

OCTOBER—NOVEMBER
2024



Kalyna Care

The SUNRISE

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Importance of hydration in elderly:

Hydration is crucial as we approach the warmer weather.

Water is vital for the proper functioning of every cell, tissue, and organ in our bodies, particularly for the elderly. It helps to regulate body temperature, maintain blood volume, and facilitate waste removal, thereby promoting kidney function, joint lubrication, and optimal circulation.

Older adults generally have a lower total body water content compared to younger individuals. Additionally, thirst and appetite often diminish with age, which can lead to inadequate fluid intake and an increased risk of dehydration. Certain medications can further elevate this risk, and decreased kidney function in the elderly can also impact fluid balance.

It is essential to prioritize hydration to support the health and well-being of our elderly population.

Tips to help elderly stay hydrated:

Offer fluids regularly to ensure adequate hydration.

Ensure that water is always within easy reach of residents.

Encourage the consumption of water-rich foods, such as fruits and vegetables.

Consider making hydrating treats, such as popsicles.

Establish hydration goals, provided there are no contraindications.

Recommend wearing breathable clothing for comfort.

Frances Anne Pasilliao
Clinical Care Manager

Hello everyone,

What a fantastic month October has been! From toe-tapping tunes to scenic drives and heartwarming celebrations, our residents have enjoyed a variety of activities that brought smiles all around.

We kicked off the month with our beloved Morning Melodies at Taylors Lakes Hotel. It's always a highlight, and we wish we could enjoy this charming event more often—once a month just doesn't feel like enough!

We're also thrilled to announce that WhiZ KidZ Preschool from Delahey has started visiting us! On October 7th, the children brought their energy and joy to our residents, singing beloved nursery rhymes and creating a lively atmosphere. We can't wait for their next visit as they will continue to share music, laughter and fun with our community.

October also saw our residents enjoying the beauty of the great outdoors. On the 8th and 15th, some of our MH residents took a leisurely scenic drive to Gisborne. There's something truly special about getting out in the fresh air and taking in the green scenery, and our residents always return with smiles on their faces. On the 10th and 22nd, our bus trips to Taylors Lakes Hotel were a great success, with some new faces joining the fun. We're always on the lookout for fresh destinations to explore!

October 18th was a day of celebration as we marked a remarkable milestone: Alexandra P. turned 105! The event was made even more memorable with a surprise visit from the Ukrainian Women's Association, who treated Alexandra to traditional Ukrainian songs. It was a beautiful moment that truly made her special day unforgettable. On October 25th, our talented Macedonian entertainer, Toshe, returned for the Grandparents' Day concert, turning the event into a dance party! Residents (and even our Finance Manager, Nik!) couldn't resist hitting the dance floor.

The joy and laughter that filled the room was a true testament to the power of music and community. On October 29th, we took our Topolya residents on their very first scenic drive, and the feedback was really positive! We're excited to make these drives a regular part of the Topolya residents' experience moving forward. In even more exciting news, we've launched a weekly Men's Shed activity for our male residents. With our new lifestyle assistant, Bobby, the first project was a delightful gardening session in Konvalyia. It was the perfect sunny day to get outside and enjoy some quality time together. We can't wait to see what activities are in store for these men!

In November, we lit up the facility with the colorful and festive spirit of Diwali, the festival of lights. everyone enjoyed traditional Indian sweets, music and the warmth of community during this special event. It was a day full of smiles and cultural exchange!

November also brought the excitement of the Melbourne Cup! Residents donned stylish hats and fascinators, for the fabulous phot shot. Everyone looked stunning, and the photos captured some cherished memories.

As Christmas draws near, our team is already busy preparing for the upcoming festive season. By now, you should have received your Christmas party invitations and donation requests for our Christmas hampers. We want to extend a heartfelt thank you to everyone who has contributed. Your generosity means the world to us, and we truly appreciate your support in making this Christmas extra special for our residents. You're all amazing, and the Kalyna family is so grateful for you!

Until next time, stay happy and healthy, and thank you for being part of our community!

Selin Guclu

Leisure and Lifestyle Coortdinator

LIFESTYLE SERVICES



Pampering one- on - one

Would you like to have your nails done?

The Lifestyle Team is here to assist you with that. Simply request a one-on-one pampering session with our Lifestyle Assistants.



Books In Your Language

We have an extensive library featuring books in various languages. If you enjoy reading in your spare time, you are welcome to request books from the Lifestyle Team.



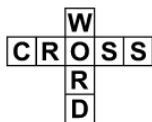
Hairdresser on Mondays

If you need hairdresser services on Mondays, feel free to inquire with the Lifestyle Team or Reception. Our staff will be happy to help you book an appointment.



One- on- one Social Visits

The Lifestyle Team provides personalized emotional and social support at any time of the day through flexible visit schedules.



Extra Activities

Feeling bored in your room?



Ask Lifestyle Team for additional word searches, Sudoku games, puzzles, adult coloring pages, coloring pencils, and craft activity supplies. Let's stay engaged and have some fun!



Happy Birthday to you !!

Antonio D., Remza M., Dmytro , Vasko K., Jelena C.,
 Mirna V., Tomas S., Alexandra P., Hayat F., Antun S.,
 Etel Z., Dung My., Anrtonio D., Shiva G., Nikola R.,
 Maria G., Andrew L. Peggy B., Saturnina C., Noelle C.

We HAPPILY WELCOME our NEW ADMISSIONS..

May you enjoy your stay here with us... Hasan A.,
 Caner H., Etel Z., Cvetanka M., Danica P., Veljko D.,
 Mato N.

We have **FOUR** resident death for the
 October and November. We extend our
 sincerest condolences to the bereaved
 loved ones.

May the soul of our faithful departed
 rest in peace... Mario V., Boris Z. , Dragi
 S., Rosa P., Ewhenia B., Andrew L.



Total SIRS in September – 19

Priority 1- 4

Priority 2- 15

Unreasonable use of force	9
Inappropriate sexual conduct	2
Neglect	3
Psychological abuse	3
Unexpected death	0
Financial coercion by staff member	0
Inappropriate use of restrictive practices	1
Unexplained absence	1

Flu and Covid Vaccination Rates

Resident number			140
FLU VACCINATION:			
	96		69%
DOSE 1:	117		84%
DOSE 2:	115		82%
DOSE 3:	95		68%
DOSE 4:	74		53%
DOSE 5:	55		39%







We sincerely thank our residents and families for partnering with us. Thank you for the respect and that you have given to all of us care workers. We may continue working for the success of our residents care.

For your compliments, suggestions and concern, feel free to contact us:

Jennifer Ibanez, Facility Manager

Jennifer.Ibanez@kalynacare.com.au



thank you so much

Improvement Opportunity:

- Covid Vaccine is still recommended for elderly every 6 month by WPHU.
- Concerns can be raised to the Nurse In Charge in each Section
 - MH—RN Sammy
 - Konvalya—RN Barsha
 - Sosna—RN Kavitha
 - Topolya—RN Anouska
- Mandatory Education for the year 2024 has completed by all staffs.

4 OVERALL STAR RATING FROM AGED CARE STAR RATINGS

Overall Star Rating
★★★★☆ Good

aged care Star Ratings

This rating is based on this organisation's performance in relation to Compliance, Quality Measures, Residents' Experience, and Staffing. The ratings for each of the subcategories that make up the Overall Star Rating are shown below. The Overall Star Rating was most recently updated on 10 November 2024.

[Learn how this is calculated](#)

Compliance ★★★★★	>	Quality Measures ★★★★☆	>
Residents' Experience ★★★★☆	>	Staffing ★★★★☆	>

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