



The SUNRISE

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Your feedback and contributions are important to us.

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Aged Care Workers are a Special Breed

Every day: they cook, they clean, they do the laundry, make the beds, give the medication, think of fun and engaging things to do – all without fuss and fanfare. Then they do it all again the following day.

Aged Care workers are unsung heroes who do an incredible job to care for residents who at times are challenging, sometimes aggressive, sometimes emotional, but always unique and loveable. We care for them like they are our own.

In my 23 years working in the health care sector (almost 13 years in aged care), I have learned that this is one of the most challenging industries to work in. We work with people, with human beings many of whom have complex care and clinical needs; Dementia or Alzheimer's Disease; mental health issues; and physical health issues. They are someone's mother, father, sister, brother, aunt and uncle.

We learn to care for them in the most intimate way. The care and clinical staff help them to go to the toilet, know how what they like to eat, how they like to shower and if they need help or encouragement to do either or both. The kitchen staff know if someone can't like to drink milk or if they prefer orange juice on their cereal. The laundry staff know who has pink socks with yellow polka dots. The cleaners know which rooms need a little extra cleaning or if they like to chat when their room is being done. The lifestyle team know who like to go on bus outings, play bingo, and who prefer to sit quietly in their room doing puzzles or need emotional support.

Together, the staff in aged care work to provide the care and support and enhance the lives of the residents we care for. It is a juggling act that is often very challenging. We do this because we care. We love the residents we care for and they become part of our family. Together, we all have a laugh, sing a song, share a joke, sometimes have a cry.

As I write this today, we have 125 residents in Kalyna Care. Each one with their own personality, background and individual care needs. Our staff will go about their work helping each resident feel comfortable with their meals and surroundings. They will encourage them to be as independent as possible or give full support where needed. They will also help each resident feel some sense of accomplishment and engagement – so they have a purpose every day. The staff will do all of this without pomp and ceremony and often without even a thanks.

August 7 is National Aged Care Employee Day. It is a day to thank, honour, recognise and celebrate the hundreds of thousands of people who work in the aged care industry across Australia. When you next visit your loved one at Kalyna Care, please spare a thought for the staff who work hard to make sure your resident receives the care and support they need.

I dedicate this article to the staff of Kalyna Care – who give of themselves, often above and beyond their normal duties. Thank you for doing this difficult job to take care of someone else's loved one. You are all heroes in my eyes.

Michelle Goltz, Client Liaison Officer

One kind word can
warm three winter
months.

JAPANESE PROVERB

HAPPY HAPPY BIRTHDAY AND MANY MORE YEARS TO COME
Much LOVE from your Kalyna Care Family



Happy 100th Birthday
Marianna Jasinski

Marianna was born on the 4th of May 1923 into a farming family and grew up in a small town in Olandra, Poland. She always tell the story of walking 3 kilometers through one meter of snow to go to Sunday church. In 1941 her life changes, as the Nazis took her to work in a forced labor farm. She looked after the farmers' children, did the cooking and cleaning, then worked in the fields. After the war she married Ludwig Jasinski and then with 2 children they travelled from one displaced person camp to another. Marianna finally ended up in Naples, Italy and the family got in a ship to their new homeland of Australia. They landed in Sydney in 1950 and were sent to the Bonegilla migrant camp. After 2 years, the family were transferred to the Broadmeadows immigration camp. Marianna and her husband worked hard and started building their new home and life in St Albans. By the mid-sixties the family had grown to four children. Marianna started to have some pleasure in her life, when 12 families got together and built holiday units at Lake Eppalock. Holidays consisted of her husband fishing and Marianna cleaning and cooking. Things were great, but then Ludwig died in 2003 and Marianna was left with four boys, and now six grandchildren and one great grandchild. Marianna enjoys visits weekly from her son, does not participate in craft due to ailing health but enjoys gentle exercises and garden sits on a nice day.



Lest we forget





I love you, Mom!

You're the most beautiful and caring person on Earth. You are my eternal sunshine and my source of strength on every cloudy day and in every difficult moment of my life.

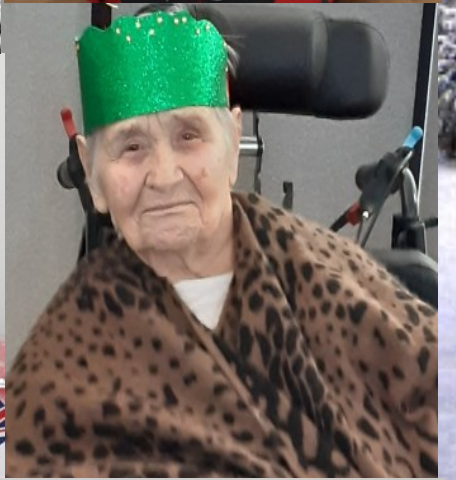


HAPPY
MOTHER'S
DAY






**HAPPY
BIRTHDAY
KING
CHARLES**



RSV Respiratory Syncytial Virus is a common virus that infects the airways and lungs. It is highly contagious and spreads thru droplets.



Common Signs and Symptoms:

- Runny nose
- Cough
- Fever

RSV
Reference: Australian Government
Department of Health and Aged Care

How to prevent the spread of RSV:

- Handwashing and good personal hygiene.
- Social distance.
- Cough and Sneeze etiquette.
- Do not share personal items such as cups, glasses, and cutlery.

Treatment:

- Rest and keep hydrated.

Most people recover from RSV in about 10 days.

How to improve ventilation at home or in workplace to prevent virus aerosols accumulating inside: vic.gov.au

1. Let fresh air in



2. Improve airflow



3. Filter the air



CLINICAL INCIDENT REPORT

	March	April	May
<i>Serious Incident Responses Scheme</i>	12	9	10
<i>Priority 1</i>	8	6	5
<i>Priority 2</i>	4	3	7
<i>Falls</i>	Total 15	Total 48	Total 24
<i>With injury</i>	3	1	7
<i>Without injury</i>	12	47	17
<i>Behavior</i>	5	7	3
<i>Wounds</i>	29	48	25
<i>Pressure Injury</i>	2	2	3

Clinical Education

March—Serious Incident Responses Scheme on topics such as Innapropriate Use of Restrictive Practices, Psychological & Emotional Abuse, Unexplained Absence from Care, Neglect

April - Nurses back to basics mandatory education day, Recognizing & responding to resident deterioration - Mandatory education for PCA staff

May - Strong Care education for nurses, Restraints in Residential Aged Cares - Mandatory Education for PCA staff

Project: Roof Replacement

Affected Areas: Parts of Konvalya, Reception and Foyer and Parts of Sosna.

We apologize in advance to all our residents and visitors for the upcoming disruption.

By Monday, 17th of July, we have contractors coming to fix the affected areas for about a month.

We are reassuring you that the roof will not be left opened. Everyday, they will remove and cover one specific area.

They will start 8am where most of the residents are awake and finishes at 5pm.

New Initiative: Name Badges

Some of you may have noticed our new name badges.

The font is bigger and clearer compared to the previous one. It has only the staff's name on it. The Kalyna Care logo and staff's role have been removed to help decrease resident's confusion when they are reading it.

