



JUNE & JULY 2022

SING-A-LONG



Ros H visited us at Sunnyside to play the piano for a wonderful Sunnyside sing-a-long.

Ros is a brilliant pianist and her music really raises our spirits. We thoroughly enjoy when people visit to play us live music.

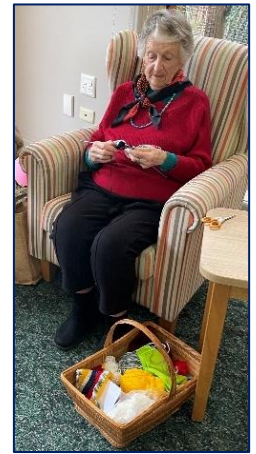
EXERCISES

A great time was had in June when Markita and Adam tried to tire us out with some exercise. Lots of bouncing balls being bounced around!



Jean shone brightly with her exceptional hand-eye coordination. Jean has plenty of tricks up her sleeve, and also a few tissues.

KNIT & NATTER



Knit and natter is all about having lovely chats while knitting up all sorts of woolly wonders. Dot W has been knitting up some beautiful little teddies which we will soon be donating to children in need. We are also donating blankets for animals in need, socks, beanies, the odd stubby cooler/hand warmer and some absolutely warmer than toast blankets. Lots and lots of time and effort goes into these beautiful creations.

HAPPY BIRTHDAY ADAM!

Adam turned 41 in June. We decided to throw him a birthday party as he was unable to celebrate his 40th due to COVID. Once again the kitchen produced an amazingly delicious spread of savoury sweet treats. Adam was quite chuffed as Adam likes food!



MORNING MELODIES

A wonderful day was enjoyed at Morning Melodies with great music, great company and great sandwiches and party pies.



We would like to give Bidge & Barb Boyd a huge shout out for their efforts with Morning Melodies.

ROS & JUDY

To finish off the month of June, we were fortunate to have more live music and a sing-a-long, with Ros and Judy leading the choir and we sang until we couldn't sing anymore.



FOOTY TIPPING

It is a tight race in our resident football tipping competition...

Top 3 after Round 22	
Mary L	115
Dorrie	113
Verna	113

WELCOME

During June & July we welcomed Bill, Andy, Betty, Greg and Ron. We hope you have all had a chance to introduce yourselves to our new residents and make them all feel very welcome.

FAREWELLED STAFF

Sadly, we farewelled the following staff in June & July:

- Tanya H (catering)
- Jenny B (laundry)
- Nirmal R (personal care worker)
- Bernie M (personal care worker)
- Pratima D (Registered Nurse)
- Ethan (catering apprenticeship)

We wish them all the very best as they broaden their horizons and see what else the world out there has to offer them in the future.



FATHER'S DAY RAFFLES



Our Father's Day raffle for 2022 is now underway with several wonderful handmade items available for the winners! Many thanks again to:

- Max Douthat (from Bendigo) who donates many items he has created to Sunnyside, including these clocks, chest and Finska set
- Kathleen Johns has knitted a pair of gorgeous animals
- Dot W & Margaret L have knitted a beautiful rug

Tickets are on for \$2 with the raffle to be drawn on 2nd September at morning tea.

Raffle tickets are available near reception, or an order can be placed over the phone and reception can fill them out for you.

JO & GRAEME

Another brilliant performance by Jo & Graeme. We have said it before, and we will say it again, by gosh we love live music at Sunnyside.



WELCOME TO REV SUZIE CASTLE

During the new Uniting Church minister's first service, Jack eloquently welcomed Reverend Suzie Castle on behalf of Sunnyside House Inc.

Jack used beautiful and very appropriate words from a favourite hymn:

“We took a step outside of our walking and found within a beat which we share.

We will walk with you the length of a life of living prayer.”

Rev Suzie was momentarily overcome with the warmth of your message.



MATCHING OUTFIT

Resident and CEO coordinate their colours for breakfast!



NEW STAFF

During June & July we welcome several new and returning staff members. Please make them feel very welcome.



Michelle
Catering



Bec
Care Manager



Callani
Catering



Ashwinder
Personal Care worker



Barb
Catering

TEACH THEM YOUNG

At our quarterly Medication Review Committee meeting we had an extra cute helper!



VALE

During June & July we farewelled Shirley R, Audrey, Joyce, Shirley H, Phyllis S & Margaret J.

To their extended family and friends, we offer our sincere sympathy and trust we served them well during their stay with us.



CAMPERDOWN COLLEGE PRODUCTION

Very early in June we were fortunate enough to be invited to High School Musical, produced by Camperdown College's drama class.



We were extremely impressed with their performance. Janice's daughter, Leilah, and Callani from catering had main roles. We look forward to seeing more of the College's productions.

CEO REPORT & REMINDER

On Tuesday 5 July 2022, the Victorian Premier announced a three-month extension of the pandemic declaration for Victoria from 12 July to 11.59pm, 12 October 2022. The pandemic declaration gives the Minister for Health the authority to make pandemic orders considered reasonably necessary to protect public health.

This is a reminder to you all that bookings are essential for visits to residents at Sunnyside and for resident planned outings.

Bookings are to be made through reception on 03 5593 1263, Monday – Friday 09:00 – 5:00 pm (this means not weekends and not public holidays) and at least 24 hours prior to the planned outing.

It is the responsibility of the resident's family members to notify other potential visitors of these requirements, so no one is turned away should they not have a booking.

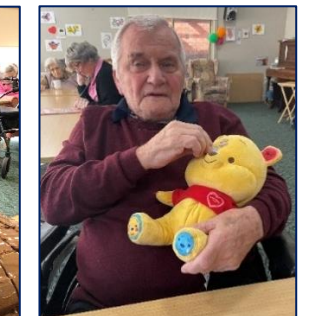
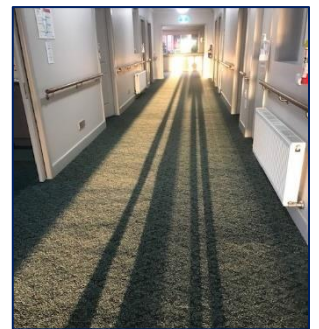
Please be mindful of the screening requirements residential age care services must undertake, and that you are taking away from resident care time when staff are required to leave their planned work to manage unplanned visits.

Unacceptable behaviour, including rudeness and abuse of any staff who are managing these procedures will not be tolerated.

Please do not hesitate to contact me should you have any questions or comments.

Kind Regards
Claire

PHOTO BOARD



University of Tasmania free online Dementia Awareness course

A free Massive Open Online Course (MOOC) on Understand Dementia, which has been developed by the Wicking Dementia Research and Education Centre based in the College of Health and Medicine at the University of Tasmania, is available to anyone wishing to undertake the modules.

This world-leading online course is **free, easily accessible and available to everyone (not just those in Tasmania)** with an interest in dementia, that is, anyone, even if not a health care worker.

The ageing of human populations across the globe has contributed to dementia being identified as one of the public health issues of the 21st century. The MOOC curriculum addresses this health issue by drawing upon the expertise of neuroscientists, clinicians and dementia care professionals from both within the Wicking Dementia Research and Education Centre, and beyond.

Since 2013, the Understanding Dementia has received over 330,000 enrolments from all around the world. We invite you to join our community and learn about the diseases that cause dementia, how the condition affects the person with dementia, and how we can provide the best quality care.

Once the course commences, you will be able to log in to engage with the course content and activities, and share perspectives with other participants. The course is scheduled to close on 16th September, 2022 at 5:00pm AEST.

To get the most out of this experience, you should expect to spend approximately three (3) hours per week completing the course activities for the seven (7) weeks of scheduled content. The additional 3 weeks that the course is open is to allow you to catch up or revisit content.

The release of course content will occur at 9:00am (AEST) on the following dates:

- **Module 1: Orientation - 5th July, 2022**
- **Module 2: The Brain - 7th July, 2022**
- **Module 3: The Diseases - 21st July, 2022**
- **Module 4: The Person - 4th August, 2022**
- **Module 5: Completion - 25th August, 2022**

You can work through the content at any time of day and at your own pace within this release schedule. This includes revisiting earlier released content as needed.

Once you have completed the course, you will be eligible to download a free, personalised certificate of completion. We also offer paid enhanced certificates options in addition to the free certificate. There will be more information about this in the Completion module.

For further information on the course outline or to register, please click on the link below:

<https://mooc.utas.edu.au/i/UDMOOC?fbclid=IwAR27XCxLWahykLvgJjRfTwtYYj7eiZjWidPoEYq6Q1FzMSZwPbVU39BgrXA>