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Activities Tour



Sutton Park residents in high spirits at the 'Footy Fever' show.

Footy Fever at Sutton Park

It wouldn't be September in Victoria without footy fever sweeping over us and Sutton Park was no exception. Residents and staff got right into the spirit of the AFL finals season, decking the facility out with balloons and streamers in all the team colours.

On the Thursday before Grand Final day, residents, family members and staff dressed up in their team colours and enjoyed the 'Footy Fever' show with Alex Hearst. They sang all the team songs and Alex invited some lucky residents to play in his band. And what better way to mark the end of 'Footy Fever' than with Happy Hour – all the hot pies and cold beers one could muster.

September also saw some clowning around at Sutton Park for the staff dress up day. Rosters Coordinator and Administration Assistant, Jo McCullagh and High Care Team Leader, Tracy Parry went all out entertaining the residents - no prizes for guessing who won best dressed!

Later in the afternoon residents and staff joined Support Officer, Keith Cameron-Smith around the piano for the Hokey Pokey and the Chicken Dance.

Cup Day celebration at SandBrook

SandBrook was buzzing with cup fever in November. Over 100 SandBrook residents and staff got together for a colourful Melbourne Cup Day celebration. The day, which is celebrated annually by the facility, involves Cup-style activities and a delicious chicken and champagne lunch.

In the morning everybody enjoyed the opportunity to get creative by designing and making their own hats to wear in the spirit of spring fashion. Outfits were later shown-off in a parade where 'Fashions of the Field' style awards were selected for the best-dressed residents. Awards included 'Best Mens' Hat' won by Peter Longer, 'Best Co-ordinated Outfit' won by Molva Lynn and the 'Most Bright Hat' award won by Dorothy Schulte.

Later, all who were willing had the opportunity to back a horse in the big race, which was shown on a big screen in the activities room.

Springtime at Raffles

Raffles welcomed the arrival of spring with an evening dance set in a springtime wonderland.

The dance was attended by residents, staff, family and friends and was held in Raffles' garden lounge, which staff transformed into a springtime oasis in honour of the occasion. Walls were adorned with brightly coloured flowers, ladybirds and butterflies and colourful lanterns were strung from the ceiling.

The evening's entertainment was provided by lively karaoke performer, Comer McKenzie, who had residents and their families hitting the dance floor to all their old time favourite tunes.





Open Door

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Deputy PM brings Christmas cheer to Sutton Park

Staff and residents at Sutton Park were treated to a special Christmas visit from the Deputy Prime Minister, the Honourable Julia Gillard MP.

Ms Gillard, who is the local member for Lalor, took time out from her busy schedule to spend time having afternoon tea and chatting with Sutton Park residents.

Ms Gillard began her visit by giving a short speech to residents about her first job, which involved cutting up vegetables in the kitchen of an aged care facility and spending time with residents. Ms Gillard also wished everyone a very Merry Christmas.

Ms Gillard then spent time mingling with staff and residents before being presented with a beautiful bunch of flowers on behalf of residents and staff to thank her for her visit.

Deputy Prime Minister Julia Gillard having afternoon tea with residents.





Debbie Gunn

**Team Leader
Sutton Park**

Dedicated, patient and a real go-getter, Debbie Gunn began working at Sutton Park when she was still a student almost six years ago. Since that time, the McKenzie Group has supported Debbie through her PCA Certificate Four and she is now a personal carer, leading a team of six in the Dementia Unit.

Debbie's primary role is to assist residents with daily activities and provide updates on their wellbeing to the resident nurse. A normal day for Debbie and her team involves helping residents with their medication, bathing and feeding, as well as encouraging and assisting them to participate in activities.

Debbie is passionate about her job and providing quality care to Sutton Park's residents. She likes to think that if her parents were ever in care, that they would be treated with the same compassion, respect and professionalism that Sutton Park's residents are treated with.

We asked Debbie to take some time out of her busy day and answer a few questions for us:

- 1 What is the best part of your working day?** I really enjoy spending time with and caring for our residents. I relate well to them and have a good rapport with their families.
- 2 What do you enjoy doing outside of work?** I enjoy spending time with my parents and children.

I'm also a passionate footy supporter and most weekends during the footy season you'll find me among the North Melbourne Cheer Squad barracking up a storm. I haven't missed a game in six years!

- 3 What is your idea of a perfect holiday?** Travelling interstate to see the Kangaroos win.
- 4 List three words that describe you:** caring, dedicated and humorous
- 5 Any words of advice or warnings to your colleagues?** I would like everyone to care for our residents as if they were caring for their own parents.



Julie Pywell

**Director of Nursing
Sutton Park**

Joining Sutton Park in November last year, Julie Pywell is a relatively new addition to the McKenzie team. But being new hasn't stopped Julie from making her mark. Julie has already built a reputation as someone who approaches her job with energy and enthusiasm and a genuine commitment to resident care.

With over eight years experience in aged care and extensive experience in the acute health sector, Julie brings a range of skills and experience to Sutton Park. In particular, Julie feels her organisational skills are invaluable in assisting her to manage a busy facility and nearly 90 staff.

As the Director of Nursing, Julie's primary role is to look after the health and wellbeing of residents and build positive relationships with

residents' family members. Julie also oversees audits, continuous improvement projects, supports and coaches staff and performs a range of other managerial activities which contribute to the smooth running of the facility.

We asked Julie to take some time out from her busy day to answer some questions for us:

- 1 What is the best part of your working day?** When one of the resident's relatives gives you a big hug and thanks you for taking such good care of their family member and you know you've got it right.
- 2 What do you enjoy doing outside of work?** I love camping. Especially since whenever I go camping with my friends and family, we always have a rule that the boys have to cook!
- 3 What is your idea of a perfect holiday?** Visiting Jamaica and lying next to the pool, sipping cocktails.
- 4 List three words that describe you:** organised and approachable with a good sense of humour.
- 5 Any words of advice or warnings to your colleagues?** I have a strong belief that the care of our residents should come before anything else. Looking after their needs is the most important thing we can do on any working day.

Staffing update

A warm welcome to the following people who have joined the McKenzie Aged Care Group:

- Julie Pywell who is the new Director of Nursing at Sutton Park**
- Christine Moss who is the Client Relations/ Administration Officer at Sutton Park.**

News

Happy 100th birthday Eva!

Heritage Lodge resident Eva Jagger doesn't usually like to be the centre of attention. But on 6 January she made an exception, celebrating her milestone 100th birthday with family, friends, residents and staff.

Happy birthday Eva from everyone at the McKenzie Aged Care Group!

Eva Jagger celebrating her 100th birthday.



Elsie Wills, Ailsa Delaney, Yvonne Dunn, Violet McNamara, Betty Carter, Elsie Dawes, Margaret Haley (staff), Bertha Beedle and Evelyn Stott.

Getting crafty at Heritage Lodge

The Heritage Lodge resident craft group, led by staff member Margaret Haley, were extremely busy in the month of December, cooking sweet treats and sewing toys for their Christmas 'trade table'.

Since forming in September, 'trade table' has been popular with visitors, residents and Heritage Lodge staff. All the money raised from sales goes straight towards supplies, with the group raising enough money to buy a brand new sewing machine.

The Armitage turns back the clock

The Armitage's residents stepped back in time for a High Tea Dance in October in the magnificent surrounds of the recently restored, St Kilda Town Hall ballroom.

Residents from ten other aged care facilities in the surrounding area were also invited to attend, with nearly 100 people packing the ballroom.

Residents were treated to an afternoon tea of scones, cakes, slices and savories, while being entertained by local singer and host Brendan James.

Brendan performed songs that were popular when residents were younger. The performance was so successful, that many residents took to the dance floor, while others happily watched on, content to just tap their toes.

The dance was an initiative of activities staff at The Armitage, who planned the event for months as a special social activity for residents. The event was so successful, activities staff intend to hold similar events in the future.

