

“Mt View” Homes Inc. Winter 2023 Newsletter

MT VIEW HOMES

MAIN
ENTRANCE



Photo courtesy of Sid Hooper



ADMINISTRATION Update

Well Winter has officially arrived and with those chilly mornings now starting, it's lovely to have the fires going again and it's a good excuse to cosy up with a hot cup of tea (or coffee).

The Mt View Homes Op Shop is going strong with new donations coming in every week, so if you get a chance do pop in on a Thursday or Friday and have a browse. You never know what treasure awaits you and of course, it supports a good cause, Mt View Homes.

The new chairs have arrived and look beautiful and modern (see pic below). They add a lovely new look to the space and I have it on good authority, are very comfortable as well.

We now have a new police officer in town (and all to ourselves). We hope that their move went well and that she and her partner are settling in nicely.

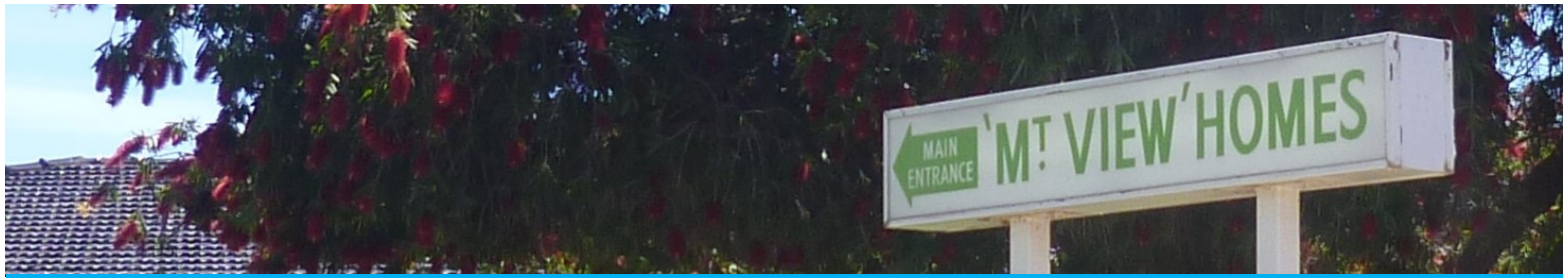
Welcome to our new laundry staff who are working hard keeping our linen needs crisp and clean.

Don't forget to have your say. Please share any feedback, suggestions or ideas you might have by contacting me on my email: admin@mtviewhomes.com.au or

popping it in the suggestion box in the dining room.

Cheers Keith





CEO Report

The short days are upon us now with Winter arriving. I try to leave work early but its dark at 5.30pm at the moment so I'm still travelling home in the dark! We have been having a good rain so the tanks are remaining full. The cold water taps in all your rooms have rain water allocated to them, so you can fill your water bottles, or get a glass of water from your handbasin tap.

A resident asked for a hand towel holder to be placed somewhere near the handbasin that was easily reached. As a result, hand towel holders are being installed on the vanity below the basin in rooms where there is a space to do this. This has enabled the handtowel to be placed here in easy reach to dry your hands with. If your bathroom hasn't got one yet, it soon will. Thank you for making the suggestions that we can then take action to make your life easier at Mt View Homes.

The Op Shop is going very well still, and we have purchased the new lounge chairs from the proceeds from the shop. The chairs look great and are very comfortable. Everyone has been making nice comments about them. Thank you to everyone who supports the shop with donations or purchases.

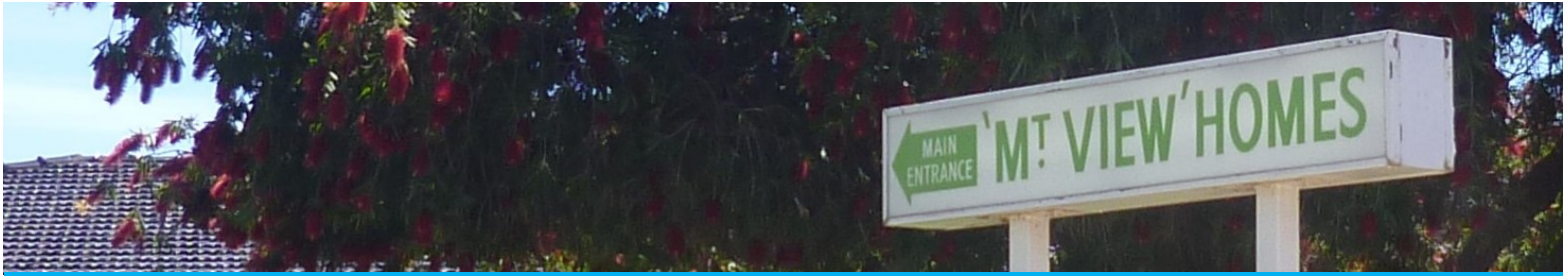
It has been sad to say farewell to so many staff this past 6 months, as people move on for varying reasons with most people moving to Adelaide. Everyone becomes a member of our family and we are very grateful for the kindness they show to us with caring and friendships made, and we wish them well in their future adventures.

Just a gentle reminder to let staff know if you are feeling unwell in anyway, as we move into the "cold & flu" season, and of course Covid is still very active within our community. Hand washing is very important, and staying away from family members who may be unwell will help to keep the 'bugs' away.

I am off for 2 weeks leave at the start of June. I am going on a WOW houseboat with my family and some friends, travelling on the river Murray. We hope the weather will be kind to us as we enjoy a relaxing time away.

Jenny Deer





Care Manager Report

Hi Everyone,

Autumn has disappeared fast and has quickly brought the winter chills. The days feel shorter with the end of daylight saving and the mornings are much nicer snuggled in bed.

During the past few months', we have all received our Influenza Vaccines and the Covid booster. While we have recently had one case of covid in our facility it has been nice to be able to move freely around our community and keep the bugs away. It is certainly nice to not have to wear masks and see everyone's happy faces.

Please remember your hand hygiene and cough etiquette to help keep you and others around you healthy and minimise risks of passing on infections. If you feel unwell, or have signs of a cold please let the staff know so we can put some infection control measures in place.

We have had quite a few changes with staff with Deepa, Susmita, Pukar, Sushil, Lia and Leeane leaving and Toni about to go also. We wish these staff members all the best with their future endeavours. While we will miss these people from our team, we

also welcome our new members to the team, Aish, Nibi and Vivek coming in mid July.

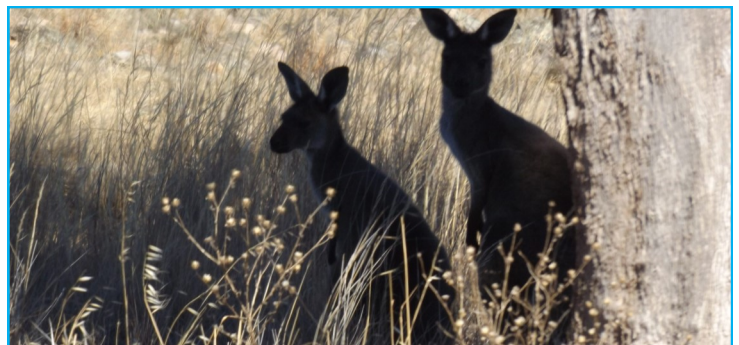
Denise has been having a wonderful holiday travelling around Australia but will back very soon.

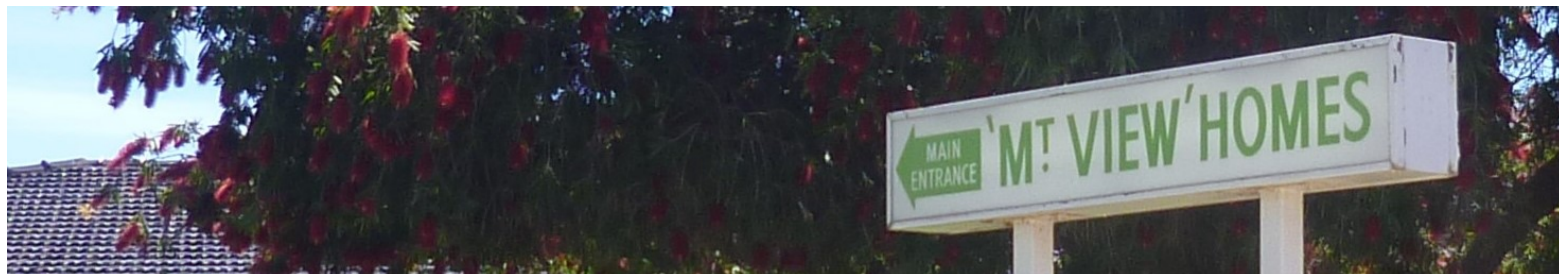
As winter sets in with cold temperatures please dress warmly and just ask if you need extra blankets. While the heating keeps you warm it is still important to hydrate and stop your skin from becoming dry so keep drinking and moisturizing.

We look forward to rain to nourish the ground for the farmers and remaining active through winter. The care staff are here to help keep you happy and healthy so please let us know what we can do to help your days at Mt View even better.

The Clinical Team

[Melissa Wegner](#)





Lifestyle Update

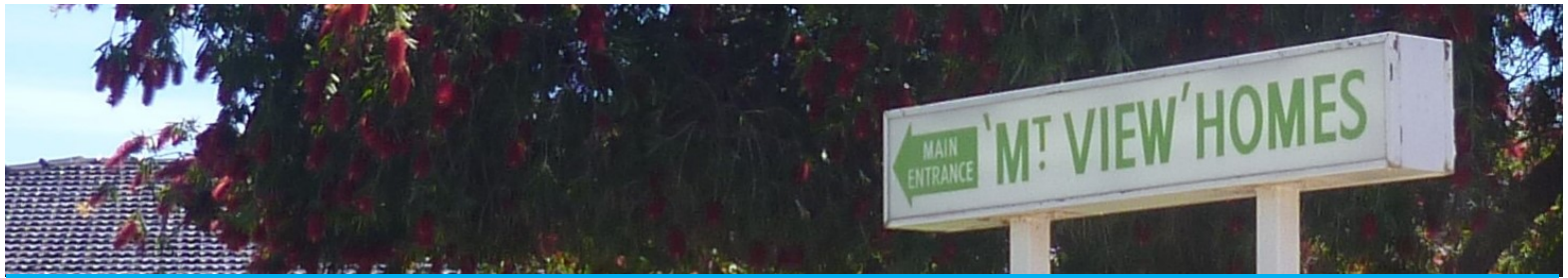
What has been happening with the Lifestyle team over the past few months—lots and lots and all done with much laughter.

We started March with a group of ladies attending a performance in Port Pirie by the Whyte Yarcowie Vaudeville Troupe. Apart from a few issues within the venue, the performance was thoroughly enjoyed by those in attendance. To top off the outing, they had a seafood lunch. The Kindy children came to entertain us. This puts a smile on the resident's faces, It is lovely to see our residents interacting and singing with the children. The children were delighted to see our updated Western Lounge with a coral reef, a huge octopus, sea horses, puffa fish and a huge white shark. We have also been fortunate to have Tim Connelly come into the facility to entertain our residents with a great selection of music to sing-a-long to. We also commenced Armchair Travel where our residents get to sit in a comfortable chair and drift off on our adventures. We started with Madagascar and the Nepal. Jenny helped with our Nepal travels by showing her pictures taken at Susmita's wedding. Everyone was so thrilled to see the pictures and to feel like we had been there too. At the end of March we farewelled Ellen Kakoschke. Ellen had decided it was time to retire and

to try and restore some good health, tend to the garden and to just do nothing if she felt like it.

We started April with a Easter egg hunt with the Kindy kids. This was held inside the facility due to showers. The kids had found the eggs within no time. They then entertained us with some songs, with the residents joining in. As they left, they did some chalk drawings outside the western entrance to the facility. We also had a bus trip to Laura where we had lunch at Meryle's café. We were spoiled again with Tim Connelly coming to entertain us with his music and singing. We held our Anzac Day service the day before. It was a lovely service attended by many of residents and some taking part in the actual service. Armchair Travel saw us travel to Egypt. We were very fortunate to have Victoria Buckle (Keith's better half) come in to tell us of their adventures in Egypt. She had them wanting to know more. Thanks so much for your informative talk.

May has been a busy month too. We had Jadees Fashions come with racks and racks of clothes for our residents to try and many bought some of the items. They will back again in November with a refreshing line-up of clothes. Our bus trip this month saw us heading through the Germein Gorge.



Lifestyle Update Cont...

Oh what a beautiful drive, slow and windy but well handled by our very capable driver, Tricia. We had lunch at Port Germein at the café. The meal and service was excellent. However having all public conveniences closed for painting caused a few issues. Overall a great day was had by all present. We treated our Mother's at Mt. View to a small posy of flowers on their breakfast tray. We even attached a voucher for them to redeem an offer. Our offers included a big hug, a cup of tea or coffee, a walk outside and other things. Unfortunately Tim Connelly had to cancel his performance due to not being well, however we did manage to have Cactus Martens come just before the end of the month. It's been ages since he was here last.

Many thanks to Bernadette for keeping our residents looking amazing after a shampoo, cut and set. You create magic, as do our volunteers that come on the off week to do a bit of a touch up where necessary.

Thank you to Leanne Nicholls for coming to conduct Bible Studies. Also thank you to Chris for having our residents over for morning tea. Our residents enjoy all of these things.

Over the last few months we keep fine

tuning the activities calendar. Our quiz sessions are usually well attended. Our craft sessions are being altered to try and catering to the forever changing abilities of our residents. Our board/card games usually end up with laughter. Some residents have had to move because we have been too noisy. Yeah, go us! They say laughter's the best medicine. Come out for a session to see what the ruckus is about.

Beer O'clock was changed from 3 o'clock to 2 o'clock but this was found to be way too long so it was returned back to 3 o'clock. Our residents enjoy their socialising on Friday afternoons and some times it's extra special when family members come in to enjoy a coldie as well.





Lifestyle Update Cont....

Many birthdays have been celebrated over the past months. During March, we celebrated with John, Josie, Gillian and Jimmie. During April we had no birthdays, but Keith decided that we had to celebrate National Keith Day (it always has to be about him), however we did indulge him with lots of silliness. He does so much to brighten the residents during their day. May saw us celebrate with Joy, Ruth, Barry and Aileen.

Next month (June), will be just as busy. We have added to our Activity Calendar to a drive on Tuesday afternoons. This will be rotated around so that most residents get the opportunity of this calming experience. We're still finalising our bus trip which will be subject to the weather. We will be unable to go if it is cold and wet. The Kindy children will be back on 13th June, we always look forward to seeing them. We're going to introduce a knit and natter session every other Wednesday afternoon.

Your lifestyle team consists of Tricia and Ann. We enjoy presenting new ideas and challenges to our residents. Our emphasis is on fun and laughter. We love to see our residents participating, we're there to guide them through the activities. Our activities are forever changing as the

needs and abilities of our residents alter. Thanks for allowing us to do our jobs which is to support our residents through the day, whether it be a good or bad day. We'll help you.

Tricia and Ann
Lifestyle Team



Tricia



Ann



Staff Profile - Melissa Wegner

Hi everyone. I'm pretty sure you all know me quite well now and not sure there is much more to tell but will give it a go.

I have been at Mt View for several years and have left a few times but have always been drawn back. I have a strong connection with Mt View Homes and of course all of you and our wonderful staff. My first introduction to care work and nursing was when I was 15 years old and got a part time job working as a Nursing Assistant at Cobham Nursing Home in Henley Beach. That was a very long time ago and things have changed incredibly and definitely for the betterment of all of us. I obviously caught the bug and most of my working life has been spent in Aged Care.

I have a wonderful family that consists of three beautiful grown-up daughters, 2 adorable grandsons, 1 dog, 1 cat and a kitten on the way and a feisty turtle. Oopsand of course James.

Originally I am from Adelaide but spent the majority of my childhood in Pretoria, South Africa as my Dad worked for Chrysler and was offered a transfer which he and Mum readily accepted. I feel a lot of pride for my parents as I still believe moving overseas with a young family, not knowing the language along with the

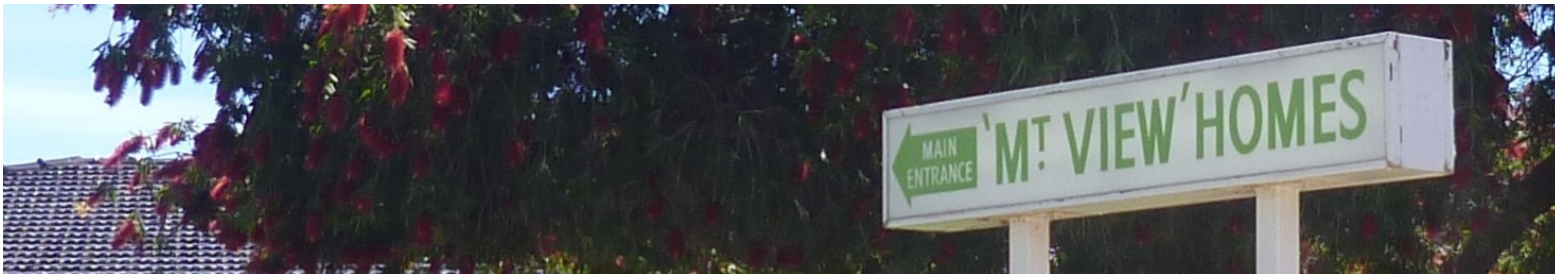
turmoil of South Africa at that time was an extremely brave choice.

All my family have inherited a love of travelling and I have been fortunate to have seen the majority of Australia and several countries overseas (though definitely not enough) and I look forward to getting on a plane again – possibly Japan next time.

Anyway thanks for indulging me and I am happy to answer any questions.

Keep warm through this winter sojourn and enjoy!





Staff Profile - Tricia James

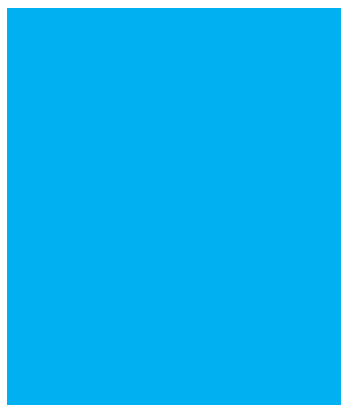
I have 3 children, Michael - 37, Abbie - 35 & India - 31.

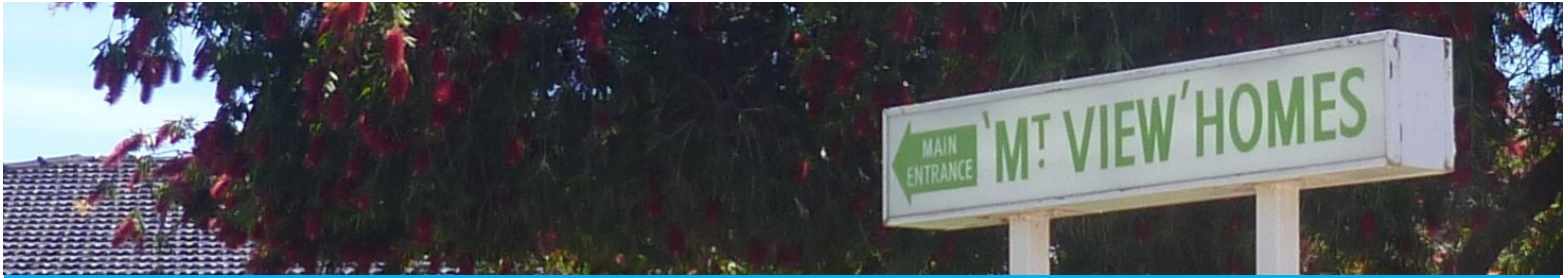
I have lived all my life outside and worked in the construction industry in Townsville, Queensland for 17 years as a Crane Driver, Dogger and Safety Officer.

I have also worked in the Peterborough Meat Works after moving here from interstate.

Living in the local area for the last 4 to 5 years, I've surrounded myself with many animals as they give unconditional love and never judge you.

Working at Mt View in the Lifestyle department is the first time I have ever worked inside, I love this job as it brings me a lot of joy.





Welcome To The Family

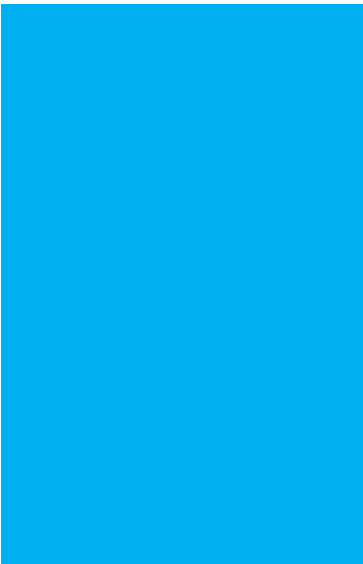
We have welcomed new staff members over the past three months. Aged care is always a changing workplace, and we are blessed to share in people's lives in the way we do, making new friendships and share some wonderful times together. Welcome to :

[Aish Sunwar](#), [Nibi Adhikari](#) & [Dylan Frick](#)

They will be adding their personal and professional abilities as our family grows.



Nibi



Dylan



Aish

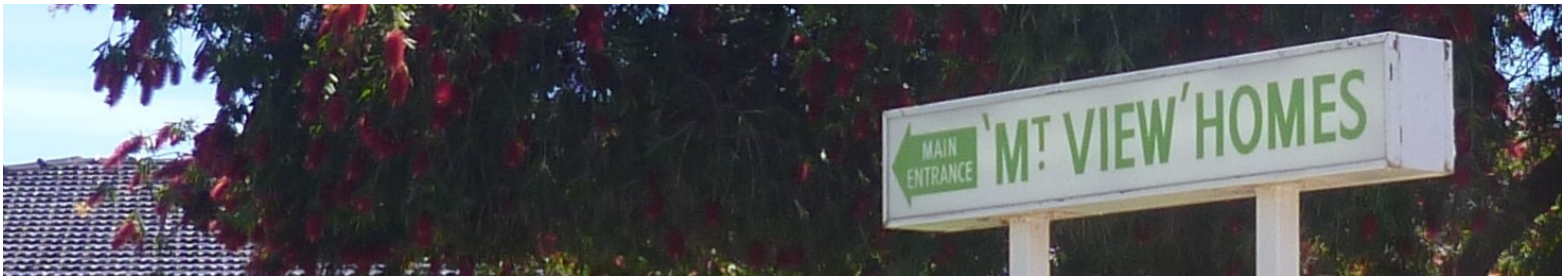
Farewell To The Family

We are also saying a sad good bye to:

[Susmita Koirala](#), [Sushil Koirala](#), [Leanne Donnell](#), [Toni Pilmore](#), [Deepa Koirala](#), [Pukar Gautam](#) & [Lia Naea](#)

An wish them all the best in their new Ventures.





Staff and their pets

We would like to share with you the staff who have pets and would like to show them off. ENJOY.



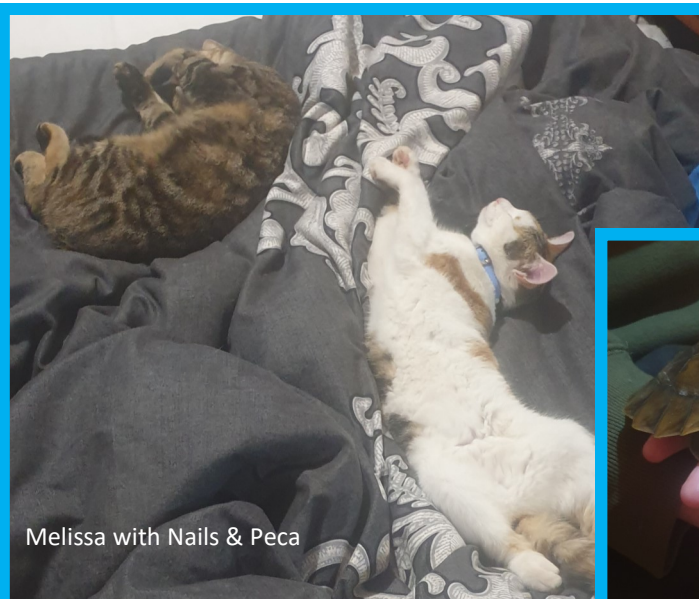
Tricia with her Fur family



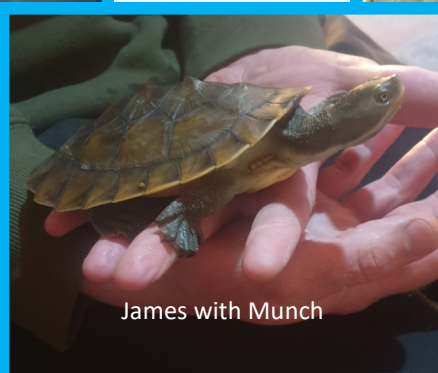
Marie's Rex (Red), Harley (Black), Thomas & Jeremiah (Budgies)



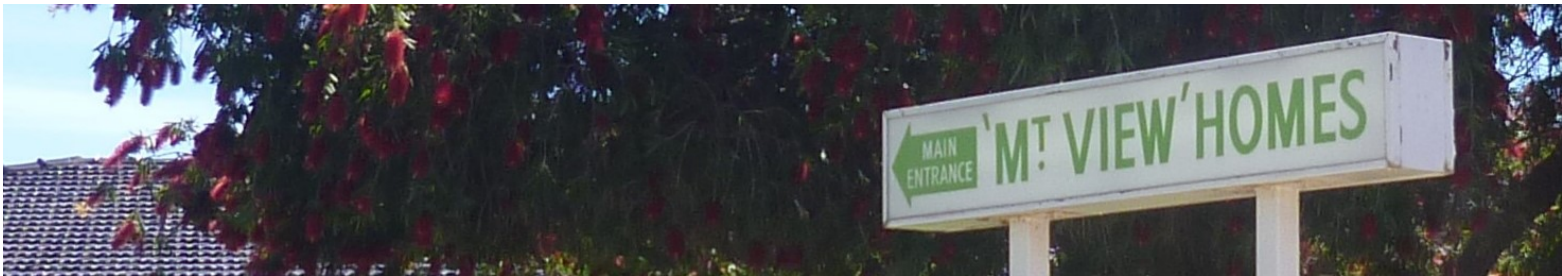
Suzy with Bingo



Melissa with Nails & Peca



James with Munch



Staff and their pets

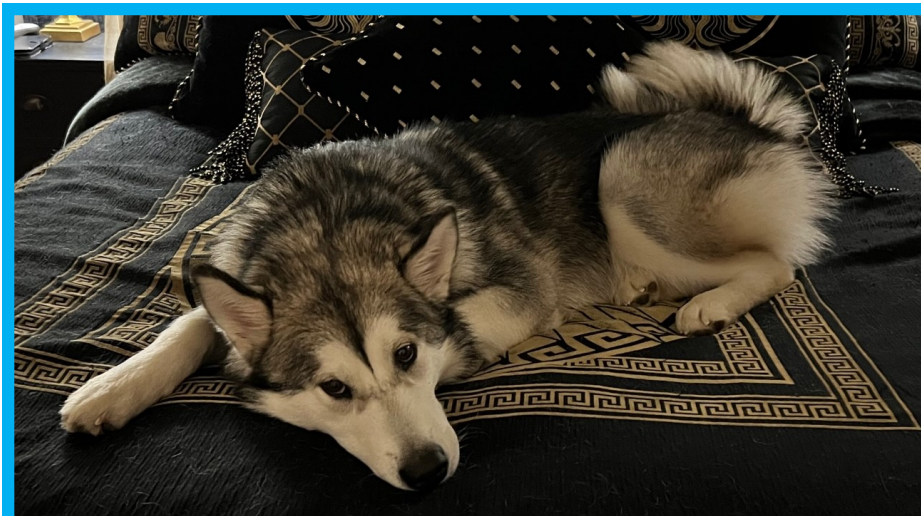
More staff who have pets and would like to show them off. ENJOY.



Sheree with Mel



Keith and Artemis

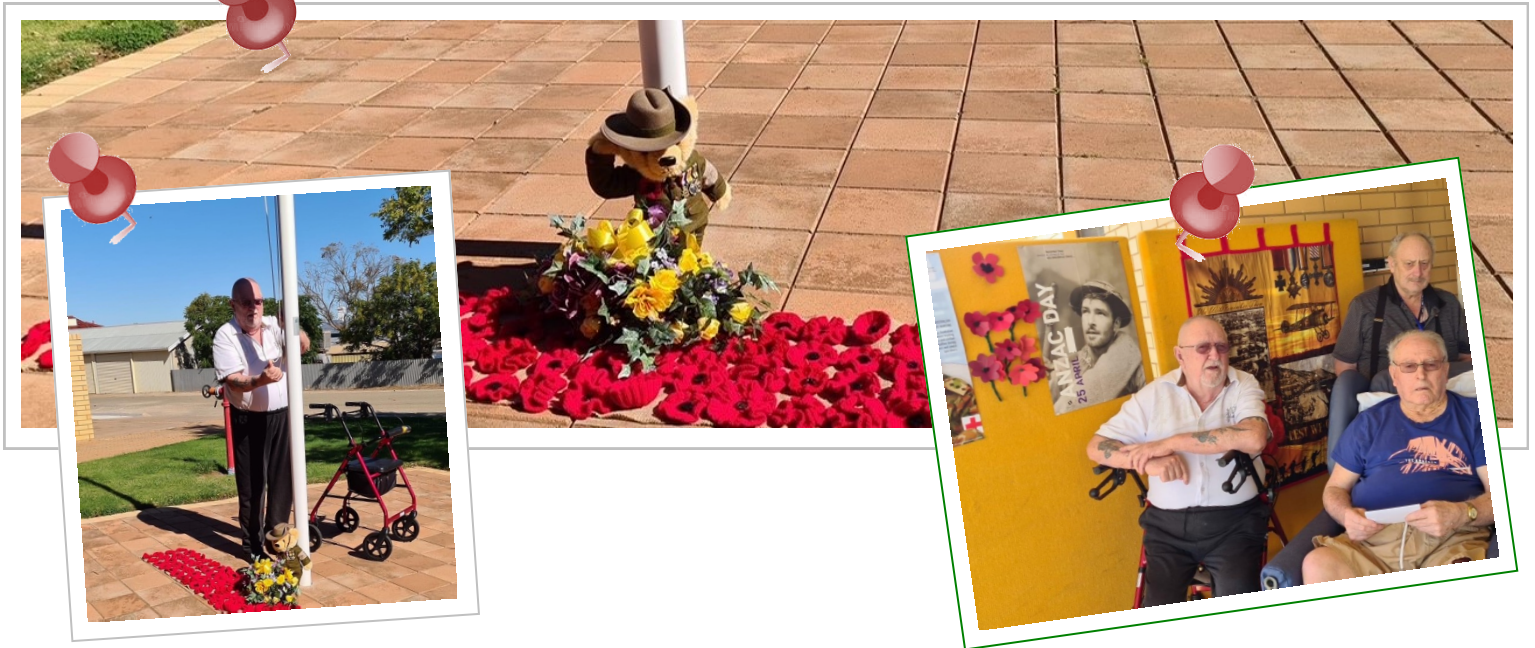


Keith and Champagne



Happy Snaps

Anzac Day



Cactus Martens entertaining our residents



Happy Snaps



Bus Trip
Port Germein



Bus Trip
Wirrabara



Happy Birthday



Celebrated & Upcoming Birthdays



Warren - 4th June



Roma - 5th June



Hazel - 6th June



Glenda - 9th June



Valda - 24th June



Avis - 4th July

Happy Birthday



Celebrated & Upcoming Birthdays



Joan - 31st July



Val - 28th Aug



Merrill- 31st Aug





A Recipe from Thursday's Cooking Corner



Banana Cake

Ingredients

- 250g Butter
- 1 1/2 cup caster sugar
- 4 eggs
- 2 1/2 cups SR Flour
- 4 tablespoons of milk
- 1 teaspoon bi-carb soda
- 3 mashed bananas
- 1/2 cup choc chips or nuts (Opt)

Cream Cheese Topping

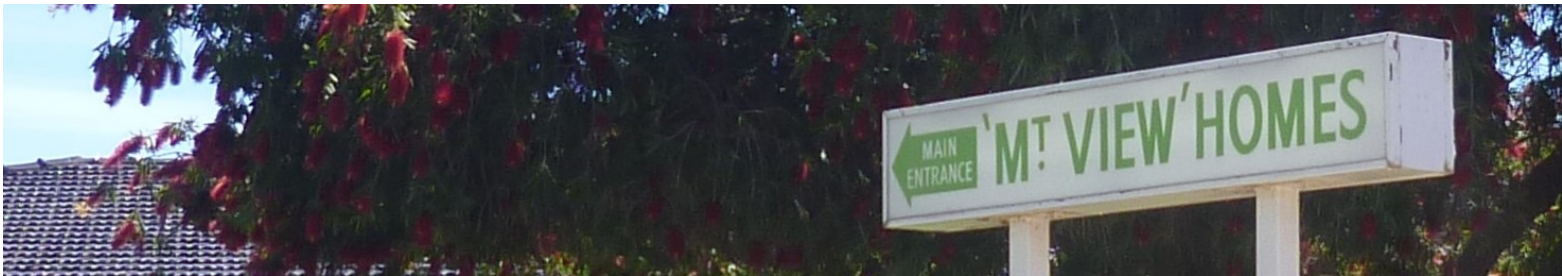
- 250g Cream Cheese
- 1/2 cup icing sugar
- 2 teaspoons vanilla essence
- 4 tablespoons cream

Steps

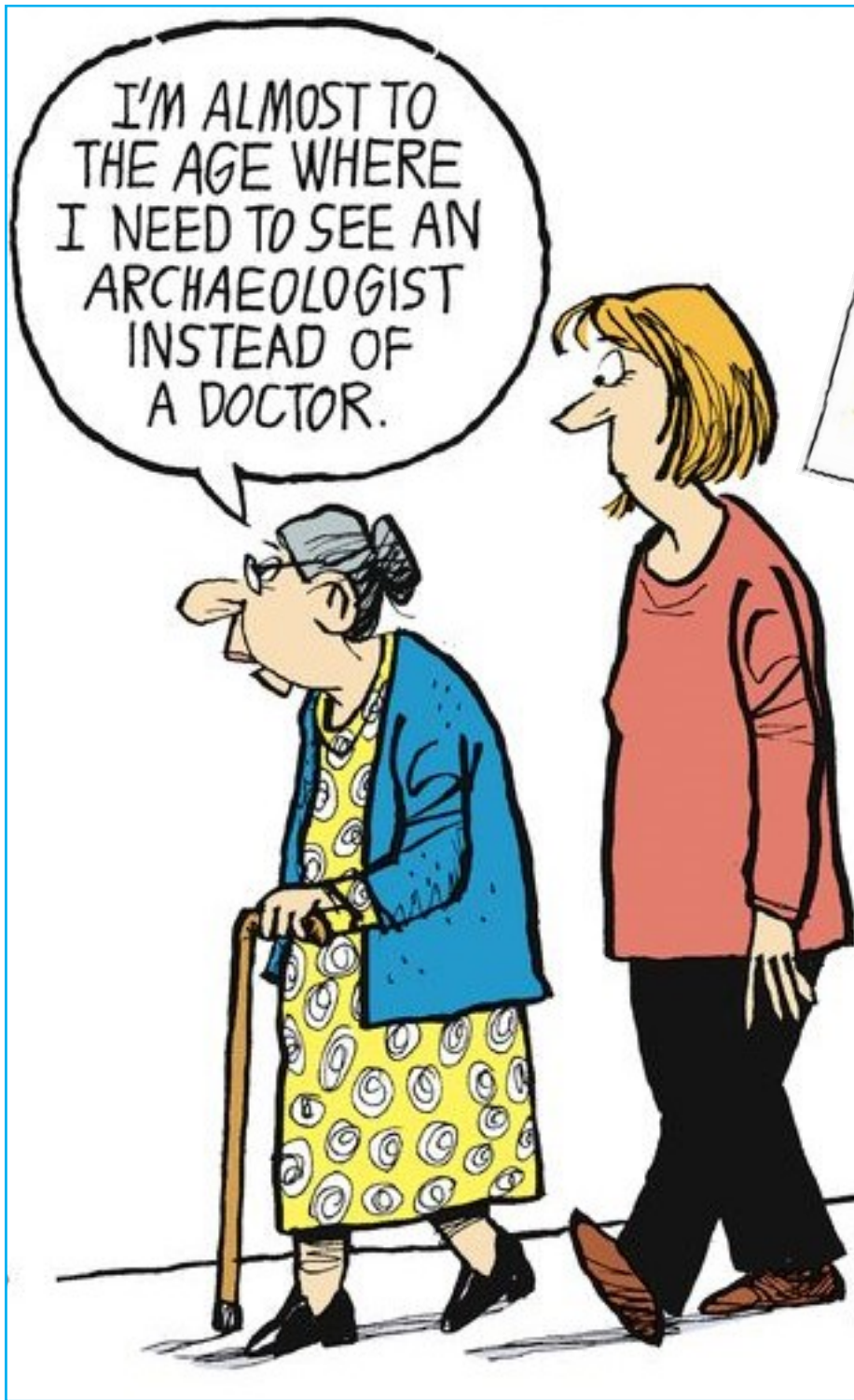
- Step 1 - Preheat oven to 180c. Butte a 23cm square or round tin.
- Step 2 - Using electric beaters, beat butter and sugar until light and creamy.
- Step 3 - Add eggs, one at a time, beating well between each addition. Fold in the sifted flour and soda alternatively with the milk.
- Step 4 - Stir the bananas and the optional extras through.
- Step 5 - Bake for 40-45 minutes

Cream Cheese Topping

- Step 1 - Use electric beaters to beat the cream cheese until light and creamy.
- Step 2 - Add icing sugar, essence & cream & beat thoroughly until well combined.
- Step 3 - Spread over cooled cake.



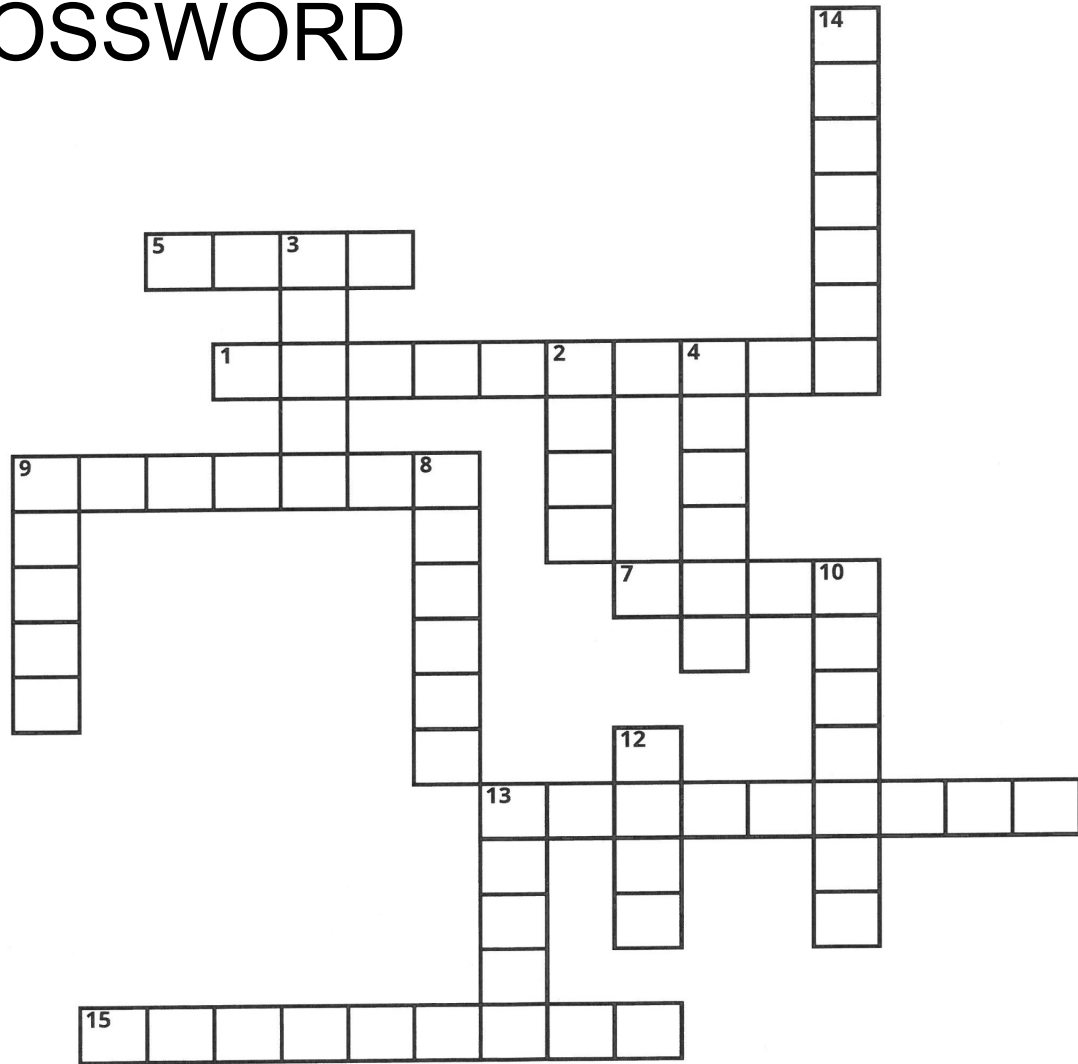
Funnies





Puzzle Page

CROSSWORD

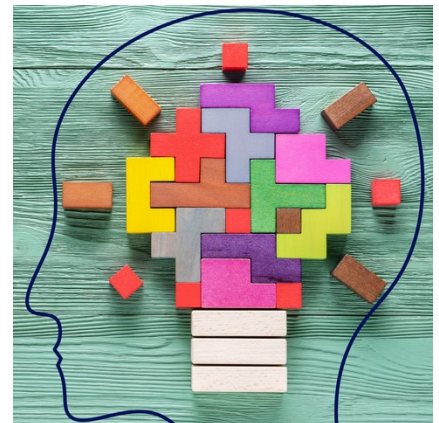


Across

1. Snipped paper winter decorations
5. Take cover from the seeker
7. Musical symbol
9. Vain people
13. Deceiving untrustworthy
15. Going beyond

Down

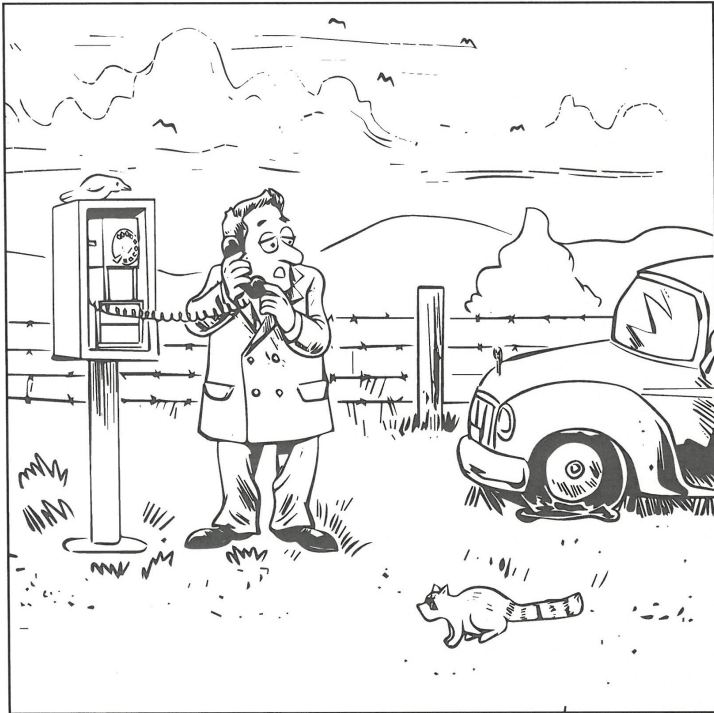
2. Star Wars - heroine who founded the resistance
3. Viggo Mortensen & Hans Christian Andersen by nationality
4. One may whistle in the kitchen
8. Polluted air
9. Use energy
10. Lumberjack fabric
12. By yesterday
13. Location of the world's tallest building
14. To do list items



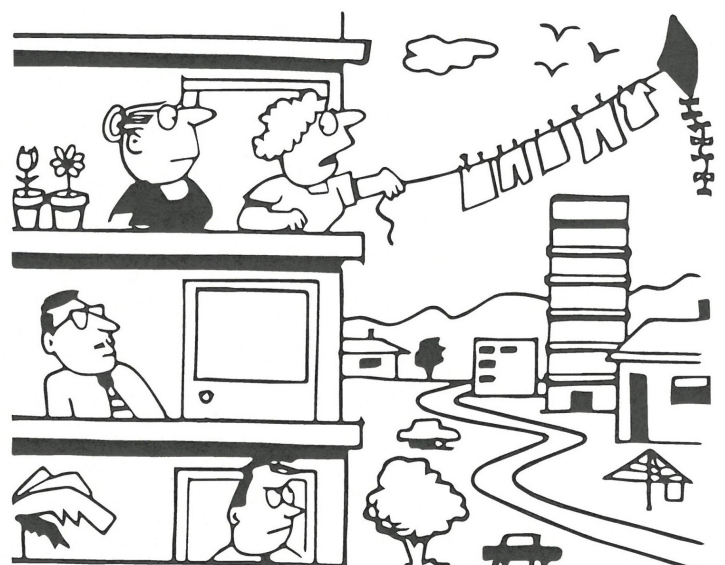
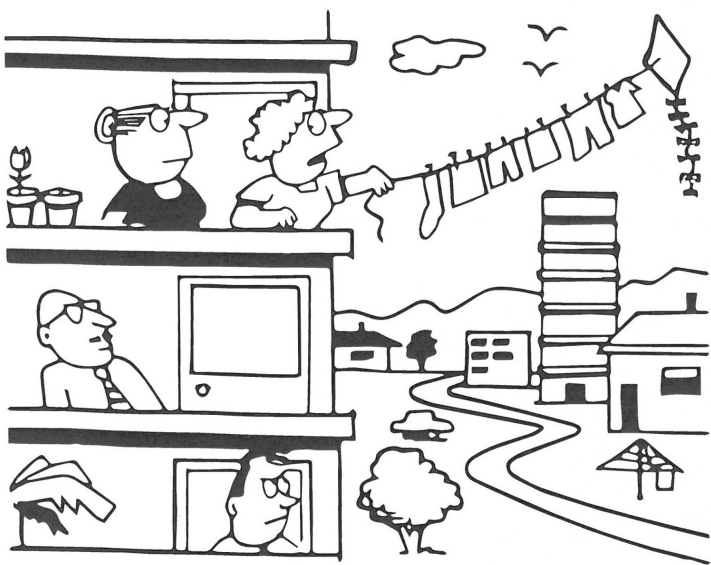


Puzzle Page

SPOT THE DIFFERENCE



There are 10 differences,
can you spot them?



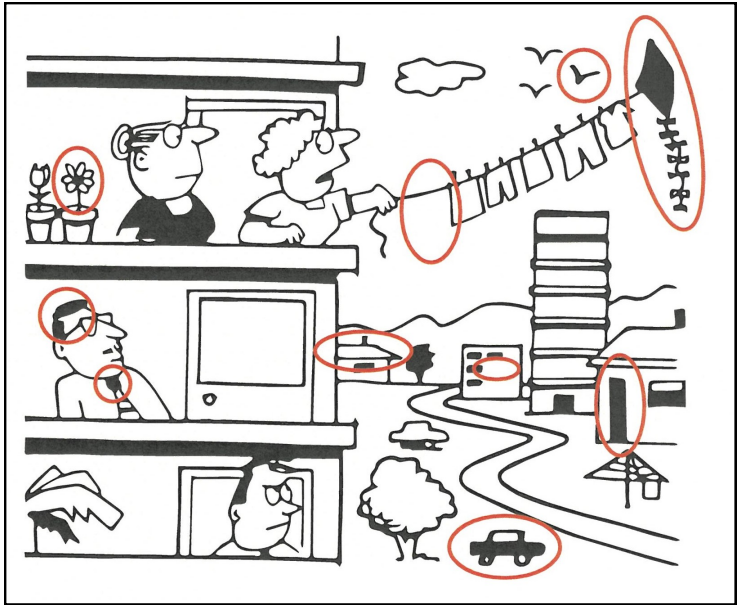
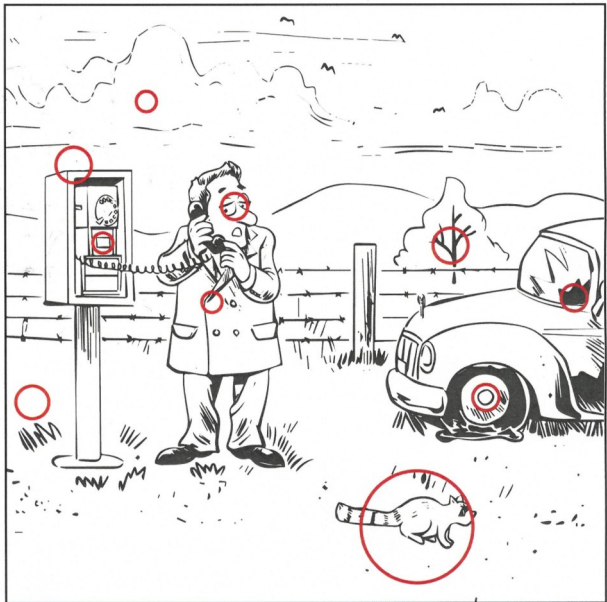


Puzzle Page Answers

CROSSWORD

Crossword puzzle grid with the following words filled in:

- 1S: SNOWFLAKES
- 2L: LAKE
- 3D: DEER
- 4K: KEYS
- 5H: HIDE
- 6A: AREA
- 7C: CLEVER
- 8S: SMOGGY
- 9E: EXIST
- 10F: FLEA
- 11D: DISHONEST
- 12A: APPLE
- 13U: UMBRELLA
- 14E: ERRAND
- 15E: EXCEEDING



Compliments and Complaints Form

We welcome your feedback.

Our service is committed to providing high quality care and services and meeting your needs.

We value your feedback – including complaints.

Please let us know what we do well and where we can improve our services.

Date: _____

This is a compliment complaint comment concern

I am a care recipient family member representative
 staff member staff member on behalf of care recipient
 other: _____

Relates to: environment personal property medication management
 food & catering health & personal care communication & consultation
 choice & dignity abuse personnel & staff conduct
 other: _____

Is the person receiving care aware of this
compliment / complaint / concern? yes no n/a

Does the person receiving care consent to this
compliment / complaint / concern being raised? yes no n/a

Are you authorised to make decisions on
behalf of the person receiving care? yes no n/a

Follow up (optional)

Please provide your details if you would like us to contact you about your feedback.

Name: _____

Phone / email: _____

What is the best time to contact you? _____

Feedback

If you are raising a complaint / concern, what would you like from this complaint/concern?

Thank you for taking the time to provide feedback about our service.

Please place completed form in the suggestion box in the main lounge.