



The SUNRISE

Kalyna Care

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Your feedback and positive
contributions are
important to us

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Greetings to families and residents

We understand how important it is for your loved ones to lead a fulfilling and dignified life while receiving care at our facility. One of the fundamental principles we uphold is empowering residents to make choices about their daily lives. This not only preserves their dignity but also ensures we meet Aged Care Standard 1 – "Consumer Dignity and Choice."

What is Aged Care Standard 1?

Aged Care Standard 1 focuses on respecting residents' rights and ensuring they have a say in their care and lifestyle choices. It encourages:

Dignity: Treating every resident with respect and honour, recognizing their individuality and cultural preferences.

Choice: Enabling residents to make informed choices about their daily lives, including the care and services they receive.

At Kalyna Care, we actively involve residents in decisions related to their care and daily routines. Here's how we achieve this:

Individual Care Plans: Each resident has a personalized care plan that reflects their unique preferences and needs. This allows them to make choices about their daily routines, meal options, and activities.

Communication: We maintain open and honest communication with residents and their families, ensuring they are well-informed and can actively participate in decision-making.

Respect for Preferences: We respect residents' choices, whether it's about what to wear, when to wake up, or how they spend their leisure time. We strive to create an environment where their choices are valued.

Preserving Dignity:

Dignity is a cornerstone of our care philosophy. We take various steps to ensure residents maintain their dignity:

Privacy and Confidentiality: We safeguard residents' personal information and provide private spaces for confidential conversations.

Managing Risk:

While we encourage choices, we also prioritize safety. We manage risk by:

Risk Assessment: Our experienced staff conducts risk assessments to identify potential hazards and mitigate them to ensure residents' safety.

Balancing Independence: We strike a balance between residents' desire for independence and their safety, always prioritizing their well-being.

At Kalyna Care, we are committed to enhancing the quality of life for your loved ones by upholding their dignity, enabling them to make choices, and managing risk effectively. If you have any questions or concerns, please don't hesitate to reach out to our staff, who are always here to support both you and your loved ones.

Sarah Hzaife, Quality and Compliance Officer



"Where
flowers bloom,
so does hope."

—LADY BIRD JOHNSON



To our families and friends,

As we approach the end of the year, we reflect on the challenges that have beset us all. Nevertheless, we are grateful that you remain a vital part of the Kalyna Care family. As we enter the Christmas season, it's an ideal time to reminisce on the blessings we have received throughout the year, despite its many setbacks.

One such highlight was the resumption of mask-free interactions in September. Our facility worked tirelessly to ensure the safety of our residents and families, and it was heartwarming to see the Kalyna Care family come together once again. Moving forward, we aspire to strengthen our bond even further. To that end, we are seeking your support to provide the best possible Christmas party for our residents.

We would like everyone to join in the Christmas spirit by giving back to the community. We have many days of festivities planned and would appreciate any additional donations to help create Christmas hampers. No contribution is too small, and all donations will be greatly appreciated.

Donation boxes have been placed in our reception area for your convenience. Alternatively, you can drop off your donations at the lifestyle office.

Let us kick off the new year with a firm resolve to come together as a united family.

We appreciate your continued support for Kalyna Care. Should you have any inquiries, please feel free to reach out to our lifestyle team or reception.

May the Lord continue to bless you always



Message from Selin– Leisure and Lifestyle Coordinator

Hello Everyone,

We hope everyone is enjoying the year so far, the best is yet to come.

August kicked off with visits from Gilson College students - not once, not twice, but three times! It is truly uplifting to know that these students took the time to interact with the residents and host various activities for them to enjoy. It is important to continue to foster intergenerational relationships like this, as it brings so much positivity to both our youth and seniors alike. Kudos to the Gilson College students for their kindness and thoughtfulness, and to the Kalyna Care residents for being such welcoming hosts.

Later in the month, we organized a Bunning's trip for some of our residents. During the trip, they participated in a workshop with Dee at Deer Park, where they had the opportunity to plant flowers in small pots. Our gracious Dee ensured that each resident was able to take their pot plants home with them at the end of the session.

Residents also participated in Ukrainian Club lunch outings. Everyone appreciated the opportunity to enjoy delicious Ukrainian cuisine prepared by lovely Teresa at the club. While some engaged in lively conversations with their co-residents, others reunited with long-lost acquaintances from their youth. Overall, it was a delightful experience for all involved.

Our ladies had a fantastic time during the August 23rd Russo Estate trip, with many providing positive feedback regarding the food and service. We're excited to make this a regular outing and are already looking forward to the next one. The scenic drive, scrumptious meal and farm animals made for a memorable experience.

Our Ukrainian Day Celebrations held on the 24th August were a resounding success. The residents thoroughly enjoyed singing along to their favorite tunes performed by the lively entertainer, Phillip. His extensive setlist kept everyone entertained, there was dancing and singing, fostering an overall sense of joy. Notably, our Lifestyle staff and residents enjoyed making their 'VINOK' for the festivities, with our ladies looking radiant and colorful wearing them on the day.

In September, we had Elvis "Presley" grace us with his signature moves and suave appearance. Our residents truly enjoyed his stage presence, dancing and singing along with his classic tunes!

We also had Bring-Your-Kids-to-Work Day, wherein staff members brought their children to the workplace. The residents enjoyed interacting with the children, and it was a pleasant experience for all. We arranged for a mobile animal farm to visit us on the same day, which delighted the residents as they had an opportunity to interact with, and pet, the farm animals.

With the arrival of spring, residents now relish gardening and basking in the sun's warmth.

In addition, we enjoyed engaging in various craft activities and Friday happy hour sessions. We even played Bingo, which was a fun experience. Our residents took pleasure in creating twined beer bottles adorned with vibrant decorations. These bottles are currently on display in our reception area.

During our routine resident meetings, we received some pleasing feedback regarding the activities we offer. It's heart-warming to know our residents are relishing these events. We're continually seeking fresh ideas to make their experiences even more fulfilling.

We continue to offer our residents physio exercises, including seated and moderate exercises, which they thoroughly enjoy. Our dedicated physiotherapists ensure the residents receive their daily prescribed exercises.

Our facility is regularly visited by English-speaking Catholic priests who conduct masses in our chapel. Additionally, we also receive regular church service from Catholic and Orthodox Ukrainian priests.

Before we conclude, we're delighted to announce an exciting project currently in progress! Our Wall of Fame will be on exhibition in the café in the following month. Stay tuned for updates!

The last three months were a whirlwind of fantastic moments, and we can't wait to fill the summer months with even more unforgettable experiences for our residents. Here's to crafting more cherished memories!



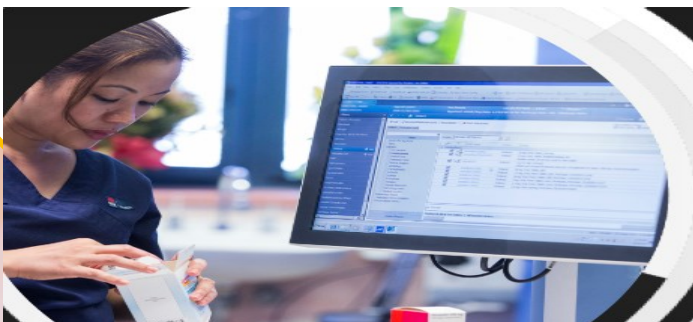




Clinical Update!!!

Did you know that we have commenced the eNMRC. This is the Electronic National Residential Medication Charts

eNMRC is the government's initiative to allow safe and accountable medication management in residential care. Nearly 50% of our residents are already on electronic charting. Excited to complete it by end of November!!!



Happy 104th Birthday

Alexandra Pavlyshyn

We wish you good health and happiness.

God bless you always!!!

Your Kalyna Care family loves you



Menu

Our menu for the new season has been forwarded to the main family contact. We are starting on 23rd of October.

Clothing Labels

Please deliver all new items to the reception for labelling by the laundry.

We thank the families who have attended the “Night with the Next of Kin” last August 2023. Our next catch—up will be next year as we will be busy preparing for our resident’s Christmas Party.

We plan to celebrate per wing so it is more spacious and comfortable. WE WILL BE SENDING MORE INFORMATION- NEARING THE TIME.

The dates will be as below:

December 2023 Residents Christmas Party

5th – Topolya (old)- Chapel

6th – Topolya (new)- Chapel

7th – Sosna (old)- Chapel

8th – Sosna (new)- Chapel

11th – Konvalyia (first group)- Chapel

12th – Konvalyia (second group)- Chapel

13th – MH (MH Wing)

Additional Furniture

Before additional furniture is brought into the resident’s room, our physio needs to first check the suitability for the resident, the area, and assess safety in mobility and emergency transfers. We ask families to speak to the Clinical Manager first before you bring in additional furniture.

Thank you once again to families who are very supportive. Thank you to those who were able to share their concerns on how to improve our services better.

We take your concerns and complaints seriously. We review the complaints and our service process and add it to our Continuous Improvement Plan. With this, we provide education to staff and monitor outcome.

Please continue to be our partners for improvement!!!

There are many blessings
that each new
Spring brings
you can see it
bloom about
and hear
the song
it sings . . .



*Thank you everyone and
may you continue
to support our
Kalyna Care family!!!*