

Open Door

Autumn 08 Issue 4

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SandBrook Celebrates International Day of Older Persons

Each year SandBrook celebrates the International Day of Older Persons with a morning tea and sing-along. It's an event that Diversional Therapist Phyllis Williams says staff and residents alike look forward to.

All residents are invited to participate, with residents who are 90 years of age and over honoured with a certificate of achievement from SandBrook's Director of Nursing, Debbie Waters.

International Day of Older Persons is held on the 1 October every year and is designed to give the whole community an opportunity to recognise the achievements and on-going contribution made by seniors in Australia.

To find out what residents and staff have been up to at our other facilities, check out pages 3 and 4.



Director of Nursing, Debbie Waters presenting a certificate of achievement to Mrs Edna Wainwright at SandBrook's celebration of the International Day of Older Persons



Julie Molloy

Deputy Director of Nursing

Julie Molloy is passionate about aged care. With over 25 years experience in the aged care industry, Julie was delighted to join Heritage Lodge late last year as the Deputy Director of Nursing.

Julie manages 81 staff and is responsible for supporting the Director of Nursing with the general management of Heritage Lodge including staff recruitment and training and overseeing the facility's quality management process.

The primary focus of Julie's role is to look after the health and wellbeing of residents. Julie regularly visits residents and is kept up to date on a daily basis about any residents who are unwell. She also liaises with other health professionals such as dietitians, doctors and pharmacists to ensure that residents receive the best quality of care.

Since joining Heritage Lodge, Julie has been impressed by the friendly and caring attitude of her colleagues, and the willingness of everyone to go the extra mile for residents.

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

- 1 What is the best part of your working day?** The interaction with residents, their beautiful stories, and the happy and sad times that we share. I gain so much more than I give.
- 2 What do you enjoy doing outside of work?** I love to walk and bike ride on the beach, particularly

at sunset. Most importantly, I love spending time with my partner, my four beautiful adult children and my gorrgeous ten week old grandson!

- 3 What is your idea of a perfect holiday?** Travelling to and exploring new destinations and at the end of the day dining out and enjoying a good bottle of wine or a cocktail!
- 4 List three words that describe you:** Approachable, honest, fair.
- 5 Any words of advice or warnings to your colleagues?** Thank you to all staff for being so friendly and welcoming, I am very proud to be part of such a fantastic team of individuals!



Tara Tzialis

Administration Clerk

If you visit The Armitage, chances are Tara Tzialis will greet you at the door.

As the Administration Clerk, Tara is responsible for greeting and directing visitors, manning the switchboard and other administrative tasks that contribute to the smooth running of the facility. Her warmth, energy and enthusiasm make Tara a natural for the job.

Tara is the McKenzie Group's longest serving staff member, with six years and eight months of service under her belt. She began at McKenzie's as a Personal Care Attendant and made the transition to Administration Clerk 18 months ago.

Tara loves her new job and was thrilled that McKenzie's supported her to make the transition.

We asked Tara to take a short break from the phones, and answer some questions for us:

- 1 What is the best part of your working day?** Apart from the end of the day, meeting and greeting people and helping staff to solve their problems.
- 2 What do you enjoy doing outside of work?** Spending time with family, friends and my German Shepherd, Paris. Swimming, bike riding and going out for dinner.
- 3 What is your idea of a perfect holiday?** Relaxing on a beach on a tropical island with my husband, not having a worry in the world.
- 4 List three words that describe you:** Perfectionist, energetic and organised.
- 5 Any words of advice or warnings to your colleagues?** Don't ask me anything after 4.00 pm – it's knock off time and my brain stops functioning!!

Staffing update

Congratulations to the following staff who have been promoted to new positions within the McKenzie Aged Care Group:

- Ian Smart is the new Cook at Heritage Lodge. Ian was formerly the Food Services Assistant.**
- Rhonda Stewart is the new Deputy Director of Nursing at SandBrook. Rhonda was formerly the RCS coordinator.**

We would also like to welcome Julie Molloy who is the new Deputy Director of Nursing at Heritage Lodge.



News

Sutton Park turns five!

Staff and residents came together in February to celebrate Sutton Park's fifth birthday. Staff organised a special birthday cake in honour of the occasion and invited one of Sutton Park's first residents, Allan Yard to make a speech. Staff also created a display board showing Sutton Park over the years, including photos of residents and staff, prompting much reminiscing.



Top right: Sally McKenzie, The Hon Justine Elliott MP, Major General William J Crews AO and Mary-Ann McKenzie.

Heritage Lodge unveils Changi Flag

The historic Changi Flag was unveiled at Heritage Lodge by Major General William Crews AO, National President of the RSL and the Hon Justine Elliott, Federal Minister for Ageing at a ceremony attended by residents, staff and local veterans.

Speaking at the event on 30 January, Sally McKenzie said the flag has been professionally preserved and placed on public display as an important reminder of the Australian spirit.

"We held the unveiling so close to Australia Day because the Changi Flag is a great example of the Australian spirit," Sally said.

The Changi Flag was made at great personal risk by Australian soldiers held at the infamous Changi Prison in World War II as a sign of defiance against their captors.

Sally and Mary-Ann McKenzie, together with their mother Annette and husbands Rob and Michael bought the Changi Flag in 2006 after it went on sale on eBay. The McKenzie family wanted to ensure that this important symbol of the nation's wartime history remained in Australia.

"We bought the flag as a tribute to our father Keith, who was a proud veteran and RSL member," said Mary-Ann.

The McKenzie family are certain the flag will strike a chord with residents of Heritage Lodge, which was purpose-built to care for the needs of ageing veterans and their families in Murwillumbah NSW.

More bed licences for The Terraces

The McKenzie Group's plans for growth were given a boost recently following a successful bid for more bed licences for The Terraces in Queensland. The Terraces is a new McKenzie facility that is set to open in Varsity Lakes in 2009.

The successful bid was part of the Department of Health and Ageing's 2007 Queensland licensing round.

Happy anniversary!

Congratulations to two couples from SandBrook who have reached a significant milestone: Mr Bert and Mrs Olive Bromley (top left) celebrated their 69th wedding anniversary earlier this year and Mr Harold and Mrs Miriam Verinnder (left) celebrated their 60th wedding anniversary last year. Best wishes from everyone at the McKenzie Aged Care Group.



Heritage Lodge Goes Back to School

As students and teachers across the nation started a new school year, residents and staff at Heritage Lodge decided to create their own school-themed fun day.

Staff transformed the lounge room into a classroom, which provided the perfect backdrop for a morning sing-along of school song classics led by "teacher" of the day, Support Officer Keith Cameron-Smith.

In keeping with the theme, lunch was strictly a school affair with residents enjoying a traditional brown paper bag packed school lunch of sandwiches and fruit, with an ice cream cone for dessert.

Going back to school proved popular at Heritage Lodge, with residents and staff getting into the spirit of the day and many dressing up in school uniform. Fortunately, no detentions were issued!

The back to school theme was chosen following resident and staff requests.

Sutton Park has the Luck of the Irish

Green hats and wigs were the order of the day at this year's St Patrick's Day celebration at Sutton Park. Staff decorated the Sutton Park café with shamrocks, streamers and other green decorations, while residents and staff alike were encouraged to wear something green.

As part of the celebration, residents were treated to a special St Patrick's day cabaret performance by singer guitarist Alex Hearst. Coinciding with happy hour, the performance was accompanied by green beer, green lemonade and canapés.

Residents were also treated to a DVD screening of a performance by renowned, classical violinist and conductor, Andre Rieu and his orchestra. The DVD was appropriately called Live in Dublin and featured performances of classical waltzes such as The Blue Danube Waltz, as well as Irish folk tunes.

International Holocaust Memorial Day at The Armitage

Residents, their family members and staff came together on 24 January to commemorate International Holocaust Memorial Day.

In a room decorated with sunflowers symbolising hope, resident Mrs Cenci Bihary began the ceremony by lighting a memorial candle. Support Officer Keith Cameron-Smith then read aloud testimonies from Holocaust survivors, which was followed by the group observing two minutes of silence. The memorial concluded on an uplifting note, with Keith leading residents, staff and family in some songs of hope.

Lifestyle Coordinator Jenny Storey said that the memorial ceremony was a moving experience for all involved, particularly as some of The Armitage's residents are Holocaust survivors. Due to the positive response from participants, the ceremony will be held annually from now on.

International Holocaust Memorial Day was declared by the UN in 2005 to commemorate the anniversary of the liberation of the Nazi concentration camp Auschwitz-Birkenau. The Day honours the victims of the Holocaust and serves as an important reminder of the universal lessons of the Holocaust.

Romance is in the Air at Raffles

Raffles residents, their families and staff celebrated Valentine's Day this year with a romantic supper dance. Staff transformed the Garden Lounge into a Valentine's Day themed ballroom for the occasion, complete with pink and red balloons, streamers and other romantic decorations.

Participants were treated to a special Valentine's Day feast, raffle and a professional demonstration of ballroom dancing. Inspired by the demonstration, many of those present took to the dance floor.

The event was a hit with residents, with many telling Activities Officers, Karen Slockee and Ingrid Smith that they enjoyed the dancing and the opportunity to share the occasion with their family and friends.

