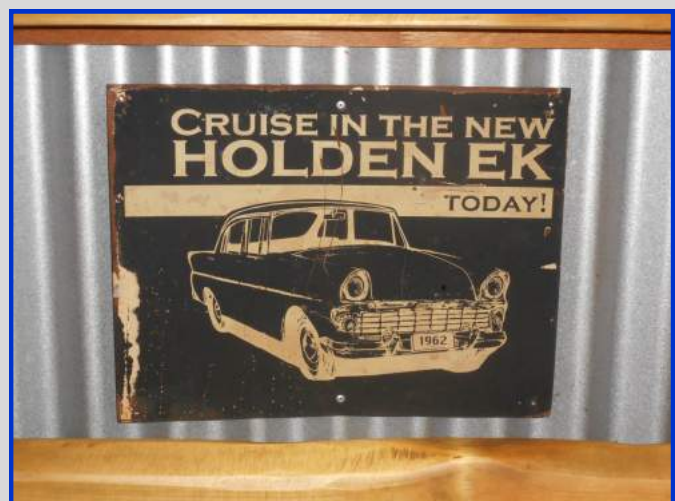




# Lunch Outings

Over the past few months a group of Elders, accompanied by our Volunteer, Sue assisting Debbie, have been enjoying some great places around for lunch Hogs Breath Café was very interesting with a walk back in time with its posters and other memorabilia.

We have also visited the Pancake Parlor, Chinese Eastern Bell Restaurant, Mountain View Hotel, Doncaster Hotel and Matthew Flinders Hotel.







Pancake Parlor—Mmmm  
Lovely









# Merle's 100th Celebration



**A wonderful celebration for Merle's birthday. Merle had a double party—one with family members and then the next day with her Burwood Hill family.**

**Happy Birthday to a person we love so much.**



**Time for Cake !!**

# Chinese Association Cultural Entertainment

A welcome to the Chinese Association Members who showcased their Chinese Culture to us here at Burwood Hill. The music, costumes and dance was something to behold. We look forward to their next visit.







# Therapeutic Benefits of Child Representation Therapy (Doll Therapy) Explained



Hello Everyone,

The need to give as well as receive love is a basic human condition. The structured use of dolls and mechanized pets can provide an outlet for the giving and receiving of unconditional love, as well as providing purpose. Despite being widely and internationally used, doll therapy is a controversial and often misunderstood intervention.

There is a distinct difference in the way a person who has moved beyond the early stages of dementia thinks. This person may now have lost much of their memory and their logical, rational thinking as well as their social inhibitions. The beliefs and values they used to uphold are no longer important to them. They live in the moment - and that is all that matters!

**When you care for a person in the later stages of dementia, it can serve to consider a change of thinking from: *How will the person respond to this activity?* To: *What activity will this person respond to?***

Engagement comes in a variety of forms, for example—holding the ‘Baby’, talking to the ‘Baby’ cuddling or hugging, feeding and dressing the ‘Baby’.

Through structured interaction with these therapeutic tools we aim for our Elders to:

- ◆ Experience an increased sense of well being
- ◆ Experience an alternative way of interacting positively with the surrounding environment.
- ◆ Experience increased meaningful interaction both with other Elders, family and with staff.
- ◆ Experience relief from the negative affects of such feelings as agitation and anxiety.

Indeed the therapeutic use of doll therapy has been growing globally with widespread use in the UK, Australia, Japan and the USA. It is important to note that not everyone living with dementia will engage or even benefit from doll therapy.

Current empirical research has highlighted that it is difficult for even the most experienced practitioners to predict how a person living with dementia will respond to doll therapy. That being stated, it appears from the literature that people living with an advanced form of dementia appear to be the biggest users of doll therapy. It has been postulated that the reason for this is related to the need for attachment in a time of greater uncertainty.

For people living with dementia a doll can arguably act as an anchor in an ever-changing sea of uncertainty.

If anyone wishes to discuss this method of therapeutic interventions please do not hesitate to speak with Jessie.



# Rhythm of Daily Life



Elders enjoy group exercises with our very own Physio.



Rachel has been bringing in her Therapy Dog in the making— Gracie.  
After a day of visiting people she is ready for a nap



We continue to enjoy the visits by Josh who provides Pet Therapy regularly to all Elders



# Rhythm of Daily Life



Our various Fiddle Boxes, known as Caleb's baskets prove popular with Elders in keeping people busy and engaged.



Deidre and her daughter utilize one of our fiddle boxes



# Rhythm of Daily Life



Bingo group enjoying their afternoons with our volunteer, Len



Josh brings along his favorite toy to show us.



Masuman and Val give us a beautiful smile to capture on the camera

Great to see Elaine and her husband





# Rhythm of Daily Life



Elders with staff—we really are one big family unit !



Kalista and Gabriela help to make our own drums.  
We are going to trial drum music therapy soon.



Peter with his family



Paul enjoyed celebrating his birthday with family and friends at Burwood Hill



# Safety & Emergencies

Burwood Hills has an active Health and Safety Program and has systems in place to identify and eliminate/control hazards. If an elder or visitor identifies a hazard please inform staff verbally or complete an Improvement Form for us to follow up. Please ensure your own safety and that of other elders and staff by being mindful of closing doors behind you.

Staff have been trained for emergency procedures. In the event of an emergency, for example fire, follow staffs instructions. Emergency practice drills are conducted each year. You may be asked if you would like to participate.

Burwood Hill is well protected with its advanced and extensive fire detection and fire fighting installations. However, it is recommended that you familiarise yourself with the fire exit locations.

If you hear fire alarm sounding, please await instructions from a staff member.

## Please remember in the event of a fire:

- ◆ REMAIN CALM
- ◆ PRESS THE NURSE CALL BUTTON TO ATTRACT THE ATTENTION OF A STAFF MEMBER

## If you are evacuated, please:

- ◆ Remain calm
- ◆ Leave all belongings behind you
- ◆ Follow the instructions of the staff member
- ◆ Go to the designated assembly area and await further instructions
- ◆ Any visitors or family with an Elders at the time of a Fire or Emergency are also requested to remain in your room and await instructions from staff to ensure an ordered response to emergency procedures.



## VISITORS SIGN IN BOOK

### LOCATED AT RECEPTION

Visitors are reminded that **ALL** visitors need to sign the visitor's book on your way **IN and OUT** of the facility. Not only will this enable us to account for everyone in the case of an emergency, such as fire, but it is an OH&S requirement. The book is located in the entrance foyer.



## ELDERS CLOTHING

### **Please remember:**

When bringing in new items of clothing, please put these in a bag with that Elder's full name clearly written on the bag and then given into the Nurses station.

We can then label the new items for you.

Deepdene Pharmacy is the Pharmacy Group who supplies all medications at Burwood Hill, Thu & the team are a friendly group their pharmacy shop front is on the corner of Pretoria St and Whitehorse Road, Deepdene.

For Queries Contact:: 9817 2018

## ELDERS & RELATIVES MEETINGS

A reminder to please put the below dates in your calendar for 2016

All Elders and Relatives are most welcome to attend these meetings and contribute to our continuous effort to make this Home the best place for our Elders to live.

### TUESDAYS

- ◆ 7th June
- ◆ 2nd August
- ◆ 4th October
- ◆ 6th December

**New Time is**  
**3.00pm,**

We love to see relatives and visitors join Elders for a meal.

However, a reminder for you— please remember that we require you to order your meal a minimum of 2 hours prior to a Lunch or Dinner Meal You can book days ahead too!!

All Elders are served their meals first then those that have pre-ordered their meals.

In not ordering prior to a meal we cannot guarantee that there will be a meal there for you and hence cause disappointment.

**Please help us to enable you to have an enjoyable meal at Burwood Hill**



### FOOD BROUGHT IN:

If visitors bring food for the Elders, please see the Care Manager first, as specific forms in Elders files must be completed. High Risk foods like meat, fish and dairy will be discarded if not eaten immediately.

Cooked food brought in, again, must be eaten immediately and cannot be stored.

Non-perishable items such as biscuits, must be in a sealed container, labeled and must be dated if kept in the Elders room.

We ask Visitors not to give brought in food to other Elders not only because of the food safety requirements but because the resident may have a medical condition or allergies that may prevent them from eating the food including the possibility that they may choke.



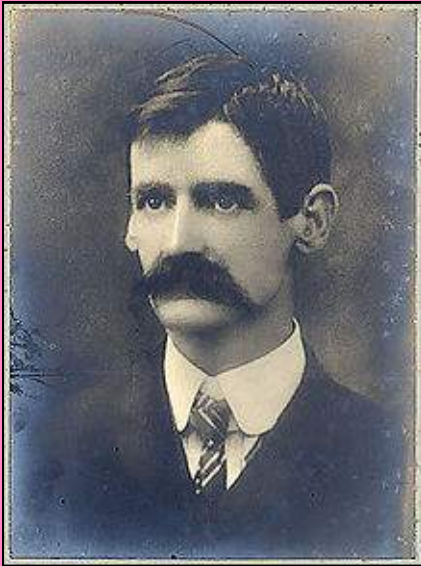
### **ELDERS OUTINGS & HOME VISITS**

When Elders relatives organize to take their loved one home or out for outings, it is important to please let the Care Manager know for our information so that they can assist you in any particular needs and provide any medications required.

**Elders must be signed out whenever they leave the facility and signed back when you return.**

See Care Manager for appropriate form based in Elders file.





## HENRY LAWSON

**(17 June 1867 – 2 September 1922)**

Henry Lawson was born 17 June 1867 in a town on the Grenfell goldfields of New South Wales. His father was Niels Hertzberg Larsen, a Norwegian-born miner. Lawson's parents met at the goldfields of Pipeclay (now Eurunderee, Gloucester County, New South Wales). Niels and Louisa Albury (1848–1920) married on 7 July 1866 when he was 32 and she 18. On Henry's birth, the family surname was Anglicised and Niels became Peter Lawson. The newly married couple were to have an unhappy marriage. Louisa, after family-raising, took a significant part in women's movements, and edited a women's paper called *The Dawn* (published May 1888 to July 1905). She also published her son's first volume, and around 1904 brought out a volume of her own, *Dert and Do*, a simple story of 18,000 words. In 1905 she collected and published her own verses, *The Lonely Crossing and other Poems*. Louisa likely had a strong influence on her son's literary work in its earliest days.

In 1896, he married Bertha Bredt Jr., daughter of Bertha Bredt, the prominent socialist. They had two children, son Jim (Joseph) and daughter Bertha.

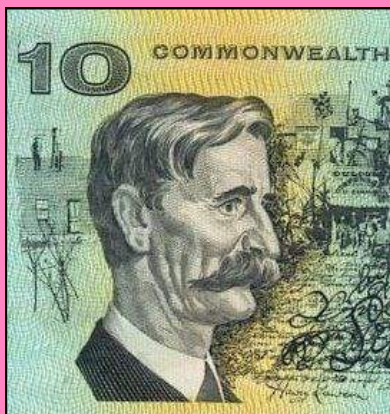
Lawson's most successful prose collection is *While the Billy Boils*, published in 1896.<sup>[13]</sup> In it he "continued his assault on Paterson and the romantics, and in the process, virtually reinvented Australian realism".<sup>[9]</sup> Elder writes that "he used short, sharp sentences, with language as raw as Ernest Hemingway or Raymond Carver

Most of his work focuses on the Australian bush, such as the desolate "Past Carin", and is considered by some to be among the first accurate descriptions of Australian life as it was at the time. "The Drover's Wife" with its "heart-breaking depiction of bleakness and loneliness" is regarded as one of his finest short stories. It is regularly studied in schools and has often been adapted for film and theatre.

### Honours

In 1949 Lawson was the subject of an Australian postage stamp.

Henry Lawson was featured on the first (paper) Australian ten dollar note issued in 1966 when decimal currency was first introduced into Australia. This note was replaced by a polymer note in 1993. Lawson was pictured against scenes from the town of Gulgong in NSW.



## A Song Of The Republic -

### Poem by Henry Lawson

Sons of the South, awake! arise!  
Sons of the South, and do.  
Banish from under your bonny skies  
Those old-world errors and wrongs and lies.  
Making a hell in a Paradise  
That belongs to your sons and you.

Sons of the South, make choice between  
(Sons of the South, choose true),  
The Land of Morn and the Land of E'en,  
The Old Dead Tree and the Young Tree Green,  
The Land that belongs to the lord and the Queen,  
And the Land that belongs to you.

Sons of the South, your time will come –  
Sons of the South, 'tis near –  
The "Signs of the Times", in their language dumb,  
Fortell it, and ominous whispers hum  
Like sullen sounds of a distant drum,  
In the ominous atmosphere.

Sons of the South, aroused at last!  
Sons of the South are few!  
But your ranks grow longer and deeper fast,  
And ye shall swell to an army vast,  
And free from the wrongs of the North and Past  
The land that belongs to you.