



**Happy  
Valentine's Day  
14<sup>th</sup> February**

**Love yourself, its  
ok to put YOU  
first!**

## Grant success - exciting upgrade

Boandik is proactive in ensuring that our buildings meet contemporary standards. To achieve this we need to be constantly upgrading our facilities. Fortunately, the Department of Health offered grants to regional providers for upgrade to existing buildings, whilst we weren't successful with all our applications we have received funding for 2 projects at Lake Terrace.

### Laube Upgrade

There will be major upgrades for rooms 1 to 10 with minor upgrades to rooms 11 and 12. The grant will allow:

- Replacement of wardrobes
- Complete bathroom upgrade
- New larger windows and door in lounge area
- Create private veranda spaces with wider concrete apron to allow easier movement
- Installation of overhead hoist system
- Upgrade of lighting, power and communications

The upgrade will be planned and scheduled over the coming 18 months. We will be developing a plan that has the lowest impact on residents, this will be done in consultation with all residents. There will be a meeting in coming weeks. Many residents have lived through our previous renovations and know that we can achieve a lot with little impact on daily lives.

### Roughana Court

The grant will allow installation of an overhead lifting system in 20 rooms in Roughana Court. The overhead lifting system provides a more comfortable and flexible support for residents during transfers. This system is installed in other areas of Boandik and receives positive comments from residents and staff.

The overhead lifting system can be installed with minimum impact on residents. There will be some days that workmen may need to be in the room for up to 3 hours. The staff will work with the contractor to ensure this is planned and that there is minimal impact for residents.

As stated we will be holding meetings with residents and family members in coming weeks. If you would like more information prior to that please call in and see Gillian or contact by phone or email, [livewell@boandik.org.au](mailto:livewell@boandik.org.au).

## Aged Care Quality Standards

In January we provided an overview Standard 1 from the new quality standards. There are 8 standards and we will provide an overview of one of the standards each month over the next 8 month period.

Standard 2 relates to assessment and planning of services. The outcome for residents is “I am a partner in ongoing assessment and planning that helps me to get the care and services I need for my health and wellbeing”.

The assessment and planning must consider risks to health and wellbeing, inform the delivery of safe care and services and identify the resident’s current needs, goals and preferences. The process must include the resident, representatives of their choice and anyone involved in the care of the consumer.

Boandik has a process for undertaking initial and ongoing assessment for residents. In doing this we seek input from residents, representatives, care staff, lifestyle staff and review documentation. We have plans to improve on our processes in coming months to ensure all people involved in your care are consulted during the assessment and planning process. We welcome any suggestions from residents and representatives on how we can improve on our current processes.

## Morning tea, Friday 15<sup>th</sup> February at 10.30am in Ashworth Lounge

Residents, family members, staff and volunteers are welcome to join Linda, a representative from the Police Credit Union, for morning tea to chat about a new Go sixty plus membership package available through the Police Credit Union for over 60’s.

This innovative membership includes the Master Club, Home Equity release, Bridge to retirement, Lifestyle Personal Loan and more! There is an advantage to being over 60!!

Please come and meet Linda to learn about this innovative membership. Linda will be pleased to answer any questions you may have.

## Crouch Street Residential Manager settles in

Pam Walker is the recently appointed Boandik Crouch Street Residential Manager. With over 30 years’ experience working with older people in residential aged care, Pam has a strong focus on the older person’s human rights and looks forward to working with all staff to provide an environment which is a continuum of an older persons life, allowing them to continue to live as they choose with the dignity and respect they deserve.

Having worked at Boandik since 2004 in various roles from carer to clinical nurse, she was the first recipient of Boandik’s scholarship graduate program. With extensive hands on experience as well as qualifications as a Registered Nurse, Master of Gerontology and Professional Certificate in Palliative Care Nursing, Pam looks forward to following in the footsteps of her mentor Rodney May as head of Boandik Crouch Street residential site.

Pam says she has big shoes to fill, but she is looking forward to the challenge ahead.

Congratulations Pam, and welcome to your new role.



## Annual Boandik badge day

The annual badge day has been scheduled for Friday 29<sup>th</sup> March. If you can offer an hour of your time to assist on the day, anytime between 9.00am and 3.00pm, could you please contact Michelle Ackerley either by phone 8725 7377 or via email [livewell@boandik.org.au](mailto:livewell@boandik.org.au)

All funds raised from this year's badge day will go toward the community wellbeing centre. If you are unable to assist on the day but would like to donate some small change, our wonderful volunteer collectors will be located at Australia Post, Chapmans Newsagency, Bunnings and She's Apples



**A little bit of change can make a big difference,  
collection tins will also be located at reception areas at each of the homes.**

## Dementia Specialist

Boandik is pleased to advise that Theresa Connor has been appointed to the Dementia Specialist position on a full-time basis. Theresa has been working in this role part-time since early 2017. She has been working closely with the dementia champions and other staff to embed the "Your life your choice" framework in all services provided by Boandik. Theresa will commence in this role in March.

Theresa will be working in all Boandik services to support clients to live the life they choose. In Theresa's words "With a diagnosis of dementia life does change, but it doesn't mean you still can't have a quality life. Boandik has specialised dementia resources and facilities to meet the needs of residents, and I aim to build upon relationships and services to create meaningful engagement, further mentoring Boandik Dementia champions on staff and provide greater support to families adjusting to dementia of a loved one."

We congratulate Theresa on completing her Bachelor of Dementia Care through the University of Tasmania who are renowned world wide for the quality of their dementia training.

### **Congratulations**

Boandik also congratulates Merrilyn McGregor, community personal care assistant, who has also achieved a Bachelor in Dementia Care, a great achievement after 6 years of hard work.

Pictured right, Merrilyn McGregor and Theresa Connor



## Community events during February

- 1<sup>st</sup> -28<sup>th</sup> February, Millicent, Of Our Own: art exhibition
- 1<sup>st</sup> -28<sup>th</sup> February, Port MacDonnell, Interwoven meets the Bay exhibition
- 7<sup>th</sup> -10<sup>th</sup> February, Naracoorte Taste of Limestone Coast annual music and food festival
- 9<sup>th</sup> February, Mount Gambier, Railway Lands Outdoor Cinema Bohemian Rhapsody (Sing-a-long)
- 10<sup>th</sup> February, Mount Gambier Library Market
- 10<sup>th</sup> February, Naracoorte Racing Club Cup meeting
- 22<sup>nd</sup> -24<sup>th</sup> February, Frances Folk Gathering
- 23<sup>rd</sup> February, Bay Escape food, wine and lifestyle festival
- 23<sup>rd</sup> February, Millicent Saleyards Double Driftkhana

## Boandik lifestyle news

### *Crouch Street*

- 14<sup>th</sup> February, in the afternoon Trevor and Jan perform as “The Two of Us” in the Activities room.
- 19<sup>th</sup> February, a musical afternoon’s entertainment with Jo and Graeme McGrath in the activities room.
- 28<sup>th</sup> February, to top the month off, Denis O’Carroll performs.

### *St Marys*

- 14<sup>th</sup> February, 10.00am, Valentine’s Day morning tea with Historical Society display at Polly’s Cafe.
- 20<sup>th</sup> February, 10.30am, Jo and Graham McGrath entertaining in Rosemary’s Theatre.
- 25<sup>th</sup> February, 1.30pm, Bunning’s workshop in Rosemary’s Theatre.
- 28<sup>th</sup> February, 10.30am, Bunning’s workshop in Hakea Unit.

### *Lake Terrace*

- 8<sup>th</sup> February, Men’s Group bus outing to Mac Park to watch Levi Day race his bike and provide Track Rider Training.
- 14<sup>th</sup> February, Valentine’s Day “Share the Love” surprise.
- 21<sup>st</sup> February, Jo and Graham McGrath entertaining in Ashworth Lounge.

Pictured below from left, Mary Bartholomew and Fay Childs enjoying an Australia Day barbecue luncheon at Lake Terrace. Evelyn Arthur, Lorraine Moore and Colin Lawson participate in better balance exercises with Debbie at St Mary’s and Jim and Elaine Cutting enjoy the Australia Day breakfast at Crouch Street.

