

# The SUNRISE



## Kalyna Care

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### **Your feedback and contributions are important to us.**

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### **Autumn Greetings to you all!**

Welcome to our first newsletter of the year and hoping that you are all safe and well.

We bid farewell to all our residents who have been discharged under our care, and we welcome our new residents and their next of kins.

### **What's the latest in Kalyna Care?**

First, if you notice, there are a lot of new faces in the home, both residents and staff. Our home is nearly full. . With the increasing amount of residents, we've hired more staff both clinical and non – clinical. We sincerely appreciate your support, understanding and best of all the respect that you are giving us. Thank you for working in partnership with us.

Second, “A night with the Next of Kin” was a success. We have more than 25 people who attended and many beautiful ideas that were shared. It was great to see everyone participating. We hope to meet again in May.

### **We have a lot more exciting things ..**

- MH has been environmentally assessed by Dementia Australia.
- We now have more car parks in the front of the building for all families and visitors.
- Soon, our café will be open again for everyone!!!

See you around and keep safe

Jennifer Saberon- Ibanez, FM

Notice how the trees do not cling to their leaves. Fall is about releasing the old to make way for the new.



## Out and About

### Harmony Day

Thank you PEASER ( Pilipino Elderly Association of South East Region) for a very wonderful cultural dance presentation!!!



It's not the  
years in your  
life that count.  
It's the life  
in your years!

(Abe Lincoln)



**HAPPY WOMAN'S DAY**



Happy International  
*Women's Day*



Happy International  
*Women's Day*



Happy International  
*Women's Day*



Happy International  
*Women's Day*



Happy  
**EMPLOYEE**  
**APPRECIATION DAY**  
everyone!

YOU ARE MAKING  
A DIFFERENCE  
**EVERY**  
day.



## Happy 100th Birthday Jenny Bowkun

*Your Kalyna Care family loves you!!!*



### Ewhenia "Jenny" Bowkun

Kiev, Ukraine 1923

Before Jenny was even 17 years old, her parents were teaching her life skills on how to live and survive. She remembers working hard on her family's farm, looking after the animals, working in the garden and cleaning.

After the war, Jenny met her husband Leonid who was an ex-prisoner-of-war. Within six months they were married in a church. Jenny and Leonid arrived in Melbourne on the 14th of November 1949 by ship and were taken to the Bonegilla migrant camp.

Coming to a new country, Jenny and her husband needed to build a house and garden, find a job and raise a child. Every Sunday she attended mass at the Rathdown St. Carlton Ukrainian Church.

Jenny arrived at Kalyna Care on the 17th of September 2017. She has a very wonderful son who always visits and supports her.

Happy 100th birthday to you again Jenny, we wish you all the best!!!



Celebrating you and all the lives  
you've touched,  
all the memories you've made,  
and the love and laughter  
you've shared...  
Celebrating 100 wonderful  
years of you!

Happy 100<sup>th</sup> Birthday



## Our lifestyle activities.....

It has been a great start to 2023 with lots of things going on around the home.

We have been blessed with some perfect days spent sitting in the garden and enjoying the sunshine and some not so sunny days that allow you to laze about and enjoy the calmer things in life.

We have had 3 amazing entertainers, Belly Dancer Kayla, Elvis and Frank Rizzo. Kalya dazzled us with her brightly coloured flowing costumes and quick body movements along to some Arabian music which had everyone clapping along in awe. Elvis was back in the building and did not disappoint. Everyone had their hips swinging and toes tapping until the very end and Frank Rizzo soothed us with his smooth voice.

Our monthly trips to Bunnings have had us creating jewellery stands and decorating Easter hats. We get to stroll through the garden section and enjoy the various colours and textures mother nature creates. A morning that allows our creative processes to spill out making things we never knew we could, and I must say, some fantastic things have been made.

For Valentine's Day, we were lucky to have had a special menu created for dinner. Residents may not have shared the day with their loved ones, but I think sharing in a special meal with a friend is just as memorable.

In March we had plenty of celebrations to come including St Patricks Day, Harmony Day, Egg decorating with the Nuns of St Basils, multiple craft projects on the go and of course our Bus Trips.

St Patricks day made us all see green. The Café was decorated from top to bottom in various shades of green with shamrocks, Leprechauns, rainbows and pots of gold, while we enjoyed a sing along and afternoon tea. The sun shone bright, so we encouraged everyone to join us outside as well.

Our Bus Trips took us through the tree lined streets of Gisborne and Bacchus Marsh, through farmland down to the Marina and Beach of Werribee South and down the freeway to the glistening waters of Williamstown beach. We then stopped at a picturesque spot and enjoy some morning tea before venturing back to Kalyna Care for lunch.

The Nuns of St Basils brought us a Pasanky decorating class in the lead up to easter. It took a little getting used to holding an egg and decorating it with a crayon without thinking it was going to smash in our hands. The designs that appeared on those eggs were highlighted by the bright dye. Everyone did an amazing job.

We also had plenty of craft projects. We created Grass heads out of Stockings, moss and grass seeds. We gave our little heads faces and names, gave them a little spritz of water and voila – we have hair. It may be green grass hair but its fascinating to watch it grown each day.

Painting by numbers was our other big project which was very much enjoyed by all who attended. So much care and attention was put into painting our canvas, in fact, the ladies even gave up a game of Bingo to have extra time on their master pieces. They are just about complete and will be displayed around the home when completed, so look out for them.

After an amazing start to 2023 we can't wait to see what the next 3 months will bring.

**Elizabeth Montgomery, Leisure and Lifestyle Coordinator**





## OUTBREAK COVID-19

We've had another COVID Outbreak in the facility which started on the 24th of March 2023. Nine residents were infected and been cohorted to one area of the home. All of them were closely monitored by staff and GPs.

Every time we have a positive case, we contact the WHPU (Western Health Public Unit) to report and work in partnership with them. They advise us with new guidelines for residents, staff and all visitors.

We appreciate all families and visitors who are compliant and respectful with our protocol.

- if unwell, please do not come.
- RAT Test Negative result (RAT kits are in the main door upon entry)
- Sanitize your hands and wear required masks and PPE
- Sign in through Entrytrakr– QR Code electronic entry screening
- Wear your mask properly and do not remove mask– this includes removing the mask to eat or drink,
- Visit only in the resident's room and stay there during your visit.

**THANK YOU!**

## Tips to Support your Immune System



**MAINTAIN A BALANCED DIET**  
Lean protein, healthy carbs and omega-3 fatty acids



**WASH YOUR HANDS**  
Wash with soap for 40 seconds\*. Make sure to get to palms, backs of hands, under fingernails and wrists.



**GET ADEQUATE REST**  
Aim for ~7 hours per night to allow your body to recover from stress and exercise



**EXERCISE**  
Daily moderate activity (30 min/day) can help boost your immune system



**HYDRATE**  
Drink 4 to 6 cups of water daily

We recently receive an update from the Aged Care Quality and Safety Commission—the REVISED AGED CARE QUALITY STANDARDS (Draft) . Our clinical team is on the ball, reviewing and updating to ensure that our practice is in line with them.

This document will be sent to everyone once finalized.

### OLD VERSION



### NEW VERSION







## STOP THE FLU

IT'S UP TO YOU!

- Get a flu shot
- Wash your hands
- Stay home if you're sick
- Ask your health care provider about a prescription antiviral

Influenza is the leading vaccine-preventable cause of morbidity and mortality each year in Australia. Older people are particularly at risk of severe outcomes such as hospitalization, pneumonia, acute myocardial infarction, and death. Annual flu vaccination should ideally occur before the onset of each influenza season as the protection is expected to last throughout the year with the highest level of protection occurs in the first 3 to 4 months after vaccination. The period of peak influenza circulation is typically June to September in most parts of Australia therefore, keeping our resident vaccinated of flu is keeping them protected. Please contact us if you need further information. Everyone is encouraged to take the annual flu shots.

Frances Pasillao, Clinical Manager

# FIGHT INFLUENZA