



NAZARETH HOUSE - CAMBERWELL NEWSLETTER

Issue 9 / March 2018

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Pastoral Care

Sister Malia Antonia Ielome

So it is written that the Christ would suffer and on the third day rise from the dead' Luke 24:46

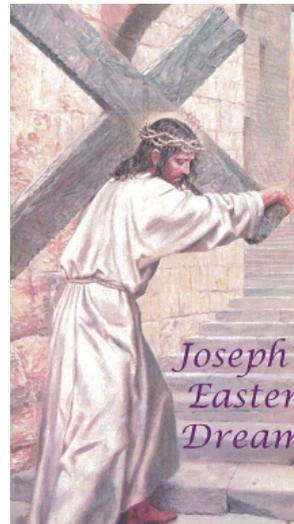


Easter, where we celebrate the resurrection of Christ, is preceded by Lent, a season of self-examination, fasting and penance in preparation for our Easter Day observance. So Lent is a 40 period prior to Easter Day. Also, beginning the Sunday before Easter we have Holy Week, with Palm Sunday (also called Passion Sunday), Holy Thursday, Good Friday and Holy Saturday.



Holy Thursday March 29	Mass 7pm
Good Friday March 30	Stations of the Cross 10am Veneration of the Cross & Communion Service 3pm
Holy Saturday March 31	Easter Vigil Mass 7pm
Easter Sunday April 1	Mass 10am

JOSEPH'S EASTER DREAM



I had a dream Mary, like the one that you had at Christmas. It was also about Our Son Jesus, who on Good Friday gave the Greatest Gift of all to mankind – His Life. But in this dream Mary, so few people understood the true meaning of Easter.

So many people disbelieved and doubted the Passion, Death and Resurrection of Our Son Jesus. They were looking forward to Easter as only a break away from work – a long weekend.

Oh Mary, how the world had changed! The evil one had deceived many of Our Son's children. I looked on in disbelief as both young and old exchanged gifts of chocolate and talked of the Easter Bunny, rather than remembering the Great Gift of Life Our Son had given them. They did not realize the intense suffering and pain Jesus endured for all mankind!

Rather than spending time with Our Son, many chose to spend their time shopping, gambling and participating in sporting events over these most sacred days. Unfortunately, Good Friday had for many become just a good holiday. I then saw Our Son nailed to the cross, crowned with thorns and His eyes were filled with tears as He looked towards his Heavenly Father and said: "Father, forgive them, for they know not what they do." Mary, when I suddenly awake from this dream, I fervently prayed: Please, let none of what I dreamt come True.

This Easter Celebrate the Holy Days not Holidays.
(Written by Karen Maree and John Canavan)

Announcement

We are very pleased to announce that Margaret Curtis has been appointed to the Director of Nursing in Camberwell. Margaret will be a wonderful addition to the Camberwell team. She has a strong background in clinical education and program management having managed the clinical education of graduates through Eastern Health in eastern metro Melbourne. Welcome Margaret.



Welcome to Nazareth House

Over the past few months Nazareth Care Camberwell have welcomed new residents.

Mrs Dorothy Sammut – St Augustine’s
Mr Brian Rudin- Holy Family
Mrs Rose Robinson- St Augustine’s
Mrs Rosemary O’Hehir- St Joseph’s
Mr Mark Kirsch - St Joseph’s



Residents who said goodbye during January to February but not forgotten.



Ms Ann Sheridan
Mr Frank Hill
Mrs Sheila Maddern
Mrs Kathleen Heaune
Mrs Patricia Bell

ACFI Coordinator Donna Cole

ACFI, or the "Aged Care Funding Instrument" is one of the most important sources of income for each Nazareth Care House, Australia wide. ACFI funding provides for all key care areas, including;

- Staffing /wages, meals and drinks, clinical equipment, maintenance requirements and materials, utility bills and many other important aspects of the provision of care.

The Federal Government are in the process of reviewing the funding system. Currently there are a number of enquiries and studies underway to determine a funding system that provides the Federal Government with predictable fiscal management combined with the flexibility to ensure providers are adequately resourced for the provision of best practice care.

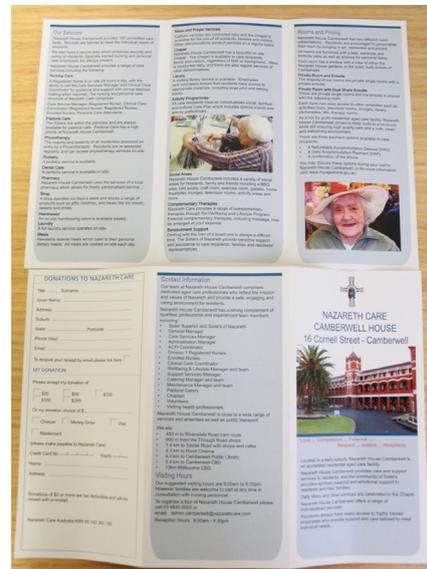
At present it is a wait and see situation as to what model of funding will be decided upon. It is therefore vital that we maintain optimal funding to assist in providing a strong barrier to withstand change, and this is what all ACFI Coordinators continue to try to achieve in each Nazareth Care House.

Administration Manager Tania D’Angelo-Bowman

The year 2018 has begun as a busy year so far. The Administration department have been working in conjunction with RSS on projects involving different aspects of Camberwell House. This has included the introduction of Capital Guardians which are an organisation which manages the payment of resident’s personal bills and funds, which were previously handled by Nazareth Care Camberwell.

A Camberwell House brochure has been an ongoing improvement project. The brochure includes information relating to Nazareth Care being a residential Aged Care facility, what Nazareth Care offers, Permanent and Respite accommodation, Nazareth Sisters Order, contact information and beautiful images of the House.

These brochures are included in residents information and application packs and placed in the House reception area for anyone to take and read. The brochures are also being distributed to Nazareth Care visiting General Practitioners waiting rooms. The brochure is also available on the Nazareth Care website and intranet. This marketing media is effective in reaching out to the public and potential new residents.



Friendly Reminder to residents and families, the **Capital Guardians** service is now being utilised. Capital Guardians service to assist you in managing the expenses for you and or your loved one.

If you are yet to register, please see reception for a registration form and information. Should you have opted to not register with Capital Guardians service, ensure the third party suppliers that we utilise at Nazareth House are contacted to arrange invoice payments. This will ensure no interruption to services provided.



Quality Coordinator Meena Chandarana



Happy New Year!

We started the New Year with an unannounced visit from the AACQA (at 9 am on 22nd January 2018)! Three assessors looked at various documents, interviewed and observed a number of residents and staff, and premises. As always, they were interested in evidence that improvements have been made, and effectiveness of continuous improvement initiatives have been evaluated. They assessed Expected Outcomes 1.4 (Comments and Complaints), and 4.4 (Living Environment) in the main, but also followed up some of the clinical data (2.4, 2.11) particularly pressure injuries, and infection control. At our exit meeting we received positive feedback, especially relating to the improvements made in the Catering and Administration areas that were presented. There were a couple of suggestions of improvement to further strengthen our systems which we have added to our Continuous Improvement Plan.

Thank you all who participated, and contributed to a satisfactory outcome.

Residential Age Care service providers, government and the wider community share a desire for a robust accreditation process that assures safety, wellbeing and quality of life for older Australians. The proposed establishment of a new more powerful independent Aged Care Quality and Safety Commission, a key recommendation of the Carnell-Paterson review of aged care regulation, is welcome.

In February 2018 Victoria became the first state to launch Australia's first action plan to tackle elder abuse. New protections for seniors and ensuring nationally consistent laws to respond to elder abuse are among the key goals of a new national plan being developed by federal and state governments. The plan developed by the National Ageing Research Institute (NARI) with support from Seniors Rights Victoria, the Office of Public Advocate, and community service providers, set out to address elder abuse. It includes the need to raise community awareness of elder abuse, increase ways to help seniors disclose elder abuse without fear, and provide education and training on elder abuse for all health professionals in health and aged care services. It also contains the views of older people.

We at Camberwell Nazareth Care remain committed to Continuous Improvement which can be demonstrated in our ongoing outcomes, some of them listed as follows:



Since November 2017 Cédrick, our Catering Manager has held monthly Food Focus Group meetings to dialogue with residents and their representatives about improvements in catering as agreed to at the accreditation site visit. The revised cyclical 4 weekly menu, which is displayed outside each dining room, has been developed by Cédrick in conjunction with the Dietitian. Residents' feedback received in monthly Food Focus Group meetings, annual Food Survey and (purple) feedback forms is taken into consideration when changes are made.

However, some residents have special dietary requirements which also have to be taken into consideration. New equipment has been purchased (e.g. toasters, mixer, BRAT pan) for the kitchen. Resident/representative feedback about the resultant changes, received to date, has been mainly positive, largely due to Cédrick's wonderful efforts.

The maintenance team have also been working hard, busy replacing carpet tiles with vinyl flooring, painting and doing maintenance of equipment. New sensor mats which are more robust have been sourced. New Dect phones have been trialled by staff, and are now in place. The laundry has an industrial fan (to help keep them cool).

Our Food Safety Program has been updated as per the recent amendments. It is imperative that all food brought into the House by a resident/representative is recorded in the Food Register, clearly labelled, dated, covered and stored appropriately. Employees are not responsible for storing and reheating food brought in by visitors

I would like to take this opportunity to wish everyone a blessed Holy Week and Easter.

MOTHER TERESA

"Life is an opportunity, benefit from it.
Life is a beauty, admire it.
Life is bliss, taste it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is costly, care for it.
Life is wealth, keep it.
Life is love, enjoy it.
Life is mystery, know it.
Life is a promise, fulfill it.
Life is a sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is too precious, do not destroy it.
Life is Life, fight for it!"





Wellbeing and Lifestyle

Pauline Cole

ENCORE: Play It Again

The Commission on Dementia and Music in the UK is calling on communities worldwide to recognise the 'therapeutic potential of music', saying it is a 'powerful but under-used tool'. Its report 'What would life be - without a song or dance, what are we?' acknowledging that music has tangible, evidence based benefits which reach out beyond the home to the care sector, hospitals, hospices and across the wider community.

People in care often live in a silent world. Listening to our own music can reconnect us with the soundtrack of our own lives and this connection is an innate aspect of being human. The significant moments in our life are often accompanied by meaningful music which we don't forget and which, through association, becomes a soundtrack which can be a key to unlocking memories in our latter years.

A personal playlist has no known negative impact. Your personal playlist should include all the music that gives you that 'flashback feeling' when you hear it. It is a cheap, simple and powerful way for someone to reconnect and stay connected with the autobiography of their own individual life.

Being able to listen to our own music helps people retain speech and language, enhances quality of life, helps with end of life care and aids care workers to better understand residents.

Music also has the potential to minimise behavioural and psychological symptoms such as agitation, abnormal vocalisation and aggression as well as reducing anxiety and depression.

During the last twelve months, Nazareth Care in Camberwell has introduced personalized music playlists for residents. The playlists are created for residents by family members based on personal history and music preferences. During this year Nazareth Care in Camberwell is keen to highlight the many ways music can have a positive impact on the lives of every individual, no matter what their circumstance or background and so celebrate the powerful impact music can have for each one of us.

To assist, Music and The Brain Foundation provides tools, training and information to help people understand and use the power of music. The "Encore Shuffle Gift Box", available from the Foundation, includes a comfortable wire free headphone with 8GB memory (capacity for 2,000 songs), an inbuilt FM radio, a sound port for sharing, a drawstring carry bag and a bonus dual port USB wall charger for \$77.00.

Wellbeing and Lifestyle

Proceeds from sales remain in Australia and are used to fund community based initiatives which promote the use of music in preventing and managing brain related disorders. If requested, the Foundation will also help families find the right music for a loved one whilst training health and care workers in how to schedule listening to improve care.

To find out about the work of Music and The Brain Foundation

visit www.mbf.org.au

or contact Monica Cashin direct on 0417 216 187

THE BIOGRAPHY PROGRAM BEYOND WORDS

BEYOND WORDS trains and supports volunteer biographers to help people in aged care to capture their life's memories.

For a person living in aged care, telling their story is a fun, productive activity that helps them reflect on life's meaning. It allows the resident to record memories and pass on information. For families the biography can be a permanent legacy of their loved one and can often lead to a deeper understanding of their life.

Through a series of weekly sessions the biographer records, transcribes and lightly edits the story. The average biography is recorded in 6-8 sessions, transcribed, edited, printed and bound in 8-10 weeks. Photos and memorabilia are gathered for the final publication.

A printed bound copy is provided free plus an electronic version enabling families to print multiple copies.

The published biography is then handed over to the client and all recordings, transcribes and copies are deleted and destroyed in accordance with confidentiality guidelines and the biographer has no further contact with the clients.

The client owns the final publication and it is theirs to do with as they wish.

BEYOND WORDS is a not-for-profit volunteer initiative and is a free service.

NAZARETH CARE OFFERS THE BEYOND WORDS PROGRAM

TO RESIDENTS

FOR INFORMATION CONTACT:

BEYOND WORDS

0403 771 571 or

info@thebiographyprogram.org.au



Wellbeing and Lifestyle

COMMUNITY GRANT APPROVAL

Real Estate.com.au – Community Grant Scheme 'Because we care' Program has approved a grant to the Nazareth Care Wellbeing and Lifestyle Department Camberwell to purchase an IPAD and accessories for resident use.

Alison Campbell Acting EGM People and Culture shares a little insight into Employee Community Grants Scheme

"The Employee Community Grants initiative is one of the core pillars of the 'Because we care' program which has been running since the end of 2014. In addition to the grants, the program also provides REA 's people around Australia with the opportunity to give back to the community through our Volunteer Bank, matched with Payroll Giving and Fundraising.

Since the Employee Community Grants Program began, 184 grants have been awarded to organisations all over Australia. The one thing these organisations all have in common is that they are important to our peoples which means they are important to us".

The IPAD will enable the residents to socially reconnect with family and or friends, record their 'Life Stories', create photo slideshows and download their favourite music. The photos and music may also be of benefit during times of resident emotional distress providing peace and calm whilst enjoying their favourite music and or photos.



Residents enjoying Valentine's Lunch

Property and Maintenance Manager

Gary Hayes

The Maintenance team are continuing to replace carpet floor tiles with vinyl in most Holy Family rooms. In conjunction with this the wood work in these rooms is also being painted.

Residents and families are to be reminded again that rooms should be as clear of excess furniture and belongings as is possible to ensure the safety of residents and employees.

The Wellbeing & Lifestyle and Physio departments on the 2nd floor of the House have recently been painted.

Work on replacing the existing Fire Panel and all smoke detectors in the entire House is almost complete.

Support Services Manager

Alicia Wyness

Resident's items of clothing are to be clearly labelled. A consent form is included in the entry pack which gives you the choice of labelling your own clothing or Nazareth Care labelling your clothing. There is a process for labelling new items of clothing that are brought in. Families or representatives are to please ensure that any further or new items of clothing for a resident is handed to the staff at the nurses stations. This ensures the clothing is handed to the environmental department for labelling. It is vital this procedure is followed to ensure, the residents clothing are labelled correctly, with correct residents name hence ensuring no items of clothing go missing or misplaced and are identified to its rightful owner.



Weekly Mass Times - Nazareth House - Camberwell

Main Chapel: Monday to Friday 6.45am - Saturday 7.00am - Sunday 10.00am
St Michael's Dining Room: Monday to Saturday 10.00am
Rosary before Mass at 9.30am
St Joseph's: Monday to Saturday 9:30am





Awards and Recognition

The Awards and Recognition Award has been granted to the St Michaels team. They continue to demonstrate all the leading Nazareth House core values

Love
Patience
Hospitality
Compassion
Respect
Justice

The team's commitment to the residents, the care given, and need's required are given with passion and professionalism.

Congratulations St Michael's.

Book Sale

Alzheimer's ... My Memories Journal
\$5.00

Beautiful gift Idea.

Available to purchase at Reception.

Trivia Corner

Answers from last edition...

1. Tom Hardy
2. Charlotte Elizabeth Diana
3. Korean War and Vietnam War
4. Mid Ocean Ridge
5. Atmosphere, atmospheric phenomena, and atmospheric effects on weather

New Questions

1. Which horse won the Melbourne Cup in 2002?
2. What was Sir Donald Bradman's batting average?
3. Who is Australia's only Formula One driver?
4. Who won the Brownlow Medal in 2003?
5. Who was the most recent Australian to win the men's singles title at Wimbledon?

Answers : In next edition.

Chefs Corner red velet cup cakes



Ingredients

- 2 cups sugar
- ¾ cup vegetable oil
- 2 eggs, room temperature
- 1 cup buttermilk, room temperature
- 2 teaspoons vanilla extract
- 1 oz red food coloring
- ½ cup hot water
- 1 teaspoon white distilled vinegar
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 Tablespoons unsweetened cocoa powder
- FROSTING
- 1 (8 oz) cream cheese, room temperature
- 4 tablespoons butter, softened at room temperature (do not melt)
- 2 cups powdered sugar

Method

Preheat oven to 325

In a large bowl mix together sugar and oil until well combined. Beat in eggs until mixture is uniform in color. Add in buttermilk, vanilla extract and food coloring. Mix until well combined.

Mix in hot water and distilled vinegar. Add flour.

Mix together baking soda, baking powder, salt and add to bowl. Add in cocoa powder.

Mix to combine all ingredients. Line a muffin pan with cupcake liners. Pour ¼ cup of batter into each liner. Bake to 18-20 minutes or until tops are spongy to the touch.

Remove from oven and let cupcakes sit in pan for 5 minutes. Place cupcakes on a cooling rack to finish cooling.

Make the frosting by creaming together cream cheese and butter. Slowly add in powdered sugar and beat until creamy.



Support Nazareth Care Australia

CONTACT DETAILS

Title: Surname:

Given Name:

Address:

Suburb:

State:Postcode:

Phone (day):

Email:

To receive your receipt by email please tick here:

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Please accept my donation of

\$20 \$50 \$100 \$150 \$200

Or my donation choice of \$.....

Cheque Money Oder Visa Mastercard

(please make payable to Nazareth Care)

Credit Card No ----/----/----/---- Expiry ----/-----

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Donations of \$2 or more are tax deductible and will be issued with a receipt.

ABN: 95 143 353 155

Nazareth Care Sponsors



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