



## 'Big Sky' Dementia Village for Mt Gambier

see pages 16 & 17

**NDIS services  
at gymnasium &  
hydrotherapy pool**  
see pages 5 & 22

**Learning  
crochet at 95**  
(cover) see page 2

# Snippets from around Boandik

## Covid-19 update

It is pleasing and somewhat scary to see the restrictions being lifted in the community. At present there has been no lifting of restriction for residential aged care, we are still bound by the Emergency Management (COVID 19) (Residential Aged Care) Direction that has been in place for some time. The state of emergency that allows this legislation has been extended until the end of September 2020.

We understand that some residents, clients and families may be frustrated by the extent of the restrictions, however they are implemented to try and keep everyone safe. We will continue to keep you updated as soon as anything changes.

## Hydrotherapy Pool

The pool has re-opened for business and is a safe environment for exercise. It is great to be able to offer warm water 33° hydrotherapy as a way to stay fit, especially during the cooler months when outdoor activities are limited.

## Gymnasium

The Boandik gym is offering new strength and fitness group programs. Small group programs will be developed for individuals after a physiotherapy assessment to ensure exercises meet fitness levels and abilities. Please phone 8724 1251 for further information and bookings at the Community Wellbeing Centre, 101 Lake Terrace East, Mount Gambier. [www.bookings.boandik.org.au](http://www.bookings.boandik.org.au)

## Gift Vouchers

### Vouchers for One-on-One activities (for Boandik residents):

We had enquiries from families asking if we can offer additional activities during this time of limited visitation, so have introduced gift vouchers to offer just that for your loved ones. One-on-one activities which go above and beyond the normal group programs.

1 hour (\$60) and ½ hour (\$40) vouchers. At the time of redeeming the resident can choose from: art therapy, music therapy, dancewise (dance for older people), a pamper session of their choice, massage or another favourite activity at one of our Boandik residential homes. Available for purchase from all reception areas.

### Vouchers for Community Wellbeing Centre (general public):

Purchased to any value, can be used for any service available at the Centre. At the time of redeeming the recipient can choose from: hydrotherapy pool general entry, aqua fitness classes, strength for life classes, over 50s gymnasium, falls prevention program or physio assessment to that value. The vouchers are valid for 3 years from date of purchase.

## Families of residents and clients - update details

We often send out correspondence to families of residents and clients, to inform of important information and news. The most efficient way to do this is through email. If you are a family member of a resident, or a Boandik client, please get in touch and let us know your email address so we can contact you promptly as needed. Please email: [livewell@boandik.org.au](mailto:livewell@boandik.org.au)

**Cover photo:** Marj Burdon has taken up learning to crochet at 95 years young. The Boandik Crouch Street resident has been a long time knitter, but recently decided to turn her hand to learning the new skill. Very inspirational! Well done Marj



Volunteer Liz Vears (and Gus) have returned to Boandik to enjoy activities with residents. Pictured on music walk with Jenny Dolan at Lake Terrace.



Boandik Lodge Incorporated  
ABN 87 396 698 358  
[www.boandik.org.au](http://www.boandik.org.au)  
f BoandikLodge

Boandik Lake Terrace - corporate office  
101 Lake Terrace East  
Mount Gambier SA 5290  
Phone: (08) 8725 7377  
Email: [livewell@boandik.org.au](mailto:livewell@boandik.org.au)  
[receptionlaketce@boandik.org.au](mailto:receptionlaketce@boandik.org.au)

Boandik St Marys  
71 Boandik Terrace  
Mount Gambier SA 5290  
Ph: (08) 8724 1200  
Email: [receptionstmarys@boandik.org.au](mailto:receptionstmarys@boandik.org.au)

Boandik Crouch Street  
26 Crouch Street South  
Mount Gambier SA 5290  
Ph: (08) 8725 4911  
Email: [receptioncrouch@boandik.org.au](mailto:receptioncrouch@boandik.org.au)

Boandik Community Care - Mt Gambier  
101 Lake Terrace East  
Mount Gambier SA 5290  
Ph: (08) 8724 1251  
Email: [communitycare@boandik.org.au](mailto:communitycare@boandik.org.au)

Boandik Community Care - Naracoorte  
77 Smith Street  
Naracoorte SA 5271  
Ph: (08) 8766 2440  
Email: [communitycare@boandik.org.au](mailto:communitycare@boandik.org.au)

Boandik Community Care - Keith  
29 Hender Street  
Keith SA 5267  
Ph: (08) 8755 1444  
Email: [communitycare@boandik.org.au](mailto:communitycare@boandik.org.au)

Boandik Community Care - Millicent  
7 Glen Street  
Millicent SA 5280  
Ph: (08) 8724 1251  
Email: [communitycare@boandik.org.au](mailto:communitycare@boandik.org.au)

Advertise:  
Boandik's Quarterly Bytes Magazine  
\$260 + GST - standard strip advert  
Phone: (08) 8725 7377  
Email: [gbradley@boandik.org.au](mailto:gbradley@boandik.org.au)

# Welcome

to the Winter Boandik Bytes Quarterly Magazine

Since our last issue, life has challenged us all in different ways as we have had to learn to adapt to Covid-19 restrictions and limitations.

Whilst it hasn't been an easy ride, it's inspiring seeing residents continue to be generally positive.

As several residents have told me "we have lived through tough times in the past - the depression, wartimes with rations, and other challenges. You just need to adapt and live through it."

This resilience and life experience has probably made them cope better than the younger generations. We can learn so much from our elders, and this is just another example of that.

As recently reported, Boandik is moving ahead with its next big project - A dementia village for Mt Gambier. This exciting development will provide housing and support for 48 people living with dementia.

We are running an 'art competition' fundraiser (see pg 24) to support this project. We look forward to seeing lots of creative entries!

I hope you enjoy this issue of Bytes.

- Gail Bradley  
marketing and fundraising officer

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# Community Wellbeing Centre

101 Lake Terrace East,  
Mount Gambier

## Hydrotherapy Health Fitness

Open for business!



### Hydrotherapy pool

#### Opening times

Monday to Friday - changing due to Covid-19 restrictions easing. See Facebook (@CommunityWellbeingCentre) for latest opening times and classes running. Access to the pool will require you to prepay for visits. Refer to [bookings.boandik.org.au](http://bookings.boandik.org.au)

#### Hydrotherapy pool entry

Individual entry	Adult	Concession
5 entry pass	\$ 50.00	\$ 42.50
10 entry pass	\$ 95.00	\$ 81.00
20 entry pass	\$180.00	\$153.00

Concession is pension card holder or person under 16yrs.

#### Group Aqua Fitness and Group Hydrotherapy

5 entry pass	\$ 90.00
10 entry pass	\$171.00
20 entry pass	\$324.00

All passes expire 6 months from date of purchase.

#### Program development

A physiotherapist is available to develop programs for individuals. Please speak to staff to book an appointment. Physiotherapist assessment and program development \$54.00 (½ hour)

#### Disability Program Development

Boandik is approved to provide physiotherapy assessment, program development and therapy and personal training support for clients registered with the NDIS. Programs will be developed based on the needs of the individual. Please see staff for information.

#### Allied health professionals

The pool is available for hire by allied health professionals, please see staff to discuss the options. Phone 8724 1251.

GIFT VOUCHERS are available for use at the Centre.

### Who can use the Centre?

The general public, health professionals, everyone!

#### 1. Book a time online + pre-pay

Visit [www.boandik.org.au](http://www.boandik.org.au) and follow the link to book a session at the 'Community Wellbeing Centre'.

#### 2. Visit the Centre + tap your pass

When visiting the Centre, wave your pre-paid wrist band at the door and you will be able to enter the centre for the session booked.  
Note: For access to the gymnasium a physiotherapist assessment is required first.

### Staffords Gymnasium

Designed for use with programs developed by a Physiotherapist. *Physiotherapist assessment is pre-requisite before use - your own physio or our Boandik physio is available.*

#### Strength for Life program

Boandik Physiotherapist assessment \$54.00 (½ hour). 2 sessions per week @ \$ 8.00 per session

#### Falls prevention program

Boandik Physiotherapist assessment \$54.00 (½ hour). \$ 9.00 per session

Individual use	Adult	Concession
5 entry pass	\$ 45.00	\$ 37.50
10 entry pass	\$ 86.00	\$ 71.00
20 entry pass	\$162.00	\$135.00

Boandik Physiotherapist assessment \$54.00 (½ hour). Concession is a pension card holder.



Follow 'Community Wellbeing Centre' facebook page for regular updates

## Hydrotherapy pool for NDIS therapeutic support



"we absolutely recommend it to others"

For a long time Michael Cove and his wife Lisa had been looking forward to the hydrotherapy pool being built so they could experience the health benefits.

Michael was diagnosed with MS in 2016, which changed their lives and made them both keen to find therapeutic ways to manage the condition and enjoy life to the full.

"We wanted to experience the hydrotherapy pool with exercise to keep Michael moving. I have a sore back too, so the exercises and 33° water are sure to benefit me as well. This pool is the best thing that's happened in Mt Gambier. I can't speak highly enough of it. The staff are nice, the people in the pool are chatty and friendly, it's a good social thing. Everyone is chilled out and relaxed, it's a great atmosphere" Lisa said.

Working to an NDIS physio program developed by Boandik physiotherapist for Michael's condition, the pair say they are really pleased they can come to this great facility in their home town.

Many people with MS find that water therapy is the easiest and most rewarding way to stay physically active. A good exercise program can ease symptoms.

"Buoyancy in the pool takes the weight off which is great as I suffer from pain in my feet. Feeling the turbulence coming from the jets in the end wall is also nice against the back. It's all very relaxing. We're coming once or twice a week and absolutely recommend the pool to others" Michael concluded.

A customised program in the gymnasium is also being developed for Michael.



## Community Wellbeing Centre For Hire

Do you have a conference or business event coming up and need a venue? These two options are new, modern, bright and spacious



### Maney's Conference Room

A large meeting room available for hire, features wifi and audio visual technology, kitchenette, conference tables and seating for 20.

Catering can be arranged if required.



### Maria's Community Room

Spacious, open plan community activity room. Can be divided with partition screen. Tables and chairs, lounge area with tv, full kitchen space. Bright and spacious.

Catering can be arranged if required.

These great areas are available for hire. For further information please phone 8724 1251

## COTA Strength for Life

Exercise sessions for Over 50's



Participants in the Strength for Life program engage in strength and balance training, progressed regularly under the supervision of fitness professionals.

- Improve balance and reduce risk of falling
- Enhance mental wellbeing
- Improve body composition (more muscle, less fat)
- Raise self-esteem and self-confidence
- Reduce lower back pain
- Enhance older people's ability to undertake activities of daily living and maintain an independent lifestyle

**Location:** Community Wellbeing Centre  
101 Lake Terrace East, Mount Gambier

**Cost:** Physio assessment is a pre-requisite  
- \$54 thru Boandik, or your own physio assessment.

**Classes:** 2 x classes weekly - \$16.00 total

For further information and bookings phone 8724 1251

## General admission @ Hydrotherapy Pool

Spend up to 1 hour relaxing in the spacious 12m x 8m hydrotherapy pool. Heated to a comfortable 33 degrees.

Pool has ramp access (two speciality wheelchairs are available for use to enter the pool if required), walk in or for disability needs a hoist option is accessible.

### Therapeutic benefits include:

- muscular relaxation and decreased muscle spasm
- decreased joint stress
- helps control blood sugar levels in diabetics with improved blood circulation and stimulation of endocrine system
- reduced pain and inflammation
- improved sleep and stress reduction
- increased muscle strength and general fitness
- manage some circulatory problems with improved blood flow/circulation

Bookings are essential as pool space is limited to 10 people maximum. Phone 8724 1251 or visit:

<http://bookings.boandik.org.au>

Visit [website for opening hours and bookings](http://bookings.boandik.org.au) or follow our facebook page for latest updates @CommunityWellbeingCentre

## Gift Vouchers

The perfect gift for someone who's hard to buy for  
Give a gift of wellness!

Can be purchased to any value, and used towards any service available at the Centre. At the time of redeeming, the recipient can choose from:

- hydrotherapy pool general entry
- aqua fitness classes
- strength for life classes
- falls prevention program
- physio assessment

Vouchers are valid for 3 years from date of purchase.  
Available for everyone! General public use.

Purchase at Community Wellbeing Centre  
101 Lake Tce East, Mt Gambier  
or phone 8724 1251



## Aqua Fitness

Group exercise classes  
in the hydrotherapy pool

Water exercise to music  
in a fun social group.

Class sizes limited to 8 people.

To book into a class, please visit:

<http://bookings.boandik.org.au>

1 hr class  
Lead by instructor  
Cost: \$18  
Max. 8 people  
Book now!



## "We felt we had broken bodies"



Hydrotherapy Pool • heated to a warm 33°C • therapeutic and relaxing • 1 hr sessions

Veronica and Trevor Sheard say they first visited the hydrotherapy pool before it was closed due to Covid-19 restrictions, and have returned every week since its re-opening.

"We first came because we felt we had broken bodies. Things needed loosening up. I've had lower back issues, and need to keep working my body, and find exercising easy in the warm water. I can feel it definitely improving my back. And it's relaxing" Veronica said.

Trevor visits with Veronica for his own health benefits.

"I have shoulder and hip issues – another broken body! – but since coming to the hydrotherapy pool I have a lot more movement. I'd say a 100% improvement! Before I could only move my leg about 10 degrees to the side, but now I can get it to 45 degrees. It's amazing."

The pair enjoy the full hour in the pool when they visit, and say they sleep soundly at night after attending. "It's very relaxing, and we recommend it to others".

## Nice gentle exercise

Rosemarie Mullan started visiting the hydrotherapy pool prior to Covid-19 closure, attending Aqua fitness classes with her friends. Since it has re-opened she has returned one day a week, and finds the warm water and exercise a great way to help ailments.

"It's nice and warm, and I can enjoy gentle exercise by myself or with my friends when they join me. We are trying to make it a regular catch-up activity. It helps my shoulders and past hip injury. I would recommended it to everyone."

Now a regular visitor to the pool, Rosemarie says as a shorter person she finds the depth good too. "I don't need to tippy toe to keep my head above the water like at some other pools."



## Great to return to the Pool

Terry has returned to the hydrotherapy pool, and says he enjoys it immensely. Beginning hydrotherapy prior to a hip operation at the Community Wellbeing Centre, he has now returned to continue benefitting from the weightlessness and warmth as part of his rehabilitation.

"I can feel the positive difference it is making. Exercising in the water takes the stress off the body. I'm coming here 4-5 times a week now since it's reopened. It's great!"

## Home Care Packages

Boandik Community Care provides support to older people and their carers to live independently at home and to be part of the community.

A **support plan** developed with you, around your choices and preferences, to assist you to achieve what is important in your life.

All **home care packages** have an individualised budget and a statement each month outlining transactions, including items purchased using home care package funds.

## Home Support Program

Entry level service designed to provide low levels of support in your home.

We also provide services for younger people with a disability through our home and community care program and NDIS.



www.boandik.org.au  
communitycare@boandik.org.au  
f boandiklodge



## Supporting residents across the South East

### Mount Gambier

101 Lake Terrace East  
Ph: (08) 8724 1251

### Naracoorte

77 Smith Street  
Ph: (08) 8766 2440

### Keith

29 Hender Street  
Ph: (08) 8755 1444

### Millicent

7 Glen Street  
Ph: (08) 8724 1251

## Boandik Community Care:

# Q&A

*I live in Port MacDonnell, can you help me keep my garden tidy and clean my house?*

**YES!** We have staff available in all areas across the Limestone Coast. We use local staff to your area. You choose what day and time suits you (including gardening and domestic cleaning) and we will arrange for someone to assist.

*Is Boandik only based in Mount Gambier?*

**NO!** We have offices for Boandik Community Care across the Limestone Coast, in Mt Gambier, Millicent, Naracoorte and Keith. However we deliver services to all areas in between from Kingston to Donovans. We can come to you wherever you are, with staff in all areas.

*I live in Mt Gambier and need someone to transport me to, and accompany me to doctors appointments. Can you help?*

**YES!** We can certainly arrange for a Boandik support worker to collect you from your house, take you to appointments, and assist you. We are flexible and work to your requirements.

*I have a few things I need help with as I'm not steady on my feet anymore. How do I find out what you can help with?*

**EASY!** We have friendly staff ready to talk to you about your needs. We can answer all your questions and clearly explain the process to address your specific needs.

*Other services Community Care offer include:*

- medication support
- personal care assistance
- social support (individually and in a group setting)
- allied health assistance

Phone **8724 1251** today



## "Boandik staff and services are wonderful!"

Feedback from Tina Mowbray, Boandik Community Care client

**Tell me about the Boandik Community Care services you receive ...**

"We have 'Boandik angels' visit us each week. They are truly marvellous!"

Monday a Boandik support worker visits to prepare food and vegetables for the week. *Tina has arthritis in her hands and no longer has the strength to cut through vegetables.*

Thursday house duties are taken care of. "It's wonderful what she does. Her time management is unreal. She cleans the house, mops, does the washing, ironing and changes the bedding."

Once a month another carer comes in to help with general things the pair can't do anymore, "reaching high things, and anything else we have found needs doing but are unable to".

"Lawnmowing man comes as needed, along with a maintenance/handyman who does jobs around the house. Milton and I can't climb ladders anymore, and we're finding there's a lot of things we now need help with. Boandik has solutions for all we need."

Living in Millicent, the couple have been using Boandik Community Care services for about 4 years now.

"We needed a ramp at the back door of the house, and had Boandik's occupational therapist come out to visit and measure up. She was spot on. The ramp is fantastic!"

The team on the end of the phone are great too. If I'm low on personal care items I can call Boandik, and they've been delivered the next day! The service is amazing.

**Why did you choose Boandik? ...**

"I had an aunt who lived at Boandik, and saw the staff were absolutely marvellous caring for her. She had dementia, and the Boandik staff were all so wonderful, so when we decided we needed help we naturally chose Boandik." Tina said.

**Would you recommend Boandik to others? ...**

"I recommend Boandik to a lot of people. I have a friend in Robe who uses Boandik services. I've found people I talk to think Boandik is just a Mt Gambier business and expect you have to pay the staff to travel from Mt Gambier to Millicent or wherever you are, but that's not the case. Boandik use local staff so there's none of that expense. I highly recommend Boandik. The whole Boandik team are great!"

Thank you Tina for the glowing feedback.

# Retirement Living (ILU)

'Independent Living Units' Residents News

## Old Units earmarked for demolition

With the new 'dementia village' project on the horizon for Boandik, residents in the old Kentish Court independent living units will be relocated to new homes as their current site is an area earmarked for the new development.

The dementia village will house 48 residents, and will be built on the site of the Allan Scott Centre (access from Downer Street) and will take up the area from the carpark to the western boundary, including the existing eight units of Kentish Court. New units for these Kentish Court residents will be built on land in the vicinity of Boandik Lake Terrace. Kentish Court residents have expressed what they would like to have in their new units.

## Independent Living Unit design

Boandik's new units are designed for people to 'age in place'. This means every part of the design is focussed on suitability for

aging people with even surfaces, wide doorways, spacious bathrooms, easy access kitchen features, easily maintained gardens and spacious bedrooms.

If you would like further information, and to be notified of vacancies register your interest by contacting Tracey Ferguson 8725 7377 or email: [tferguson@boandik.org.au](mailto:tferguson@boandik.org.au). When units become available we will contact you to see if you are still interested, and arrange a tour.

## Lifestyle activities during Covid-19

Sharon White, Boandiks Independent Living Unit Lifestyle Co-ordinator has been visiting residents weekly to deliver mail and fun activity packs to keep hands and minds busy during Covid-19. The regular group outings have had to be removed due to the pandemic restrictions, so alternate activities have been introduced.

*Pictured below: Muriel Cameron won 1st prize recently for a 'brainteasers' competition. At right, other resident creations.*



A chat with Boandiks ...

# Joan Tremelling

A journalist for over 50 years, Joan Tremelling is a woman of great wisdom and knowledge, having always lived her life *the way she wanted*. A strong, determined, intelligent woman who thrived in a male dominated career.

"I felt I was one of the first in my generation who took for granted that I could do whatever I wanted. I was never afraid to take on a challenge."

As secretary of the Griffith Racing Club at age 20, Joan introduced new ways of doing things to streamlining operations.

"Just because things have always been done one way, doesn't mean it's the best way. I wasn't afraid to use my voice and make change."

Whilst working for her families stock and station business, she began writing football reports for the local newspaper near Griffith NSW. This was the beginning of her journalism career.

"I then moved to Sydney - then Longreach in Qld - then to Mount Gambier. At The Border Watch I reported on court cases through the week, then wrote stories from the Pistol Range on the weekends, where I met my husband to be, John (dec.)."

When I came to Mount Gambier there weren't many women in business. Working in journalism was exciting. I had an eye on everything in a mens world.

### Curiosity gets you a long way.

When I retired, it was very touching to receive personal letters from Liberal and Labor parties saying they admired my writing. I used to get all the stories from both parties."

A straight shooter, Joan unapologetically speaks her mind. "I think women find it hard to appear to be 'important'. But that shouldn't be the case. Stand up and be counted. Be fearless."

Joans illustrious career in this region included 15 years at The Border Watch and Channel 8 TV, before moving onto Radio SSE.

Joan was editor of "The Bulletin" pistol magazine for 27 years which was produced locally and distributed across Australia and overseas.

"Journalism has been the most enjoyable part of my life (besides marriage). Journalism gave me freedom to be whatever I wanted to be. I was my own boss through journalism, using my own words to tell a story - my expression of the information."

Never looking for a dull and easy road, Joan inspires action "explode a place, do something!" she says. "Everyone should actively be alive, leave a legacy, stand up and express yourself. And age and gender has nothing to do with it."

Joan is an inspiration! In more ways than one. In 1993 she gained her Bachelor of Arts from Deakin University (after 7 years study), at the grand age of 61 years.

*"There are so many beautiful things in life. Make the most of it!"*

Still passionate about the media, and an avid reader, journalism runs through Joans veins. At 88 years young, Joan says she is currently thinking about writing a blog to continue her love of writing.

*"Life is what you make of it. Why be miserable. Life is a great thing, so do what you love"* Joan concluded.

John Tremelling was a renowned shooter, winning 15 Australian titles, and many more medals along the way. Competing at the Commonwealth Games in Brisbane he won Gold. At 1960 Olympics in Italy he came 21st out of 400 shooters. For more of Johns shooting history see: [www.abc.net.au/news/2016-07-22/top-shot-tremelling-mount-gambiers-olympic-man/7649860](http://www.abc.net.au/news/2016-07-22/top-shot-tremelling-mount-gambiers-olympic-man/7649860).



# Lake Terrace Residential Home

## Volunteers return

It's great to see our volunteers returning to Boandik after their absence for some time due to the Covid-19 pandemic.

Pictured at right enjoying music walk on the 15th June is volunteer Julie at Lake Terrace with Joy.

## Arty sketches

Sketching a big vase of flowers on 21st May, the Lake Terrace residents craft group quickly put pencil to paper to express their creativity.

Everyone was quite unique, with some Ken Done'esk styles and others with an impressionist flair.

A couple of cheeky ladies requested a male model to sketch for their next session! (Pic below)



## Resident Activities

### Wacky Wednesday 24th June "SPARKLE DAY"

Obstacle course Wheelchair Time Trial competition (at time of going to print this event hasn't occurred. See our facebook page for highlights @BoandikLodge)



### Wacky Wednesday 20th May "Wear RED for volunteers"

Celebrating National Volunteer week, residents and staff dressed in RED to say thanks to our volunteers for all they do.



- Established 1956
- Not-for-profit organisation
- Boandik enables older people and people with disabilities to live how, and where they choose
- Promoting independence and wellness
- Providing a choice of services
- Respecting the individual
- Enabling dignity

### Residential Aged Care

- Boandik Lake Terrace
- Boandik Crouch Street
- Boandik St Marys

### Short term Respite stays

- Boandik Lake Terrace
- Boandik Crouch Street

### Independent Living Units

- Boandik Lake Tce, Mt Gambier
- Port MacDonnell

### Community Care services

- Delivering help in your home, across the entire Limestone Coast

### Community Wellbeing Centre

- Hydrotherapy pool
- Physio assessment exercise programs
- Staffords gymnasium specialising in Over 50's and disability fitness
- Maney's meeting room - for hire
- Marias community room - for hire (all available to the general public)

Phone 8725 7377



## Queens Birthday High Tea

Boandik St Mary's residents celebrated the Queens birthday recently with 'high tea.'



## NBC Financial Services

- Aged Care advice specialist.
- Independent qualified adviser.
- Estimate Aged Care fees payable.
- Advice on how best to pay fees to minimise them and maximise Centrelink entitlements.
- Centrelink forms and follow-ups on your behalf.
- Project manage your move into care for a smooth transition.
- Authorised representative of Apogee Financial Planning.
- AFSL Lic No. 230689



**Rex Whittaker**



**Sharon Fox**

**35 Gray St, MT GAMBIER (08) 8723 9822**  
Email: [manager@nbcfinancial.com.au](mailto:manager@nbcfinancial.com.au)



# Crouch Street Residential Home

A very active group of knitters and crocheters at Boandik Crouch Street meet weekly to work on individual projects. Donated wool keeps the ladies clicking. There are usually 7 or 8 ladies who gather to chat and create. Current projects include:



Joyce Cowling is knitting blankets for Gambier Vets. Little blankets for the animals.



Gwen Rice is knitting squares, to be made into blankets for the homeless, and donated to AC Care. She has made 50 squares so far!



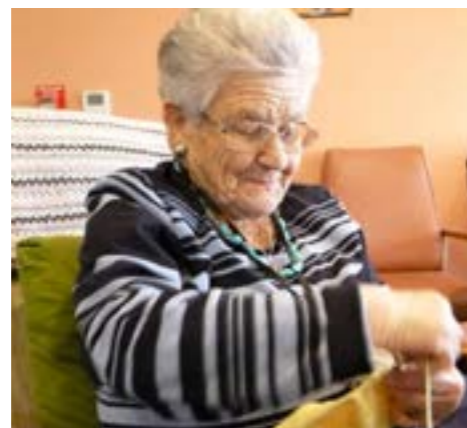
Sandra Morrish has learnt how to crochet in recent years. She has mastered one-handed crochet! Clever lady.



Dorothy Mitchell has been knitting since she was young. Her grandmother always said she had to 'knit more than an inch, then more!' A rainbow scarf is her current project.



Heather Sealey has been making coat hanger covers. She's made 5 dozen so far!



Elaine Williamson has always knitted, and was busy making beanies for babies in hospital. She has been doing this for 5-6mths.

## 'Better Balance' physio exercise sessions



Marj Burdon on the cover has recently taken up learning crochet, at age 95!

Boandik physiotherapist Lydia Chiodze runs weekly 'better balance' exercise classes for residents at Boandik Crouch Street and St Marys. Bending, flexing, stretching.



# St Mary's Residential Home



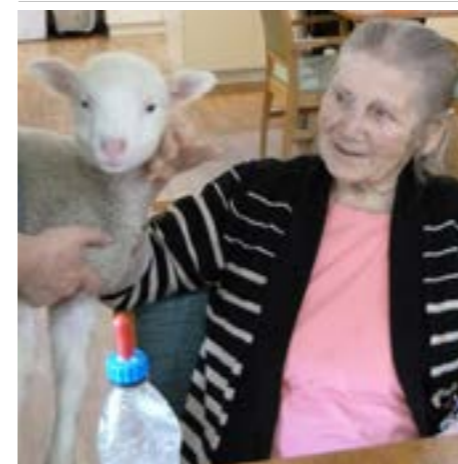
## Denis O'Carroll brings music to the residents



Denis O'Carroll is a regular entertainer at Boandik. Residents enjoy his singalongs and were missing live music, so armed with his new amp, a solution was dreamed up, and Denis brought his music to the residents "standing on the outside looking in".

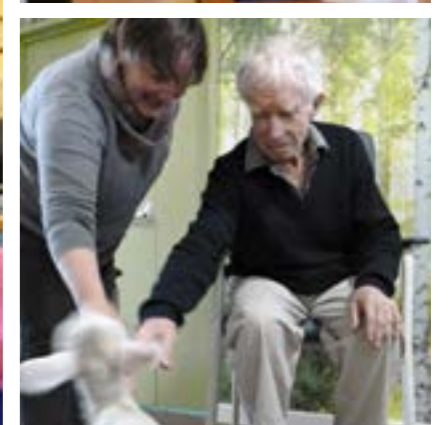
Residents rolled up in Pollys Cafe getting a great viewing position through the large front windows, the doors were opened, and Denis did his thing.

Great to see the challenges of Covid-19 are raising clever solutions to restrictions to ensure enjoyable activities continue. Thanks Denis!



## Therapeutic lambs

Boandik staff member Trudy Tandberg bought in two orphan lambs to visit. This adorable duo were very gentle and friendly and enjoyed all the attention they received from residents. Lovely interactions, many smiles, and adoring pats. A wonderful surprise for residents.





ThomsonAdsett Architects  
25 May 2020 -

*ThomsonAdsett is excited to be working on BOANDIK's "BIG SKY" DEMENTIA VILLAGE in Mt Gambier. The project has just moved into schematic design and is led by a truly future focused CEO, Gillian McGinty. We value Boandik's desire to create a regionally significant contribution to the 'places of care'. We have been able to challenge the spatial typology of dementia care places, typical arrival sequences and work toward a familiar and scalable immersive experience that will merge architecture and landscape.*

*The master plan concept was discussed and presented through the unifying mantra of "generation, regeneration and inter-generation" which prompted a wholesale engagement with ecological thinking not limited to 'making good' but 'good making'.*

*What we are mutually experiencing with Boandik is a frictionless handshake in our commitment to deliver something outstanding. To Quote Gillian: "Boandik is excited to be working with ThomsonAdsett on the "Big Sky" concept for our new dementia village in Mount Gambier. We will be collaborating to develop an innovative design that supports people living with dementia to have control of their lives, be independent and remain connected to the community."*



# 'Big Sky' Dementia village

## Boandiks next big project for our community

### Dementia Village for Mount Gambier

Boandik is thrilled to be progressing the dementia village project at the Lake Terrace site. In the past few months two very important decisions have been made about the project.

### What it is called

It is extremely important that any major project have a name early in the design process. This is to ensure that the project reflects the name and that the community can refer to the project by the "end name" from when the concept is decided.

The Board of Boandik have decided that the dementia village will be named in honour of Bruce Ridland.

Bruce has a long association with Boandik, having served on the Board for over 30 years as board member, chair of the building committee and chair of the Board. Bruce was always involved in the planning and design of building projects at Boandik so it is very apt that this innovative building is to be called "Ridland Villas".

### The concept

The concept design for the building is "Big Sky" which was inspired by a well known local landmark, the Umpherston Cave. The concept is like standing at the bottom of the cave and looking out to the big sky above. We want every person that lives in the Ridland Villas to have a "big sky" view.

The Villas will be small homes for 8 people (supporting 48 in total), with people with similar interests living together. The staff working in the homes will help with all the daily activities, involving the residents in all decision making on what occurs in the home.

In the community space, there will be a plaza that includes a café, general store, laundromat, therapy room and activity spaces that will change based on who is using them. The area will be based around a large terrace with undercover and outdoor areas. The themes and materials will be representative of Mount Gambier and surrounding areas.

The garden design is just as important as the building for this development. A landscape architect has been appointed who has already developed an amazing design that enhances the building concept. There will be large open garden areas that include meaningful activities, invite people to explore and to congregate with family and friends

### The way forward

Boandik has a co-design group including board members, staff, family of residents and project management who have already had significant input into the concept design and will be now working on the more detailed design with the

architects and the consultants. This will take time to get right, we have a lot of experience but this is an innovative model that will only operate effectively if we get the building and landscape design right. We are not expecting building work to commence until at least March 2021.

### Expertise and experience

The Boandik journey to reach the concept stage of new dementia accommodation commenced many years ago. We had a small dementia unit that was like a small home and saw the immense benefits with that style of care. A visit to Hogewyk in Amsterdam in 2014 cemented the thought that this was the model of care that we should be pursuing for future residents.

The Board committed to this type of accommodation and the masterplan for future developments was updated. We have been researching and developing the concept since that time as well as relocating existing services so that it can be accommodated at the Lake Terrace site.

Thomson Adsett Architects have extensive experience in dementia design and were a part of the visit to Hogewyk in 2014. They continue to research best practice and have many innovative ideas that will enhance the lives of our future residents.

### How is this being funded?

The plans for new dementia accommodation would not be occurring without the support of the Federal Government. Boandik have been allocated 48 new places for the dementia village and a capital grant of \$1.5m. Whilst we are still working on the costing for the Village it will be a lot more than that, expected to be around \$11m.

Boandik need to raise the remaining funds which is always a challenge. The accommodation payments made by residents are designed to provide for new buildings, Boandik must invest the funds to generate income as they are only a loan and need to be refunded. In the current environment the returns on investments are low creating a new challenge in delivering this innovative building design for the community.

- Gillian McGinty, Boandik CEO

### Dementia Statistics (ref. dementia.org.au)

In 2020, there is an estimated 459,000 Australians living with dementia. Without a medical breakthrough, the number of people with dementia is expected to increase to 590,000 by 2028 and 1,076,000 by 2058.

Currently an estimated 250 people are joining the population with dementia each day. The number of new cases of dementia will increase to 318 people per day by 2025 and more than 650 people by 2056.

Boandik has a strong focus on encouraging staff to live a healthy lifestyle as this directly impacts on ones ability to remain safe at work. We have committed resources to establish a wellness team with representatives from all areas.

The Wellness Program supports: a fully equipped gymnasium, located at Boandik St Marys. It is free for staff and is accessible 24hrs a day, 7 days a week. Boandik staff wellness facebook closed group. Challenges and programs throughout the year.

The wellness program is committed to supporting the physical and mental health of staff. Staff are encouraged to speak to a team member or the work health and safety coordinator for information on programs and supports available.

An info pack is provided to new employees detailing the program and supports.

The Wellness team also organise fun days for staff and have scheduled a number of 'wacky wednesdays' in the coming months for staff, residents and clients to enjoy a bit of dress-up fun.

**29th July:** Bad hair / hat day

**26th August:** Dress like a tourist day

**30th September:** Moustache Wednesday

**28th October:** Pyjama Day

**BOANDIK WELLNESS PROGRAM - healthy minds, healthy bodies, healthy workers**



# Community Wellbeing Centre

## Hydrotherapy Health Fitness

101 Lake Tce East, Mt Gambier. Phone 8724 1251



OPEN to the **General Public**, as well as Boandik residents and clients

For bookings visit [www.boandik.org.au](http://www.boandik.org.au)

Follow **CommunityWellbeingCentre** for all updates

**Hydrotherapy Aqua Fitness classes**

1 hour classes. 8 people maximum. \$18.00 each session. Lead by instructor. Sessions running Monday-Friday. *Book online today at [www.boandik.org.au](http://www.boandik.org.au)*

**Strength for Life classes (Gym)**

Designed for Over 50's to maintain and build strength and fitness to improve health and wellbeing. (COTA official program) Physio assessment required - \$54. Thereafter, 2 weekly sessions for \$16 total. *Ring to enquire about a class to suit you.*

**Hydrotherapy Pool - general entry**

Enjoy your own free time in the hydrotherapy pool. Exercising, relaxing, rehabilitating. 5 passes: \$50 (\$42.50 concession). 10 passes: \$95 (\$81 concession). 20 passes: \$180 (\$153 concession). *All passes expire 6 months from purchase. Book online today at [www.boandik.org.au](http://www.boandik.org.au)*

# Staff News



## Helen Sims retiring after 10 years in administration

Helen Sims is a familiar face around Boandik, having worked for the organisation for 10 years in administration and relieving roles across all three residential homes.

We will miss Helens effervescent brightness. A straight shooter, Helen always had us in raptures with her stories and humour. Big shoes to be filled.

Helen said "I've really enjoyed working at Boandik. It's a friendly place and I love the residents. It's been nice knowing people from past circles and work, recognising them as they come into Boandik and rekindling friendships. Meeting their families has been a very enjoyable part of working here.

I decided to retire for no specific reason, rather I just felt it was time. Time to be freer with my time and I'm looking forward to just letting the days roll and spend them as I choose."

We wish you every happiness for the future Helen and look forward to you dropping in to say hi from time to time. Congratulations on 10 years service and enjoy your retirement.

## Covid-19 staff training

Boandik staff have all participated in Covid-19 pandemic training online and through information sessions. 419 having completed as of June, and continuing.

The Australian Government Department of Health 'Infection Control Training - Covid 19' online module is for health care workers in all settings. It covers the fundamentals of infection prevention and control for COVID-19.

Education on best practices is important to Boandik in providing the best care to all our residents and clients.

## Resident survey results

Each month Boandik asks one survey question for residents to let us know how their life is in our residential homes. Since our last Boandik Bytes magazine, questions have been circulated and here are the results.

### March 2020

**Q. I get the care that is safe and right for me?**

69% of residents returned answers to this survey question.

88.81% agreed with the statement  
5.92% said sometimes/mostly  
3.28% said no  
1.97% said not sure

### April 2020

**Q. I have confidence that the infection control processes at Boandik will keep me safe?**

100% said yes! (great to see this result at the time of a pandemic)  
56 positive comments were received.

It was great to have 75% of the resident complete the resident survey in April 2020 and confirm that they have faith in the infection control processes at Boandik. During the difficult time of exclusion, isolation and restrictions we were pleased to know that residents felt safe.

### May 2020

**Q. How can we improve on what you have to eat and drink?**

79% return rate for this survey  
63% were happy - 175 responses

The May resident survey sought input on what people have to eat and drink. Living in a communal environment with a lot of different tastes and preferences we don't always get this right for everyone. We are working with individual residents to improve on what we do.

Boandik uses all feedback (positive and negative) to improve services and review ongoing lifestyle and wellbeing processes.





**Thank you!**  
 to all of our wonderful  
**Volunteers**  
 for all you do for our  
**residents & clients**  
 we look forward to your return!



**Boandik**

## 'Wacky Wednesday' celebrated in red for National Volunteers Day

Residents and staff enjoyed wacky RED Wednesday dress-up day to celebrate National Volunteers Week on 20th May 2020.

Even though we weren't able to celebrate with volunteers directly due to the Covid-19 situation, we all donned red in thanks for all the amazing work they do at Boandik.

#volunteersweek #boandik #colour-yourcommunityred #volunteersrock

Photo highlights on opposite page.

Help your community and have fun

### Volunteering at Boandik

Volunteering gives you the opportunity to share your passions and interests, make new friends, enjoy new social and cultural experiences, develop personally and build confidence.

Phone Lisa 8725 7377 for more information

# Volunteering

## A rewarding vocation

Volunteering can have many rewards. Not just for the person receiving the assistance, but also for the volunteer themselves. From lowering stress to boosting self confidence, volunteering has been shown to have many health benefits too.

We often hear from our volunteers, how giving back through volunteering has added joy and activity to their lives in positive ways they didn't anticipate.

Boandik welcome new volunteers year round, and can match you to an area of interest. This can involve: visiting someone one-on-one for companionship, gardening, being involved in lifestyle group activities, music entertainment, dancing, men's group, bus driving, cooking, bbqs, massage, palliative support, knitting and craft, puzzles and word games with residents.

Boandik provides volunteers with an orientation and induction program before commencing, so you fully understand and feel confident working in the role.

**As of May 1, 2020 it is now compulsory for anyone entering an aged care home**

**to be vaccinated with the Flu shot, which includes volunteers.**

For further information, please contact our volunteer co-ordinator Lisa Sanders on 8725 7377.

### Volunteer thank you E-card responses

We sent our Boandik volunteers e-cards to thank them for their services during this years National Volunteer Week.

Some of the responses we received:

- *What a lovely way of thanking us when we can't get together. Much appreciated - Jeanette.*
- *Thank you for the lovely card keep well hope to see you all soon love Judy.*
- *Thank you for thinking of us. We are missing all of you too.*
- *Thank you for every one at Boandik for nice card I received, hope to be back soon. Regards, Jari.*
- *Denis and I can't wait to get back to St Mary's, were missing you all. Keep sane throughout this unusual point in time.*
- *Hopefully we will see you all soon. Luv to you all xxxxxxxxxx*
- *Thank you, that is lovely. Janice*
- *Thank you so much. We really miss you too, I hope we will meet again soon as possible. Stay safety and enjoy wherever you are. Wish you all the best. Regards Evelyne.*
- *Thank you! Looking forward to coming back.*

Residents at Boandik St Marys wrote messages to volunteers, and posted them on a window so they could visit and share waves and words during covid-19 restrictions.



Visit our facebook page to see more photos and a video we produced to commemorate this years National Volunteers Week. [www.facebook.com/boandiklodge](https://www.facebook.com/boandiklodge) #colouryourcommunityred



Michael Cove has begun a program with Mel Say through NDIS funding



## New Physiotherapist for residents & NDIS clients

Mel Say has a background working in hospitals (acute care) and community. Working in the area of rehabilitation physiotherapy in Queensland, Victoria and South Australia she brings a wealth of knowledge to Boandik.

Mel enjoys the outcomes physio can bring to improving health and wellbeing, and helping people achieve their goals.

"I have started taking on NDIS clients for physio assessments and enjoy writing exercise programs to improve lives. The hydrotherapy pool is great as you can exercise without weight bearing on the body compared to land exercise.

I'm enjoying working at Boandik, there's lots of variety. I'm working in the residential homes seeing residents, as well as in the community and at the Community Wellbeing Centre for hydrotherapy client assessments and programs.

I look forward to meeting more people through physio at Boandik, as well as Mount Gambier residents looking for therapeutic supports through the NDIS program with use of the hydrotherapy pool and gymnasium at the Community Wellbeing Centre."

Welcome to the team Mel.

## Boandik Board Member Profile



**Name:** Heather Teakle  
**Position:** Board Director  
 Member of clinical governance committee  
**Family:** Married to Mark, 2 daughters, 1 son-in-law  
 1 grandson, 2nd grandchild due this year.  
**Occupation:** Consultant pharmacist

**About me:** I am a newer board member, joining in June 2018.

I have worked as a contractor for Boandik for over 19 years (1998-2017), providing medication reviews for residents and Quality Use of Medicine Activities for staff and the organisation. I enjoyed this work but after 19 years decided to reduce my workload and move into semi-retirement to spend more time visiting my grandson.

During this time, I moved my mother from Adelaide, after she became ill and when care was needed. Boandik was my first choice as I have seen firsthand the quality of the care and services provided at Boandik. She has since passed but I know that she thoroughly enjoyed her time living at Boandik St Marys.

Outside of Boandik, I have been on many committees, mainly health and sporting organisations, as I believe community service is an important and rewarding part of my life. I enjoy being outside and try to play golf when the weather is kind.

**Best thing about Boandik:** The best thing about Boandik is the quality personal care for all residents no matter what stage they are along their life journey i.e. independent living, supported living or dependent living. I saw this with my mother's care and always knew she was getting the best care in a wonderful homelike setting. In my work with the staff at Boandik, I have always found them to be very professional and the resident's happiness and wellbeing is their primary focus.

# Covid-19 update

**Boandik COVID19 Information guide**

**General**

- Stay 1.5m apart
- Cough or sneeze into your elbow
- Wash your hands
- Comply with the maximum numbers specified for each area within Boandik
- Don't touch your mouth, nose or eyes when in communal areas
- Visitors**
- 2 people maximum for care and support visit, one visit per day.
- Every visitor vaccinated for influenza in 2020. Please present your flu vaccination evidence during office hours.
- Sign the declaration that you are well and haven't been in contact with anyone that has COVID19 or at risk of having COVID 19
- No children under 16

**Visits can only be:-**

- in the resident's room
- in an outside area within Boandik grounds
- or the area we have designated at each home: St Marys - Pollys Café, Crouch St - The Hub, Lake Terrace - Pyne Hub

**Other visitors allowed**  
Doctors, lawyers, emergency services, delivery personnel

**Going out into the community**

- Residents can go out for medical and dental appointments.
- Residents can attend the funeral of an immediate family member.
- Residents can walk in the grounds of Boandik homes. You can go for a walk within 500m of the home for exercise only but must be accompanied by a staff member or volunteer. You cannot go to the shop or meet other people.
- Residents cannot go out in the community other than the outdoor exercise mentioned.

**Leaving a Boandik home**  
If a resident leaves any Boandik home other than for a medical appointment or exercise within 500m of the home, they are not allowed to come back into the home. This is law under the emergency management direction for residential aged care and significant fines apply.

**Visiting**  
**Monday to Friday** 8:30am – 6:00pm  
**Weekend & Public holidays** 10:00-11:30am & 2:00-3:00pm  
**Weekend entry from Saturday 6<sup>th</sup> June 2020**  
**St Mary's** - Main entrance **Crouch St** - Main entrance  
**Lake Terrace** - Hawkins Court entry (Downer St)

**Important**  
**New flu vaccination evidence cannot be accepted on weekends from Saturday 6<sup>th</sup> June 2020.**  
 Any evidence not already submitted to staff will need to be provided on weekdays. Please note entry will only be allowed to those who have provided their flu vaccination evidence or hold a Boandik proof of flu vaccination evidence card.

**End of life**  
**Exemptions from the above apply for end of life situations.**

Information above is accurate at time of going to print, however as time progresses restrictions are altering. All changes to visiting hours and requirements are promoted on Boandik's facebook page (@ BoandikLodge). This is the best way to keep abreast of all updates as it is an immediate way to see new information. We invite everyone with an interest in Boandik to follow our facebook page.

## Influenza immunisation essential to visit

The Federal Government announced earlier this year that as of 1st May 2020 all visitors to aged care homes MUST be immunised for influenza.

With Covid-19 still circulating we remind everyone to continue to practice good hygiene with thorough hand washing;

coughing into the elbow; and social distancing of 1.5m.

Working together we can do our best to keep each other healthy, avoid the virus and overcome this pandemic sooner rather than later.

## Prepare now to stay healthy this winter

As winter approaches and the temperature drops it's important for older adults to prepare for the potential risks that cold weather can bring.

Incidences of injury and illness, flu viruses, hypothermia and general colds rise during the colder season, so keep these tips in mind to help ensure optimum health this winter.

It is important to dress warmly and keep dry, but equally important to remember good nutrition. Food provides the fuel we need to keep warm. Hot food and warm drinks are best to warm the body.

When going outdoors, remember to dress warmly. Wear layered, loose fitting clothing and a hat to protect against heat loss. Close to half all body heat is lost through the head.

You can prevent many winter hazards simply by planning ahead. Check all windows and doors in your home for cracked and worn seals.

To avoid slips and falls, wear non-skid boots and other shoes with plenty of traction.

Cold weather can put extra strain on the heart. If doing tasks, do some warm-up exercises first and take many breaks.

To conserve energy, heat only those rooms that you use. Close doors to unused spaces, the garage, spare bedrooms or storage areas.

If using a portable heater, plug the heater directly into the powerpoint, not to an extension cord. Make sure the outlet and wiring are in good condition. Keep the area around the heater clear of furniture, newspaper and other flammable materials and take special care to avoid tripping over cords.

To avoid unnecessary outings, consider enquiring about Boandik Community Care services. We have staff who can visit your home to assist with tasks, and do errands for you outside.

Phone Boandik Community Care 8724 1251 for more information on how we can assist you in your home, across the Limestone Coast.

## 'Big Sky' Art Competition

*Fundraiser for Dementia village*

We are running an exciting new fundraiser to support the upcoming development of Boandik's Dementia Village (see story pages 16 and 17).

### **An Art Competition!**

- Open to all forms of art - sculpture, painting, drawing, anything.
- Theme is 'big sky', the concept of the dementia village. Create an artwork you feel reflects this theme - open to your own interpretation.
- Maximum entries - 2 per person.
- Entry fee: \$20 per item adult. \$5 per secondary school student per item. \$2 per primary student per item.
- Prizes: adult \$500 (1st), \$250 (2nd). secondary student: \$250 (1st), \$100 (2nd). primary student: \$50 voucher (1st), \$20 voucher (2nd).
- Exhibition to be held at Community Wellbeing Centre at date to be confirmed.
- All works to be for sale at the exhibition (this is a condition of entry) 10% of sales proceeds to go to the Boandik dementia village project (this is a fundraiser event).
- Independent experienced judges will award winners prizes. A peoples choice category will also be open for the general public to vote on at the exhibition. This winner will be awarded a prize also.
- Competition entry forms will be available from: [gbradley@boandik.org.au](mailto:gbradley@boandik.org.au) from 30th July 2020.
- Competition closes 6th November 2020 with all entries to be delivered to Boandik Community Wellbeing Centre between Monday 2nd November and 6th November 9am-5pm with entry fee and paperwork.
- Ongoing updates will be promoted on our facebook page.

Happy creating! We look forward to seeing many amazing creations. We thank you for your support.

For further info please email: [livewell@boandik.org.au](mailto:livewell@boandik.org.au)

*Boandik is a not-for-profit organisation. Fundraising and donations are an important part of our aim to continually deliver the best services and programs to our residents and clients.*

## Fundraising & Donations

### Have you considered leaving a bequest to Boandik?

We are not often able to give as generously during our lives as we might like to. Leaving a gift in your Will is a great way to support the vital work of Boandik like you've always wanted to help but were previously unable to, or to increase the level of giving to a charity you've supported all your life.

By leaving a charitable gift in your Will - either a percentage of your estate, a specific sum of money or other assets - you will have a positive impact on the lives of many local community people who depend upon Boandik services in old age, including potentially your own children, family and friends.

Your gift, whether large or small, will be most gratefully received and acknowledged. The thought of 'making a difference' and leaving a legacy to help others after we have passed is a special thought to consider.

Boandik has always been a proactive organisation, working toward improvements and new projects to benefit the lives of others. As a not-for-profit organisation you can be assured that all monies pledged will go towards projects rather than a profiteer.

Boandik's 'Community Wellbeing Centre', costing some \$5.5 million was supported generously by community donations. This contribution went towards the building and ongoing running costs of the hydrotherapy pool and gymnasium for the region to improve health and wellbeing.

Boandik aims to continue to add well needed facilities to benefit the lives of others, and is currently working on the development of a Dementia Village featuring great 'quality of life' features to ensure residents with the disease live the best life possible. (see story on pages 16 and 17). This project will need community backing to help fund it. Bequeathing money to such a worthy project is a great way of ensuring services can continue into the future with this project and others to support care for our community.

If you would like to donate to a not-for-profit organisation that will have a positive impact on the lives of others, look to Boandik's story of successes. You'll be personally rewarded knowing you're making a big difference to an organisation you care about. You will help us work to continue in the future, leaving behind a legacy that will continue for future generations.

Legal advice for estates and will planning is readily available from Trustee companies and legal offices.

Donations to Boandik also attract tax deductible benefits.



## Aqua fitness classes return



Aqua fitness classes have returned at the Community Wellbeing Centre hydrotherapy pool. Maria Smith (below) and her husband attended the first class back and said it was most enjoyable. Maria is working on her fitness before having an ankle operation, and plans to attend post-op to continue to work on strength and fitness. It was great to see new faces at the pool. To attend a session, visit [www.bookings.boandik.org.au](http://www.bookings.boandik.org.au)





www.facebook.com/boandiklodge

## Social Media highlights



FACEBOOK POST 10-04-2020

### A ray of sunshine ...

At a time like this, it's heart warming to see we live amongst a caring and loving community.

We arrived at work on Monday morning to discover a bundle of beautiful handmade cards had been delivered for our residents from the students at Gordon Education Centre.

With lovely supportive messages, to brighten the day of many of our residents. It's little acts of kindness like this that mean so much, and lift the spirits of the giver and the receivers. Our residents were overjoyed with the cards and the amount of work which went into making them.

Thank you #GordonEducationCentre (pictured left and above)

FACEBOOK POST 24-03-2020

### Bingo! ...

Modified activities continue to roll on at Boandik residential homes. Crouch Street got creative to deliver bingo with social distancing rules in place.

It was just like being back in the classroom years ago, lined up at small tables. It's great to be able to continue to deliver favourite activities to our residents. Bingo! (pictured below)



FACEBOOK POST 10-04-2020

### Indoor bowls and trivia ...

Tom Burchell has kindly put his hand up to run two activities at Boandik St Marys now our volunteers are no longer coming in due to the Covid-19 Pandemic.

It's great to see keen residents offering to help out in new ways so their fellow friends can continue to enjoy favourite group activities. Tom was a volunteer at Boandik St Marys before making it his home, so he is the perfect man for the job! (pictured left)



www.facebook.com/boandiklodge

## Social Media highlights



FACEBOOK POST 12-04-2020

### Easter Bunny visits Boandik St Marys ...

Residents enjoyed a surprise visit from easter bunny this week. The big bunny shared a basket of eggs and a few funny words with residents. Happy Easter! (pictured above and below)



FACEBOOK POST 29-04-2020

### Hydrotherapy pool re-opens ...

Since the recent announcement of the hydrotherapy pool re-opening for business, bookings have been filling fast as the general public have been keen to return.

We are still operating under restrictions, with a limit of 7 in the pool at any one time, two people only in the change room at any one time, social distancing of 1.5m, and the hydrotherapy pool is operating under supervision of a wellbeing assistant.

The first group who arrived at 9am on Monday were thrilled to be back!

"I've missed it! I only had one visit before it was closed, so I have been eagerly awaiting its reopening".

"It is wonderful. I've been telling all my friends about how great it is, whilst waiting to return".

"It is great for fitness. The waters resistance and warmth is beautiful. I'm so pleased to be back".

For bookings, please phone 8724 1251 or visit our website: www.boandik.org.au and follow the prompts.



FACEBOOK POST 31-03-2020

### Donation of Defibrillator for Community Wellbeing Centre ...

Rotary Club of Mount Gambier have kindly donated a Defibrillator machine to be located at the new Community Wellbeing Centre at 101 Lake Terrace East. Thank you!

#RotaryClubOfMtGambier #Boandik #defibrillator



[www.facebook.com/boandiklodge](http://www.facebook.com/boandiklodge)

## Social Media highlights

FACEBOOK POST 11-05-2020

### Boandik Crouch Street Anzac Day Service ...

Boandik residents at Crouch Street joined in a service held at their home on Anzac Day morning. Residential Manager Pam Walker, and Lifestyle co-ordinator Gillian Knight hosted the service by the flagpole, with residents laying wreaths and honoring the fallen. Lest we forget. *(pictured below)*



FACEBOOK POST 20-05-2020

### Music walk mischief ...

At 11.30am the hallways of Boandik Lake Terrace are transformed into a music parade as residents and staff sing and dance their way through the residential home. Some play musical instruments to keep to the beat of whatever song is playing on the ipad, others choose to wear dress ups to add extra colour and zest. The blur in the photos shows the movement! Jiving, singing, and bopping livens up the hallways. *(pictured above)*



FACEBOOK POST 06-04-2020

### Donation of masks ...

Eric Nieto from AAA Asbestos Solutions has kindly donated 200 face masks to Boandik. It is wonderful to get support from locals in times of need like this. We are very appreciative of the donation. Thank you! *(pictured above)*



## Advertise your business

in Boandik Quarterly Bytes Newsletter

\$260 + GST strip advert

With over 1,500 subscribers - Boandik residents, Boandik clients, representatives, families, staff, partners and community members this is an opportunity to reach our network of people to promote your business. Limited space available each issue.

For further details, please contact Gail Bradley 8725 7377 or email: [gbradley@boandik.org.au](mailto:gbradley@boandik.org.au)