



Koowee Connect NEWSLETTER

January / February 2021

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Kooweeup
REGIONAL HEALTH SERVICE



Congratulations
Joyce
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Messages from Management

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Noni Bourke

Chief Executive Officer

Hi All

I am truly thrilled to have joined the KRHS team and cannot thank everyone enough for the extremely warm welcome and the support you have provided in my first few weeks – hugely appreciated!!!!

As you know I have an Allied Health background and have completed further study in Gerontology, Health Professional Education and Health Services Management. I was previously at Bass Coast Health and prior to that Peninsula Health and prior to that 10 years in the NT.

It has been brilliant getting to know the team and I look forward to getting out and about to meet staff, volunteers, residents, relatives, other service providers and the general community.

I would like to acknowledge the great work undertaken by Aileen, Naomi, Jo, Bianca, Karen and Brian and the testing team in responding so rapidly and efficiently to the increased testing demand over the Christmas / New Year period. Unfortunately the nature of this virus will see us having to remain very agile and flexible over the next 6 to 12 months. Thank you also to staff who responded very quickly to changes in visitation etc within our own facilities.

As you would have heard the Australian Government recently announced approval of the Pfizer vaccine by the Therapeutics Goods Association (TGA) so we are another step closer to a vaccination program. For us this program is being managed centrally across Gippsland and we have representation on a number of committees and working groups which are working through the planning and logistics for the vaccination program for staff, residents and our community. As these details come to hand I will keep you updated.

I am hoping that 2021 will see COVID related issues more settled and allow us to focus on our services, our programs, the needs of our community and very importantly the needs of our staff. I would welcome feedback and suggestions on all of these and would love to catch up for a chat.

As we move into this new year I am very aware that many of us are still recovering from 2020 and all of its ups and downs so encourage those who of you who have not had a break to speak with your Manager and make some plans and we should all continue to practice self care – whatever that looks like for you; continue to support each other; and keep an eye out for your colleagues and those around you.

And while I do hope we can settle into a new ‘COVID-normal’ (whatever that might look like!) I am sure you would agree we have all worked too hard to put everything at risk so remember the basics: hand hygiene, wear a mask when required, physical distancing and don’t come to work if unwell – isolate and get tested.

Thank you again for making me so welcome – KRHS has a truly wonderful feel and I am really looking forward to the year ahead.

Noni

*Pictured is Noni getting her Covid test.
We still want to see staff attending
for their monthly surveillance tests*





Aileen Thoms

Primary Health and Innovation Manager

Happy New Year 2021, I hope you were able to spend some valued family time over the festive season.

2020 certainly taught

us lots of lessons including valuing time at home with those we care about. Families coming together for celebrations and some holiday time was greatly appreciated.

We now tentatively move through January with continued focus on prevention of the spread of the Coronavirus. We are encouraged that the outbreaks which occurred over the festive period are contained. However, exceptional vigilance, monitoring of symptoms no matter how mild and testing remains high priority. We continued to provide pop-up testing over this time and surged to support additional testing when required in the New Year. This enabled people caught with Border closures to be tested close to home and we completed around 150 tests in a couple of days. Thanks to the great troopers who sweltered in the heat, nearly got blown away and coped with the heavy downpours! Summer in Melbourne!

Despite this, the generally mild weather has protected the community from the other natural disasters experienced last year. We have our Ready2Go volunteers able to support any community members who may like to have a buddy to assist them. This is a great community program which develops friendships and trust between the volunteers and the participants. If you know of someone who would like a buddy, our Volunteer Coordinator Jenny is happy to help.

New Years bring new beginnings, a warm welcome is extended to Noni Bourke, our new CEO. Leadership in these challenging times requires great resources and agility and we look forward to the new ideas and perspective Noni will bring.

There are lots of exciting activities planned, we hope to renew our community engagement, group activities and committees gradually over the next few months. Keep safe, restore your energy and positivity and look forward to a great year.

Aileen

Forget-Me-Not Café

The Forget-Me-Not Café is an opportunity to make new friends and nurture old ones, share experiences and create new ones in an environment of support and understanding.

Join us at the **Forget-Me-Not Café**

Hewitt Eco House Community Room

215 Rossiter Road, Koo Wee Rup

Tuesday 16th February 2021

10am - 12pm

The Café aims to bring together people living with dementia and their loved ones in Koo Wee Rup, and surrounding areas.

The Café is a nurturing space that offers enrichment, support and understanding, where you can share experiences with others living with the challenges of dementia.

Contact Joanne for more information 5997 9655 Joanne.Cain@krhs.net.au



The Forget-me-not Café is also in Pakenham at the Outlook Community Centre, 24 Toomuc Valley Road, Pakenham. 10am - 12noon on the 3rd February, 3rd March and 24th March. For booking and enquiries call 5940 4728 or email communitycentre@outlookvic.org.au

Train your mind to see
the good in everything.

Positivity is a choice.

The happiness of your life
depends on the quality of
your thoughts.

8-IMAGES.BLOGSPOT.COM





David Ramsay

Director of Nursing

Hello Colleagues

It has been a strange summer so far but it is likely that there are still some hot days ahead.

With the hot days following the rainy periods the increase in mosquitoes is a risk with Ross River Fever being reported in the South West of Melbourne around the Surf Coast, Geelong and Bellarine Peninsula areas. Being mosquito aware is the safest way to protect you and your family. For information on strategies, see the 'Beat the

Bite' website at <https://www.betterhealth.vic.gov.au/campaigns/beat-the-bite>

COVID-19 is still very high in our minds due to ongoing outbreaks, mainly associated with Hotel Quarantine, but the impact of community transmission is a continuing prevalent risk that can significantly affect us all. To assist in reducing and quantifying this risk, the Asymptomatic Swabbing Program continues. Staff are asked to participate in the 4 week cycle of testing by booking into the Pop-up COVID swabbing clinic that is run by KRHS Monday's and Wednesday's via the main reception.

Vaccination for COVID-19 is on the horizon and will be offered in coordination with the annual Influenza vaccination program. When more details are available we will circulate them via Email, Leecare messaging and Memos.

COVID-19 has been providing increased work related stress for many staff and as we settle into a new "COVID Normal" era staff are encouraged to seek support through PEER Support or the Employee Assistance Program - EAPs. Some colleagues have significant levels of annual leave in the bank and are encouraged to book some well deserved time off.

Our Ducks and Ducklings have now been adopted by their new families and are all thriving in their new homes. A possible next plan is being explored to locate some rabbits in hutches into the inner courtyard to allow interaction of our consumers with different animals.

There has been an increase in fire alarm false activation in recent months which is likely linked to an increase in sightings of webbing spiders. Our Pest Control Contractor has sprayed some high activity areas of spider sightings. Ground dwelling spiders unfortunately are not effected by this control method and the most common ground dwelling we have been seeing are Huntsman spiders. A few have been seen high up in the ceiling spaces particularly in Killara but controlling the main food source, webbing spiders, ants and cockroaches by the recent spraying we hope will reduce their prevalence. The important thing to consider is that these large spiders actually help to control the other pests. Living in a semi rural area which was originally a swamp we will often come into contact with spiders, snakes and other critters. If you observe increased amounts of spiders report these to the maintenance staff who will identify it to our monthly Pest Control visiting contractor.

ReHSeN has been reset so it is time to review your online education and complete one or two modules per month. Hand hygiene is one of our most important education modules and the education staff will be encouraging you all to complete this module as soon as possible.

Our 2021 Graduate Nurses have commenced along with several new staff in all areas of Patient Services, Health Care Workers in Killara, Finance and Home Care. These new staff will bring fresh ideas and additional enthusiasm to our services. Please make them welcome and help them as they settle into the family of KRHS.

I cannot sign off without recognising the appointment and commencement of our new Chief Executive Officer Ms Noni Bourke. Running a small rural Health Service is a "tough gig" but I am sure all colleagues will welcome the new initiatives that Noni will bring to KRHS and provide willing assistance and participation.

Thank you all for your ongoing and continuing provision of the high quality care KRHS is recognised for, to our community and consumers.

Stay safe and well.

Regards

David Ramsay

Mens Shed and Community Garden

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Here's to a good New Year for the Men's Shed.

As you may remember from the December Blackfish issue, the Men's Shed is finally open again to everyone. All members and, indeed, all men of Koo-Wee-Rup and District can now come along and enjoy all the action and the camaraderie the 'Shed offers. There are still a few rules to follow though; At time of writing this no group meetings are allowed and masks must be worn at all times, even in the surrounding garden because the 'Shed is in the same area as the Aged Care building and comes under DHHS rules covering Aged Care and Hospital facilities. Social distancing is still required, good hand hygiene and, of course, there will be room number limits. One must also sign in at the main reception building where your body temperature will be quickly checked and then ... in you come! On the downside no group lunches will be held yet, such as the Wednesday group lunch; we are not quite to that stage but we will be – soon.

As the restrictions have eased substantially the community garden is now open for the sale of fruit and vegetables. We have previously made up vegetable packs for sale at \$10 or \$20 for drive in and collect. Keep an eye out for the sign in the community garden, as it will say, the 'Men's Shed Garden Shop is open for business'. Our new opening hours are Monday, Wednesday and Friday from 11:00 am until 3:00 pm. So do come along and say G'day to Charlie. You can purchase fresh organic fruit and veges along with preserves and sauces. We can seriously recommend Charlie's special 'Black Sauce' with its secret ingredients, it's delicious! Vegetables available now are silverbeet, lettuce, rhubarb, spring onions, parsley and celery. Also watch the kronos machine at the hospital entrance for more weekly specials.

Despite the current situation, the Koo Wee Rup Men's Shed continues to grow in stature and for people who are new to the township, it is now recognized as one of the very best in the State if not in Australia. This amazing achievement has been won by the untiring work of the president, the committee, and of course the steadfast work of all the members and our esteemed retired executive members. If you live in Koo Wee Rup and District, take note that all of our very friendly members will give you a real warm welcome as you come through the door. You don't have to be old either; we have a membership spanning all ages from youth to - well you know – somewhat older. Indeed, there is always a genuine open invitation to come along, meet us and enjoy the company of some real good mates and maybe get a boost to your own health and mental well-being at the same time. Don't forget then, when you can and the time is ripe, call in, try us. We can make you happy. Now ... here is a little story for you: -

A man takes his Rottweiler to the vet. "My dog is cross-eyed, is there anything you can do for him?" "Well", says the vet, "Let's have a look at him". She picks up the dog and examines his eyes, then she checks his teeth.

Finally she says, "I'm going to have to put him down". "What?-- because he's cross-eyed?" "No, because he's really, really heavy".

Geoff Stokes.



OPEN TODAY

**Men's Shed
Garden Shop**

See one of our friendly volunteers to buy fresh vegetables, preserves and sauces

Mens Shed AGM

Wednesday March 10th 2021
12.00noon All welcome

10,000 Step Challenge

Congratulations to all KRHS steppers on the completion of our 2020 10,000 step challenge! Our teams accumulated a total of 13,303535 steps over 29 days. That's approximately 10642.828 km - the distance from Melbourne to Newcastle, NSW.

The team which accumulated the most steps is: Path/D.N with a total of 2,578,451 steps



Top 3 Steppers are:

1st Vivian Remoriata
667,700 steps

2nd Lucy Wheeler
569,014 steps

3rd Christine Rieck
491,875 steps

Team Leader board

1st Path/D.N
2,578,451 steps

2nd Killara 3
2,229,051 steps

3rd The Plodders
1,594,594 steps

Pacemakers
1,561,009 steps

Killara 1
1,382,853 steps

Killara 2
1,334,185 steps

Homeward Bound
1,289,197 steps

Well done to everyone who participated!
Angelique

What's on at KRHS

Pilates

Mondays 6pm and Saturdays 9am
Call Marlene for bookings 0429814410

After School Program

Wednesdays 3.30-5pm
see poster page 16
Contact Brian 5997 9687

Art for Adults

Mondays 10.30am-12.30pm
Commencing 1st March 2021
Contact Lea 5997 9790

Forget-Me-Not Café

10am-12noon
16th February and 30th March
Contact Jo 5997 9655



The Hon Daniel Andrews MP

Premier of Victoria

1 Treasury Place
Melbourne, Victoria 3002 Australia
Telephone: +613 9651 5000

To all of Victoria's aged care workers,

There's no denying that this has been an incredibly difficult year.

But as we close out 2020, I wanted to say thank you – and express our state's gratitude for your work.

In this, the most challenging of years, your commitment and your compassion have made all the difference – particularly for our older Victorians.

And because of your efforts, we can look forward to a better, brighter 2021.

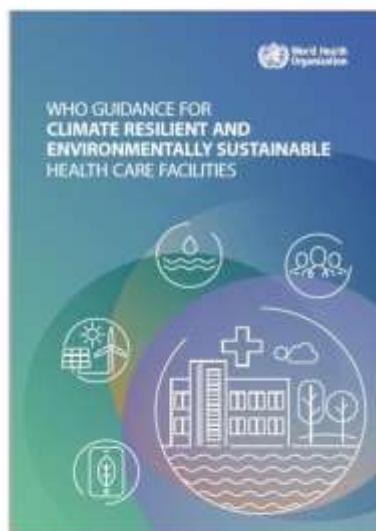
Once again, thank you for everything you've done – and I hope you enjoy a break over summer.

Your sincerely

A handwritten signature in black ink, appearing to read "Daniel Andrews".

The Hon Daniel Andrews MP
Premier

New WHO Guidance on climate-resilient and environmentally sustainable health care facilities



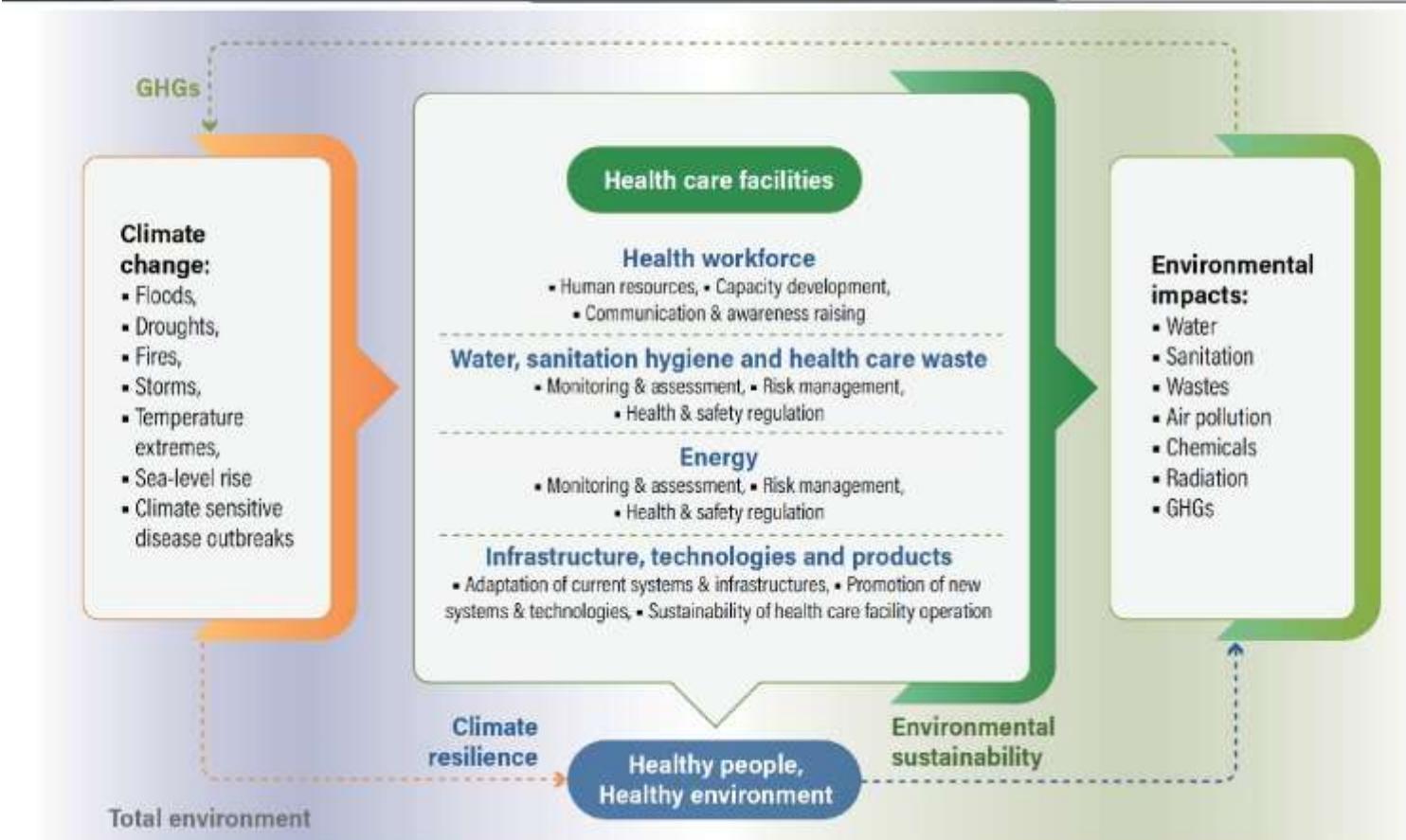
GOALS

To increase the climate resilience of health care facilities to protect and improve the health of their communities in an unstable and changing climate, while optimizing the use of resources and minimizing the release of wastes by becoming environmentally sustainable.

OBJECTIVES

- Guide professionals working in health care settings to understand and effectively prepare for the additional health risks posed by climate change.
- Monitor, anticipate, manage and adapt to the health risks associated with climate change.
- Guide health care facility officials to work with health determining sectors (including water and sanitation, energy, transportation, food, urban planning, environment).
- Provide tools to assist health care facility officials assess their resilience to climate change threats, and their environmental sustainability.
- Promote actions to ensure that health care facilities are constantly and increasingly strengthened and continue to be efficient and responsive to improve health and contribute to reducing inequities and vulnerability within their local settings.

Framework for building climate resilient and environmentally sustainable health care facilities



Leisure and Lifestyle

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With the situation with Covid 19 evolving day by day we continue to ensure the safety and wellbeing of our residents, we have just started inviting our entertainers back to the facility and our Leisure and Life-style program is focusing on small groups, where our residents can sit a safe distance apart and still have fun and enjoy what is being offered.

We are all doing what we can to help our residents to stay happy and positive and as much as possible go about their daily lives like they usually would. We appreciate all the hard work our dedicated staff are doing to keep everyone safe during this time.

Denise, Leisure and Lifestyle Manager



Pictured this page, Michael and Ray enjoying the Rock'n'Roll theme day, with Maria and Lois enjoying the music. Below Filomena, Tom, Pauline and Eric enjoy getting together over a jig-saw puzzle.

Next page Elaine, Tom and Filomena are laughing it up with the ball games, John and Eric painting and so is Lorna, Michael, Yvonne, Rosetta and Gwen.

Thank-you to 'In Harmony' for the wonderful outdoor entertainment.







Pictured left is Barbara enjoying Christmas high tea with her family

2020 Christmas Celebrations



Pictured above is Marjorie with family

and left Tobe and family



Dawn Ferguson > Koo Wee Rup
Noticeboard

4h

I would like to thank the staff of KWRRHS during this whole Covid-19 ordeal. My Mum went into Respite end of June, due to health issues she had to go to Casey hospital twice, then to Warragul hospital on each occasion returning to Koowee, the staff monitored her and everyone else very closely keeping all our loved ones safe in the whole facility! What a stressful time for all concerned. As the family Christmas Lunch had to be canceled in Killara staff decided on a high tea during December for residents in their rooms with 3 guests. Well **congratulations** to Denise and Karen for the most enjoyable High Tea and cake as it was Mum's 92nd birthday, how lucky we were!

Pictured above is Gwen and her family with a lovely facebook post from Dawn.

Pictured right is Don and his family



Happiest of New Years to you all!

I feel re invigorated after a couple of weeks off spending time with family and friends over the holiday period and reflecting on what is important in life after such a challenging year.

I write this full of hope that we can welcome you all back and I thank you for your patience and for keeping yourselves and the community safe by following the ever changing rules while we navigated our way through the pandemic.

In the mean-time please enjoy a few photos of a couple of our wonderful and deserving volunteers who received honors both this year and last due to their ongoing service to the community over many years.

We are thrilled for you and your families that you have received such recognition and although I know you are both humble, I hope you feel the pride and happiness we have for you in your achievements.

On another note we shared some photos last time of our Cardinia Cooks project which has been keeping me very busy over the last few months.

On the next page are some more photos of our last live cooking session (thankyou to our Men's Shed for hosting the morning). We had a couple of guest cooks join us after being a part of the project from the start and developing a real interest in cooking we welcomed Jaycob and Noah and their family to help make two of the three courses on our menu. It was very hectic and we had a few members of the shed in the audience but the boys didn't miss a beat and made some very tasty and healthy treats and gave the food a big thumbs up!

We made Bruschetta, Healthy Mac n Cheese and Stewed apple with Yoghurt. All ingredients were locally sourced and produced and are examples of some of the recipes that will be in our Circle of Friends Cookbook which includes links to all of the farms and food producers within Cardinia Shire.

Remember to shop local where you can and help support those small business owners and growers who continue bringing us fresh produce.

I would also like to thank a couple of our fabulous volunteers Lea and Nick Wright who very kindly helped with packing the hampers of ingredients for our participants who registered to join in the cooking session.

If you have any questions about the recipes or about where to shop locally I'd be happy to help and as always give me a call if you need any support or just want to have a chat!

Jenny Bayliss
Volunteer Coordinator
5997 9704



Pictured above is Joyce Mills holding her Order of Australia Medal and certificate.
Below is Jan Fox with her Australia Day Honours Certificate
Congratulations to you both.





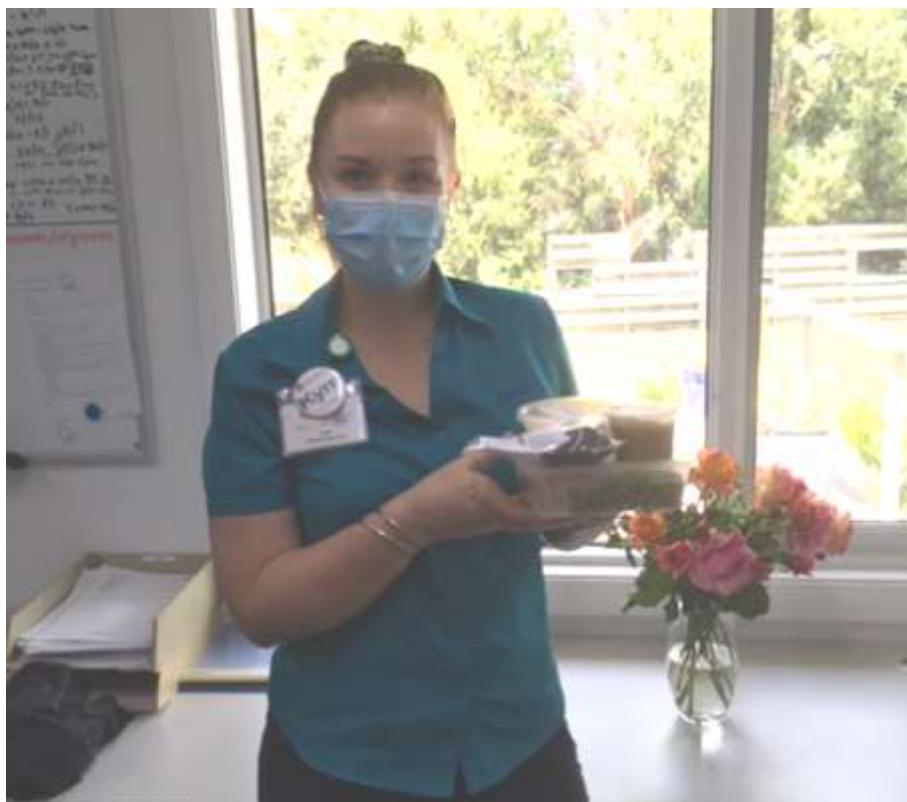
KRHS and Cardinia Cooks

Pictured above is Jenny and Jacob creating the delicious dishes and pictured right is Kristy who followed them on-line, then sent us her photos



Home Care

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Homecare delivers

Our Homecare Team went above and beyond on Christmas Eve, passing out over 45 meals to consumers who were in need of a Christmas dinner and isolated from family and friends due to Covid.

Kym (pictured) stated “From an admin perspective, it was amazing to finally meet some of the people that we speak to over the phone regularly. We got to have a quick chat to everyone on our drop off run and I think the meal and chat bought joy to their day and Christmas.”

Something we plan on doing again.”

Kym delivered meals around Koo Wee Rup and Tooradin, Tammy went from Koo Wee Rup to Pakenham and Bunyip, whilst Marijana delivered meals from Lang Lang to Phillip Island.

Healthy Mac n Cheese

300 gm pasta such as penne, macaroni or spirals

1 small brown onion diced

1-2 garlic cloves crushed

Dried or fresh herbs (optional)

Dried chilli (optional)

150gm cauliflower cut into florets

150gm pumpkin cut into 1-2cm cubes

½ cup/125ml stock (chicken or vegetable)

150ml low fat milk

1 cup grated tasty cheese (or similar)

1 handful baby spinach leaves

This recipe recently featured on facebook in 'Cardinia Cooks' this month featuring our very own Volunteer Coordinator chef extraordinaire Jenny, with some valuable help from Jacob (pictured) and Noah. To see the video click this link [\(4\) Facebook](#) or go to the 'KRHS' facebook page



1. Fill a large saucepan with water, add a pinch of salt and bring to the boil. Add the pasta and cook until al dente (see the pasta packet for the recommended cooking time).
2. Preheat the oven to 190°C (375°F).
3. Heat the olive oil in a non-stick fry pan over medium heat. Add the onion and cook for 3-4 minutes, stirring frequently. Add the garlic, herbs and chilli flakes (if using) and cook for 1 minute or until fragrant, stirring constantly. Remove from the heat and set aside.
4. Place the cauliflower and pumpkin in a saucepan and cover with water. Bring to the boil over high heat, then reduce the heat to medium-low and simmer, covered, for 5-7 minutes or until fork tender. Drain well and set aside.
5. Transfer the cauliflower and pumpkin to a high-powered blender or food processor (or use a stick blender). Add the stock and milk and blend until smooth. Return the pureed cauliflower to the saucepan.
6. Heat the cauliflower puree over medium-low heat and stir through half of the cheese. Simmer until the cheese has melted, stirring frequently.
7. Gently stir the pasta, onion mixture and spinach through the cheese sauce and season with salt and pepper, if desired. Transfer to a baking dish and sprinkle the remaining cheese evenly over the top of the mac and cheese.
8. Bake in the oven for 10-15 minutes or until the filling is hot and the cheese is golden.
9. Serve immediately in bowls stirring through some parmesan cheese at this stage if you like.





Natural Pest Remedies

Natural insecticides are better for the environment, your health and are also super budget-friendly!

Treatments are made to repel aphids, white fly, ants and mites unless otherwise stated.

- **All-round insecticide**

Chop four large onions, two cloves of garlic, and four hot chillies. Mix together, cover with warm, soapy water overnight. Strain off liquid and add this liquid to five litres of water. Spray onto affected plants.

- **Chickens**

Chickens are a great way to manage pests if you have the space and capacity to look after them. Let them roam around the garden beds, they love eating all the bugs. But be careful as they also eat your veggies!

- **Diluted coffee**

Add one-part espresso coffee (not instant) to ten parts water. Spray over surface of leaves and soil where snails and slugs might crawl. Reapply after heavy rain.

- **Egg shells**

Crush eggshells into small pieces and sprinkle them on top of the soil. Slugs and snails will be put off by the sharp edges of the shells.

- **Horticultural oil***

Add 2 cups of white oil (vegetable, canola or sunflower) + 1 cup of dishwashing detergent in a jar. Shake until mixture turns a milky colour. Add 1-2 tablespoons of this concentrate to a litre of water. Spray onto affected plants.

- **Herbs and essential oils***

Simply fill a spray bottle with water and add 10-15 drops of peppermint or clove essential oil. You can also try planting herbs like peppermint, thyme and sage in between plant foliage.

*** Please do not apply when the temperature is 30°C or over as it may burn your plants.**

Developed with expertise from Sonia Nuttman (Food Systems Researcher, Deakin University)

For more growing resources, head to:
www.foodfromhome.org/resources/



After School Program

Come and try

TENNIS



for Primary grade 6 and all
Secondary School Students
in partnership with Reclink
and the KWR Tennis Club



Starts Wednesday 10th February
3.30 - 5.00pm



For more information
call Brian 5997 9687