

KOONAMBIL NEWS

September 2020



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FROM THE CEO'S DESK

Covid-19 compliance continues to occupy a lot of management time to ensure we are fully equipped to manage an outbreak. We are kept very well informed by the Commonwealth Department of Health; NSW Department of Health; Western NSW Local Health District and Aged Care Services Australia (ACSA).

Ben Callaghan and I attend virtual fortnightly meetings conducted by Health Western NSW. These Residential Aged Care Community of Practice meetings cover topics such as Public Health update, Infection Control and Prevention and Education and are informative. They also provide us with a wider group of contacts for advice regarding Covid-19. The group includes the Public Health Unit.

Ryan & Rankmore conducted their annual Financial Audit in August. Helen presented our financial records which showed no areas of concern. We have again defied the trend of more than half of outer regional, rural and remote facilities recording an operating loss. The completed financial report will be presented at the AGM in October. Congratulations to Helen for a job always very well done.

The Department of Primary Industries Food Authority audit was undertaken in a different format due to Covid-19 restrictions this year. As one of their team members lives in Sydney, I met with the team off site with our Food Safety Program and Food Safety Audits for review. Our head cook, Allison Pawley, keeps impeccable transparent records which were adequate for us to maintain our A rating without visiting our kitchen. Congratulations to Allison and the kitchen team.

Lynne Waterford has decided to retire after 17¹/₂ dedicated years to Koonambil Aged Care. Lynne came to 'cover shifts until a Registered Nurse was recruited' in 2003 and 'didn't believe aged care was for her'. Thankfully for Koonambil Lynne found aged care nursing was her thing!! Lynne has been an integral part of maintaining the highest standards of care delivered to the Residents and their Families at Koonambil for many years. Lynne progressed from the only registered nurse at Koonambil to Care Manager when other registered nurses joined our team with resident care becoming far more complex. Lynne has always been so dedicated to and proud of her work. I have worked along side Lynne for all this time, and will miss her enormously. We will all miss Lynne but wish her the very best for her future away from Koonambil.

Cath Bush | CEO

Our Mission

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

RESIDENT CARE REPORT

We welcome Barry Wilson, Brian Burge and Robin Williams as permanent residents and we also welcome new staff members - Jasmin Fernando, Mathilda Howarth, Sunil Kuriakose and Sarah O'Neill.

Condolences are with the families of Peter Firth, Barbara McKeown and Lorna Wood.

Staff have been busy with online ACFI education during August & in September we have 6 Dementia training online modules to complete.

Staff have also had in-services from Meditrax on Antimicrobial Stewardship, Diversey on Chemical Handling & Safety, as well as PEPA NSW has delivered a day of Palliative Care Education & how to use & manage a syringe driver.

Koonambil tries to be very proactive with education for its staff, which benefits staff's knowledge, skills & confidence, as well as allowing staff to provide the best possible care to our residents.

Most residents have had the Previnar 13 vaccine for the

prevention of pneumococcal pneumonia during September. This is a recommendation from their GP's.

Our visiting Podiatrist came in August to attend to resident's foot & nail needs. Our RN's do provide nail care to the residents in between these visits.

At the beginning of September Jess & I have completed all resident's fitness & balance testing. This is done twice a year to compare how each resident is going compared to the 6 months previously.

Our residents continue to have access to Dr Jennifer O'Riordan (Rehabilitation Physician) via Zoom for consultations & review of care. RN, Fran Mooy, accompanies each resident throughout their appointments. We are so fortunate to have Dr O'Riordan's valuable services at Koonambil.

I would like to take this opportunity to wish our residents & their families all the best for their future. I have decided to retire from Koonambil to focus on my family, my

ageing parents & my business.

Koonambil has been fortunate to employ a full time Registered Nurse, Cameron May, who will be commencing work in October.

It is a very sad time for me, but, I would like you all to know that I have enjoyed caring for your loved ones & talking with you about various concerns over the many years. Take care one & all.

Lynne Waterford
CARE MANAGER



Birthdays

From left: Gwenda Shanahan & Lou, Paul Lefebvre & Jenise, Jessie Tym & Cath, Val Hooper, Joan Firth, Janet Fitzgerald & Connie Maher also celebrated her birthday July



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ACTIVITIES REPORT

July

In **July**, residents thoroughly enjoyed a morning outside sitting around campfire, toasting marshmallows singing and watching lunch being cooked.

The next big event on the Koonambil Calendar was the Koonambil Olympics! Staff participated in the Opening Ceremony, each representing a country and then competing in two events. The first being a Slow Paced Foot race and the second a Floor Rowing race. Australia, Brazil and Ethiopia were congratulated for their efforts on the medal podiums.

It was then the Residents turn to compete in the Turtle Put (Shotput) and the Cardboard Javelin.

Leading up to the Olympics residents were involved in some craft activities preparing the Olympic rings.

Many movies have been enjoyed in the lounge room and residents have been enjoying resident choice afternoons where they can join in a friendly game of snakes & ladders or Phase 10 card games.

August

In **August**, some of the residents and Jess enjoyed a bus trip around town to see what has been going on. Mens Shed and Knit & Knatter are popular with many of the residents.

A new large screen TV has been a great addition to the lounge room and residents are enjoying watching movies together.

Jess's acting skills have been put to the test this month with a game of Charades.

Water Pong and Golf continue to be popular and highly competitive among residents and staff.

Music continues to play an important role in the lives at Koonambil with many residents enjoying a sing along to the Jukebox while one of the resident entertains us by playing the piano beautifully.

Social Media continues to be used to communicate to family and friends and to show the world what fun we have at Koonambil.

Donna was on holidays all of August and we were lucky to have Ashleigh and Grace to fill in for her.

September

In **September**, we brought the pub to Koonambil for a day, since outings aren't possible at this stage. Residents enjoyed sitting out in the beer garden, while participating in Teams Pub Trivia, listening to the jukebox and enjoying a pub style lunch and refreshments.

The men of Koonambil were celebrated on Fathers Day with gift bags donated by Coonamble Meals on Wheels and the Coonamble Neighbourhood Ctr.

The men were busy in the Men's Shed creating beer coasters with a little help from Jess.

We farewelled Rev Tym as he is retiring and we thanked him for his services to Koonambil, we enjoyed his visits.

Other regular activities, such as Bingo, Hoy, Alphy, Golf, Water Pong and Movies, continue to be enjoyed by a large number of residents.

Lynne has played a major role in keeping residents moving and encouraging exercises on a regular basis. We will miss her greatly as she retires and wish her all the best.



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MESSAGE FROM THE BOARD

Ryan & Rankmore Chartered Accountants have conducted the annual audit of the financial and governance departments of Koonambil Aged Care and found that all financial records are being kept correctly and in line with regulations set by the Department of Health and Accounting Standards.

Due to the visitor restrictions in place at Koonambil for Covid-19, this year's Annual General Meeting will be held at the Coonamble Bowling Club.

It is with much sadness that Lynne Waterford has tendered her resignation after 17 years of valuable service to Koonambil. We thank Lynne for her dedication and wish her all the best in her life after Koonambil.

ANNUAL GENERAL MEETING

This year's Annual General Meeting will be held on Tuesday 20th October at the Coonamble Bowling Club, commencing at 6.00pm. The Annual Report will be available to collect from the office two weeks prior to the AGM or at the AGM.

Everyone is welcome to attend.

OUR DETAILS

Address:

140-148 Castlereagh St
Coonamble NSW 2829

Phone: 02 68223 193

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, Gill Roworth, Deanne Towns, Kerry Hansen, Tammy White, Tamara Rushworth, Tori Canham, Maddi Chadburne, Ashleigh Anderson, Angela Fernando, Grace Andrews, Sam Harris, Maddison Pawley, Piper White, Emily Greer, Jasmin Fernando, Mathilda Howarth, Sarah O'Neill

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, Sunil Kuriakose

Activities Jess Canham, Donna O'Malley

Maintenance & Gardens Mick Murray, John Robinson

