



Kooweerup
REGIONAL HEALTH SERVICE

July / August 2023

KOOWEE CONNECT NEWSLETTER



Messages from Management	2
Welcome to KRHS	4
Our Environment	8
Health Promotion	8
Healthier Together	12
Volunteers Voice	14
Around the Corner	15
Leisure & Lifestyle	16

Feature:
**Art for Art's
Sake**
Page 18



Noni Bourke

Chief Executive Officer

Whoever said Winter was a time for hibernating and slowing down was certainly not working at KRHS – what a busy couple of months. Following on from our very successful 100 Years celebrations we launched straight into not one but two Accreditations – one for Residential Aged Care and the other for the remainder of the health service. I am pleased to say we passed both with flying colours – take a moment to have a look at some of the feedback in this newsletter.

We have also been out and about working with our partners and showcasing our local work as well as popping up at the Hospitality in Healthcare Awards.

Our Board Chair Patrick Nolan and myself have been attending a number of forums held by the Department of Health exploring system improvements across the health sector as well as facilitating and participating in workshops with our regional and subregional partners. The focus of all of these discussions has been on ensuring the services we provide, locally and across the State, meet the needs of our community now and into the future.

I had cause to try out our health system recently with an unwell family member. My reflection was how important small acts of kindness are both for the patient and family but also when you see those acts between staff; a smile, a thank you, the reassuring word, a warm blanket, the offer to assist a colleague, recognising a job well done. My further reflection was how fortunate we are at KRHS to see this at play every single day **#Kindness Works Here**

I hope you enjoy the great stories and pictures in this edition of Koowee Connect

Noni

Jordan Crugnale MP presenting Noni with the framed speech she delivered to parliament just after the 100 year celebrations.





Aileen Thoms

Director

Primary Health and Innovation

Having just come from our Staff health and wellbeing committee I feel inspired by the energy the group had for improving their workplace. Over the last few years we all know how challenging but important our workplaces are to us. A Healthy workplace has become more important than ever. By promoting wellness and providing resources that support physical and mental wellbeing we are striving towards a positive and thriving work environment.

You will see in this newsletter how much has gone on. Lots of activities including National Standards Accreditation, attending 'What Matters' performance by the Hush Foundation at Bass Coast Health and a visit from Victorian Health Care Association team and new CEO Leigh Clarke on their road trip around Victoria, is just a few of the activities staff are doing to get back into connecting and making stronger partnerships. You will see in this edition Staff have attended the Cardinia Shire Liveability partnership forum, WHISE conference, Australasian Diabetes Congress In Adelaide to name a few. We are making the most of other on line and face to face learning and sharing opportunities. It is also exciting to see new staff coming to KRHS we are delighted to welcome Steph, a dietitian and Hash, a senior Physio to our Allied Health team. Filling these roles with such quality staff will have a very positive impact on our teams and improve our ability to meet our community's needs.

Enjoy the warmer weather, get outdoors into the sunshine and make some new friends.

Aileen



VHA

@vichealthassoc

...

The VHA team is once again on the road on our [#RuralRegionalRoadtrip!](#) We kicked off the trip yesterday at Kooweerup Regional Health Service and met with Steve and Aileen. Congratulations on 100 years of servicing the local community!



9:05 AM · Aug 24, 2023 · 289 Views

Welcome to KRHS

4



An interview with Hash

Name: Hashim Najmi

Position: Senior Physiotherapist G3

What is your background? I was born in Pakistan and moved to Australia in 2004. I graduated from the University of Melbourne. I started working at Central Gippsland Health Services in 2006, and I worked my way up from Grade 1 to Grade 3. In 2012, I opened my own private practice in Sale, where I focused on helping elderly people with clinical Pilates to improve their quality of life. I also provided services to members of the Australian Defence Force, like Airforce Pilots. I've been working in the Australian healthcare system for 17 years, mostly in rural areas, which has given me a good understanding of small communities and their needs.

What are your interests outside of work? Squash, Fishing, Bush walking and Traveling

What's the best piece of advice you've been given? Treat and respect others the same way that you would like yourself to be treated and respected



Hello!

We give a big shout out and welcome to our new staff - Marissa, Shayla, Anmol, Grahame, Parminder, Natalie, Emma, Michelle, Stephanie, Sandra, Desire, and Renee.

Some are pictured here at orientation.



Goodbye!

We also said farewell to our physiotherapist Anke who has been with us since 2016, we all wish her the very best in her new endeavours.

Institute of Hospitality in Healthcare Excellence Awards

Congratulations to Vamsi Yalavarthi, our Patient Services Manager, who received Certificates of Recognition in two categories at the recent Institute of Hospitality in Healthcare Excellence Awards:

- ◆ Brightest Star Award
- ◆ Leadership Award

Vamsi and his team work tirelessly to ensure our environment and food services are of the highest quality. To be recognised within the industry for these efforts is very well deserved.

Thank you Vamsi and your team for all that you do and huge congratulations.



Winners are Grinners

2023 KRHS Staff AFL Football Tipping Competition

1st Steven Doyle 134 points

2nd Janet Chandler 132 points

3rd Rachel Huxtable and Olivia Close 126 points

Looking forward to bigger and better friendly tipping comp next year



Meet the physio team at KHRS:

Hashim Najmi- Senior physio

Sandra Wan – Grade 1 physio

Cassandra Repol- Grade 1 physio

Angela Qualizza and Rachael Huxtable - Allied Health Assistant's

Physiotherapy is a healthcare profession focused on helping individuals improve their physical function, mobility, and overall quality of life. Physiotherapists use a combination of manual techniques, exercise, education, and specialised equipment to treat a wide range of conditions that affect the musculoskeletal, neurological, cardiovascular, and respiratory systems.

The primary goals of physiotherapy include:

1. **Pain Relief:** Physiotherapists work to alleviate pain and discomfort caused by injuries, medical conditions, or surgeries.
2. **Rehabilitation:** Physiotherapy plays a crucial role in the rehabilitation process after injuries, surgeries, or medical events such as strokes. It helps individuals regain strength, flexibility, and function.
3. **Improving Mobility:** Physiotherapists help patients regain or enhance their ability to move and perform daily activities, whether it's walking, climbing stairs, or reaching overhead.
4. **Preventing Future Injuries:** Physiotherapists provide education on proper body mechanics and techniques to prevent future injuries, particularly in sports and physical activities.
5. **Promoting Overall Wellness:** Physiotherapy focuses on improving overall health and well-being. It can be used to manage chronic conditions, improve cardiovascular health, and promote active lifestyles.

Customised Treatment: Physiotherapists create individualized treatment plans based on each patient's unique needs, medical history, and specific goals.

Physiotherapy may involve various treatment methods, including:

- **Manual Therapy:** Hands-on techniques to improve mobility and reduce pain.
- **Therapeutic Exercises:** Tailored exercise programs that help improve strength, flexibility, balance, and coordination.
- **Education:** Providing patients with information on their condition, teaching them how to manage symptoms, and promoting healthy lifestyle choices.
- **Assistive Devices:** Recommending and training patients to use assistive devices like crutches, braces, or prosthetics when necessary.
- **Functional Training:** Guiding patients through activities that simulate real-life movements and situations to improve their ability to perform daily tasks.



Well Done Team! KRHS is Fully Accredited

In the last 8 weeks KRHS has undergone two major accreditations – and the great news is we have passed both of them with flying colours.

Aged Care Quality Standards:

Every 3 years KRHS has an unannounced visit from the Commonwealth Aged Care Quality and Safety Commission. Assessors from the Commission attend both Westernport Unit and Killara to assess our performance against 8 Quality Standards. Based on the Assessors report the Commission has determined that both of our residential units meet all of the required standards and have been accredited for a further 3 years.

Feedback from the Assessors:

Clinical care provided at the service demonstrated best practice, was tailored to the consumers' needs, and optimised the health and well-being of the consumer. Care planning documentation outlined each consumer's needs, goals and preferences and supports required to live the life they choose. Consumers are adequately supported to take risks of their choosing to enhance individual quality of life.

The service provided required daily supports for the consumers with an aim to maximise their independence, maximise their right to exercise choice and to optimise their spiritual well-being.

Feedback from consumers and representatives revealed that they are happy with the care and services provided and said they would always be able to raise feedback or complaints that would improve the service's operations and consumer care.

National Safety & Quality Health Service Standards (National Standards):

In addition to the aged care standards KRHS is also assessed against the 8 National Standards. These standards cover all of the areas outside of aged care – Medical and Transitional Care Program, Early Parenting Unit, Allied Health, Community Nursing, Youth Program, Volunteers.

These standards are assessed by Assessors from the Australian Council on Healthcare Standards (ACHS) who came out to visit our services in early August. ACHS have determined that all of the services assessed meet all of the required standards and we have been accredited for a further 3 years.

Feedback from Assessors:

The assessors were extremely complimentary of all team members and the services provided noting KRHS is a truly community based health service which holds a unique and special place in the sector.

The assessors commented that to a person every member of staff demonstrated compassionate care and dedication to patients/clients. They were extremely impressed by environmental services noting KRHS as one of the cleanest hospitals they had visited. They were also impressed by the excellent team work demonstrated within the services.

Perhaps the highest praise came from a comment by one of the assessors that if they needed to be hospitalised they would love to come to KRHS as they would be 100% confident they would receive extraordinary care.

My heartfelt message to all staff and volunteers is: KRHS provides excellent safe high quality care and is supported by one of the most committed, compassionate and extraordinary teams I have had the pleasure of working with

Noni Bourke CEO



Our Environment

8

Recycling medication vial plastic flip caps

[Recycle your medication-vial plastic flip caps – On the Record \(anmfvic.asn.au\)](http://anmfvic.asn.au)

Reverse Art Truck is a Melbourne-based not-for-profit organisation that collects rejects, seconds, factory offcuts and now flip caps for distribution to schools, early learning centres and the community. A grass roots organisation, its mission is to pursue and promote creative re-use and repurposing of materials that would otherwise go to landfill.

Recycled Pen Art, run by a Branch member, creates beautiful pens from intravenous medication plastic caps or other recycled materials. Recycled Pen Art donates \$1 from each pen sold to the [Sea Turtle Foundation](#), a not-for-profit non-government organisation that works to protect these endangered creatures whose lives and habitats are threatened by plastic that ends up in the oceans.

If you would like to donate your caps for re-use, you can drop them off at the Branch, 535 Elizabeth Street Melbourne, Level 8, attention ANMF Environmental Health Officer Ros Morgan.



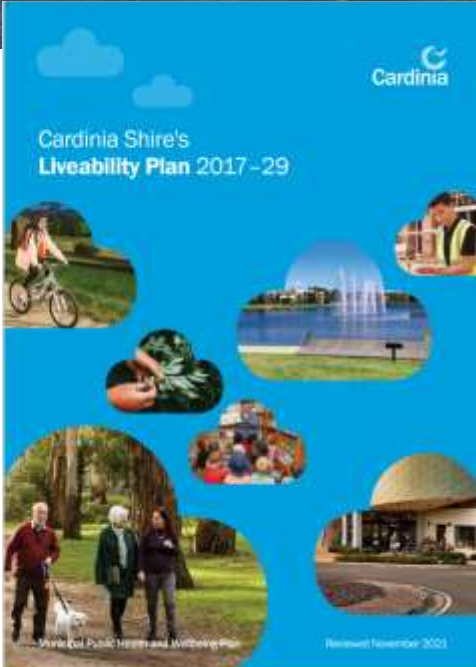
Health Promotion

8

Aged Care Employee Day We recognised great care staff and support teams across our service with a week of free coffee and treats. Each person makes a difference towards the aged care experience in community and in our Residential care homes. Thank you! #thanksforcaring



Cardinia Liveability Forum



Partners from across Cardinia including Aileen (guest speaker) and Osman representing KRHS, came together at the Cardinia Liveability Forum in Pakenham. They both said it was inspiring and creative!





White Ribbon

As the social worker at KRHS I attended the White Ribbon event held to promote awareness of family violence in the Cardinia Shire. Inclusive of an awards Ceremony - Cardinia Life – in Pakenham in July.

The Mayor of Cardinia, CEO of Safe Steps – Chelsea, Tony Fitzgerald from Outlook Disability Services attended.

Awards to Katherine (Maternal child health services) and Angela (Curtain Place).

Police representation Sgt Edge-Cardinia area-discussed the training changes for police on 'trauma informed approach' and benefits to the 'Information sharing'.

Kristy McKellar – Guest speaker - Discussed the creation of programs: Champions of change, Workplace response, Football clubs and NRL, Australia post – redirection of mail for victims of family violence. Kristy as a lived experience speaker also spoke about policy and language, contact officers in the workplace – and importance of referral pathways.

Cardinia sports representation included- Officer City Soccer Club - Gender equality change our game program.

Josie – Melbourne City Football Club – Respectful communities and Sporting groups and families recognising family violence.

Kim McCartney



Creating an inclusive and empowering conference was the aim of this years' WHISE conference and we were fortunate enough to attend. As partners, in the region actively working towards gender equity, women's health, and overcoming intersectional barriers we were able to share in their achievements, collaborate with colleagues, and learn from each other.

The opening aboriginal smoking ceremony was pretty cool. A traditional custom involving native plants to produce smoke to ward off bad spirits from people and the land.

There were two panels facilitated by Julie Kun (previous CEO of WIRE). One at the start of the day focused on the lived experience of being a practitioner in gender equity, primary prevention and health promotion in our region. At the end of the day the panel centred the voice of those with lived experience of intersecting forms of oppression and discrimination. This session helped the audience consider the role of those with lived experience both in health promotion and primary prevention work.

Breakout sessions throughout the day encouraged delegates to collectively understand and identify what the "most significant change" is for the work to promote health in our region and enable intersectional gender equity. Topics included gender, mental health promotion and biological determinants of women. Osman and I attended two inspiring sessions awareness of family violence (Men and boys programs) and Financial abuse awareness (Good Shepherd). *Kim McCartney Social Work and Osman Ali Health Promotion*





Women's Health Week

Grow your knowledge "Womens Health Matters"
4-8 September 2023

Women frequently put others first, they make time doing for and supporting their family, friends or work colleagues, leaving their own needs unmet and their healthcare last. Women's health week is a nationwide campaign that lasts for an entire week. This week comprises activities and programs revolving around women's health needs and creating awareness. Men are not excluded from this as they can support the women in their lives. As per research, we women are at a higher risk for poor physical and mental health. This gives us more reasons to consider health a priority and help become physically and mentally fit. Our team Sandra (physio) and Ellen (RN) delivered a really great session at Lang Lang community center to a great group of women. So for Womens health week, Grow your knowledge - Make the right decisions for your health 2. You're not alone 3. Get the facts

Womens Health week is in full swing. We have had a number of staff participate in the walks and access the Jean Hailes website. Thursdays topic had great tips on Unpacking the Mental Load. Please check it out. <https://stories.jeanhailes.org.au/unpacking-the-mental-load/index.html>.

Have a look at a great Womens Health Recipe on page 13. For more information check out womenshealthweek.com.au or jeanhailes.org.au

CARE FACTOR: Moving Forward

Like sleep and rest, movement is another simple but often overlooked foundation for health and wellbeing.

While our bodies are designed to run, skip, jump we don't often use the gift of movement as much as we could.. We can lift, and carry and dance!

Nowadays excessive sitting is common in many of our workplaces and at home, the average human sits up to 13-15 hours a day! Unfortunately the average office worker now drives to work, sits in an office and drives home again, may watch quite a bit of Netflix and may even order dinner in from the comfort of the couch.

Remaining sedentary has major impacts on our health and wellbeing. It is linked to many conditions and diseases both physical and mental.

Sitting is the new smoking.

What will you build into your routine ***Moving*** forward?

There are so many examples and they can be so simple...

- Take the dog for a walk every day
 - Use a stand up desk
 - Take a meeting or phonecall while walking
 - Set an alarm to move every hour.
- Sound simple? Yes – remember choose easy, but work hard.

The great thing about movement is that movement becomes fun, people tend to keep moving and it changes the way you function, it builds your productivity and enjoyment in your job and life as well.

My favourite is Dance... Have you ever seen a grumpy dancer?

I love to dance... and dance like no one is watching



Meaningful activities, healthy thinking, goals and plans, healthy routines and social connections are strongly linked to good mental health if done regularly. [This information and self-assessment sheet](#) can generate awareness of how often you include these Big 5 into your daily routines and provide suggestions to do these activities more frequently.

The Big 5

THINGS YOU CAN DO FOR BETTER MENTAL HEALTH

Research has shown there are five types of actions that are strongly linked to good mental health. We call these 'The Big 5' and we know that doing them regularly can help us thrive and bounce back from challenges.




THE MORE OFTEN YOU DO THE BIG 5, THE BETTER YOUR MENTAL HEALTH

We believe that everyone should know about The Big 5—that's how big of a difference they can make to our mental health. These building blocks for good mental health are:



1. Meaningful Activities

Actions which give us a sense of joy, accomplishment and satisfaction. They can be small things, like listening to a favourite song or watching a good show, and they are often fun to do.



2. Healthy Thinking

Having realistic thoughts about ourselves, the world and the future. This means keeping perspective and treating ourselves with respect and kindness, particularly when things are difficult.



3. Goals and Plans

These energise and motivate us. Planning gives us something to look forward to and stops us from dwelling on past problems.



4. Healthy Routines

These are the things we do automatically, like going to sleep and waking up at the same time, which set us up for the day. Other important routines include those linked to our roles and relationships.








5. Social Connections

Staying bonded to our family, friends or tribe. Regular contact with people we love and value helps us feel validated/part of a community.

The Big 5 Self-Assessment Sheet

- This Planning Sheet contains five types of activities, which are strongly linked to mental health
- We have listed three examples for each of these areas
- Tick the column which best matches how often you did this type of activity in the past week
- If any of your answers are in the yellow or red section, check the next column to get some ideas about how you might do them more often

THE BIG 5	EXAMPLES	HOW OFTEN DID YOU DO THESE EACH WEEK?					SUGGESTIONS
		Every day	5-6 times per week	3-4 times per week	1-2 times per week	Never	
1. Meaningful Activities 	I did something enjoyable I spent time doing something I believed in I did something that was very satisfying to me						Take at least 10 minutes each day to enjoy a favourite piece of music, a TV show, nature or a book. Make a list of the simple things you used to enjoy doing and start to re-engage with that hobby or activity. Find activities that align with your values, including doing things for the community, friends, family, pets, or environment.
2. Healthy Thinking 	I allowed myself to be less than perfect I stopped myself from thinking unhelpful or unrealistic thoughts I treated myself with respect						Practice accepting that making mistakes is normal and not a sign of weakness. Check, are your thoughts overly self-critical or are you expecting too much from yourself or others? Check, are you treating yourself in the same way that you would treat others?
3. Goals and Plans 	I set realistic and achievable goals I did something to help me achieve my goals I made a plan and stuck to it						Make a simple plan each day listing the things you will achieve. Use an online calendar or notebook to help remind you of your goals and plans. Accept that some days you won't achieve all your goals, but commit to trying to complete them in coming days.
4. Healthy Routines 	I went to bed and woke up at a regular time I kept a healthy daily routine I prepared and ate a healthy meal						Create a relaxing bedtime routine to help you settle at night and get up at a regular time each morning. Start to take a short (or longer) walk each day. Add a bit more fruit and veggies to your daily diet.
5. Social Connections 	I socialised with positive people I had a meaningful conversation with someone I talked about my day with a friend or family member						Make a list of the people you care about, then select three you will talk to each week. Think about what you want to talk about and to whom. Make a regular time each week to talk to someone you care about.

Savoury Phytoestrogen Bread

For some women going through menopause, a diet containing phytoestrogens may help to relieve some symptoms of menopause. Try out this tasty, phytoestrogen-rich bread.

Ingredients

- 2½ cups soy flour or chickpea (besan) flour or wheat flour, sifted
- ¼ cup freshly ground linseeds
- ½ cup mixed seeds (sunflower, sesame, pepitas)
- 3 teaspoons baking powder, sifted
- 250ml whole bean soy milk
- 250-300g silken tofu
- 1 cup fresh herbs, finely chopped (combination of rosemary, thyme and flat-leaf parsley)
- Extra seeds for sprinkling on top

Optional

For a lemon zing to compliment the herbs, add zest of 1 lemon and juice of ½ lemon

Method

1. Preheat oven to 180°C.
 2. In a bowl, combine all dry ingredients and chopped herbs. Set aside.
 3. In a separate large bowl, mash the tofu with a fork, for a smoother consistency, use a food processor
 4. Gradually add soy milk to tofu until smooth. If using lemon, now add the juice and zest.
 5. Stir through, then add dry ingredients, mix until combined.
 6. Place mix in a loaf tin lined with baking paper and press down with back of a spoon.
 7. Sprinkle extra seeds on top.
 8. Bake for 1 hour.
 9. Allow to sit for 5-10 minutes before turning out from tin.
- Slice into 10 pieces.

Serving suggestions

Serve fresh and warm, drizzled with olive oil, or as a bread topped with avocado and cheese or feta. The sliced bread freezes well and can be toasted, after a day it starts to dry out just like fresh bread does

[Source: Jean Hailes Recipes](#)

Phytoestrogens (plant oestrogens) are substances that occur naturally in plants. Eating phytoestrogens can produce either some of the same effects as human oestrogen (oestrogenic effects) or opposite effects (anti-oestrogenic effects). Which effects are triggered depends on existing levels of oestrogen in the body, and how the phytoestrogens bind to oestrogen receptors in the body.

For some women going through menopause, a diet containing phytoestrogens may help to relieve some symptoms of menopause, such as hot flushes. Read more about phytoestrogens.

This bread contains phytoestrogens from a variety of sources. Soy bean isoflavones are one of the most well-researched phytoestrogens with the greatest potential for therapeutic effects. The bread also contains phytoestrogen-rich linseeds, as well as phytoestrogens from soy flour, if used instead of wheat or besan flour.

Soy protein aids cardiovascular health, as it helps to lower LDL cholesterol (the so-called 'bad' cholesterol). This recipe is high in vegetable protein. If using soy or besan flour, it makes a deliciously aromatic gluten-free alternative to bread.



A busy couple of months as always but also very productive with accreditation, schools visits and a welcome return to our volunteer meetings which have been on the backburner for way too long!

It was lovely to get together with those that were able to attend, we covered quite a few topics, did our refresher training, gave out some brand new vests as well as catching up with some who don't always connect on the same days. Of course, it was also lovely to have a nice light lunch together provided by our hard working kitchen staff! Stay tuned for the next meeting date, would love to see as many of there as are able to come.

We have been lucky enough to have some students from Koo Wee Rup Secondary College in year 12 chose us for some of the community programs they have been doing.

Pictured is Tyler, Joel, Ernie (volunteer), myself, Matthew and Brodie who were a terrific help in our community garden and supported Ernie in doing quite a bit of weeding and tidying up. The boys worked hard and had such a positive attitude to helping out we would welcome them back anytime! Ernie provided great mentorship for the boys as well as imparting some of his vast knowledge of gardening and life skills! Thanks to all involved.



We have also had another group of students from Year 12 co-ordinate some letters to be written to residents from their peers at Koo Wee Rup Secondary College.

The residents have really enjoyed reading the letters and the 4 students who developed the project visited to read some of the letters and assist with some replies back. The feedback from all the residents was very positive and they are looking forward to their next visit and hearing more from their new 'Pen Pals'!

Below shows a couple of lucky residents Marg and Yvonne with Kayla, Charlie, Tiyan and Chantelle who had a great time getting to know our residents and hearing their stories of what it was like when they were at school!

We are very grateful to all of our volunteers but lately a number of them have really stepped up when we have been short of both staff or our usual volunteers to help with outings, transport and activities. I won't name them individually but I hope you know who you are and how grateful and appreciative the



staff and residents have been to have your support taking on extra tasks over and above what you already do! Volunteers really are such special people and we are blessed to have each and every one of you

As always thanks for all that you do!

Jenny Bayliss

Volunteer coordinator

59979704



A huge Thank-you! to the KRHS Ladies Auxiliary and Anne Reeve from the Tooradin Tractor Pull, who donated 5 new commode chairs to the hospital. Your generosity is greatly appreciated and admired.

Around the Corner

15

We all have a role to play.

This coming October is Mental Health Month bringing our awareness to positive mental health and wellbeing and to promote activities and ideas that can have a positive impact on our daily lives and the lives of others. These events and messages are tied together with this years' theme "We all have a role to play".

Look out for the activities on site in the staff rooms during October. You will see Leanne, our resident Artist and Communications Officer assisting with creating an art piece. Make the most of getting involved you don't have to be artistic to contribute your little piece to create something special when we come together as a whole.

As a key collaborator in Cardinia Shire's Mental Health Action Group we are working with Cardinia Shire's Natural Resource Team to get outdoors and do some tree planting.

RUOK Day is the 14th September and you are all invited to wear yellow. There will be free coffee catch-up vouchers - one for each staff member - to take a friend to the Chandelier Café from the 14th to the 21st September to ask the question "RUOK?" see your Manager for vouchers.

October is also Seniors Festival month with this year's theme - Learn, Love, Live

Staying protected and informed about COVID-19

Victorian weekly data on COVID-19 is updated every Friday, and includes graphs showing case numbers, locations and age groups, plus hospitalisations and deaths.

See coronavirus.vic.gov.au/victorian-coronavirus-covid-19-data

A 2023 COVID-19 vaccine booster dose is available from most GPs and pharmacies. All adults can get a booster if it's been 6 months or longer since their last COVID-19 booster or confirmed infection (whichever is most recent) for additional protection against severe illness from COVID.

Eligible people who are homebound can arrange an in-home appointment by contacting the South East Melbourne Primary Health Network (SEMPHN) at semphn.org.au/covid-19.

[It's important to stay protected and informed about COVID-19](#)



Our residents celebrated NAIDOC Week by creating different styles of indigenous flags, and everyone has some fun at a physiotherapy session led by Sandra, Cassandra and Rachael.



Joanne from Bunnings enjoyed showing the residents a new craft





Music, dress up's and dancing, french inspired Happy Hour and Karaoke in the afternoon! what more could you want on Bastille Day celebrations in Killara and Westernport.



Expression Exhibition

Cardinia Cultural Centre is holding an exhibition featuring art created by people with disability.

The exhibition, titled Expression, is an opportunity for artists with disability to showcase their creative talent and express themselves.

The exhibition is being held in the Gallery at Cardinia Cultural Centre from Friday 4 August to Sunday 24 September 2023.

A variety of mediums are on display including painting, drawing, sculpture, woodwork, poetry, quilting, photography and more.

The Expression Exhibition is one of the initiatives arising from the Cardinia Shire Disability Strategy and Action Plan 2021 – 2026 and is proudly supported by the Cardinia Access & Inclusion Advisory Committee (CAIAC). A number of workshops were held leading up to the Exhibition which were thoroughly enjoyed by all who attended. Pictured here the CAIAC in front of two of our residents works.



A number of talented residents of Killara Hostel and Westernport Unit have submitted works to the Exhibition.

Pictured below a floral watercolour by Elaine and a nude in oils by Audrey.

The Koala was a group effort by residents made with bottle caps recycled from the kitchen as was the Mandala inspired bread tag art. Pictured Tom, Tom and Filomena especially enjoyed the projects.





These residents, staff and volunteers were thrilled to visit the Cultural Centre and gaze upon all the lovely and varied artworks.

David especially loved the koala he helped create and Audrey was thrilled to have her artwork on display. The top painting was created by the Forget-Me-Not Café and looked great under a spotlight.

Pictured enjoying the show is Audrey, Lea, Joan, Gwen, Alice, Grahame, Nancy, Janet, David and Jenny.

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
10.00am - 12.00pm



Upcoming Dates:

Tuesday's 2023
26th September
28th November

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



Strength Exercises with Angela



Come and join Angela to help improve your strength and balance with exercise

When: Every Monday 9.00 - 10.00am, or Thursdays 8.30 - 9.30am, 10.00 - 11.00am (not public holidays)

Where: Hewitt Eco House Community Room
215 Rossiter Road, Koo Wee Rup

Cost: Gold coin donation

Bring: Water bottle, hand towel, appropriate shoes

You must have a medical form completed and clearance from your Doctor/Physiotherapist

Please call Angela for more information 5997 9756



Pilates Term 4 2023

Free First Class

Chair based class now available

Reengage this spring with exercise at your level. Pilates is suitable for all ages & abilities, focusing on core, strength, balance and flexibility.

When: Chair based class 5.00 pm Monday.

Mat @ 6.00pm Mondays and

Mat @ 9.00am Saturday

Where: Hewitt Eco House, Koo Wee Rup Regional Health Service, 215 Rossiter Road Koo Wee Rup.

Cost: \$5 (chair class 1/2 hr) and \$10 for mat.



Enquiries to Marlene
0429 814 410

Term 4 starts: Mon 2nd October



Walking together towards a healthier heart

There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

Join your free local walking group at the date and time below:

Group	Koo Wee Rup Evening Walkers
When	Daylight saving period Thursdays @ 7 pm
Where	Koo Wee Rup Clock Towers Rossiter Rd Koo Wee Rup
Organiser	Marlene 0429814410

This group walks every Thursday evening during daylight saving. We start on Thursday the 5th October 2023 and will go through until early April 2024.

[Visit walking.heartfoundation.org.au](https://walking.heartfoundation.org.au) to join or for more information



Scan here to join



If you would like to contribute to the Koowe Connect Newsletter, please do. Send your news, articles and photos to email Leanne.Duff@KRHS.net.au or call 5997 9790 or drop into Reception.