

# KOONAMBIL NEWS

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## FROM THE CEO'S DESK

In November I attended the COTA & ACSA Future of Aged Care National Conference in Melbourne: Beyond the Interim Report of the Royal Commission.

The Royal Commission into Aged Care has revealed not only instances of neglect & mistreatment, but that the quality of care hasn't always been of the highest standard possible; the system itself is very complex, often confusing for those needing care & those trying to help them obtain it.

As a presenter at the conference, I had the opportunity to speak about proactively responding to the implications of the Royal Commission from a rural/regional perspective; what providers can be doing now to improve quality & safety in aged care?

From my perspective providers need to be Standards wise; not put profit over people; understand person-centred approaches to complex care, have robust staff education practices and multi-skilled staff to strengthen the workforce, effectively manage choice and risks & ensure residents have a voice. This will help providers to ensure quality & safety of care.

By exploring new approaches, rural and regional providers will drive innovation to address key challenges and financial stability. As a member of NIACC Koonambil is leading the way to meet the challenges.

Koonambil has been successfully reaccredited for 3 years in accordance with the new Aged Care Quality Standards following a visit by the Aged Care Quality & Safety Commission. Three assessors spent three days scrutinising the way we deliver care & services to our residents; the quality of our care & services and our organisational governance.

It is wonderful to be able to report that at the time of the Royal Commission it has been confirmed we are providing high quality care & services, offering ageing residents of our district a very good option to continue living near family & friends. The report from the commission was very complementary of Koonambil and our high standards.

Koonambil has also been recognised this year through a number of industry specific awards. Entering awards has been a strategic decision to highlight 'good news' in aged care this year.

None of this would be possible without the staff we have. My personal congratulations to my hard-working dedicated staff for the amazing care & services you deliver.

**Cath Bush | CEO**

## Our Mission

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



## RESIDENT CARE REPORT

We wish every resident, families & friends a wonderful healthy & hopefully wetter 2020.

Welcome to Barbara McKeown our new permanent resident & Brian Burge our current respite resident.

Welcome back Grace Andrews & Donna O'Malley it is lovely to have you back & I'm sure the residents are enjoying your return. Also welcome to our new staff members Samantha Harris and Vicki Pickering.

Dr Chandana has informed us that he will be leaving us early this year. He has been a friendly, cheerful & caring doctor for our residents and also very helpful for staff in managing the resident's care needs. He really will be missed and we wish him well in his new adventure.

We have got straight back into our exercise sessions & I have found on a Wednesday we have been able to get a large number of residents to attend which is fabulous. We will continue the strengthening & stamina exercises for Jan & Feb. We have been having lots of laughs, some very competitive moments & some great walks outside as a group. At the end of 2019 Jess & I held the Residents Olympics. We had two teams & competition was fierce, but fun was had by all.

Families would be well aware that we do contact the listed Person Responsible for each resident,

as their Care Plans are reviewed 4 monthly.

The Care is reviewed with the resident, the person responsible & staff. We do appreciate any constructive feed back that can be given & discussed to benefit the resident's care.

Our relatively new association with Oscar Care seems to be working well. This gives us access to Speech Pathologist Assessments & Dieticians over the internet. This is very helpful for staff & residents, especially when trying to manage swallowing difficulties, weight loss & staff education.

At the end of 2019 Dementia Training Australia delivered some very interesting training. This involved several face to face session for many staff , plus questionnaires being filled out by staff to gain different views of our environment. This information was analysed and a report will be given to Cath, Ben & The Board.

**Lynne Waterford,**  
**Care Manager**

## Birthdays

*From top:*  
Residents Hans Ptaszinski, Peter McIntyre, Leonie Burtenshaw, Marg Foodey, Margaret Johnstone celebrating their birthdays with family and friends.





## ACTIVITIES REPORT

### October

In **October**, Residents enjoyed three bus trips which included sightseeing around Coonamble visiting their old homes, a trip to Outback Arts to view the Outback Archies exhibition and a trip to the local Museum and shared many stories about growing up in Coonamble .

The staff and residents hosted a Pink Morning Tea to raise funds for the local Cancer Survival Fund. A Juke Box was purchased for the residents and it has been a huge hit with residents and staff.

The Koonambil Choir have commenced practicing for the Christmas Party.

The residents and staff teamed up again, this time for the Spring Racing Carnival Punters Club.

We welcomed Donna O'Malley back to Koonambil as she has joined Jess Canham as our Activity Officer.

### November

In **November**, there were plenty to keep the residents busy.

A day of decorating hats in time for Melbourne Cup. Melbourne Cup Day itself was a day of activities including races of various sorts, happy hour and nibbles while we cheered on the horses.

Six residents and Jess went for a shopping trip to St Vinnies de Paul to pick up some bargains.

A moving Remembrance Day ceremony was held at Koonambil to remember the Service men and women who have fought in the wars.

The Residents prepared lunch for the children from the local Preschool and enjoyed their visit.

Jess & Helen attended the Clontarf Academy Presentation night and presented them with a certificate of Appreciation.

### December

In **December**, was all about Christmas! Many friends and families joined us for the Annual Residents Christmas party on the first Friday. The night was a great success with a visit from Santa and his elves and plenty of food and drink to share.

Throughout December residents were entertained by the children from St Brigids Infants school as they sang Christmas Carols and performed the nativity scene. The Coonamble Singers choir treated us to a mini concert.

Residents, with a little help from staff, built, painted and decorated a Christmas tree to be entered into the town Christmas tree competition, which we were extremely proud of.

It's been lovely to have so many visitors to Koonambil throughout December.

**Jess Canham & Donna O'Malley**



## OUR DETAILS

**Address:**

140 – 148 Castlereagh St  
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**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**

Chair: David Ryan

Deputy Chair: Colin Readford

Treasurer: Dianne Smith

Directors: Beverley Davidson, Eric Fisher,  
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, Rick Kennedy, Gill Roworth, Deanne Towns, Leonie Jones, Marie McLellan, Kerry Hansen, Tammy White, Mekala Smith, Tamara Rushworth, Tori Canham, Sam Foodey, Grace Andrews, Joelene Tabone, Sam Harris**Hotel Services** Rhonda Ingram, Allison Pawley, Jenise Thomas, Fiona O'Malley, Gail Day, Wendy Geale, Jess Canham, Liberty Wall, Mary Grace Yurong, Maddi Chadburne, Killara Darcy, Dianne Gregory-Hunt, Vicki Pickering**Activities** Jess Canham, Donna O'Malley**Trainee** Tamara Rushworth**Maintenance & Gardens** Mick Murray, John Robinson

## MESSAGE FROM THE BOARD

Koonambil won the prestigious Prime Super Employer of Excellence in Aged Care Award at the 2019 Regional Achievement and Community Awards. The winners were announced on 8th November. Koonambil won the award from a strong field of community contributors and hundreds of nominations. CEO Cath Bush & Care Manager Lynne Waterford accepted the award congratulating the staff & Board of Management for their ongoing support.

Cath was also named as one of five finalists in the Individual Distinction category of the 2019 HESTA Aged Care awards. These are national awards for professionals who work tirelessly to improve the quality of life of ageing Australians in retirement villages and aged care facilities such as Koonambil. Congratulations Cath.

**David Ryan | Chair**

