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2022 Newsletter

Winter Edition

Welcome to the Winter edition of The Kalyna Care Newsletter. It has been a very busy 3 months for everyone around the home with plenty of things to do. We have so many new faces welcomed into our home. We hope that all our new comers settle in well and find some great friends. It has also been very sad to see a few of our dear ones leave aswell.

Over the winter months we have had celebrations for The Queen's Birthday & Platinum Jubilee, The Commonwealth Games as well as Ukrainian Independence Day. There were trips to Bunnings and had Bunnings visit us and revamp some of our garden beds in MH. Musical performances from some impressive singers that got us bopping and jiving in our seats and dancing in the aisles.

Now that the warmer weather is coming and the sun is shining more and more each day, we cant wait to see what spring has in store for us. I for one cant wait to sit outside and feel the warmth of the sun after so long and Im sure Im not alone in that thought. There will be more time spent outside doing various things.

Spring is also the lead up the silly season. We have Christmas on the brain already and have plans in the works for this years Family Christmas Parties. Everyone cross your fingers, toes, legs, arms and eyes that Covid doesn't make an appearance this year and ruin our plans. Please keep an eye out on your emails for regular updates from the facility.

We hope that you enjoy this edition of the newsletter, its been fun creating it for you all, and even better being apart of all the events that have happened over the last 3 months.

Libby Montgomery
Lifestyle Co-Ordinator

IMPORTANT NOTICE

Just a reminder to all family and friends who are visiting the home on the importance of complying with a few simple rules in order to keep our loved ones safe during this Pandemic.

Rules, regulations and public health advice is changing all the time, and we do our utmost to keep you all in the loop as soon as new advice becomes available.

All visitors are to complete a Rapid Antigen Test upon arrival, a negative result is to be shown to reception. Prior to showing reception, please put on your clean mask and a face shield (if required). This mask and shield are to stay on at all times during your visit. Please understand when you are directed by staff to ensure that your mask and shield are fitted appropriately for maximum protection, not only for you but for our residents. We also ask that you perform hand hygiene during your visit aswell.

All visits must take place in resident rooms only, unless advised otherwise. No visits to take place in common areas including lounges or dining rooms. Staff will ask you to move if seen in these areas, and we ask that you move on without reservation.

If you are feeling the slightest bit unwell, we ask you to please rethink visiting. If you return a positive test in the next coming days, that means you have been in the facility during your infectious period, which could lead to an outbreak.

Given that we are , thankfully, coming near to the end of an Outbreak it is a timely reminder what this virus can do to vulnerable people, and its very unforgiving.

Residents will also be educated on how to correctly fit a face mask and shield. In the event that an outbreak has occurred in their particular section, they may be required to wear one for their own safety. They will also be encouraged to perform hand hygiene aswell.

There are instructions on the next page on how to effectively fit your N95 mask and how to perform hand hygiene using alcohol based hand rub.

We do thank you all for your tireless effort in navigating what has been a very up and down last 2 years. Its been a roller coaster ride and a half, but we would all like to get off now.

Stay Safe

The Resident & Staff at Kalyna Care



Instructions for Application:



1

Cup the respirator in your hand with the nosepiece right-side up and the headbands hanging freely.



2

Position the respirator under your chin and the nosepiece on the bridge of your nose.



3

While holding the respirator in position, pull the TOP headband over your head and rest it at the crown of the back of your head.



4

As you continue to hold the respirator in position, pull the BOTTOM headband over your head and rest it around your upper neck, below your ears.



5

Untwist the straps and optimally position the respirator low on your nose.



6

Using both hands, mold the malleable nosepiece to fit snugly against the nose bridge and face, below the eyes.



7

Using a mirror, further check and adjust the edges to provide a good seal around the face.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED



Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



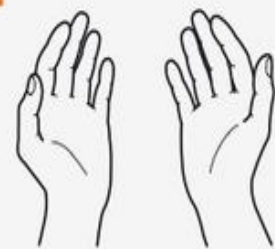
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.

IN LOVING
♥
memory

Anton Graljuk
Leokadia Dykyj
Halina Horpinitch
Olga Stamenkovic
Fajik Okic
Nikola Pastras
Bruno Simonis
Adam Wiaczek
Evica Groszow
Halina Hildebrand

‘Guard Of Honour’

As we welcome our residents into the facility with big smiles and open hearts. To show love, honour and respect on their passing, staff will line up at the entrance of the home in a Guard of Honour as we bid our final goodbye. We have a beautiful coloured blanket we use to adorn your loved one when leaving with soft music playing in the background.





RESPECT – for and with those who we care for, those we work with and those with whom we have involvement.

These values are:

I Improvement

Respect

Empathy

Support

Privacy and Dignity

Equity and Encouragement

Compassion

Trust

Understanding

Respect



Please join us in welcoming the newest members of our home here at Kalyna.

We hope you enjoy your days here with us and we all look forward to getting to know you more.

Halina Horpinitch

Refik Besim

Ivan Kopilovic

Milica Dimkoska

John Vella

Nancy Mills

John Xureb

Olga Brne

Antun Sabljak

Tetyana Ogar

Tony Fiamengo

Dostra Mitrevska

Olga Pelic

Anto Kekoc

Boris Kulevski

Andrew Lazaro

Ivana Naumovska

Adam Wiaczek

Nikola Pastras

Andrew Lazaro

Bohdan Lech

Josephine Vella

Emilio Capovilla

Danica Sostaric

John Vella



Resident Relative Meetings

Monday 8th August

Tuesday 13th September

Monday 10th October

Monday 14th November

Monday 12th December

These dates are subject to change due to unforeseen circumstances. Families will be notified as soon as possible via email of change. Meeting Minutes will be forwarded to every Next of Kin post meetings, so please keep an eye out in your emails.



This year with donations we were able to have 4 Father's Day Raffle Prizes. Thank You so much to all those who donated goodies. We raised a total of \$ 40.00.

Congratulations to the winners of the this years raffle!

1st Prize: Marko Pavlyshyn

2nd Prize: Libby Montgomery

3rd Prize: Leanne Neukirchen

4th Prize: Libby Montgomery

We would like to wish all the special men in your life, be it Dad, Step Dad, Uncles, Cousins and Friends all the very best for Father's Day. A day to celebrate those special men in your life.



With the list of Bingo participants growing all the time with new residents joining in, the number of prizes that go out are too. If you would like to donate to our Bingo Prize cause, we would gladly accept any packets of individual wrapped chocolates and chips.



We are also looking for old magazine or books that you may not want anymore that someone may like to read. We have some residents who just love magazines so much, they don't last very long, they are read over and over again. Magazines of any kind would be greatly appreciated.

Queen's BIRTHDAY

To celebrate the Queen's 96th Birthday and her 75th Jubilee, Kalyna care broke out all of our crowns and partied in her honor. In the hall filled with fairy lights, Bunting, Red, White and Blue balloons and a Life display of Elizabeth herself. Residents had a great time consuming the delights of Scones with jam and cream, tea and why not a glass of wine. Even the Lifestyle Team dressed up for the occasion. Bow down to your Queens!



Maria & Anna celebrating in crowns



Queens Alexandra & King Dmytro



Anto, John & Peggy you have been crowned



Branka , Eva & Neda enjoying the festivities



We were fortunate enough to snap up a last minute cancellation Frank had. It was a great opportunity to Sing the Blues away, sit back and enjoy the beautiful sound of his voice or kick up our heels and have a dance. Frank is a well known entertainer in the Aged Care Sector and well deserved. Thank You for giving us a great show as always, and his lovely wife Marthese.



Frankies Rock n Roll

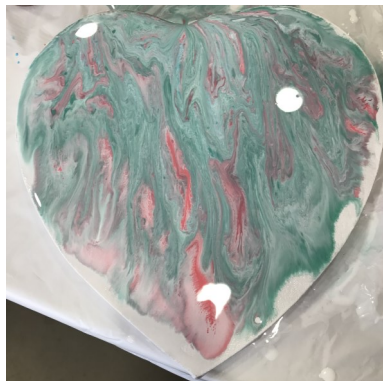
Rock and Roll was on the agenda for this day with Frankie's Rock n Roll show. Frank was a new comer to Kalyna, and he is a great addition. He was very interactive with the crowd and everyone responded really well to his performance. He sang a variety of songs that had everybody clapping along or singing along to the chorus if they didn't know the whole song. I think he may be a keeper.





We have been lucky in being able to secure a spot in the Taylors Lakes Bunnings Craft Workshops during July. We have created some gorgeous Art Works using varying degrees of

technique. We have made paint canvases which used a marbeling type effect with different colours of paint. Everyone who went along worked so hard at thinking what they wanted to achieve. It took a lot of concentration to try and make it just the way our minds envisioned it, only for it to dry a little different to how we left them. Overall I think they turned out fantastic, such individually unique art works that we get to be proud of.





Our other creations were made of Sand. It was really quite tricky trying to peel back the separate sections of paper to reveal the sticky underneath for the sand to adhere to. With a little bit of perseverance we got there with beautifully completed work. You guys should be so proud of your work!



Altho pre-planned, we really did pick the best morning to do some gardening. What started out as the coldest mornings in Melbourne for a very long time, the sun cut threw the chill enough to enjoy and appreciate the joys of gardening by a select few. Others stayed where it was warmer. Bunnings kindly donated a good selection of coloured beauties which we delicately planted in our MH garden. We cant wait to sit back and watch them flourish in the spring sun.



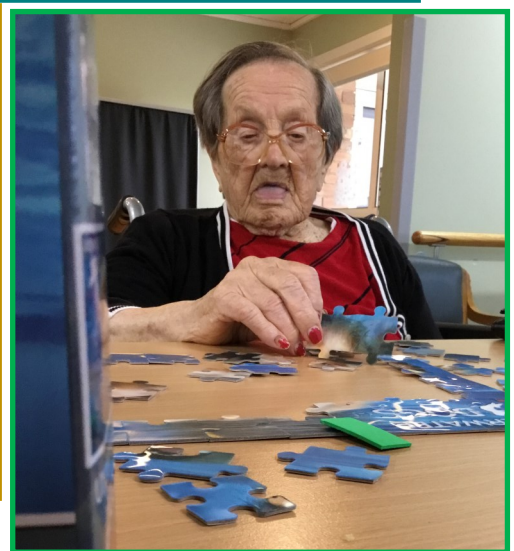


The café is a great spot to sit and enjoy a nice brewed coffee, cup of tea and a nice sweet something, have a chat with friends, or to just sit back and chill to some Jazz Tunes while being emersed in that coffee aroma. No matter if the sun is shining or the rain is falling, it's the perfect spot to watch the day go by. At the moment the Café is only open for resident activities . As soon as it is open to families we will let you all know.





At times we can find it a bit challenging to concentrate and focus on something in an environment where there are plenty of people doing lots of different things, but we have managed to capture some moments of being in our own minds and thinking hard about the task at hand.





Feliz Dia Del Padre

Spanish

З Днем батьків

Ukrainian

srecen dan nha tatkovcite

Macedonian

срећан дан очева

Serbian

sretan dan očeva

Croatian

Gëzuar ditën e baballarëve

Albanian

हैप्पी फादर्स डे

Hindi

babalar günün kutlu olsun

Turkish

buona festa del papa

Italian

missirijiet ferħan jum

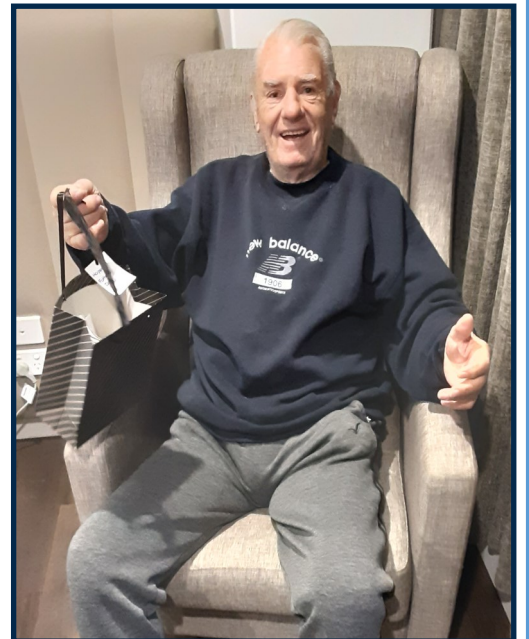
Maltese

عيد أب سعيد

Arabic

с Днем отца

Russian





Wednesday August 24th was the 32nd year of Ukraine's Independence. We prepared by painting Sunflowers and using them to decorate the hall. Marko Pavlyshyn came along and gave a talk on Ukraine's history & sang the national anthem. Followed by an enjoyable morning tea. Again spoilt with a delicious Kyiv Cake, cupcakes and some fresh fruit.

