

KOONAMBIL NEWS

MARCH 2019



IN THIS ISSUE:

From The CEO's Desk	1
Our Mission	1
Resident Care Report	2
Birthday Photos	2
Activities Report	3
Message From The Board	4
Our Details / Staff Members	4

FROM THE CEO'S DESK

This year has seen the completion of major building work. Staff and residents are enjoying a new consulting room, office, nurse call system, laundry and air conditioning. As finishing touches are completed with painting, the next project is already well underway.

We've been awarded a \$255,000 Aged Care Regional, Rural and Remote Infrastructure Grant in a competitive application process. This funding will allow for infrastructure upgrades including a solar and fire safety system.

A solar system will reduce our electricity bills by up to 35%. Over time, the financial savings will allow for greater investment in other areas for the benefit of residents.

There will also be an upgrade to our fire detection, alarm and sprinkler equipment, ensuring Koonambil continues to meet safety and compliance standards with the state-of-the-art system.

In February, Koonambil welcomed Ben Callaghan to the team in the newly created position of Operations Manager. A Coonamble local with a real understanding of Koonambil and our community, Ben has a wealth of knowledge and experience which makes him a valuable asset to Koonambil and our future direction.

Our NIACC Alliance continues to be a valuable professional network. Through NIACC, we have engaged a specialist to manage our funding applications for the next 12 months. This will ensure that we can access all government funding we're entitled to.

Cath Bush | CEO

Our Mission

Provide high quality care and services in a range of accommodation settings

VOLUNTEERS WELCOME

Community volunteers are invited to join residents and activities staff on our regular bus trips. If you are interested in volunteering to accompany residents on various local outings, please contact the Koonambil office.



RESIDENT CARE REPORT

In the past few months, education has been a focus for nursing and care staff. There was great enthusiasm and interest in a specialist wound care training which was particularly comprehensive, insightful and interesting. We learnt more about different wounds, how they heal, and how various products can be used for best results. Already we've seen improvements in our practices with a new dressing trolley and updated documentation procedures for better results and measurement.

Our registered nurses have attended a conference which provided training on incontinence, management of skin integrity, wound care and prostate surgery and recovery.

Koonambil has a new low pressure ear syringe machine which is particularly gentle on ear drums. This will be especially useful for residents with hearing aids.

Additional hand sanitiser stations are being installed to support our already effective infection control program.

Our regular Berge Balance fitness assessments have just been undertaken with all residents. Every six months, we assess the mobility, agility and balance of residents to review improvements and deteriorations, and accordingly tailor exercise programs.

Recently, we've welcomed **new residents** Lila Campbell and Hans Ptaszinski, and **respite** residents Patricia Harris and Margaret Foodey. Our **condolences** have been with the family of Esma Robinson.

Lynne Waterford | Care Manager



HAPPY BIRTHDAY

Clockwise from top left: Ted Johnstone, Phil Ayoub, Jean Colwell and June Gray celebrating birthdays at; residents enjoyed Senior's Week activities.





ACTIVITIES REPORT

01

In **January**, there were plenty of visitors to Koonambil as the festive season finished and residents were excited about the return of Friday morning exercises. Hot days called for movie afternoons with popcorn and lollies in air conditioning.

The newly introduced game of 'Target' delivered plenty of laughs and water pong was popular for the heat.

Residents enjoyed the annual 'Great Australian Thong Toss' for Australia Day festivities, after attending the Australia Day awards ceremony.

02

February featured Boules, Botcha and Target. Ten Pin Bowls made a return. The inclusion of new Operations Manager Ben Callaghan on bus trips was also very welcome, not least because he provides residents with ice creams to enjoy while seeing the sites around town!

Residents took part in the Senior's luncheon arranged by Council while the favourite activity at home was Tie a Yellow Ribbon Round the Old Oak Tree with exercises to the beat of the song.

03

In **March**, residents enjoyed the return of Zumba to Koonambil, dancing in the lounge room with drum sticks, bells, pom poms and ribbon. A visit from the child care was very popular with everyone. The children took part in our games and has some entertaining stories.

Residents enjoyed bus trips to Outback Arts where we appreciated the paintings in the most recent exhibition; and St Brigid's for Grandparents Day where everyone enjoyed good food and great company.





STAFF NATIONALLY RECOGNISED

Care Manager Lynne Waterford and long-standing volunteer Irene Reeves have been featured as 'Humans of Aged Care' by Aged & Community Services Australia. ACSA is the peak body for not-for-profit organisations providing accommodation and care to older Australians. Lynne and Irene's stories have been featured among others across Australia who inspire and show the best of humans every day. Read their stories online at humansofagedcare.com.au.



Resident Peter McIntyre and CEO Cath Bush with family members at St Brigid's Grandparent's Day

MESSAGE FROM THE BOARD

2019 is off to a flying start for Koonambil. The major building project has been completed successfully and additional funds have been secured for our own solar energy system, and the upgrade of our fire detection, alarm and sprinkler system.

The value of our membership of the NIACC Alliance has increased as member numbers grow, and we continue to see the benefits of working with other independent aged care providers to ensure best possible commercial arrangements.

I am particularly proud to see individuals from the Koonambil community recognised for their dedication and care. It's a credit to our organisation that we have the best people in the country working and volunteering at Koonambil.

David Ryan | Chair

OUR DETAILS

Address:

140 – 148 Castlereagh St
Coonamble NSW 2829

Phone: 02 6822 3193

Email:

info@koonambil.com.au

Website: www.koonambil.com.au

Office hours:

8.00am-4.30pm Monday-Friday

Board of Management 2017-2018

Chair: David Ryan

Deputy Chair: Colin Readford

Treasurer: Dianne Smith

Directors: Beverley Davidson, Eric Fisher, Marianne Lampe, Joan Leonard

STAFF MEMBERS

CEO Cath Bush

Finance Manager Helen Rackham

Care Manager Lynne Waterford

Operations Manager Ben Callaghan

Registered Nurses Janie Johnston, Maddie Cassegrain, Fran Mooy.

Care Staff Diane Molloy, Laura Finn, Rick Kennedy, Gill Roworth, Deanne Towns, Leonie Jones, Marie McLellan, Dianne Gregory-Hunt, Tammy Haycock, Kerry Hansen, Tammy White, Tori Canham, Alesha Evans, Jess Vine, Mekala Smith, Jacinta Mallon

Hotel Services Rhonda Ingram, Allison Pawley, Jenise Thomas, Fiona O'Malley, Gail Day, Wendy Geale, Jess Canham, Liberty Wall, Mary Grace Yurong

Activities Jane Haycock, Jess Canham
Maintenance & Gardens Mick Murray, John Robinson