



June 2011



Message from the Operation Managers Desk

From the OM's Desk

In the blink of an eye, winter is now upon us. We are closer to renovations works (see article inside newsletter) and I can feel the excitement building. By investing in our building, we aim to bring a better quality living environment to our residents and improve the work flow for our staff. Working with an older building is always hard as we are limited by the constraints of the existing environment. SummitCare have engaged experienced aged care engineers and consultants to design the plans and interior designers to choose the décor. This much awaited facelift and work will see us being brought up to par with contemporary designed facilities and provide more modern living spaces.

On the staff front, we have had some changes. Registered nurses Vera Hu and Vinay Joseph have both left to pursue greener pastures. We wish them both the best in their future endeavours. Registered nurse Marietta Turingan retires after 31 years of service. We will be holding a farewell afternoon tea for her later in the month (so watch this space for your invite!) and I take this opportunity to thank her for 31 years of dedicated service to Canley Gardens. She will be sadly missed. Earlier this year, Assistant in Nursing Suzanne Matheson also retired. She has also been missed. On a more cheerful note, AIN Dayle Tierney successfully completed her Bachelor of Nursing training and is now a Registered Nurse. You would have seen her diligently carrying out her RN duties. Please do not hesitate to congratulate her and give her a pat on the back as her achievement is commendable! Please also join me in welcoming Donnella Cardona, our newly appointed part time Manager- Accommodation Services who will be looking after catering, laundry, cleaning, maintenance and contract services at Canley Gardens.

I have included an article about food services in this article. Canley Gardens achieved an A rating during the inspection by the New South Wales Food Authority earlier this year. This was possible largely due to the dedicated catering team who works tirelessly everyday to ensure safe and HACCP complaint food is provided to our residents.

Take care and till the next edition...

Message from the operation Manager

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July Happening Events 2011

10.00 am every Monday Tai Chi

10.00am Buddhist Service 1st, 2nd, 3rd Thursday of each month

Friday 1st 10.00 Catholic Mass

Wednesday 6th 11.00 Uniting Church Service

Wednesday 13th 10.30 Birthday Party



Entertainer: Kristy Lee

Friday 15th 10.30 Salvation Army Service

Wednesday 20th 10.30 Christmas in July



Entertainer: David Watkins

Wednesay 27th 10.30 Suma Ching Hai Community Visit

For further information please see Sue, Margaret, Angela

Food at Canley Gardens

All food supplied to Canley Gardens are sourced from HACCP compliant suppliers. A minimum of 3 temperature checks are carried out by delivery to table. Once at receipt of delivery, one at cooking and one prior to serving. This is important so that our residents who are classed as vulnerable are served nutritious and safe food and will not get sick from food poisoning. All food prepared by the kitchen usually only has a shelf life of 24 hours and if left uneaten by that time, gets thrown out. All our catering staff have completed a minimum of Food Safety Level 1 (Nationally accredited) with most having achieved Food Safety Level 2 and a number with Certificate III in Hospitality.

We encourage families to bring in freshly cooked home food so that our residents can continue to enjoy home cooked meals. However, we are not able to reheat leftover food and serve it as this contradicts safe food practices. Certain categories of food which are classed as dangerous such as dairy, rice and preserved meat usually needs to be consumed within 4 hours of preparation as they are known to have high volumes of bacteria growth which can easily result in food poisoning. For a more comprehensive list of foods at risk or better understanding of safe food principles, please do not hesitate to meet with our friendly Catering Officer Paula who will be delighted to share her knowledge with you!

LAUNDRY UP DATE

Laundry

All linen and personal clothing are sent out to be washed. Pick up is 6 days a week and delivery for linen is Mondays to Fridays with personal clothing delivered usually every second day.

Our staff will endeavour not to send out any items of clothing that is delicate and resembles wool as the industrial machines that clothing goes through will damage the items.

As our external laundry contractor process massive amounts of laundry daily, it is imperative that all items of clothing that are sent out are heat labelled by us so that they can be correctly sent back. Any items that are not tagged will usually go missing resulting in a financial loss to the resident.

New items of clothing that requires tagging should be placed in a bag with a piece of paper attached clearly listing the resident's name, the items contained in the bag and a contact name and number of the person who has dropped the clothing off in case there are discrepancies or any issues such as clothing that are not suitable for labelling. This is particularly important when clothing are not handed in at reception but dropped into the brown collection basket at reception and at both nurses' stations.

Any items of clothing found to be missing, please advise reception Mondays to Fridays and our friendly administrative Assistants will inform the Laundry so that a track can be put on the missing items.



100th Birthday Celebrations

100th Birthday Celebration

It was with great delight and anticipation that we held a very special morning tea to celebrate 100 years young for our resident Mr Quoc Tai Truong.

On 31st May we decorated our dining room with coloured balloons and staff wearing bright tops was combined with red and gold colours in the Chinese tradition.

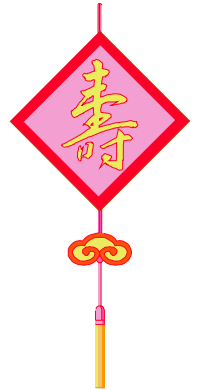
We arranged a traditional cake for Mr Truong and his wife, family and friends.

Attending the celebration was Sadie Burling Group Manager -Accommodation Service, Diana Gan Operations Manager, Kam Ip Assistant Care Manager who Interpreted the language and local government sectors sent letters of congratulations’.

After the official proceedings we enjoyed entertainment from the local Chinese Singing and Dance Group.

Everyone joined together to sing Happy Birthday in Cantonese and English and many photos were taken.

It was a pleasure and honour for the Canley Gardens Leisure & Lifestyle Team to be involved in arranging and congratulating Mr Quoc Tai Truong on his wonderful milestone to 100 years of age.



Angela
Westlake
Leisure &
Lifestyle
Officer

International Food Day



On Friday 3rd of June we came together from all nations to celebrate this day

The dining room was full of colour with all the flags from around the world

The Residents enjoyed the day and were entertained by “Maria” who sang up a storm with songs from many countries, the residents also joined in with the playing of musical instruments and wearing sombrero hats.

There was lots of laughter and movement. The staff also joined in by parading their national costumes and how grand they looked.

The kitchen provided a special lunch with food from Italy, France, China and Australia.

L.L.O. Sue Miller



Note from the Lifestyle Team

Hi everyone

We have implemented new activities to the program.

Armchair travel where you are able to visit different countries from the comfort of your chair.

Salvation Army Service.

Dream Time Reading which is read by Cathleen a Resident of Canley Gardens. This is an important part of Aboriginal culture and Cathleen is willing to share with all.

Origami which is paper art. Kindly run by Sen one of our regular community volunteer.

Wii interactive game which is very much enjoyed by our male Residents and can be very competitive
Yum Cha revamped we have now introduced the cooking process at the activity. Items of food are cooked in the steamer then served to the plate.

Projects in Progress

Project In progress "A herb garden" where Residents are able to plant, water and smell the different herbs. The herbs can also be picked and used in our kitchen.

To start in July "Spark of Life" Club program. This is a practical implementation of Spark of Life approach that has been created especially for people who have Dementia.

So all is happening and look forward to seeing you at these new activities.



Keep smiling from Sue, Margaret and Angela



From the desk of the Manager- Care & Lifestyle

As we start piling on the warm clothing and comfort food, we know winter is fast upon us. One of the dangers for the residents during this time is catching the flu or developing a chest infection. If not treated timely, a spread of the virus would cause an outbreak in the home. I have prepared some tips which followed, should minimise the spreading of any virus.

Tips

As per previous years, flu vaccination is offered to all residents of the facility. If you haven't had yours, please speak with the Registered Nurse looking after you.

With the impending cold weather, it is important that warmer clothing are brought in for residents and summer clothing is retired until next Summer.

If you are ill, or someone at home is ill, please refrain from visiting the facility as we do not want your bug!

When you visit, please remember to use the non-rinse sanitiser located at various entry/exit points of the facility when you arrive and before you leave.

When you sneeze or cough, please use a tissue and avoiding sneezing droplets of vapour into the atmosphere.

Please remember to drink plenty of water and increase your intake of vitamins particularly vitamin C (oranges have lots of it!)

In colder weather, our skin becomes dry and when skin is dry, it breaks easier which can sometimes become infected so do remember to moisturise, moisturise, moisturise! (We provide good quality sorbolene to all residents, staff and visitors.

