

The SUNRISE

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THANK YOU 2023 and WELCOME 2024

In behalf of Kalyna Care's Senior Management Team, we would like to thank all our residents, families and staff for wonderful 2023. May we continue to work in a professional and respectful partnership in this year 2024.

We aim to be better each day and we have a lot of exciting plans for this year!

To start with, instead of quarterly family meeting, we have decreased it to two due to number of attendees and added two general residents meeting. We hope that you will be able to attend. Please see dates below.

General Residents Meeting

13 Feb 2024– 1:30-2:30pm

13 Aug 2024– 1:30-2:30pm

Family Meeting (Night with the NEXT OF KIN)

8 Mar 2024– 5:30-6:30pm

13 Sept– 5:30-6:30pm

What's

NEXT???

We are expecting a visit from the NDIS commission as we have applied for the registration.

- Stage 1 - January 22 and 24, 2024 – Remote audit
- Stage 2 - March 7, 2024 – Onsite audit

YES!!! We have NEW UNIFORMS.... Teal Green– PCA, Navy Blue– EEN, Royal Blue– RN, Cherry Red– Leisure and Lifestyle and Black Polo Shirt with Yellow Green mix.. We started using the new ones 3rd week of January... Hope you like it!



Annual General Meeting– Kalyna Care Chairman of the Board’s Speech

I’d like to begin by acknowledging the Traditional Owners of the land on which we meet today. I would also like to pay my respects to Elders past, present and emerging.

Ladies and gentlemen, esteemed members of Kalyna Care, distinguished special guests from Hromada, our various churches, and our esteemed bankers from Dnister, I extend a warm and heartfelt welcome to each and every one of you. It is a privilege to have you here today as we come together to reflect on our journey, celebrate our achievements, and chart the course for the future of Kalyna Care. Your presence here not only signifies your support but also serves as a testament to the strong bonds that unite us in our shared commitment to enhancing the lives of those in our care. Thank you for your presence, and we look forward to a meaningful and productive gathering ahead.

I am honoured to have remained in the role of Chairman of the Kalyna Care Board of Directors. However, it's important to emphasize that the success of Kalyna Care over the past year is attributable to the collective efforts of my fellow directors and the outstanding administrative team at our facility. During this challenging period of recovery from the pandemic, all of our directors wholeheartedly contributed their efforts to steer us through these trying times.

The financial statement reveals a noteworthy transformation, despite numerous hurdles we encountered. The Total Comprehensive surplus for the fiscal year amounted to about half a million in surplus. Although we faced persistent challenges from recurring Covid-19 outbreaks, the situation improved thanks to enhanced vaccination efforts and the milder impact of COVID-19 strains. This has boosted community confidence and resulted in a substantial increase in the number of residents we serve.

Additionally, in October 2022, we inaugurated a new residential wing, expanding our capacity to accommodate 144 residents. In June 2022 we had just 82 residents. In July, 2023, we were providing care to 123 residents, and this number continues to rise steadily such that our current occupancy is 129.

The service outcomes for the 2023 financial year met the standards set for the delivery of Aged Care Services. In October 2022, the Department of Health and Age Care introduced a new funding model known as the Australian National Aged Care Classification (AN-ACC) in response to recommendations from the Aged Care Royal Commission. This change resulted in a significant increase in funding. However, this increase was partially offset by higher staff costs, general expenses related to food and other items due to a growing number of residents and a new Enterprise Bargaining Agreement (EBA).

Additionally, despite making a \$7 million payment toward our bank settlement, our interest expenses rose due to increased interest rates during the year. I am pleased to note that those who had doubts about our organization's ability to weather the crisis and remain financially viable have been proven wrong.

I would like to express my appreciation and extend my thanks to our banking partners, Dnister Ukrainian Credit Cooperative, and their affiliated organizations, for their unwavering support. At the time of this AGM, our debt has reduced to \$3.6M, down from \$14.7M.

During this AGM, I want to extend my gratitude for the dedicated efforts of our Executive Staff:

Jennifer Saberon Ibanez, our facility manager, leads a skilled and dependable team of managers who share her commitment to advancing the goals of Kalyna Care.

Nik Jayawantha, our Corporate Services Manager, remains a steadfast and unwavering presence, consistently working behind the scenes without complaint. He puts in extra hours during late nights and weekends to ensure that our financial documents are meticulously prepared for our banking partners and government agencies.

I’d also like to mention the others in the Senior Management team for their extraordinary dedication and hard work.

Frances Pasiliao - Clinical Manager

Amanpreet Singh - Hotel and Services Manager

Sarah Hzaife - Quality and Compliance Officer

Michelle Goltz - Client Liaison Officer

Their contributions are truly invaluable to the success of our organization.

I would also like to take a moment to extend our heartfelt appreciation to the dedicated individuals who form the backbone of Kalyna Care – our remarkable workers, nurses, care staff, kitchen staff, and cleaners. Your unwavering commitment and hard work have transformed Kalyna Care into not just a care facility, but a warm and inviting home for our residents. Your daily efforts, often behind the scenes, have made this place an attractive and pleasant environment for both work and residence. Your compassion and dedication create a sense of belonging and comfort for our residents, and for that, we are profoundly grateful.

Furthermore, I want to express our sincere thanks to the visiting clinical staff. Thank you to the doctors who have been here for a long time: Dr. Andrew Soloczynskyj and Dr. Jabbar Akram, and a welcome to our new doctors, Dr. Tim Aung, Dr. Luqmaan Malik and Dr. Ifana Akram. Also thank you to pharmacists, physiotherapists, podiatrists and others who tirelessly attend to the health needs of our residents. Your expertise, care, and professionalism play a pivotal role in ensuring the well-being of those in our care. Your support is invaluable, and we deeply appreciate the collaborative efforts that contribute to the overall health and happiness of our residents. Thank you all for being an integral part of the Kalyna Care family.

During our recent Strategic Planning Day, we conducted a comprehensive assessment of our facility and engaged in discussions about the organization's future trajectory. This included exploring potential avenues for expansion, both on-site and off-site. We also delved into the possibilities surrounding Independent Living Units (ILUs) and explored additional care services that could contribute to our revenue streams.

Consequently, as the opportunity has presented itself, we are currently in the process of acquiring a property located adjacent to our eastern property boundary. This acquisition will provide us with additional choices and a new point of access from Chaucer Close.

I want to express my heartfelt gratitude to my fellow directors, each of whom has played a vital role in sustaining Kalyna Care. Your collective efforts have been instrumental in keeping our organization running smoothly. It seems appropriate to introduce them in alphabetical order:

Basil Chamula's role as deputy and his multifaceted contributions to the organization are truly commendable. His dedication to working on various issues related to the new building, café, and budget review demonstrate his commitment to improving and expanding our facilities and operations. The fact that he played a role in securing much-needed roof replacement, which was a significant investment, speaks to his effectiveness in financial management and decision-making.

Furthermore, acting as an ambassador at Ukrainian functions not only shows his engagement with the community but also reflects positively on the organization's public image and outreach efforts. His efforts have had a positive impact on Kalyna Care's development and community engagement.

Ray Chamula has been a valuable asset to our governance. His dedication to tasks such as generating meeting minutes and assisting with IT-related matters has helped ensure the smooth functioning of the organization. Furthermore, his willingness to offer insights and serve as a listening post has greatly assisted effective communication and a supportive atmosphere within Kalyna Care and me personally when I've needed advice.

Greg Lubczenko's active participation in directors' meetings, even when attending remotely, is commendable. His ability to attentively listen to discussions and then contribute with proposed solutions and offers of assistance reflects his commitment to our goals. Additionally, his involvement in writing meeting minutes and possessing a strong knowledge of marketing further showcases his valuable contributions to the team.

Luba Pryslak's role as a facility manager at an ethnic aged care facility brings valuable expertise to the oversight of clinical governance within our organization. Her willingness to meet with relatives and staff is a proactive approach ensuring effective communication and addressing any concerns or needs that may arise. Luba's contribution enhances the overall quality of care and the well-being of the residents. It's clear that her experience and dedication have been instrumental in supporting clinical governance efforts.

Roman Rozek's role as the treasurer and his experience as an accountant with expertise in the aged care sector are valuable assets for us. His ability to make sense of the financial books is crucial for maintaining transparency and fiscal responsibility. Furthermore, his efforts in meeting with executive staff and negotiating budget reviews highlight his dedication to ensuring the financial health and sustainability of our organization.

Having someone with Roman's background and skills in such a critical financial role is essential for the smooth operation of any organization, especially in the aged care sector where financial management can have a significant impact on the quality of care provided. It's clear that Roman's contributions play a crucial role in our success.

Our vision for this aged care facility is a profound commitment to enhancing the health, well-being, and lifestyle of our aging residents. Beyond providing medical care, by providing innovative and responsive aged care and health care services that are founded on our Ukrainian heritage and traditions, we aim to create an environment where seniors thrive, lead fulfilling lives, and are cherished.

In closing, I would like to extend my heartfelt gratitude to all of you for joining us today at the Kalyna Care meeting. Your presence and unwavering support mean the world to us. Together, as a dedicated and united community, we have achieved so much, and your continued involvement is what keeps our organization thriving. Your valuable insights, dedication, and commitment to our mission are truly appreciated, and we look forward to your continued support as we navigate the path ahead. Thank you for being an integral part of the Kalyna Care family, and we are excited about the opportunities and challenges that lie ahead as we work together to make a positive impact in the lives of those we serve.

Dr Igor Jakubowicz

LMusA, MBBS, MFM, CertFamPlan, GDip Forensic Med, GCert Travel Med., GAICD, Asst Prof UCSD

Chairman of Kalyna Care Board of Directors

Staff Christmas Party at Witchmount Winery, 14th December 2023



**TEAMWORK IS THE SECRET
THAT MAKES COMMON PEOPLE
ACHIEVE UNCOMMON RESULTS.**

– Ifeanyi Enoch Onuoha



Happy Birthday to our lovely residents...
We wish you all the BEST!!!





Family Christmas





Extending
our
WARMEST
WELCOME
to our
NEW
RESIDENTS

Sotir

Nicolaie

Milovan

Santosh

Erden

Drago

Christa

Jelena

Frank

Tomas



"Those we love don't go away,
they walk beside us every
day."

In loving memory of our
residents.

Helen
Serafina
Maria
Milica
Barbara

As we bid farewell to 2023, let's embrace the new year with open arms and optimistic hearts. I wish everyone a happy and prosperous New Year.

I'd like to extend my heartfelt thanks to everyone who joined us for our family Christmas lunch. We were thrilled to see all the happy faces and savoured the scrumptious food.

Now, let's talk about our past three months! What have we been up to?

In November, we took advantage of the warmer weather and engaged our residents in gardening. Some enjoyed the sun, while others helped our staff with watering the plants. We also prepared the Konvalya courtyard area for a new furry friend who will be joining our facility soon.

Our Monday morning CAFEs at the cafeteria have become a regular and enjoyable event for our residents. It's heartwarming to see them reconnect with friends within the facility. Over coffee, they have lively conversations about upcoming craft projects, new faces in our home and more. We are pleased to welcome more male residents to our CAFE on Mondays and are delighted to see new faces joining us each time.

Our residents also enjoyed various activities such as *Craft, Bingo, Bus Trip, Happy Hour on Fridays, Cooking*, and more...

November's *Happy Hour* in the hall was a huge hit with entertainer Frank Ruzzo headlining the event. Our residents sang and danced along to their favourite tunes, making it an unforgettable experience. To make the celebration even more special, we also celebrated two birthdays that day, and the residents had a blast dancing to the music and having a good time.

At the end of each month, we have a cooking day where we prepare delicious meals with our residents. Recently, we had Noodles Day, in which the residents participated with a keenness to learn about another cuisine!

Our Family & Residents Christmas Party began on December 5th and lasted for two weeks. It was heartwarming to see everyone spending quality time with their loved ones, bringing us great joy for the holiday.

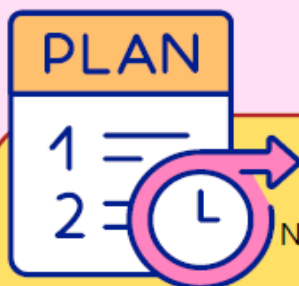
Recently, we also celebrated Ukrainian Christmas on January 6th with our residents. Our facility welcomed a special guest, Father Bohdan, who led the Blessing of the Food ceremony.

Reminders:

Please be reminded that a Rapid Antigen Test is required before entering Kalyna Care as advised by the Western Public Health Unit as an additional screening for the safety of our beloved residents. We thank you for your cooperation and patience.

We ask that visitors to refrain from entering the kitchenette to maintain infection control. If you are bringing in home-cooked food, please log it in the food register at the reception.

We kindly ask visitors to avoid smoking in Kalyna Care premises. Please refrain from smoking in front of the facility.



Now let's focus on our plans for January and beyond...

Our residents can look forward to monthly winery trips, where they can enjoy a scenic drive and delicious food at Russo Estate. In addition, Ukrainian Club Days are held every second Wednesday at the Essendon and St. Albans branches – a great way to connect with the community.

We have also introduced 'Shop and Go' every Wednesday moving forward. Each week, our team visits sections with a cart of goodies such as lollies, chocolate, chips and personal care items. We are always open to feedback and suggestions from our residents regarding what they would like to see in our shopping cart – so stay tuned for more exciting updates!

We also have a Book Club added to our calendar now. Every two weeks, residents can borrow books, magazines and other materials in their preferred language. To keep them engaged during their free time, we also provide word searches, games, and other brain teasers. These are fun and educational activities that everyone can enjoy. Our residents have access to an extensive collection of books, all thanks to the hardworking volunteers at Brimbank Library. We couldn't have done it without them.

Already, our team has enjoyed numerous fun activities and made unforgettable memories with our residents at Kalyna Care. With plenty more to come in the future, stay tuned everyone!!

PROVIDING FOOD AND DINING CHOICE

It is important that residential aged care staff support residents to make choices about their food, drink and dining because:



It's the right thing to do

Choice upholds residents' rights and enhances quality of life.



It's the smart thing to do

Residents who can make choices about their food and drink are more likely to be healthier, happier and live longer.



It's the law

The Aged Care Quality Standards state you must give residents dignity of choice.

Resident choices include:

- ✓ When they eat and how long they eat for
- ✓ Who they eat with
- ✓ How much they eat and drink
- ✓ Cultural and religious options
- ✓ Where they eat and drink
- ✓ What they eat and drink
- ✓ How they eat and drink
- ✓ Whether they have assistance and support
- ✓ Whether they have a full or partial texture modified diet.

How to provide choice:

- ✓ Ask the resident what they want
- ✓ Confirm choices often – they may change daily
- ✓ Give residents time to make their decision
- ✓ Document residents' choices and preferences
- ✓ Involve residents in the design of meals
- ✓ Communicate food and dining recommendations
- ✓ Inform residents about dignity of risk and give the information they need to make an informed choice
- ✓ Remember the resident has the final decision and choice.

The Food, Nutrition and Dining Hotline

The Commission's Food, Nutrition and Dining Hotline provides advice and information about food, nutrition and dining in aged care.

People receiving aged care, their family members and carers, approved providers, aged care staff, advocacy services, and health professionals can call the hotline with enquiries, questions, concerns and complaints about food, nutrition and dining issues relating to aged care.

Aged care providers and staff can call the hotline to:

- speak with professionals about issues, ideas or concerns they may have in relation to providing appetising, nutritious food and an enjoyable dining experience for older people.

People receiving aged care and their representatives can call the hotline to:

- ask questions, seek support and raise concerns or complaints about their food, nutrition and/or dining experiences in aged care.

The hotline is available on 1800 844 044 and will operate Monday to Friday, 9.00 am to 5.00 pm AEST.

**Thank you Eucharistic Choir for a wonderful performance!
Everyone felt your presence and enjoyed your singing... Hope
that you will visit us again... May God bless your kindness...**



Clinical Snippets: Falls, infections and SIRS incidences have decreased in the last 3 months. Note that wounds has increased, new mandatory education about wounds are in place and all staff are required to attend the training.

Incidents	OCT 23	NOV 23	DEC 23
Fall	40	30	28
Wounds	11	11	13
Infection	10	11	9
Serious Incidents	6	2	0

OUTBREAK REPORT:

We are always working with the WPHU and DoH...

COVID- 19 : 7/10/23-13/10/23- x1 resident affected

9/12/23-19/12/23- x7 residents and x3 staff

**WE KINDLY ASK ALL FAMILIES AND VISITORS TO PLEASE
CONTINUE TO FOLLOW OUR PROTOCOL.**

Outbreak Report:

GASTROENTERITIS: 24/10/23-19/11/23

X33 residents affected and x4 staff

**WE KINDLY ASK THE FAMILIES AND VISITORS TO
RECORD ALL THE FOOD THAT YOU ARE BRING-
ING AT THE RECEPTION.**

**ONLY GIVE THE FOOD TO YOUR LOVED ONES
AND PLEASE DO NOT SHARE IT TO OTHER RESI-
DENTS.**

**Your feedback and positive contributions are
important to us. Kindly fill- in our Feedback
Forms placed at the reception or feel free to
email us.**

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Thank You!!!