

# KOONAMBIL NEWS



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## FROM THE CEO'S DESK

2020 is certainly presenting as a year of very different challenges to everyone.

The Royal Commission into Aged Care Quality and Safety has taken the precautionary step of suspending hearings and workshops until further notice due to the risk to public and staff health from the Coronavirus.

With the Covid-19 pandemic continuing to spread globally, we have taken advice from the Government and Health authorities to minimise risk for all Koonambil Staff and Residents to Covid-19 exposure. In the absence of a vaccine to provide immunity, the measures of social distancing, self-isolation and excellent hygiene practices are essential to protect us all.

I must congratulate Koonambil staff and particularly Jess Canham, for working so hard and innovatively to keep Residents and their loved ones connected during this period of isolation.

We have also restructured the way we work where possible. Janie, Helen and I are both working from home during this time. Lynne has also had days working from her home. We will look at our model of how we work as part of our strategic plan.

Koonambil Aged Cares' Strategic Plan was due for review this year. Community Business Australia consultant Patrick Herd, was engaged to facilitate our planning workshop. Through this process of strategic thinking and discussion we are developing a practical and achievable strategic plan for 2020 and beyond that stays focused on the direction and destiny for Koonambil Aged Care, our management, staff and most importantly our residents.

Our Vision, Mission and Values statements were reviewed and remain unchanged. This strategic plan supports and is aligned with these statements.

The workshop was also an important education opportunity for the Board and Management team to not only gain new learnings but enhance prior learnings and understandings about Koonambil Aged Care and the bigger picture of the Aged and Community sector.

A public version of the 2020-2023 strategic plan will be available on the Koonambil Aged Care website once it has been finalised.

I would like to congratulate Rhonda Ingram for reaching the milestone of 20 years of loyal service to Koonambil. Rhonda came to 'help out' for 2 weeks. Thankfully for Koonambil Rhonda stayed. Congratulations Rhonda!

**Cath Bush | CEO**

## *Our Mission*

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



## RESIDENT CARE REPORT

We welcome June Secombe as a permanent resident and we also welcome many new staff members - Jenny Bone, Piper White, Lucy Rackham.

All staff are continuing their education, concentrating on Infection Control and specialised Covid-19 modules detailing preventing an outbreak and what happens should there be an outbreak.

As a result of Covid-19 Koonambil went into a voluntary lockdown to help with the prevention of and to control spreading the virus. We realise this has been hard on family, friends and most of all the residents, however we are endeavouring to do everything in our power to keep our staff and residents safe.

Staff are spending more time with each resident to ensure they're well being and that they continue to have interaction with their families and friends. Our staff are highly valued and the skills, knowledge and compassion they bring is so important, particularly during this unprecedented time.

Our GP's continue to visit Koonambil at present but have reduced their appointments with our Residents to essential appointments only. We welcome Dr Stephen Alley for Tuesday morning clinics, Dr Neisha for Monday morning clinics and Dr Yates continues her Thursday morning clinics.

The regular physiotherapist and occupational therapist that attend Koonambil will no longer be visiting, however they will be working remotely with the staff and Registered Nurses to ensure that the residents are receiving the care they need.

The registered nurses will be attending to the residents massages during this voluntary lockdown period as it is an important element in each residents pain management program.

In March all residents participated in their six monthly fitness test and Berg Balance testing with Lynne & Jess. The Berg balance scale is used to objectively determine a patient's ability (or inability) to safely balance during a series of predetermined tasks.

Weekly group exercise sessions are continuing with a good number of residents participating. Many residents are enjoying the garden walks and continue to walk the corridors on a regular basis to ensure they stay mobile.

The Department of Health has introduced new regulations regarding Influenza Immunisation and access to Aged Care Facilities. As of 1st May 2020 no one will be able to visit (including staff, visitors, contractors, volunteers, health professionals) Aged Care facilities unless they can provide evidence that they have had an influenza vaccination. Appropriate evidence would be a statement or record from a health practitioner.

**Lynne Waterford,  
Care Manager**



## Birthdays

From left:  
Ted Johnstone, Phillip Ayoub, Russell Halfpenny, Jean Colwell





# KOONAMBIL NEWS



## ACTIVITIES REPORT

### January

In **January**, residents started the year off with a New Years Day banquet prepared by the girls in the kitchen.

Their days were filled with the usual activities of Boules, Team Botcha, Quizes Bingo, and many residents enjoyed watching movies together in the lounge room.

Tracy from Zumba returned to Koonambil for a fun workout and the staff and residents cheered Ash Barty on when she competed in the Australian Open Tennis.

Australia Day was celebrated in fine Koonambil fashion with a thong throwing competition for the residents while staff enjoyed vegemite sandwiches and lamington eating competitions. After this everyone enjoyed singing and dancing to some great Aussie music

### February

In **February**, the fun continued. The riverwalks with the Clontarf boys started again after school holidays. Irene & Beryl returned to Knit & Knatter and the ladies started planning a special project for the Coonamble Show. Mens Group was introduced so the men can have a catchup, tell yarns and watch some racing.

Valentines Day was celebrated with chocolates and a fun game of Don't Go Breaking My Heart.

Residents enjoyed the annual Seniors Lunch at the Bowling Club—dressing up in Hawaiian clothes and enjoying a beautiful lunch.

We welcomed a new volunteer, Michael, who came to Koonambil on Sundays to play the piano and have the residents join in on a singalong with some old time favourites.

### March

In **March**, we were entertained by the children from the Preschool and a group of students from Coonamble High began a program where they visited Koonambil one afternoon a week to interact with the residents - a visit that students and residents both enjoyed.

A bus trip to Armatree Pub for lunch was on the calendar, which included a sightseeing trip around Gular on the way and a game of pool at the pub. Salvation Army brass band entertained Koonambil with a splendid performance.

Then the threat of Covid-19 hit us all and everything changed with lots of the usual activities being cancelled or modified to suit the new rules.

Residents, with help from Jess, took to Facebook to send messages of love to family & friends



# KOONAMBIL NEWS



## OUR DETAILS

### Address:

140—148 Castlereagh St  
Coonamble NSW 2829

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**Email:** [info@koonambil.com.au](mailto:info@koonambil.com.au)

**Website:** [www.koonambil.com.au](http://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

## MILESTONE

Congratulations to Rhonda Ingram who celebrated 20 years of working at Koonambil in March—a significant milestone.



## MESSAGE FROM THE BOARD

In March Board members, together with Ben & Helen, met with Patrick Herd (facilitator) to workshop the new Strategic Plan for 2020—2023. Patrick was engaged to develop the previous Strategic Plan and was impressed to see the developments that Koonambil has made over the last three years. A draft plan has been written and once it is finalised, a public version will be uploaded to our website.

The Covid-19 pandemic has certainly brought with it many changes to the way we all operate and Koonambil is no exception. The management and staff are to be congratulated on the way they have adapted to the restrictions and keeping up to date with the information that changes daily.

**David Ryan | Chair**

## FLU VACCINATIONS

Please note: As from 1st May 2020 every person who enters Koonambil must provide appropriate evidence that they have had the flu vaccination.

## 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, Gill Roworth, Deanne Towns, Marie McLellan, Kerry Hansen, Tammy White, Tamara Rushworth, Tori Canham, Sam Foodey, Grace Andrews, 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, Vicki Pickering, Piper White, Jenny Bone, Lucy Rackham

**Activities** Jess Canham, Donna O'Malley

**Trainee** Tamara Rushworth

**Maintenance & Gardens** Mick Murray, John Robinson

