

Sunnyside Snippets

OCTOBER 2021

GARDEN WALKS



We have had some absolutely gorgeous days, weather wise. We are very lucky to have such lucious gardens to head out into on these beautiful days. Many thanks to Frank, Krooze and Michael for keeping them so nice. We are really enjoying picking and naming the flowers.



We have had a nice relaxing time in October. We managed to get out in the sun and do a bit of sitting around, having a chat about what a great bloke Adam is – led by Adam of course!



SING-A-LONG

Graeme, from the famous Graeme and Jo, came to Sunnyside mid October and put on a fantastic show. We love live music here at Sunnyside. It really raises the vibe and puts us in such great spirits.



PAINTING

In October Markita and Adam got us to get the paint brushes out again. We painted some pictures to brighten the lounge as well as painted some decorations to celebrate Halloween.



Early this month we painted some wooden signs and table place holders which were donated by Max Douthat & Bec Tee from Bendigo for the residents to paint however they chose.



BIRTHDAY

Verna's birthday fell on the 16th of October. She turned a whopping 96 years young, which surprised everyone because she doesn't look a day over 80!



66TH WEDDING ANNIVERSARY

Sunnyside House was lucky to be a part of celebrating Bill and Shirley Henry's 66th wedding anniversary. What a great milestone to achieve. Congratulations again from all of us at Sunnyside.



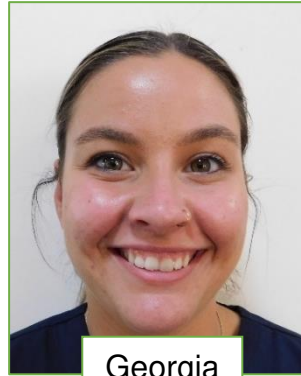
BINGO

We took bingo outside as it was such a beautiful day. Jack cleaned up with 66s and 77s, while Bert, George, Jean and Aussie joined us to soak up some rays of sunshine.



NEW STAFF

In October we welcomed Georgia (Personal Care Worker) and Stephanie (Personal Care Worker) to the Sunnyside team.



Georgia



Stephanie

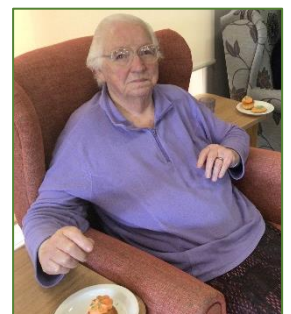
Please make them feel welcome.

VOLUNTEERS

John Larkins came to play for us on the last day of the month. He played a fantastic show and it was very enjoyable. We are grateful that we are able to have musicians at Sunnyside.



After John played his magic, we celebrated Halloween with some biscuits Markita and some of us made earlier in the week. We also had some "castles on hills" to eat with our tea and coffee.



AFTERNOON PUZZLE

Alastair's puzzle kept him interested early in October. Anne helped out too.



CHRISTMAS RAFFLE

Our Christmas raffle is now under way for 2021! Tickets are \$2 each and shall be drawn at the resident's Christmas luncheon on Friday 3rd December.



VALE

During October we farewelled Rose, Joy & Bill.

To their extended family and friends, we offer our sincere sympathy. They will be fondly remembered.



BABY NEWS!

Since leaving to go on parental leave last month, Grace and Tom have had a beautiful baby girl, who they have named Sadie Claire.



Sadie was born on 20th October, weighing 3.23kg (7.14 pounds).

We wish Grace all the best for the time she has away from us getting to know her baby daughter.

SUNNYSIDE OP-SHOP

Volunteers are urgently required to help out at the Sunnyside Op-Shop. For further information please contact Jeanette Duncanson on 042 962 7345 or 5593 2788.



CEO REPORT

As we learn to "live with COVID" we need to ensure we do not become complacent about all the fantastic infection prevention and control actions we have implemented and made a part of our everyday lives. These include but are not limited to: hand washing in warm, soapy water; the use of hand sanitiser, respiratory etiquette, not visiting others if you are feeling unwell; vaccinations; testing.

Stay safe and well as we enjoy our families and friends, many of whom we have not seen face to face for months.

Kind Regards, Claire



FREE WEBINAR

THE LOSS AND GRIEF OF RESIDENTS AND HOME CARE RECIPIENTS IN AGED CARE FOLLOWING COVID-19

WEBINAR OVERVIEW

The COVID-19 pandemic has had a profound impact on the aged care sector in Australia. There has been a considerable amount of loss in unrivalled circumstances and prolonged uncertainty which has caused an enormous amount of distress. As a result, the residents and Home Care Package recipients of older people, have experienced grief and a number of losses.

This free Webinar, presented by the Australian Centre for Grief and Bereavement (ACGB), will explore the impact that COVID-19 has had on residents and Home Care Package recipients living in residential aged care facilities (RACF) and receiving home care packages. The purpose is to reflect and identify the key issues of concern and offer practical strategies to assist residents and home care recipients in feeling heard, seen, and understood.

The Webinar will include presentations from Christopher Hall, the Chief Executive Officer at ACGB, Susan Kurrle a geriatrician practising at Hornsby Ku-ring-gai Hospital in northern Sydney and at Batemans Bay Hospital in southern NSW and Sunil Bhar a Professor of Clinical Psychology in the Department of Psychological Sciences at Swinburne University of Technology.

DATE/TIME

When: Tuesday, November 16th, 2021

What Time: 02:00 PM - 03:15 PM AEDT

Where: Online - join via your computer!

Registration link:

<https://kapara.rdbk.com.au/landers/6b825e.html>

WHO IS IT FOR

- » Families, friends, and the families of choice of aged care residents and Home Care Package recipients.
- » Aged care residents and Home Care Package recipients.
- » All staff working in residential aged care facilities or providing home care for older persons.
- » Staff working in management positions or organisational leadership within the residential aged care sector.
- » Anyone interested in providing bereavement support within the aged care sector or supporting people experiencing non-death related grief and loss.

LEARNING OUTCOMES

- » Establish the impact on residents and Home Care Package recipients in aged care.
- » Establish the key issues and challenges for residents and Home Care Package recipients in aged care in dealing with grief and loss.
- » Recommendations to support residents and Home Care Package recipients in aged care impacted by COVID-19 related losses.
- » Recommendations for inclusive support strategies for residents and Home Care Package recipients in aged care impacted by COVID-19.

PRESENTERS



Mr Christopher HALL
MA, GradDipAdol&ChPsych, BEd, CertIVTAE,
MAPS, MAICD, FAIM

For the past 24 years Christopher Hall has held the position of Director and Chief Executive Officer of the Australian Centre for Grief and Bereavement. He is a psychologist specialising in grief and bereavement. Christopher was elected President of the Association for Death Education and Counseling in 2015. In 2007, he was elected to the Board of Directors of the International Work Group on Dying, Death and Bereavement and served as chair from 2010-2013. He currently serves as the Secretary/Treasurer of the work group. The Association for Death Education and Counseling in 2018 awarded him the ADEC Service Award for his commitment to the field and advancing the study of dying, death and bereavement.

A Fellow of the Australian Institute of Management. Christopher is also an Honorary Fellow of the Department of Psychiatry at the University of Melbourne. He serves as the Editor of the journal *Grief Matters: The Australian Journal of Grief and Bereavement* and is a former Associate Editor of *Death Studies*. Since 2010, Christopher has been a member of the Coronial Council of Victoria.



Australian Government



ENQUIRIES CONTACT
education@grief.org.au

Monday - Friday | P: 1800 22 22 00



FREE WEBINAR **THE LOSS AND GRIEF OF RESIDENTS AND HOME CARE RECIPIENTS IN AGED CARE FOLLOWING COVID-19**

PRESENTERS



Professor Susan Kurrle

Susan Kurrle is a geriatrician practising at Hornsby Ku-ring-gai Hospital in northern Sydney and at Batemans Bay Hospital in southern NSW.

She is the Clinical Network Director for Rehabilitation and Aged Care in Northern Sydney Local Health District and she holds the Curran Chair in Health Care of Older People in the Faculty of Medicine and Health at the University of Sydney.

Her research and practice interests centre on frailty, falls prevention, dementia, successful ageing, and improving care for older people in residential care.

She was the Medical Advisor to the Royal Commission into Aged Care Quality and Safety, and most recently she has been involved as medical adviser and commentator for the award-winning ABC documentary series 'Old People's Home for 4 Year Olds'.

PRESENTERS



Professor Sunil Bhar

Professor Sunil Bhar is Professor of Clinical Psychology in the Department of Psychological Sciences at Swinburne University of Technology. He was head of the department for 4 years (2016-19). After his doctoral training, he completed 4 years of postdoctoral training with Dr Aaron Beck.

Professor Bhar is a clinical psychologist with expertise in the application of psychological treatments to older adults living in residential aged care settings. He is the director of the Wellbeing Clinic for Older Adults, a geropsychology counselling service for older adults living in residential aged care facilities.

For nearly a decade, he has led research on the outcomes and mechanisms of psychological treatments for older adults. Professor Bhar has almost 15 years of experience in researching psychological treatments for late life.

He successfully led Australia's first randomised controlled trial on the application of cognitive-behavioral therapy for aged care residents living with dementia, funded by the Department of Health. Professor Bhar is currently the lead chief investigator on a large scale NHMRC Targeted-call-for research project – called ELATE (Elders at Ease) involving 500 aged care residents to examine the efficacy of cognitive-behavioural therapy for aged care residents.

His research program strives to develop and deliver effective and sustainable interventions that improve emotional outcomes for aged care residents. He has extensive expertise in developing and adapting reminiscence and cognitive behavioural treatments for aged care residents. In recognition of his research achievements in residential aged care, Professor Bhar was awarded the Australian Psychological Society's Alistair Heron Award in 2014 and was selected to give expert testimony at Australia's Royal Commission into Aged Care Quality and Safety in 2020.



Australian Government



ENQUIRIES CONTACT
education@grief.org.au

Monday - Friday | P: 1800 22 22 00