



Kooweerup
REGIONAL HEALTH SERVICE

September / October 2023

KOOWEE CONNECT NEWSLETTER



Messages from Management	2
Welcome to KRHS	4
Health Promotion	8
Our Environment	14
Around the Corner	17
Healthier Together	18
Volunteers Voice	23
Leisure & Lifestyle	24
Mens Shed & Community Garden	27

Feature:
**Kindness
Works Here**

Page 22



Noni Bourke
Chief Executive Officer

One of the priorities in our Strategic Plan 2022-2025 is *Empowering and enabling our team*. One of the ways we do this is through supporting professional development and training. The last few months have seen KRHS staff engage in a range of professional development activities – both on site and at conferences / workshops.

Care staff and Patient Services staff gained skills and knowledge from a Foundations of Dementia workshop held on site; staff attended the Public Sector Residential Aged Care Forum to hear about updates in residential aged care; and staff attended a state wide forum looking at minimising occupational violence. You can also read about some of the more recent conferences / workshops attended by the KRHS team in this edition.

I was fortunate to attend the BMJ / IHI Quality and Safety Forum which included a Department of Health / Safer Care Victoria Leaders Symposium bringing together Victorian CEOs and interstate / international leaders to explore current issues as well as future opportunities in healthcare. A strong theme across all of the presentations was a focus on healthcare worker wellbeing – “*you cannot give what you don’t have*”. This was in a context of highlighting the importance of collaboration and partnership, within services, between services but most importantly with consumers.

As we head towards the end of another busy year it has been wonderful that our staff have been able to engage strongly with learning and development, exploring new ideas and connecting / re-connecting with colleagues and thought leaders.

Enjoy this wonderful spring weather. If you are a hay fever sufferer like me – stay well and have a look at the information re Thunderstorm Asthma in this edition.

Kooweerup Regional Health Service
2023 Annual General Meeting
Open Access Board Meeting
Guest Speaker: Professor Catherine Crock AM
Physician and Founder of the Hush Foundation
and Gathering of Kindness



Wednesday
13th December 2023
3.00pm
Hewitt Eco House
Community Room,
215 Rossiter Road
Koo Wee Rup
RSVP Sharyn Gregory
5997 9761 or email
info@krhs.net.au
by Friday 8th December 2023





Aileen Thoms

Director

Primary Health and Innovation

It's been a crazy couple of spring months with wild weather and rain. Located as we are within a flood zone this is certainly something we keep a close watch on. Our community staff have certainly been very watchful with flooded roads and the ongoing damage to the surfaces that occur – it's been high alert!

Spring is always full months for our HP team who have been out and about promoting our key priorities; Healthy Eating and Active living and reducing harm from tobacco. Womens' Health week

saw us partner in art and education sessions. During Seniors Week; the Forget me not café facilitators, carers and people living with dementia facilitated cafes in different locations including the Bunjil place and Tooradin, which went brilliantly. This group enables people to connect with each other and health professionals, reducing some of the stigma and isolation many face.

It has been conference time and I was fortunate to attend the online Greening the Healthcare forum which shared ideas and projects from across the world. Additional resources and links have been shared with our teams and the links to the talks are in this newsletter. We were fortunate to attend the Health Promotion conference in Geelong and you will also see the smiling faces at this years Gathering of Kindness, which was very humbling and reminds us about humanity in healthcare. A number of staff are attending forums focused on best practice and the Aged care reforms we will gain much from these to improve our services and care.

Across the health service and community, we promote Mental Health Month during October. This is designed to encourage people to talk about mental health and focus on protective factors that support wellbeing. This year's theme of we all have a role to play "acknowledges and reminds us we are all important, each person's contribution matters and we can all have an impact on each other's wellbeing and good mental health which is essential for our everyday lives. Thanks to the team who have contributed to creating these activities for all of us.

We held a great workshop "Building bandicoot habitat' in collaboration with Cardinia Shire on a lovely Saturday morning. I hope you enjoy the photographs and had the opportunity to see the new plants.

As we come to the end of our Centenary year we continue to be proud of the history of the health service in providing care and support to our community. We have held great events and can reflect positively on all of the fantastic things we have achieved.

I hope you have been able to get out into the gardens and enjoy some sunshine. When you are in the community garden or with the residents in their garden get involved, taste, smell and be present in the space.

Enjoy the milder weather and activities.

Aileen

*Osman in the
community garden*



Welcome to KRHS

4



Hello!

Pictured here during orientation is Marissa, Geoff, Renee, Damian, Stephanie, Rachael and Hash.

We also welcome Leah to Leisure and Lifestyle, Luke our new Allied Health Assistant, Claire to Finance and Yanira to Westernport. Bindu to Killara and Stacey to Patient Services.

We bid a fond farewell to Kalpana from Finance and wish her all the best in her new endeavours.



Goodbye!



We can't see any Collingwood jumpers here, but Aileen, Leanne, Karen, Cathy and Kuldeep were having fun in their favourite team colours to celebrate the Footy Grand Final



Meet our Dietitians

On Tuesday 19th September, we celebrated Dietitians Day!

At KRHS, we have a dietetics team of two: Janelle Molnar and Stephanie Orellana. Both dietitians are dedicated to your nutritional needs and are passionate about helping you meet your goals. Our dietitians see people of all ages.

If you see a dietitian, you will enter a judgement free zone. There is no requirement to completely change your diet and obsess over what you eat. In fact, we will work with you to design a plan that works for you. We know that everyone is different and an approach that works for one person may not work for you. We will look at your medical history, your needs, goals and lifestyle, as well as your likes and dislikes to provide personalised nutrition advice and tailored plans. Our Dietitians are available for appointments on Thursdays and Fridays 8.30am-5pm.

Please call KRHS on: (03) 5997 9679 for any enquires. [#PavingTheWay](#)

Let's celebrate!



Meet our Occupational Therapist

Rachael Russell is an experienced Occupational Therapist (OT) who joined the Koo Wee Rup team in March. Rachael is passionate about rural health and sees community clients aged 18 and over.

What is an Occupational Therapist (OT)?

Occupational Therapy (OT) enables people to participate in activities they find meaningful. An Occupation can be anything you do in your day; working, showering, driving, eating, using your phone etc. The list is limitless! It is about working with individuals to determine what is meaningful to them. OT can help people do the things they need and WANT to do with a focus on safety, independence and comfort.

OT is a person centred profession based on an individual's goals.

Occupational Therapists can help with:

- Home safety assessments
- Assessments for personal alarms
- Recommend and prescribe aids and equipment to support function
- Recommend home modifications

Provide education around falls prevention, energy conservation, living with memory changes and managing the impacts of a chronic health condition

Rachael's days of work are Monday, Tuesday and Wednesdays. A referral code through My Aged Care will be required if you are >65 years old.

Please call Koo Wee Rup Health Service on: (03) 5997 9679 for any enquiries.



Board Director opportunities at Kooweerup Regional Health Service

The Minister for Health, the Hon. Mary-Anne Thomas MP, is pleased to invite applications for part-time director positions at Kooweerup Regional Health Service. The positions start on 1 July 2024 and appointments are for two to three years.

These positions provide an exciting opportunity for Victorians to contribute to the health and wellbeing of our communities. Applicants are selected for their capabilities, including personal and professional attributes, experience, knowledge, and skills that contribute to the strategic leadership and oversight of health care for the Victorian community.

The Victorian Government is committed to ensuring boards reflect the rich diversity of the Victorian community. Applications are welcomed from people of all ages, Aboriginal and/or Torres Strait Islander people, people with disability, people from culturally and linguistically diverse backgrounds and from lesbian, gay, bisexual, trans, gender diverse, intersex and queer people.

Safe and high quality healthcare for all Victorians is a priority of the Victorian Government. Applicants must be able to demonstrate and provide evidence in support of the capabilities they identify in their applications.

Applications close at **Midnight Sunday 19 November 2023.**

Further information about Victorian health service boards and how to apply, please go to the following website: www.health.vic.gov.au/board-applications [Applying for board positions | health.vic.gov.au](http://www.health.vic.gov.au/health/vic.gov.au)



October's Board meeting saw MP for Bass, Jordan Crungnale meet our Executive Team and Board members for open discussion on our strategic direction and the key health issues facing our Community.

*Pictured L to R
Steve, Sudeep,
Noni, Jordan,
Patrick, Kushal,
Bev, Shelley, Andy
and Marie.*

*Photo taken by
Aileen*



World Patient Safety Day.

Sunday 17th September
The theme of this year is Engaging Patients for Patient Safety, in recognition of the vital role patients, families and caregivers all play in providing safer care experiences.

Research has highlighted that when health services partner with patients in their care, there are greater safety, patient satisfaction and health outcomes as a result.

Residents and staff share a cuppa

No matter your role, we all play a part at ensuring patients are supported, cared for, and involved in their healthcare experiences here at KRHS. We seek to include patients in our co-design strategies, and to elevate the voice and experience of patients to address concerns, meet expectations and advance the safety for all. After 3 years of wearing masks we have been able to take a step forward and see smiling faces which will be a very important step in improving communication.

Dignity

A Poem by Jacqueline Harrison

I may seem old and frail to you,
My 'faculties' all gone.
I may need help in all I do.
But that doesn't mean "I'm done".

I was just like you once, you know,
My abilities all intact.
I had a job, a life, a home,
And that, my dear carer, is a fact!

Just because I now need help,
With and daily task.
Doesn't mean I've lost my dignity,
It's just something old age likes to mask.

Please remember when you help me,
That I'm still 'ME' inside.
So yes, though you wash and feed me,
I still have my dignity and pride.

Dignity is so important,
it might be the last thing that I own.
So please, dear carer, remember,
To treat me as one of your own.



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



Mental Health Month - October

Mental health and wellbeing is key to a thriving community. Mental health refers to how well a person is in their thinking, managing their emotions, relating to others, and generally meeting the demands of everyday life and employment.

Mental Health Month gave us an opportunity to raise awareness around mental health and wellbeing. It is marked in New South Wales, Victoria, and the ACT and centres specifically on World Mental Health Day on October 10.

The theme for this year is 'We all have a role to play'.

We had activities and webinars all month which culminated in an art piece we all enjoyed creating. (Pictured below and on display in Reception) Thanks to every-one who contributed.

Congratulations goes to the Westernport Unit for their fabulously decorated 'to' board, 8 out of the 11 judges thought you were the most creative, well done!

Remember your ideas can have a positive impact on our daily lives and the lives of others.





Womens 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 nation-wide 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. So this Womens health week Grow your knowledge - Make the right decisions for your health 2. You're not alone 3. Get the facts

For more information check out womenshealthweek.com.au or jeanhailes.org.au



RUOK DAY – start a meaningful conversation Thursday 14th September

RUOK? How many times have you asked this of others? How do you let people you care about know you are here for them and really hear what they have to say?

By taking the time for an RUOK? Conversation and genuinely listening, we can make a difference and let the people around us feel supported and connected.

Staff celebrating RUOK Day



Dementia Action Week Act Now for a Dementia-Friendly Future

18 – 24 September 2023

Dementia Action Week 2023 was from Monday 18 September to Sunday 24 September, with World Alzheimer's Day occurring on Thursday 21 September.

This year's theme is **Act Now for a Dementia-Friendly Future**.

KRHS supported a full day of activities at Bunjil Place, Narre Warren on the 20th September from 10.00am. Joanne Cain and our fab volunteers hosted a very special Forget-Me-Not Café and shared how KRHS can support people with Dementia and their carers.

Since 2019, the focus of the Dementia Action Week campaign has been to reduce stigma and discrimination experienced by people living with dementia and their carers.

Communities that take action to become dementia-friendly have:

- less fear and a greater understanding of dementia
- less stigma and discrimination

More support and better systems for people living with dementia to live well in their community for longer.

During Dementia Action Week, we encourage everyone to reach out to your community and learn more about the needs of people living with dementia, their families and carers who are living in your area.



On 17th October, a part of the City of Casey Ageing Positively Festival, we held a Forget-Me-Not-Café in Tooradin at the Old Jetty Café on the Foreshore.

Some of our regular guests attended and we were pleased to welcome some newcomers who came from Clyde and Berwick. We have invited these new people to attend the Café in November so hope to can catch up with them again.

Thanks to our volunteers and our Bachelor of Nursing placement students for helping out. Thanks as well to the team at the Old Jetty Café and Tearooms for providing us with a Dementia Friendly space to get together.

Joanne Cain

Coordinator of the Forget-Me-Not Cafe

Volunteer Gary Oates (above centre) enjoys a chat at the Old Jetty Café, as did all the ladies.



Australasian Diabetes Congress Adelaide 2023.

With thanks to KRHS, I was supported to attend the Australian Diabetes Congress. This was a three-day program with presenters from all aspects of diabetes care - clinical and educational. Presenters were both national & international.

The sessions that took special interest for me were:

Menses to Menopause-

“Dancing through life’s rhythms and bloods sugars as a woman with Type 1 diabetes”. The presenter- Jane, sharing her personal experiences of having Type 1 diabetes and the impact that diabetes educators had in her ability to self-manage chronic disease.

“Eating your way to better hormones: a research update on how nutrition may help hormone regulation in women with diabetes”. Dr Stephanie Pirotta- an accredited practicing dietitian, provides specialized nutrition therapy to help manage polycystic ovary syndrome, endometriosis and fertility.

When lived experience & professional worlds collide-

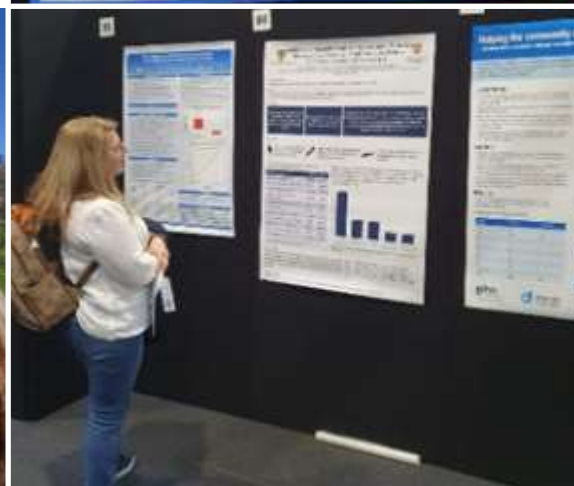
“When your research becomes your reality”. Dr Liz Homes-Truscott, a researcher at the Australian Centre for Behavioural Research in Diabetes was diagnosed with gestational diabetes. Liz shared her experience as a patient navigating the diabetes care system. Very powerful commentary, highlighting the importance of empathy and choice of words when provided self-management education.

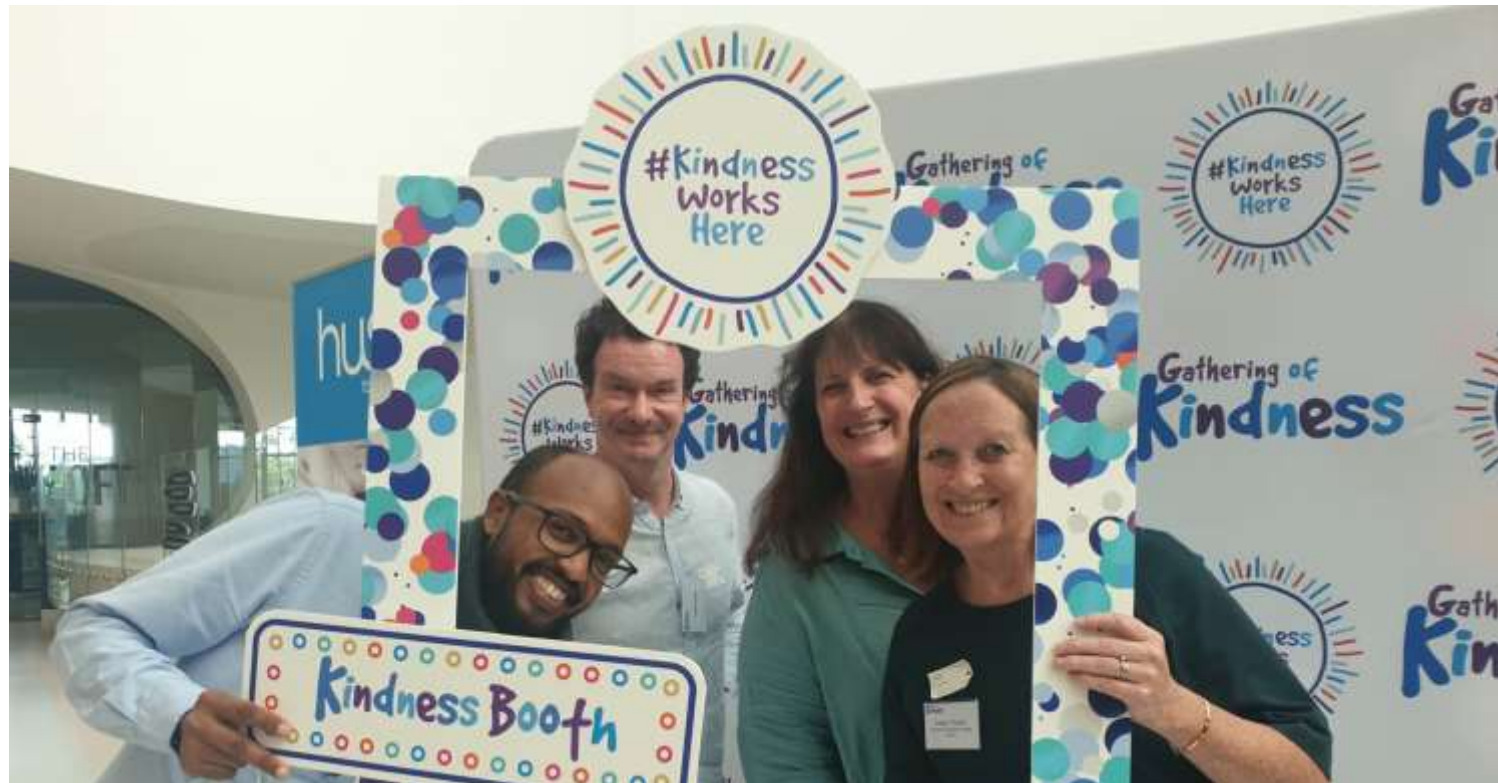
ADEA (Australian Diabetes Educators Association) Masterclass : Diabetes Management in Residential Aged Care- Holistic Approach.

Presentations by different healthcare professionals- physios, pharmacists, dietitians and diabetes educators, illustrating the importance of collaborative- person centred approach to diabetes care in elderly aged-care residents. Question time from the audience strongly advocated for the nation- wide promotion of the McKellar Guidelines – Managing Older People with diabetes in RACF. A guideline which KRHS was implement before it was a published guideline!

Of course there was time to catch-up with peers and discuss work. And a fun run to participate on the final day!

Karen Herbert
Diabetes Educator





Gathering of Kindness Conference

from left to right: Osman Ali, Tristan Bate, Noni Bourke and Aileen Thoms at the Gathering of Kindness (GOK) 2023

The 2023 Gathering of Kindness was yet another incredible experience meriting and reinforcing our organisational values of Respect and Individual Care, Integrity, Accountability and Professionalism. #GOK23

I was lucky to join Noni Bourke (CEO), Aileen Thoms (Director of Primary Health and Innovation), and Tristan Bate (Podiatrist) to explore how kindness, the systemic structural kindness- what Dr Andy Philips (Executive Director Safety) from Safer Care Victoria refers to as intentional kindness, drives better health outcomes and experiences.

Take-away message: Intentional kindness, value-based system, collective wisdom, and a true Person-Centred Care are core components, moving forward, to deliver better health outcomes.

Our staff still have the chance to know more and participate as we bring Gathering of Kindness to KRHS in November.





Killara and Westernport residents showing their creativity



Michael enjoying the Windchimes



‘Windchime, a walk in nature’

was created for Mental Health Month.

It was a wonderful collaboration from activities held during Women’s Health Week and RUOK Day with Staff, Students and Volunteers, the Art for Adults community painting group, Killara Art Therapy Group and the Westernport Art Therapy Group

Thank-you to everyone who participated and we hope you enjoy the messages and passing by our Windchime!

Thunderstorm Asthma

During grass pollen season (1 October through to the end of December) people may notice an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma.

Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

If you have current, past or undiagnosed asthma or seasonal hay fever you are at risk of thunderstorm asthma. So be prepared to manage any symptoms and stay out of hospital.

Even if you don't think you have asthma or hay fever, don't ignore symptoms like wheezing or shortness of breath – check with your GP.

There is a **HIGH risk of epidemic thunderstorm asthma forecast for parts of VIC**

If you have asthma or hay fever, plan ahead & carry your medication with you.

Be Prepared



Take your preventative medication as directed



Go indoors and keep windows and doors closed



If on, turn your evaporative cooler to recirculate



Know the 4 steps of asthma first aid

Building a Bandicoot Backyard

What fun was had in the Community Garden building bandicoot habitat on Saturday 21st Oct. KRHS joined forces with Cardinia Councils Natural Resource Planner Rob Jones for Mental Health Month. Aileen Thoms, Director of Primary Health shared some research on the benefits for mental wellbeing on Nature Dosing – The deeper the green the greater the benefit, however, each and every one can benefit from looking at nature, tasting, touching, smelling. Even virtual nature images can help us to relax – we need at least 20mins a day or 2 hours a week to improve our health. Check out People and Parks Live Nature Wise.

[Live Nature Wise | People & Parks Foundation \(peopleandparks.org\)](https://peopleandparks.org)



Rob told us about Bandicoots and where they have been located around the local area. He showed us the Biolink plan then we went outdoors and got dirty planting up various plants that bandicoots love. How fortunate are we to have a signature species the Southern Brown Bandicoots here in this area. Please take a walk in the Community garden and see the new plants. Thanks to everyone who assisted on the day and to the Mens Shed who cooked up a delicious lunch.



“Empowering action for sustainable, climate resilient healthcare”.

The world is striving for a low carbon, sustainable and climate resilient future – and healthcare delivery must change alongside it. It's evident we need to act - but how do we actually drive the shifts in our healthcare system we need to bring about change?

The forum focused on the ‘how’ – how do we empower action to deliver sustainable and climate resilient healthcare?

A diverse line-up of speakers, from healthcare, government, industry partners, academia and beyond, shared their expertise on current research, policy, industry innovations and practical examples of sustainable healthcare in action.

The questions continued to ask how do we engage our decision makers, suppliers, our colleagues and our patients in the process? How do we overcome barriers to progress?



Coordinated in the
Pacific region by



Join us in supporting Brian to raise funds for
Men's Mental Health



Once again during the month of November, Brian Harlow our Youth and Community Worker will be colouring his beard a different colour each day.

By making a minimum \$10.00 donation you can request a colour or pattern of your choice. Scan the QR code or follow this link [Movember - Donate](#) and follow the prompts. Let's all help Brian and this great cause!



Thank-you

A huge shout-out and thank-you to the Koo Wee Rup and District Lions Club for donating two defibrillators to KRHS. One for Killara and the other for the Hewitt Eco House Community Room.

Pictured here is Linda, Liz and Rex from the Lions with KRHS staff.

Caring for older people in warmer weather

High temperatures are often experienced across Australia every summer and you must be alert to the possibility of heatwaves.

Service providers need to be particularly aware of the severe hazards associated with extreme heat events. Older people living in the community may suffer from heat stress and those who live alone without regular contact from others may be particularly at risk.

Heatwave checklist

To assist you to meet your responsibilities under the Aged Care Act 1997 and the Aged Care Quality Standards which support aged care service providers to maintain high quality service delivery, the checklist below may be useful in considering the activities you may need to undertake during a heatwave.

Clinical assessment

A clinical assessment will be required if a person shows any signs of deterioration. The effects of heat-related illnesses can range from mild conditions such as a rash or cramps to very serious conditions such as severe confusion or heat stroke. If you are concerned about a care recipient's wellbeing their general practitioner should be contacted immediately.

Further information is available from state and territory health department websites.

Checklist, before a heatwave

- ☐ assess which people are at risk—who has limited capacity to keep cool; or which homes are prone to being hot
- ☐ check cooling systems in the person's home, are they adequate and working effectively
- ☐ ask relatives and friends to ensure care recipients are cool and comfortable and appropriately dressed on hot days
- ☐ offer extra support to care recipients where family and friends are not available to help
- ☐ provide contact details of your care recipients to the local emergency services, where appropriate.

During a heatwave

- ☐ continue to deliver care—source additional staff or volunteers if required
- ☐ be aware care recipients may be at particular risk following high overnight temperatures
- ☐ keep curtains and blinds closed in care recipients' homes to reduce excess heat
- ☐ make small amounts of fluids readily available to care recipients
- ☐ provide alternative forms of fluid, and discourage alcoholic or caffeinated beverages
- ☐ encourage care recipients to eat frequent small meals
- ☐ encourage care recipients to wear loose fitting clothing, use sunscreen and keep skin covered when exposed to direct sunlight
- ☐ encourage care recipients to seek shade when outside, and to avoid going out between 11am and 3 pm
- ☐ offer additional tepid showers or sponging
- ☐ look for signs of heat stress, such as nausea, and changes in appearance including red, pale or severely dry skin

Excerpt from Vic Health website [Health.vic | health.vic.gov.au](https://www.health.vic.gov.au)

KRHS meets Healthy choices policy directive for Victorian public health services - providing healthier food and drink options to staff and visitors

The foods and drinks in our in-patient staff menus, now meet the requirements of the Victorian Government's Healthy choices: policy directive for public health services.

Our achievement: with a collective effort, our health service in-patient staff menu scored above benchmark, with options percentage as **94.2% green**, **1.9% Amber**, and only **3.8% Red**

A huge congratulations to everyone involved in achieving this milestone. A special shout-out to our amazing dietitian Janelle Molnar, patient services manager Vamsi Yalavarthi, our dedicated cook Michelle Tyson, CEO Noni Bourke, Director of Primary Health and Innovation Aileen Thoms and the do-it-all Health Promotion team. This is a wonderful outcome and part of our organisational commitment to providing a healthier environment and supporting staff and visitors health and wellbeing.

For more information on the Policy directive visit <https://heas.health.vic.gov.au/healthy-choices/healthy-choices-policy-directive-victorian-public-health-services>.





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.

Costs \$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 to join or for more information

Proudly supported by



Program partner



Scan here
to join

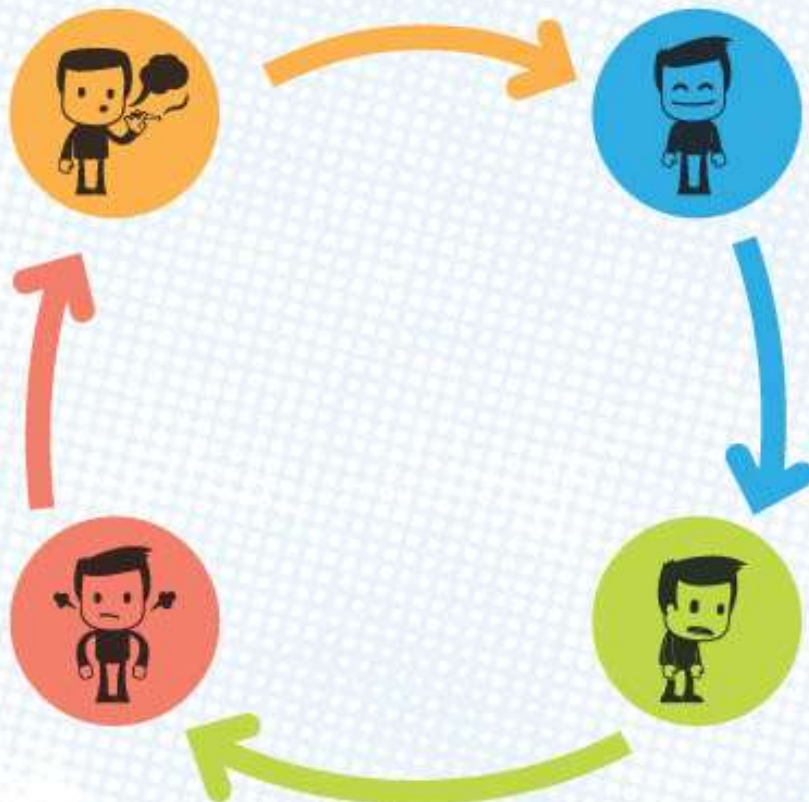


The stress cycle of smoking

Did you know smoking actually causes stress? Here's how:

1. When you light up a smoke, it tops up your nicotine levels.

2. Your nicotine withdrawal symptoms (like irritability, anxiety and restlessness) are immediately relieved, making you feel relaxed – but only temporarily.



4. Once your nicotine levels have dropped even more, you begin to experience withdrawal symptoms, causing you to feel tense and irritable.

3. Soon after you've finished having a smoke, your nicotine levels begin to fall – leaving you craving another smoke and starting to feel anxious.

The good news is, within just a day of stopping smoking, almost all the nicotine is out of your bloodstream, breaking the stress cycle of smoking! Plus after six weeks or more you are likely to feel less stressed, anxious and/or depressed.

For more benefits of quitting visit www.quit.org.au or call Quitline (13 7848).

Quitline.13 7848

quit.org.au



each



Kindness Works Here

22

During a chat with one of our PALs, our resident Tom spoke about being a builder and building his own homes prior to moving in with us to Westernport. In addition to this they got on to the subject of his interest in birds discussing this in great detail. It became obvious to our PAL that this was just one of Tom's many passions.

The PAL (Marg) and myself discussed this experience while 'debriefing' after her time with the residents and together we talked about whether we could get some support for Tom to build a bird feeder which would bring together two of his interests.

Further discussions were held with myself, Leisure and Lifestyle and our Bunnings activities co-ordinator Joanne who kindly agreed to bring a birdhouse kit to her next planned activity with our residents. She then offered to do a one on one with Tom to support him while building.

As can be seen from the photos, Tom really enjoyed the process of building through to painting and choosing a tree branch for it to be suspended from. The genuine joy on Tom's face and the interest he showed during the project made the experience rewarding and worthwhile to all involved.

Let's hope we get some feathered visitors to enjoy Tom's handywork!

This story highlights the importance of a few simple things such as listening to people and recognising that our residents all have a story to tell and many interests prior to moving in. It also demonstrates the importance of working together as a team to provide person centered care.

Jenny Bayliss,
Volunteer Co-ordinator

#Kindness
Works Here



I'd like to introduce one of our newest volunteers, Jenny.....

Jenny initially came to KRHS for medical support and respite after breaking both wrists.

In her words she was so happy with the kindness shown to her by volunteers and she got to "see and experience all that you do for others less fortunate" that once she was 'healed' and able to, she decided to apply to be a volunteer here. Jenny already volunteers at the Uniting Church in Koo Wee Rup and the Op shop and had begun visiting some of the residents she had met during her stay with us.

We are very lucky to have had Jenny join us and are very grateful and appreciative of the support she provides to staff and residents during her time she spends here.

Welcome from everyone here at KRHS! Don't forget to introduce yourself and say hi if you see her around.

Our garden refurbishment project is moving along nicely with the installation of two new raised beds, an automated watering system and new water tank. Everyone involved is working very hard to complete the garden in time for spring planting and we have already planted some seedlings in our new mobile vegie pods which can be transplanted when ready.

This garden is for all residents to enjoy and anyone who is interested can be a part of our gardening group. Everyone is welcome to join in no matter how experienced you are, we have lots of keen gardeners who are happy to pass on their tips and tricks to others.

Once the veggies are grown and ready to be harvested we will have a celebration BBQ which will include some delicious salads and more! There is nothing better than home grown fruit and veg, I'm sure you'll agree it is so much tastier.

Please speak to myself or Leisure and Lifestyle staff if you would like to know more.

On 26th September anyone that was available attended our volunteers meeting. October being mental health awareness month, we had a great discussion presented by our very own dietician Janelle who gave us lots of important and interesting information about what foods to eat to promote wellbeing and good mood food. We also shared some 'rainbow' foods with healthy dips and talked about different ways to get our 5 serves of veg in (or as close to) on a daily basis. If anyone is would like further information on this subject please let me know. Minutes of the meeting are also available.

Our next meeting will be planned for end November when I return from annual leave. I will be away 'Glamping' with the Quokkas on Rottne Island for a couple of days, then staying in Perth for a week, returning to the office on 20th November. I will be sure to take lots of photos to show you when I return.

Until then take care and thankyou for all that you do.

PS. Save the date of 14/12/2023 for an end of year celebration, details TBA.

Jenny Bayliss

Volunteer Co-ordinator

59979704





Best Day Out!

Lauren and Michael enjoying a lunch outing at the Koo Wee Rup pub.

Michael said 'it was the best day!'



Killara residents having coffee at Deganis, Michael and Noelene.

The group photo is Yvonne, Noelene, Gwen (volunteer) Janice, Aaliyah (staff), Grahame (volunteer) and David all having a lovely time.





PAL'S it is!

Our wonderful volunteer Marg who is also our PAL (People Advocate Liason) brings Lucy into KRHS to cheer up the residents.

Lucy adores all the snuggles and pats she receives and the residents just adore her.



Memory Leaves

When our loved ones, who we dearly miss, pass on, it is important to remember them in our own way.

Creating a leaf for the memory tree is a way to recognise and acknowledge those who have been a part of the KRHS community and are no longer with us.

The Memory trees, decorated with metal leaves and engraved with personal messages, provide an honorable and lasting gift of remembrance.

The memory trees enable residents to participate in paying tribute to their friend.

Staff, families and friends have the opportunity for remembrance and quiet reflection in lovely garden settings.

There are 2 open dedications per year, and private visits can be arranged. Please call reception for dates and appointments. (03) 5997 9679

Janet from Leisure and Lifestyle reflects at the memory tree

Craft and Cooking Competition at the RSL Christmas and Craft Fair

**Saturday 25th November 2023
10.00am to 3.00pm**

Email for entry forms: Kooweerup.rsl@gmail.com or pick up forms from the Senior Citizens, KWR Op Shop, Craft Quarters, KWR Mens Shed and Reception at KRHS

Competitions include: Junior Cooking, Junior Craft, Best overall exhibitor rosette.

Senior Cooking, Senior Craft, Best overall exhibitor rosette.

Best decorated Lions Christmas Cake.

For more information contact RSL Secretary Bev Edwards 0400 584 235



Pictured here on a lovely spring day, families enjoying the Community Garden.



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 28th November 2023
10.00am - 12.00pm



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



Kooweerup
REGIONAL HEALTH SERVICE



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.