

PAC NEWSLETTER

July 2007

Volume 1, Issue 1

Thank You Wescott Staff, by Sharon Helton

The press are calling it “Black Friday”, though for us at Stockton it actually started on Thursday 7th June.

The “older” part of our building has been having a new roof installed for the last 6 weeks or so. The process has been a little slow, as the “roofers” are unable to get up on the roof if it is too foggy, too windy, too wet, too hot, etc. We live by the ocean, so at this time of year, hardly a day goes by that we don’t have a “too” day. The roofers work hard and at considerable height and abide by OH&S regulation, but why don’t they do a roof in sections, removing, replacing and finishing off, then moving on to the next section, instead of taking off old bits all the way along, and not being able to finish off before another “too” day happens. Never mind, we were getting there until Thursday 7th June.

We had a couple of very heavy downpours, which came through the new roof somehow and into light fittings, residents’ rooms, smoke detectors etc. The fire brigade came and went, as did all



the mops and buckets and the Wormalds crew to replace detectors. The roofers were called and came to do a temporary fix, which is fair enough, they didn’t want to get wet!! Friday morning a small section of new roof had started to peel back, light fittings were looking like shower fittings and residents were becoming a little irritable about the large puddles that were starting to appear inside. Another call to the roofing contractor and another

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Win a \$50 Coles-Myer Gift Voucher

Name this newsletter and you could win!

Competition details can be found on page 5.



CEO's Desk, by Paul Sadler



Welcome to the first edition of the PAC Newsletter. This will be a regular newsletter to let you know what is happening in the Presbyterian Aged Care family. We would welcome your contributions to the newsletter in the future. You also have the chance

to name the newsletter, with the chosen entry winning a \$50 gift voucher (see page 5).

Presbyterian Aged Care (PAC) is a multi-faceted organisation, providing residential care and community care services and retirement housing across NSW and the ACT. We are administered by the Presbyterian Aged Care Committee, a special committee of the Presbyterian Church General Assembly.

The PAC Committee will be holding a strategic planning day in August, to develop a plan for the future of PAC over the next five

years. The Church is committed to providing high quality care and accommodation for older people and in order to do this, we need a robust plan.

There are many challenges for aged care providers:

- An ageing population, which will mean significantly increased demand for our services in the future
- A shrinking pool of workers with historically low unemployment
- Increasing expectations of services from consumers and families

Increasing regulation from governments, often without the extra funding to match.

I would welcome your comments on what you think the directions for PAC should be. Drop us an email at presac@pcnsw.org.au or write to us at PO Box 2196,

Strawberry Hills, NSW, 2012.

Chooks & Chicks: Gosford



Following the great interest among our residents when we had a chicken hatchery bring us a display for Easter 2006, we decided to have them come again this year. An incubator, with 15 fertile eggs and a Perspex Brooding Area is provided so that chicks can be observed hatching and growing to 8 – 10 days old.



Residents enjoy watching the whole process and love to hold the chickens. Not

quite sure what the chickens think !!! We've had some near misses with some trying to escape but all is well. As you would expect there's one chicken who appears to be the 'boss of the brood' who chases the others – walks over them to get to the food etc. – you know the type.

Staff and visitors are also enjoying the process and bringing their children in to see the display. A great talking point and meeting place.



This service is available in Sydney North and Newcastle through Henny Penny Hatching www.hennypennyhatching.com.au

Thank You Wescott Staff

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temporary fix, just before the worst happened.

Gale force winds and torrential rain hit. Living on a small peninsular is lovely for the most part, but on occasions like this it becomes a nightmare. The passenger ferry was cancelled due to the horrific conditions and government buses ran from Newcastle ferry wharf to Stockton ferry wharf, until the wind gusts on the Stockton bridge became so severe the buses were cancelled. Of course then to make matters worse all roads leading to our lovely part of the world became water logged and localized flooding occurred. All this by lunchtime and then the realization hit, staff who didn't live locally would not be able to make it in for shifts.

Some brave employees got through each section just prior to the road closures, though others weren't so lucky. Not to worry, Wescott has wonderful loyal staff, and those who were able to stay did so. Others had to leave. The Education Department were asking all parents to collect children from school, as all the schools were being closed. Still we laughed and reassured residents they were safe, and that yes some brave soul would get back up on the roof and fix it (sometimes a little fib goes a long way). By nightfall the sense of humour was waning, more leaks, more fire brigade visits, more zones being isolated due to water damaged fire detectors due to a leaky new roof. This of course then had the domino effect. Residents unhappy about the noise that the fire alarms kept making, can't we please make them quieter and while we're at it, can we stop the water coming inside.

We, like the rest of the region rode the storm out and hoped for the best. We were notified we were on standby to take elderly residents from an aged care facility in the Hunter Valley if they required evacuation. Next lot of news was from the Water Board. Sewerage in our area was backing up, and we were instructed to be "frugal" with our waste water. We were advised not to flush toilets, and not to shower unless absolutely necessary. Easier said than done with 126 residents and 140 toilets! Tuesday 12th we received the all clear, shower and flush as usual.

Thankfully our residents all remained safe. Unfortunately some of our staff had massive damage to property and possessions, and not all of them insured. Those that we have been able to contact have been reassured about the security of their employment, and offered whatever assistance we can. A couple we have been unable to contact as they are in emergency accommodation and of course mobiles have been lost. Some are still coming to work, others are isolated by flood waters. Presbyterian Aged Care has been a great support and staff appreciate their concern.

Wescott has such wonderful, loyal and committed staff. In the last 12 months, we have worked together and survived a direct lightning strike, a fire, the loss of all water for what seemed an eternity, and a restructure. All of us who work in Age Care know how difficult it can be and how hard the staff work. As a Manager, I am lucky to know I can rely on the support of so many of them.



“Some brave employees got through each section just prior to the road closures, though others weren't so lucky.”

On the Move, by Dorothy Spence



On Wednesday 7th February this year, after many years of dreaming, wishing and especially praying, Minnamurra Hostel moved from Drummoyne to Haberfield.

The day before the move, when the packing of everyone's belongings and precious keepsakes took place, the residents and staff were highly excited.

Residents spent the day in the lounge room enjoying visits from family, friends and entertainers. Party-type food (including choc-coated ice-creams on a stick, pizza and gourmet sandwiches) was the highlight of the night.

Silently, and mostly out of sight, the busy removalists were packing and removing the contents of each room including the care office, kitchen, administration (Eamonn could be found under the computer bench disconnecting computers) and reception.

Early to rise the next day! The little green bag, which each resident had prepared with the help of staff, was by the side of their bed containing the clothes to be worn on moving day and to hold their night clothes and toiletries. This was all that remained in their rooms to remind them of the happy times during the past years at Drummoyne.

After enjoying a specially prepared breakfast

downstairs (all crockery and other kitchen goods had been packed) it was back to the lounge room where the party atmosphere continued until lunch time.

During the morning the great team from Central Administration arrived at Drummoyne, Steve Davis (bus driver #1), Scott Basset (bus driver #2) and Jenny Eckford (general organiser, nerve settler and peace keeper).

Jenny had the very important task of making the 'bus tickets' for the residents, placing their new keys on tags and numbering them before connecting them to a lanyard which was placed around their neck.

These tickets were colour-coded and on sticky labels so as they could be attached to the residents' clothing for easy identification by staff.

Residents wore them with great pride giving them a little pat now and then.

Some had to be almost forcibly removed a week later as residents transferred them from one outfit to another!!!

There were to be four busloads to move everyone to Haberfield.

Trip one, with the two busses driven by the trusty Central Admin bus drivers (Steve and Scott), was scheduled to depart Drummoyne at 1.30pm. Everyone with a Pink Ticket boarded, and the party left on time.

Waiting at Haberfield, led by our very own Mr Stephen Smith from Central Admin (No.1 problem solver, organiser and staff advocate), to welcome and orientate the residents were volunteers (Sally & Tom Rainey, Rae & Neville Moore) staff, and chaplain (David Morgan).

Lots of Oooohhs and Ahhhhhhs as the

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Introducing the CEO, by Paul Sadler

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Paul Sadler commenced as Chief Executive Officer of Presbyterian Aged Care NSW & ACT at the end of April 2007.

Paul was born in England of English and Australian parents. He is married with two children and attends Christ Church (Anglican) St Ives. He has a Diploma of Biblical Studies from Moore Theological College and enjoys leading a Bible Study, supporting his favourite football team (Arsenal) and playing with the kids.

Paul started his professional career as a social worker with the Hornsby Ku-ring-gai Rehabilitation & Aged Care Service (including two years with the Aged Care Assessment Team). While there, he completed a Master of Social Work degree on the topic of abuse of older

people which won a University Medal. Subsequently he worked with the NSW Government in a range of policy and program management roles to do with ageing and disability issues. From 2000 to 2007 Paul was Chief Executive Officer of the Aged & Community Services Association of NSW & ACT, the peak body representing not-for-profit aged and community care service providers.

Paul is a member of a number of State and Federal government committees and university and professional boards of management. He is a Fellow of the Australian Association of Gerontology.

Win a \$50 Coles-Myer Gift Voucher

For your chance to win a \$50 gift voucher for Coles-Myer send in your suggestion for the title of this newsletter.

You may enter as many title suggestions as you wish.

Entries should be legible and state your name, the aged care site where you live, work or visit, and a contact number or email.

Last entries will be received at 5pm (EST) 24^h August 2007. The judges' decision is final and the winning entry will be published in the August edition.

Send your entries to:

PAC Newsletter Competition

Post: PO Box 2196, Strawberry Hills, NSW, 2010

Email: presac@pcnsw.org.au

Fax: (02) 9310 2148

WIN!

**Coles Group
& Myer**

Gift Card

\$50



Apsley Riverview Hostel Open Day, by Janelle Archdale



Riverview Gardener, Betsy Norton with
The Walcha Garden Club

On Friday 4 May Apsley Riverview Hostel, Walcha, held an Open Day to thank our community for its support.

Guests were taken on tours by staff or, if preferred, just wandered through the facility. Many residents gladly opened their

rooms for our visitors and enjoyed the opportunity of meeting up with old friends.

The Walcha Garden Club also joined in the festivities by holding their annual “work in the garden” day. Morning tea and a BBQ lunch were provided for around 100 people. Old and new committee members, staff and residents were happy to be able to socialize with special guests Paul Sadler and Pauline Solomons.

The Garden Club presented a \$13,000 donation and also donated a fantastic large flat screen television to our residents.

Riverview is lucky to have a vibrant, active and enormously supportive community and our first Open Day was successful in being able to thank Walcha for all it does for us.

The Tall Ships, by Gordon Symonds, Ashfield

*Born with a love of the tall ships following
the call of the sea*

*The wind and the waves make sweet music
for one who is meant to be free*

*Sailing the mighty oceans serving before
the mast*

*The light burns bright in the binnacle the
feeling of freedom at last*

*Thirty days out of Port Lincoln loaded
and heavy with wheat*

*Alive to Cape Horn and its terrors the
crew and the ship will meet*

*Then came the crashing of thunder lightning
lit up the sky*

*How many ships have gone down here
how many more must die*

Seas running grey walls and hungry wet

cold and chilled to the bone

*No warmth no comfort no dryness just
the feeling of being alone*

*With strong howling winds behind us
dark clouds turning day into night*

*We drove round with square yards and
royals my God! What a wonderful
sight*

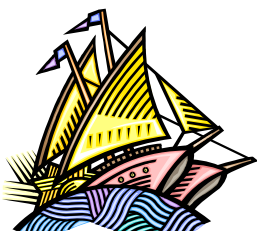
*Rigging screws set up their moaning
halliards sang to the strain*

*While the wind sang a song of victory
the Horn had been conquered again*

*Sailing the mighty oceans hearing the
call of the sea*

*The wind and the waves make sweet
music for one who is meant to be free.*

Poet's Corner



(Continued from page 4)

residents admired the beautiful surroundings, glorious out door furniture donated by DORCAS and their very sparkly new rooms with telephone, air conditioner and ensuite just to mention a few of the luxuries that they discovered at first glance. A welcoming flower was on each bed side table.

These more able bodied residents were quickly orientated and then assigned to assist with the orientation of the remaining residents who were to arrive sixty minutes later.

The second bus trip was a little late due to missing bus keys - and we still haven't found them. Paddington were kind enough to rush us another set of keys so as to continue with the great move (they had loaned us the bus). Thank you Paddington!

The second two busses left Drummoyne with much excitement and no tears to arrive at Haberfield to a welcoming committee of familiar faces.

Everything went as smooth as silk (and still is).

Nearly four months after the move the garden is blossoming, the lawn is a brilliant green, every one has settled in and although we had five extra places available, we now do not have any vacancies.

The layout of the facility ensures that all residents socialise and make use of the open space which has resulted in reduced use of vitamin D medication and reducing the risk of self-imposed isolation.

The staff love the telephones in the residents' rooms as they are able to communicate with them instead of physically going to the room to give reminders for

appointments or other things - such as meal time.

If you are in the area please pop in for a visit as you're sure to find a happy and welcoming face to greet you nearly every where you look

On Tuesday 26th June the Moderator is coming for afternoon tea and a tour of the facility. Please feel welcome to join us.

Our special thanks to Pauline Solomon who did much of the 'behind the scenes' work and ordering. From ensuring that the preparation of Haberfield was acceptable to the government (licences etc) right down to the items such as crockery, carpet etc. Thank you, Pauline.

Our thanks also to Elizabeth Huriwai who loaned us Ashfield's bus for the day.

Thanks to all of the people at Central Administration who looked the other way when our invoices or other expected data did not arrive on time.

Everyone was so supportive; it brings a tear to the eye. When the chips are down, we are never alone.

There are far too many people who made the all of the above possible.

Oh, and this is only half of the story. We are going full circle and hope to repeat all of the above in 2008 when we return to Drummoyne.

Bye for now and God Bless all as He has us.

Residents of Minnamurra.



New Guidelines on Resident Abuse by Pauline Solomons

New legislation has been enacted by the Commonwealth Government that aims to protect residents and clients in aged care programs from abuse. Compulsory reporting requirements and arrangements, came into effect on 1st July 2007, that requires providers of residential and community care to report suspected sexual and serious physical assault of resident/clients. The report must be made without delay to both the police and to the Department of Health and Ageing: Office of Aged Care Quality and Compliance.

Allegations of, or suspicion based on reasonable grounds, of a reportable assault, must be reported, within 24 hours to the Police or Department of Health and Ageing through the PAC Executive Management Team.

Presbyterian Aged Care is committed to the provision of safe, caring and inclusive environ-

ments and communities for our residents and clients to live in, and has developed the Preventing and Responding to Resident Abuse in Aged Care Programs Policy to assist in the promotion of an environment that supports the safety of the older people who live in our residential aged care facilities, and who are our clients in community programs. Fundamental to this policy is the:

- Promotion of an environment that provides for residents/clients, their families and staff at all levels to feel free to raise any concerns they may have about the abuse or possible abuse of resident/clients/clients and to have those concerns dealt with appropriately.
- Commitment to report all "reportable incidents" in accordance with Department of Health & Ageing guidelines.

Adrenaline Junkie, 90, Seeks New High

Source: North Side Courier, 30th May 2007 **Author:** Edwina Guinan

After jumping out of a plane at 4270m, 90-year-old Gwenna Thatcher had one question - "what next?"

She has already flown in a hot-air balloon and scaled the Harbour Bridge, fulfilling two dreams since losing her husband a few years

ago.

But she doesn't like whitewater rafting - she tried that in Alaska eight years ago.

"Someone suggested deep sea diving but I have two artificial knees and one artificial shoulder, so that is out," Mrs Thatcher said.

"I'll have to dream something up."

She will no doubt come up

with an exciting adventure.

The extraordinary nonagenarian celebrated her 90th birthday this month by skydiving with six of her children and grandchildren - against her doctor's strict orders.

But it was worth it.

"It was really, really wild," she said.

"I wasn't nervous at all - I've just got a bit of a sore rump now."

The spectacular leap of faith was just the latest instalment in a life that has known few boundaries.

A commercial artist by profession, Mrs Thatcher helped found the National Art School as a 16-year-old East Sydney Tech student.

During World War II she took a position as an ambulance driver in Sydney and obtained her mechanic's certificate.

She made film sets and appeared in advertisements with her husband and the television series *Around the World in 80 Ways*.

Somehow, she also found time to give birth to seven children, some who still live on the North Shore.

Asked where she gets her energy from, Mrs Thatcher confessed she didn't know.

"I just like to think positive. I've had seven major operations but you don't really think about those things - you just get on and do the next things."

