

# KOONAMBIL NEWS

June 2020



## In This Issue:

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

## FROM THE CEO'S DESK

With the Covid-19 curve flattening in NSW, the Department of Health have eased some restrictions for families and friends visits to Aged Care Facilities.

We can now allow 2 visitors per resident at a time. This has changed from 2 visitors in the facility at any one time. Children under the age of 16 are now allowed to visit — one child with one adult. It remains that all visitors must have had their 2020 flu immunisation before visiting & this evidence provided to Koonambil.

A restriction to these changes is that staff or visitors who have travelled to Melbourne are not allowed to visit NSW Aged Care Facilities for 14 days after leaving Melbourne. Our website is continually updated to communicate changes.

There are still no visits to communal areas with other residents. Any visitors must not have symptoms of colds or influenza; must not have been in contact with anyone with Covid-19 or travelled overseas.

There has also been an easing of restrictions for residents to leave the facility for **SMALL** family gatherings to a persons home. Residents or their family need to tell the facility the location of the gathering and the people involved. These visits cannot be in public spaces.

Allied Health professionals are allowed to resume their service to our residents. We have welcomed our physio Rob and occupational therapist Samara back. Our podiatry visits are yet to resume. Hair dressers have also resumed their service at Koonambil. Irene Reeves has returned to convene the residents meetings and the Knit 'n Knatter group practising physical distancing.

We have increased the use of social media, Facebook, during

the Covid-19 restrictions. This form of communicating all the wonderful innovative special activities the residents have been participating in to our families and friends has been very successful. We are going to continue our social media posts into the future.

It has helped raise community awareness, promoted positive stories about Koonambil Aged Care by humanising our business. We are extremely proud to have good news Aged Care stories.

Due to the increasing care needs of our residents, we have increased the hours of various shifts. As with any staffing changes, staff input is sought, changes are trialled, further recommendations are considered before implementing the changes.

We now employ almost 40 local staff to keep our Koonambil residents safe & well.

**Cath Bush | CEO**

## Our Mission

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



## RESIDENT CARE REPORT

We welcome Eileen Leonard and Jessie Tym as permanent residents and we also welcome many new staff members - Maddison Pawley, Emily Greer and Lou Remond.

Condolences are with the families of Kaye Cook and Neville Owen.

Staff education remains a priority with compulsory online education for all staff being concentrated on over the last few months. Due to the Covid-19 pandemic and associated increased workload for staff, we are giving everyone the opportunity to complete any unfinished units of education in June.

As a part of our continued efforts for best practice, we have changed our buddy shifts system for all newer staff. We are having a senior carer work alongside newer staff a few weeks after their initial orientation. This is to ensure all staff are able to deliver a consistently high standard of care meeting all residents individual care needs. Many of

our residents have increased complex care needs as they age in place, requiring staff to have increased skills to deliver care.

Rehabilitation physician Dr. Jennifer O'Riordan has been able to continue providing her service in the form of comprehensive medical assessments and reviews for residents during the Covid-19 lock-down via video consultations.

Allied Health professionals have returned to deliver their services at Koonambil with the relaxing of some Government directed restrictions.

GP's have continued to deliver restricted services during the Covid-19 pandemic. We farewell Dr Steven Alley and welcome Dr Collins who will be joining Dr Yates and Dr Nisha visiting residents.

Feedback from residents was received through our regular food survey and menu. All residents said there is a good variety of food and they are happy with the present menu.

All residents also said the kitchen staff treat them dignity and respect.

Feedback was also received from the residents through our regular lifestyle survey. There were a higher number of residents who were unable to offer an answer to questions due to their cognitive decline. More residents answered positively that they are encouraged to participate in activities, their family and friends are encouraged to visit Koonambil and activities are discussed at the monthly resident meetings. Activities staff are going to continue to use the residents meetings as a very important communication tool where residents can raise any issues anonymously should they wish to.

**Lynne Waterford**  
**CARE MANAGER**



## Birthdays

Clockwise from top left:

Grace & Muriel Phillips, Peter Firth & Jenise, June Fletcher with Joan & Janet, Lola Tym, Cath Harrison, June Secombe, Bill Leonard & Kerry





# KOONAMBIL NEWS



## ACTIVITIES REPORT

### April

In **April**, Koonambil saw many changes to its Activity programs due to Covid-19 and the restrictions imposed. It was sad but necessary that we had to restrict visitors and the Activities staff, Jess & Donna, went into overdrive to ensure the residents were well entertained and kept in touch with family and friends through facetime and Facebook messages.

Riverwalks became walks around our beautiful garden, exercises in the carparks, and morning teas outside to enjoy the sunshine.

Residents enjoyed some arts & crafts, creating painted masterpieces on canvases and painted cups & saucers with a variety of designs. We also made a wreath for ANZAC Day.

Koonambil held our own modified ANZAC service remembering those that have served and continue to serve their country.

### May

In **May**, the fun continued. Jess & Donna did a fantastic job to bring the Show to Koonambil with sideshow alley, arts & craft displays, entertainment, staff cake cooking competitions and of course the annual flower show (it was of no surprise that Mick won the Champion ribbon). It didn't stop there! Allison, Fiona and a team of helpers provided an unbelievable menu of "Show Food" for all to enjoy.

Residents were lucky to receive treasured gifts and paintings from the kids at Smartkids Childcare Centre and the local Preschool.

Visitor restrictions were relaxed so it was lovely to see visitors return to Koonambil (under Covid-19 guidelines).

Koonambil had their own display in the main street for the Coonamble Show No Show, where we proudly displayed our arts & crafts and photos of the Koonambil Show.

### June

In **June**, the highlight of the month was the Koonambil Rodeo! Residents were entertained by the staff as they competed in different rodeo events on their stick horses. Staff dressed up for the occasion and everyone had a great morning, topped off with lunch and a refreshing drink outside in the sunshine.

Knit & Knatter, Boules & Golf have made a comeback onto the activities calendar while the regular activities such as Quiz, Wii Sports, Bingo, Hoy, Cards & Alphy have continued to be popular with the residents. The jukebox gets a continual workout in the foyer with a range of music keeping the residents entertained.

Throughout the last three months residents' messages of love and wisdom, as well as photos of our activities, were posted on the Koonambil Facebook page and we have been overwhelmed with comments from the community!





# KOONAMBIL NEWS



## OUR DETAILS

### Address:

140-148 Castlereagh St  
Coonamble NSW 2829

**Phone:** 02 68223 193

**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

## 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, Maddi Chadburne, Ashleigh Anderson, Angela Fernando, Grace Andrews, Sam Harris, Maddison Pawley, Piper White, Emily Greer

**Hotel Services** Rhonda Ingram, Allison Pawley, Jenise Thomas, Fiona O'Malley, Gail Day, Wendy Geale, Jess Canham, Liberty Wall, Mary Grace Yurong, Vicki Pickering, Jenny Bone, Lou Remond

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

**Trainee** Tamara Rushworth

**Maintenance & Gardens** Mick Murray, John

## MESSAGE FROM THE BOARD

I am grateful to the Residents and Staff for their handling of the changes due to the Covid-19 pandemic and the role they have played in keeping Koonambil safe from the dreadful consequence which could have flowed if our preventative measures weren't strictly adhered to. The understanding and cooperation shown by family, friends and the wider community has been appreciated during this time.

The Koonambil Strategic Plan for 2020-23 that we workshopped in March has now been finalised and a copy of the plan is available on the website.

## MEMBERSHIPS

2020/21 Memberships are now due for renewal, the annual fee is \$11.00 per person. New members are always welcomed and if you'd like to join please contact the office for a Membership Form.

