



CARRINGTON

CARING FOR PEOPLE

CARRINGTON CENTENNIAL CARE LTD

Carrington Care Newsletter

Issue 16

Jan/Feb 2012

Dear Residents and Relatives

Greetings

Welcome to the first edition of our Residents and Relatives Newsletter in 2012.

The year ahead is full of excitement and challenges to ensure that the best service is delivered to our residents.

In June 2012 our Nursing Home Facilities (Parry. Rose/Rothbury and Grasmere Terrace High Care) will undergo the Accreditation process by the Accreditation Agency.

A preparations program is in place led by our Director Residential Care and the Care Manager—High Care and the team of our dedicated staff in these facilities.

Late last year the refurbishment of the ground floor of Carrington House was completed and our staff have now settled in to their new and pleasant environment.

The construction of the extensions to the Recreation Centre commenced in late January 2012. The new "Country Club" will be completed approximately around September 2012. This development is very exciting for Carrington as it will provide a brand new Country Club with its eating, meeting and leisure facilities for all of our residents and their families as well as our staff.

Also we are progressing the design and planning for the redevelopment of Paling Court Hostel.

Paling Court was established in 1981 and its current layout and design no longer meets the delivery of new models of care. I had the opportunity late last year to meet with our residents in Paling Court to outline our vision to them.



However, it is my intention to meet with our residents of Paling Court and their families to progress this discussion as soon as we have completed the design stage and also explain how we see the new facility being developed.

I would like to thank all our residents and their families who have participated in the Residents and Relatives Survey and hopefully soon we should be able to share some feedback with you.

The feedback from residents and relatives was excellent and very appreciative of the services we deliver at Carrington. The suggestions received were also excellent and will give us a very good vehicle for further improvements.

Thank you for taking the time to provide us with your feedback and I would encourage you to do so at all times.

Until next time take care and best wishes.

Raad Richards
Chief Executive

News from Director Residential Care



Dear Residents, Family and Friends

I hope that 2012 is off to a wonderful start and that you enjoyed the festive season. It was a pleasure meeting many of you at the Christmas celebrations and I hope that you enjoyed this time with your family, friends and Carrington staff.

The year ahead will be busy and exciting as we have many things happening in the facilities. The Mary MacKillop team has already started work on improving one of the outdoor areas – the water feature and the new potted plants look wonderful. Rothbury, Rose and Parry are planning a change to some of the soft furnishings. We will be asking you to help us select the new room curtains and bedspreads. In each facility we will be profiling our volunteers so that you can all get to know them. We are very fortunate to have wonderful volunteers that make such a difference to the lives of residents living at Carrington.

The TAFE exercise therapy program is continuing this year and we will be completing some research to look at how this program improves resident physical strength and social interaction with each other and the TAFE students. The pain management program has changed and is now being offered in groups. We hope

that you are enjoying the new approach and that it is providing another social opportunity.

We are also starting a new staff training program. Our 'Back to Basics' program is resident focused and provides a practical approach to training and learning. Don't be surprised if you are invited to be part of our staff training.

In 2012 Rothbury, Rose and Parry and Grasmere Terrace will undergo Accreditation, 19 - 21 June and 13 - 14 November respectively. Closer to the time you will be invited to speak with the Accreditation Assessors about the care and services you receive at Carrington.

blocking communal corridors. Also please ensure that you have the appropriate insurances in place. Should you need further information please ask the Care Manager for a fact sheet.

Lastly, I would like to encourage you to continue to provide us with your feedback. You can do this in many ways including completing a pink feedback form (these are in each facility) and through the monthly Resident and Relative forums. I look forward to seeing you at these meetings this year as we work together.

Until next time, take care



The results of the Resident and Relative survey are in - 88% satisfaction overall. Thank you for your feedback to help improve the way we provide care at Carrington. One of your suggestions was to improve the number and types of activities offered, so we have asked a Diversional Therapist to come and review the leisure and lifestyle program in consultation with you and the staff. This should start in February.

Electric mobility scooters - if you use a scooter it is important that they are not parked near the fire exits or

Ladies from the Arabic Speaking Support Group and Campbelltown TAFE Outreach English Classes presenting knitted items to some residents

Janine Lundie
Director Residential Care

News from the Nursing Home (Parry/Rose/Rothbury Houses)



Hello Everyone,

Phew!! Christmas is over
Welcome to 2012!

What a busy time Christmas is around Carrington. Luckily the weather hasn't been too hot for us not to enjoy all the festive treats. Maybe there will be some benefits from climate change after all. Thank you to all the Relatives, Volunteers and Staff who went that extra mile in making the Christmas Season so special.

The Family BBQ was a lot of fun on the Sunday afternoon 4th December with plenty to eat and drink, and to relax listening to some really fine entertainment and wonderful company. I should have guessed that Country and Western Music would be a hit here in Camden. Thank you to Gail McIntyre who decorated the tables with beautiful floral arrangements. They looked beautiful.

Nursing Home Residents were a little more adventurous this silly season with a shopping expedition to Macarthur Square (which is something I actively try to avoid). Thank you to all the family members who made this possible. I'll bet you slept well that night.

The other new excursion was a tour of Christmas Lights. Ooooh they were beautiful! We had folk wrapped up in their pajamas and dressing gowns – lucky it was dark – munching on ice cream. And everyone slept well that night! Thank you to Rosa's husband who was shanghaied into being Bus Driver for the night. Now that we know he has a Bus Licence....

The renovations to the Ground Floor of Carrington House have been completed and are now occupied by Reception; the Chapel; Physiotherapy Department; Training and Development; Community Services; and the Nursing Home Care Manager. Please call by and Jessica Taylor or I will show you around.

Congratulations to Rosa; Sandra; Michele; Jane and Nellie who successfully completed their Certificate Level IV in Leisure and Lifestyle course and thank you for ongoing support and assistance in maintaining the Activities Program.

Congratulations also to Nicole Tha who successfully completed her Bachelor of Nursing Degree and has been accepted into a New Grad. Program at Liverpool Hospital. Nicole has nursed at Carrington for over 11 years.

The next Aged Care Accreditation Survey for the Nursing Home will be held on 19 – 21 June, 2012. So this is a timely reminder that should anyone have any suggestions about improving our services in the Nursing Home we will be happy to receive them.

Because of the busy Christmas / New Year period we have extended our Competition: “**What Summer means to me....**” until the end of February, 2012. Anyone can enter, just tell us in poem or prose, or a work of art using any medium and submit it for display in the Day Centre. The winner will receive a \$50 gift voucher. Good luck with your entries.

Please keep your eyes peeled for our Monthly Calendar of Activities and dates for Residents and Relatives Meetings.

Hope you had a happy Australia Day!

*Thomas Gersbach
Care Manager*

Hello from the Pastoral Care Team and Volunteer Care Team

At the end of last year we were honoured to have two of our wonderful volunteers receive awards at the National Volunteer of the Year Awards for Macarthur. A ceremony was held at the Australian Botanic Gardens in Mt Annan on the 5th December, presided over by local MP Russell Matheson, to honour volunteers in the Macarthur Region.

Two of our Volunteers at Carrington – one from Pastoral Care and one from our general volunteer program were nominated, and both received awards. Jan Lepherd, Pastoral Care Volunteer received her award for 'Long Term Commitment'. Jan has been a Pastoral Care Volunteer for almost 6 years, providing emotional and spiritual support to residents.

Jean Olsen received the 'Senior Female' award for her valuable contribution to Carrington. Jean has been instrumental in setting up the kiosk in Mary MacKillop and continues to oversee its running, as well as organising Easter and Christmas Devotionals and being involved in the Annual Carrington Fair.

Congratulations to both ladies being recognised in the

wider community for their wonderful commitment to the residents and staff at Carrington.



Jan Lepherd with her husband Evan and the Member for Macarthur Russell Matheson

Donna Barnard
Pastoral Care Volunteer
Co-ordinator

Jo-Anne Craik-Cooper
Volunteer Co-ordinator

News from Grasmere Terrace Facility



Hello to all Residents and Relatives,

We are now into our New Year of 2012 and I hope this year is as successful as last year. We all had a wonderful time at our Family Day Christmas Celebration, and it was so good to see so many families with children join in the celebration. And to make it even better our visit from Santa bought such enjoyment and happiness to all the children present and to residents and relatives alike.

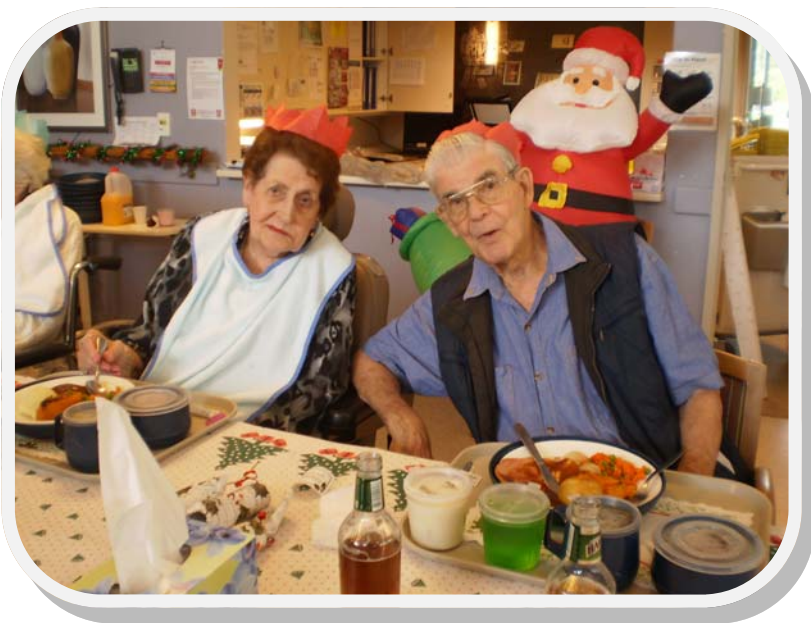
Therese and Vanessa have both had a break and rest and return from their holiday well refreshed with new ideas for this coming year. We thank Julie for helping out in the RAO department while Therese and Vanessa were on leave.

Our new GP Dr. Wu has settled in well and has taken on a lot of residents in our facility.

We are very grateful for his attendance and support.

We welcome some new residents to our facility and hope that you are settling in well to this new environment.

We all look forward to working together to make 2012 a very successful year.



I would like to inform you of our new public telephone that is located in the alcove area going into high care not far from the kiosk on the first floor.

We celebrated Australia Day and joined in the celebrations that occur at this time. I am sure we had a great time on this day, remembering how great our Australia is.



Grasmere Terrace residents enjoying Christmas lunch

Pauline Dinnen
Care Manager

News from Mary MacKillop Facility



Great news that the new mainstream" air-conditioning has been up and running .

So when summer actually arrives we will all feel the benefits .All the rain has been great for the

Mainstream residents/staff and of course Santa (Jim Marshall)



Dear Residents/Relatives

We are well into 2012 now and everyone has enjoyed Australia Day celebrations . Thanks to the whole team for their contributions to this Aussie Day.

January also saw the 102nd birthday of our resident Marg Fryer. A celebration enjoyed by Marg, her family ,friends and staff. Congratulations Marg.

This month has seen some refurbishment to the covered outdoor area off the main dining room. We've added a water feature, some large pots and plants which has made this area more relaxed and inviting .So residents families please feel free to use this area anytime for BBQs and family get-togethers. The Mary MacKillop recreation staff are planning some scheduled outdoor activities as well. Our thanks to Ben the gardener and Rhonda RAO for their help with this project.

We are organising some education for residents in medication management. This was discussed at the last Residents/Relatives' Forum . Some points for discussion will be drug side effects and interactions . The date will be announced soon.

All welcome.



Grevillia vegie garden which has the best spinach I've seen.

The cooking group are about to look the part as we are making aprons for all " chefs " to wear on cooking days. The finished product is a surprise so stay tuned.....

John and Pat Keight enjoying Family Day

Roslyn Gravolin

News from Paling Court Facility



Greetings!

I hope you all had a fantastic Christmas and a happy new year!! I would like to thank everyone for your warm and friendly welcome to Carrington. I am enjoying working in Paling Court and it has been so good getting to know the residents. I definitely feel part of the team.

December was packed with many special events. Cawdor Uniting Church hosted a special service for the residents, concluding with a morning tea. The following afternoon, Camden Anglican hosted Christmas songs and afternoon tea for the residents. The Family Christmas lunch was a great success, where the families of the residents were able to join in for a BBQ lunch, followed by entertainment including Christmas songs sung beautifully by the residents and a special visit from Santa! On

the 22nd of December we had the residents Christmas lunch, where the residents received presents and had fun with bonbons. This special day finished off with great entertainment, singing Christmas songs and great Aussie songs which residents were able to take part.

The program for January has been filled with regular activities but also with new activities.

pool

We have re-started the exercises every morning, a great way to start the day. Residents have also enjoyed piano and violin performances.

The craft for this month's program has been painting and decorating clay pots, finished with planting seeds which will hopefully grow into beautiful colourful flowers.



Residents continue to enjoy a game of Bingo, card games and the Mystery bus trips. This month we visited the Warragamba dam, enjoying amazing views and also trips to McDonalds for ice-cream!

Swimming classes will commence again from the second week in February and will be held at the Mt. Annan

Paling Court residents take part in an evening of Christmas Carols

I'm looking forward to the year ahead! Till next month.

*Tamara Dubois/
Greer Jones
Care Manager*



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Caring for People



Marg Fryer with family and friends celebrating her 102nd birthday. Marg is a long term resident of Carrington Village—now residing in Mary MacKillop Hostel

Resident Relative Forums—FebruaryMarch 2012

Parry/Rose/ Rothbury	Grasmere High Care	Grasmere Low Care	Mary MacKillop	Paling Court
6.00 pm Wednesday 22 February	2.00 pm Wednesday 22 February	11.00 am Thursday 23 February	1.30 pm Thursday 16 February	10.30 am Wednesday
10.30 am Thursday 22 March	2.00 pm Wednesday 28 March	1.00 am Thursday 29 March	1.30 pm Thursday 15 March	1 February 10.30 am Wednesday 7 March