



Burwood Hill

MAY / JUNE

NEWSLETTER

2016

Lifestyle Team Message	2
ANZAC Day Service	3
Emmanuel Students Visit	4
Visiting Avenue Community Centre	5
Val's Knitting Group Drop By	6-7
Community Christian Choir	8-9
Beer Tasting Workshop with Josh	10
Bonnie the Parrot Spends the Day	11-12
Rhythm of Daily Life	13-20
Birthdays & Birthday Jokes	21
Housekeeping Info	22-23
About Australian Poet—Dorothea MacKellar	24



MELBOURNE IN WINTER
FLINDERS STREET STATION



Message from Lifestyle Department

Hi All,



We have made some changes to the interior of Burwood Hill with a new color and a fresh look. The next step is injecting some more color into our home and we will be doing this soon with some real life looking colorful flowers.

It has been a busy couple of months. We honored our ANZAC's with a special ceremony and thank all Elders who attended.

We welcomed school students who were such a delight during school term to have around and continue to enjoy our visits to The Avenue Community Centre.

A warm welcome and thank you to volunteers; an informal group choir that delighted us recently and not only provided some Songs of Praise but warm companionship. We must have impressed as they will be back again in August—keep an eye out for the date.

Another BIG thank you to Josh— Edith & John's grandson who volunteered his time. He spent a lovely afternoon with the boys in highlighting what it takes to brew beer. The tasting of the beer went down a treat too.

We encourage staff to bring in their pets and a thank you to Godson for bringing in one of his pets for the day to enjoy. Bonnie was an adorable girl who loved to sit on people and we enjoyed some companionship with her. Godson's German Shepherd has given birth to puppies and once they are of a certain age and have had their injections via the vet he will bring a little one in for us to cuddle.

A new long term project that Debbie is working on is introducing Fiddle Blankets. What exactly is that you might say? There is not one definition as these Fiddle Blankets can look and feel different, however it is a technique used to stimulate one or a few Elder's senses, keep hands busy while occupying their mind to reduce the potential of agitation.

Sensory stimulation is useful for individuals who may be struggling with Dementia and can provide soothing activity for those who are agitated. It can keep people engaged and clam. Engaging in an activity throughout the day has also been shown to help with better sleep patterns.

It is important for a person living with Dementia to stay active mentally and stimulated through activities.

The Lifestyle Team are always on the look out for Volunteers & ideas on various activities we can introduce, your feedback would be most welcome—especially the Volunteering part !!!

I hope you enjoy reading our May/June 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,

(Lifestyle Manager) & The Lifestyle Team

ANZAC Day Service

ANZAC Day is always a special date on the Australian Calendar, and so too at Burwood Hill. Jessie hosted the ANZAC Day service with Debbie assisting. Both volunteered their time to be with Elders on this day. The Department of Veterans' Affairs produces Anzac Day posters every year commemorating a particular theme or anniversary from our wartime history, which for 2016 is Centenary of the Somme and learnt more about this time.



Emmaus Students Community Program

We welcomed students from Emmaus College to be part of an Intergenerational Program liaising with Elders living at Burwood Hill. These students visit term by term and we welcome their visits with us. Programs such as this provides opportunities for children to learn and interact with seniors as well as for seniors to share their talents and enjoy being with children for meaningful experiences.



Enjoying a Game of Upwords together & a chat.





Avenue Neighbourhood House @ Eley is a community organisation that has been in operation for over 25 years and is part of the nationwide Neighbourhood House network & Neighbourhood Houses-Victoria.

Through strong community participation, the House is a place where you can make new friendships & learn new things.

Elders living at Burwood Hill have been visiting Avenue @ Eley for a number of years now, enjoying a Morning Melodies with morning tea and have built friendships amongst the volunteers and others who frequent Avenue @ Eley. We continue to support this community centre that ensures Elders remain connected to the community.

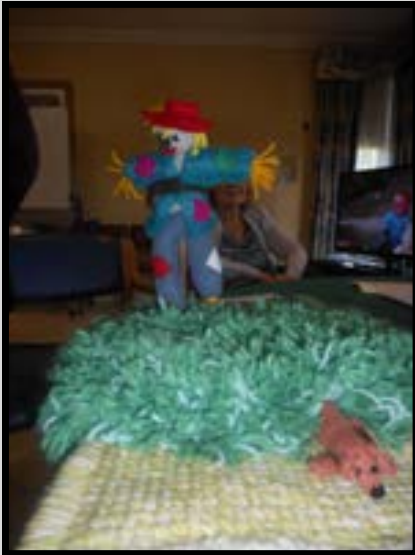


Val's Knitting Group Visit Presenting The Knitted Farmyard

What a lovely commotion we had recently—Val's friends from the Beaconsfield Baptist Church Knitting Group visited to show off a wonderful Project that Val & her friends completed.

This project originated from The Mingle Farm from the book *The Knitted Farmyard* by Hannelore Wernhard. This project began in 2008 by the five farmers, Val, Anne, Yvonne, Lyla and Anne and finished 7 months later after much fun and laughter. The base is a rug canvas stitched with multi-textured wools and uses various yarns and techniques. The buildings and animals have all been hand-knitted and embroidered.





Community Christian Choir

A lovely Sunday afternoon with songs of praise, songs we know well and companionship was the setting at Burwood Hill. This local community group with a combination of mums, dads and their children spent the afternoon with Elders & Staff. We had a wonderful time with people that will fast become friends. The group will be back, volunteering their time again with us in August. Look out for Posters on the Information Board for dates.



Len had a wonderful conversation with the group, sharing their backgrounds together.

We learnt that Len use to be a conductor, for 40 years, where he arranged and led his own church choir.



Lovely to see Elaine's husband join us for the afternoon.



Ingrid was drawn to the children, and they with her.



Beer Tasting & Workshop

A special afternoon for our men folk with interesting talk on how Beer is made plus with tasting some of the brew, and of course pretzels !

A big thank you goes out to Josh—grandson of Edith & John Jolly, who gave up his afternoon to host the afternoon. It was wonderful and not only did we learn a thing or two about the making of the golden ale, but had an enjoyable afternoon to boot.



Bonnie Spends The Day With Us

Godson brought in his pet parrot for some pet therapy. She is a lovely girl, very gentle and quite cuddly too. We learnt she did not have a name so with some names bandied about we agreed to name her Bonnie— because, she is a bonnie little thing.

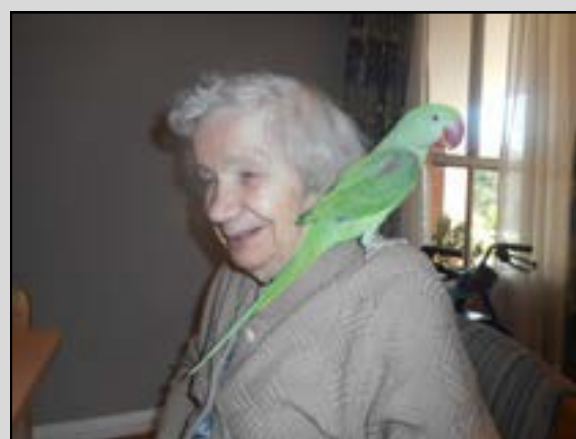
Some Elders found joy in just looking at her, and others had her sitting with them. She also made visits to those in their rooms. Bonnie you are welcome back any time !!



Bonnie is not camera shy—Barry & Bonnie sharing a conversation & a cuddle.



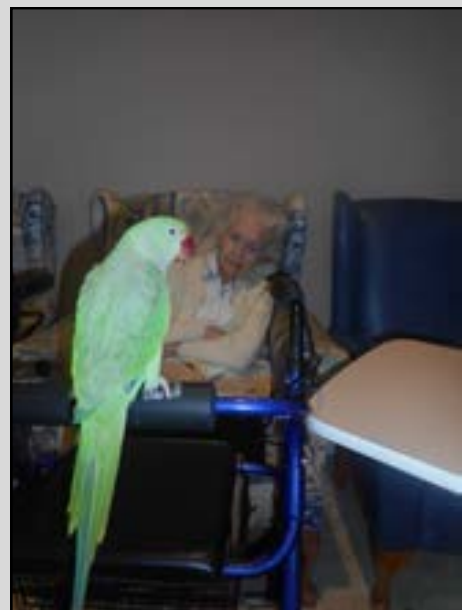
Bonnie with Aunty Gabriella



Bonnie Spends The Day With Us



Bonnie with Val (above) & again posing for a photo opportunity with Gloria (left).



Pam was happy to share her 4WF with Bonnie.

See you again soon Bonnie.



Rhythm of Daily Life



We have commenced a new weekly activity—Movie of the Week in our top lounge room. This has been welcomed by Elders who enjoy a special movie—with afternoon tea. If anyone has any suitable movies that we can view please do not hesitate to contact a Lifestyle Team member.



We have been making some improvements into the look and feel of Burwood Hill.

Time for a new lick of paint, these painters did a fabulous job, elders have commented on the color and how much they are liking it.

Thank you to everyone for your patience whilst the painting was being done.



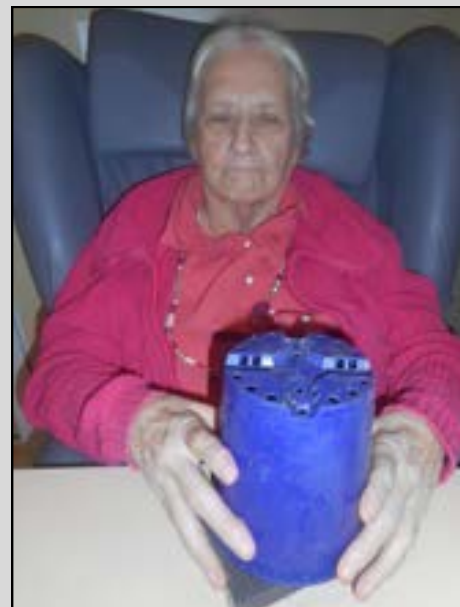
Rhythm of Daily Life



Enjoying time with others.



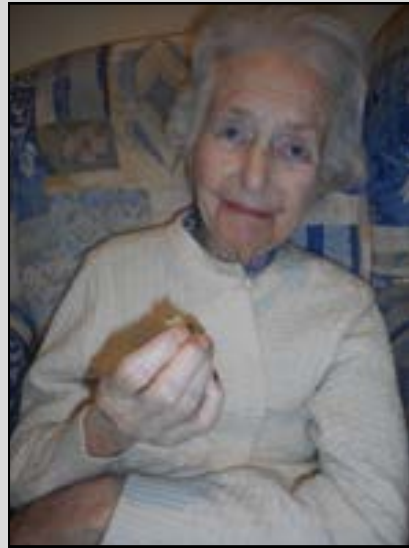
Rhythm of Daily Life



Just keeping ourselves engaged.



Rhythm of Daily Life



Peeling fruit after a busy afternoon.

Nothing like having some freshly peeled fruit to eat & spending time together.



Jessie welcomed her 3rd Grandchild on 11th June.

A little girl named Anouk (Dutch meaning Peace). She weighed in at a healthy 3.7 kg—or almost 8lbs in the old version.

Here is proud Gorgeous Grandma with Anouk—1 hour after being born (top left) & Anouk—1 week old (right). My they grow quickly. When able to, Jessie will bring Anouk in for a visit and a cuddle.

She will be very happy for someone else to change her nappy !!!

Rhythm of Daily Life



Who doesn't enjoy a party—especially when you have turned that grand number 1

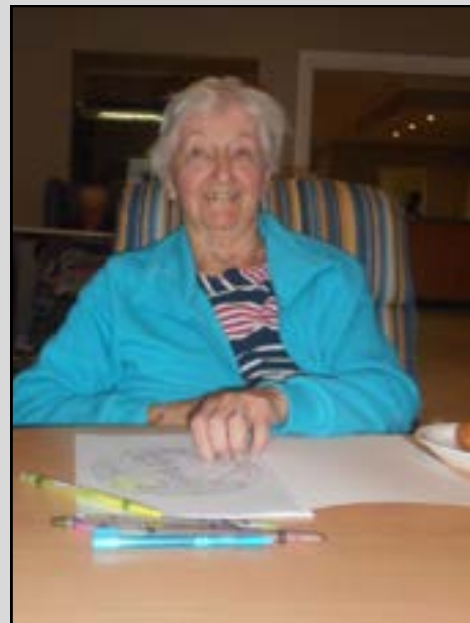
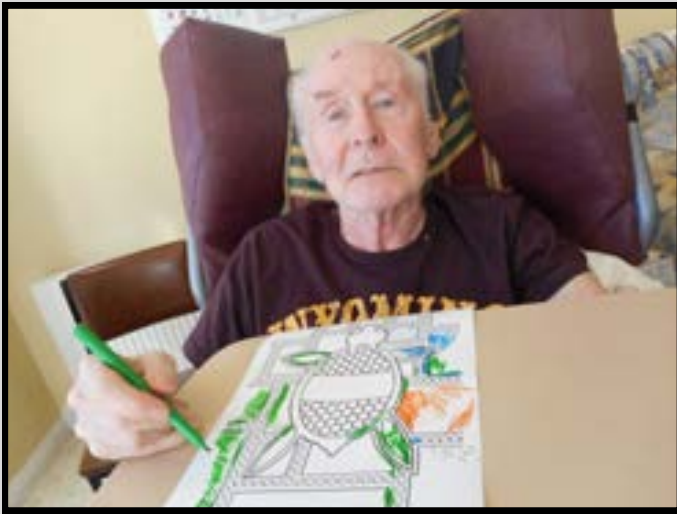
Anoop & his wife Yamuna and grandparents recently celebrated Ishan's 1st Birthday with a lovely party recently.

The cake as you can see was divine not only to look at but to eat.

A lot of children attended with fun for everyone—adults alike !



Rhythm of Daily Life



Art & Art Expression—we find ways to express our creativity

Finding ways to express ourselves & keeping positive in being engaged.

Rhythm of Daily Life



A few Elders have been enjoying a take away meal during the colder days.

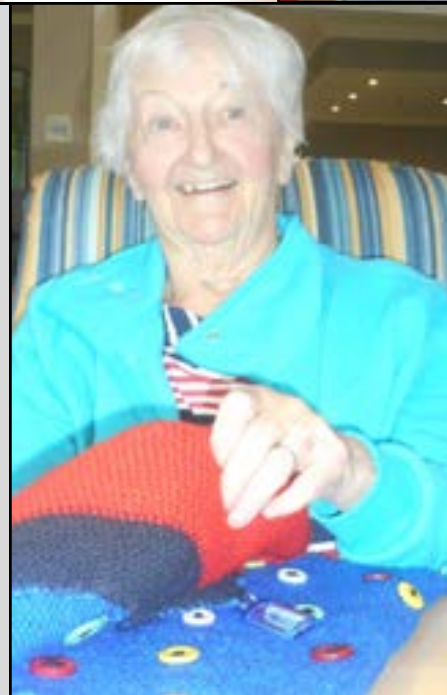
Although we have plenty of choice, Fish & Chips from our local—**Flakey Jake's is a winner**—especially the Sweets— Pineapple or Banana Fritter—Yum !!

Rhythm of Daily Life



Lifestyle Team has introduced a new Activity Planner that is put out weekly. Elders state they are finding it more colorful and easier to read.

A big thank you to Elders, especially Pat who assist each week in putting these together for Lifestyle which we then distribute.



Debbie has been working on a project with Elders—introducing Sensory Fiddle Blankets to Elders. First one down—many more to go !

Lorna certainly is enjoying this sensory stimulating activity.

HAPPY BIRTHDAYS

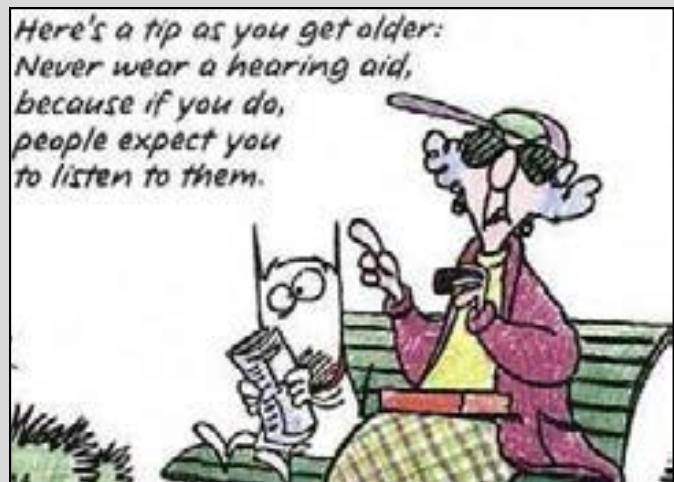
Big Birthday Wishes to our following Elders
coming up in JULY & AUGUST

JULY BIRTHDAYS

Norma M.	13th
Bill V.	23rd
Esme M.	23rd

AUGUST BIRTHDAYS

Mary G.	16th
Elaine H.	25th
Ethel T	28th



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

- ◆ 5th April
- ◆ 7th June
- ◆ 2nd August
- ◆ 4th October
- ◆ 6th December

Time is 10.30am.

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.



My Country

By Dorothea Mackellar

Isobel Marion Dorothea Mackellar (better known as Dorothea Mackellar), OBE (1 July 1885 – 14 January 1968) was an Australian poet and fiction writer. Her poem ***My Country*** is widely known in Australia, especially its second stanza, which begins:

I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror
The wide brown land for me!

Although she was raised in a professional urban family, Mackellar's poetry is usually regarded as quintessential bush poetry, inspired by her experience on her brothers' farms near Gunnedah, in the north-west of New South Wales. Mackellar wrote *My Country* when she was just 19.

In addition to writing poems, Mackellar also wrote novels, one by herself, *Outlaw's Luck* (1913), and at least two in collaboration with Ruth Bedford. These are *The Little Blue Devil* (1912) and *Two's Company* (1914). According to Dale Spender, little has been written or is yet known about the circumstances behind this collaboration.

In the New Year's Day Honours of 1968, Dorothea Mackellar was made an Officer of the Order of the British Empire for her contribution to Australian literature.

On Australia Day, 26 January 1983, a memorial to Dorothea Mackellar was unveiled and dedicated in ANZAC Park, Gunnedah.

In 1984, Gunnedah resident Mikie Maas created the "Dorothea Mackellar Poetry Awards", which has grown into a nationwide poetry competition for Australian school students.