

ADVICE FOR YOUNG & OLD



Early in August Markita took photos of our residents with some of their best advice for the youth of today. There were some wonderful pearls of wisdom amongst the pack with many words by which to live! Make sure to check out our Facebook page to see more!



FOOTY TIPPING

Congratulations to Margaret for taking out our resident footy tipping competition for the year. It was a tight tussle all year so well done to all involved.

The top 3 were as follows:

Top 3 after FINAL round	
Margaret	122
Dorrie	121
Verna	119

MORNING MELODIES

We were lucky enough to get tickets into Morning Melodies last month.



Cameron Mason played the house down and Bidge also performed again and did a great job. We were all kept very entertained with an enjoyable time being had by all!

FUN TIMES

We had a great time with the care staff throughout the month as they did a fabulous job entertaining us while we folded napkins and undertook our morning exercises. Janice's and Rina's usual antics kept everyone smiling and laughing. It was a bonus having our resident dog, Scotty, back on the scene!



BINGO

While Markita and Adam were away, Nathan from reception was pulled out of the office to swap his administration duties and dive head first into some bingo fun with the residents. He did an excellent job calling all the action, proving he is as good with numbers as he is with quips.



Jack led the way as usual, winning a couple of games whilst Gwen and Heather also managed to score a few prized chocolates for their efforts.

MORE MATCHING!

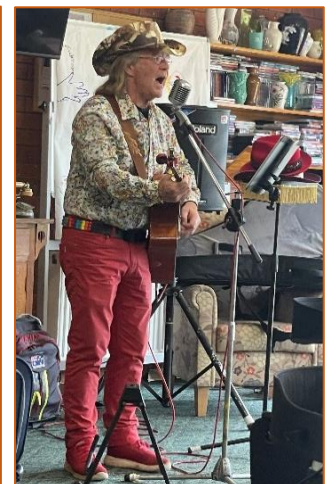
Earlier in the month Val & Bec decided to wear the same outfit. It's surprising how often two people will wear the same shirt around here!



VENTRILOQUIST



In August we had the pleasure of Eric (known as Ecka) and Jacinta Read come to entertain us! Eric had us laughing at his jokes and singing along with his songs. He introduced us to his ventriloquist dummy Sparky who was very cheeky! A very fun afternoon had by all.



BUCKET BALL

Bucket ball always brings lots of fun and laughter when our residents play. Markita kept us all on our toes! Some of the shots resulted in Markita breaking into a sweat as she chased wayward balls around the lounge, even having to climb under chairs to retrieve them.



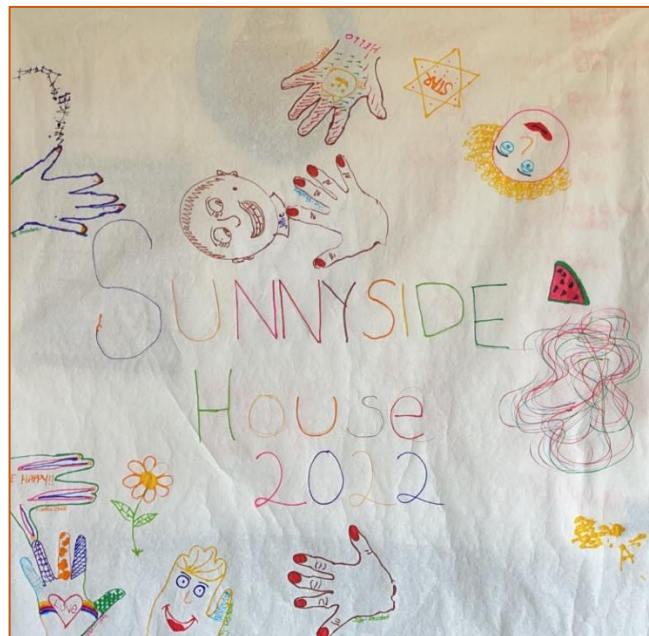
GRAEME & JO

It was lovely to welcome Jo & Graeme back to perform at Sunnyside. They did an exceptional job once again and the crowd was buzzing with lots of singing and tapping feet and knees. Graeme's new haircut looked great too!



CRAFT

The residents were kept busy under the watchful eye of Peter as we put our creative skills to use making a beautiful art canvas to brighten up our lounge room. Not too shabby if we do say so ourselves!



BIRTHDAYS

August marked the birthday for several residents.



Dorrie celebrated her 101st birthday with a beautiful sponge cake whipped up by our magnificent catering department. They were also kept on their toes throughout the month making delicious cakes to celebrate the special days for Dot W, Pauline, Val, Millicent, Mary C and Helen. It certainly was a popular month to have a birthday!

NEW STAFF

During August we welcomed Grace (Registered Nurse), Marieta, Edna and Amy (Personal Care Workers) to our Sunnyside team. Please make them feel very welcome.



Grace



Marieta



Edna



Amy

CEO REPORT

How wonderful it has been to have some warm, sunny days as Spring approaches. We still need to be vigilant with our hand hygiene and cough & sneeze etiquette as flu and COVID are still with us.

Once again we thank our residents and staff for their vigilance, and our families for complying with our visiting requirements and screening. Not long and daylight saving time will be with us. Aussie is working hard as usual, making sure we all behave! Enjoy the Spring & stay safe.

Regards

Claire



Spring has sprung!

A NEW APPROACH TO REGULATING AGED CARE

Good morning,

The Department of Health and Aged Care is developing a new approach to regulating aged care that will be people-centred and based on best practice principles, to ensure safe and quality aged care is delivered to older Australians.

We are consulting with older Australians, their families and carers, and the sector to participate and share ideas to develop a new approach to regulating aged care that will deliver the reforms identified by the Royal Commission into Aged Care Quality and Safety.

We have just released [Consultation Paper No.1 – A new model for regulating aged care](#), which provides a high-level overview of the new model. You're invited to provide your views and feedback through:

providing a written submission via the [Consultation Hub](#), closing 10 October 2022; or

- completing the questionnaire via the [Consultation Hub](#), closing 10 October 2022.

The consultation paper follows the February 2022 release of the [Concepts for a new framework for regulating aged care concept paper](#), which was the first step in working with the community to develop a contemporary approach to care that places the needs and preferences of older Australians at its centre. The paper was supported by a [webinar on 8 March 2022](#). Another webinar was held on 31 August 2022 regarding our new regulatory framework and the Support at Home program. The recording of this webinar will be available on the department's [Videos and webinars page](#) and [YouTube channel](#) soon.

Further consultation papers will be released in the coming months to ensure older Australians, their families and carers, service providers and sector have the opportunity to ask questions and share feedback and insights on the new model.

For further information on the new approach to regulating aged care, please visit the [webpage](#).

Queries can also be directed via email to AgedCareRegModel@Health.gov.au.

To receive notifications of upcoming engagement activities across all aged care reforms, including future consultations seeking further input on the new model, please subscribe to the department's [Ageing and Aged Care Engagement Hub](#).

We value your input and look forward to hearing from you.

Kind regards

Department of Health and Aged Care
AgedCareRegModel@Health.gov.au

The Department of Health acknowledges the Traditional Custodians of Australia and their continued connection to land, sea and community. We pay our respects to all Elders past and present



MEDIA RELEASE: for immediate release

8 September 2022

The aged care sector is on the cusp of a perfect storm when it comes to mental health and emotional wellbeing – for staff and the older people they care for.

That is why Rachael Wass, CEO of Meaningful Ageing Australia, is in Canberra today to participate in the 2022 Mental Health Australia Parliamentary Advocacy Day at Parliament House.

She is talking about the unique challenges faced by the aged care sector and why, against the background of Australia's first wellbeing budget being introduced next month, Meaningful Ageing Australia is calling for a dedicated wellbeing budget for the aged care sector – one that includes the resourcing to give organisations, their work force, and the older people they care for, the capability and confidence to navigate the confronting challenges they face in ordinary times and the resilience to recover well from the consequences of our Covid times.

We believe a dedicated budget, along with the relevant supporting Aged Care Quality Standards, should include provision for two areas in particular:

1. **Dedicated and increased workforce to *recognise, respond and refer*** for spiritual distress, emotional concerns and atypical behaviours in the older people they care for. These staff would be well placed to provide mental health 'first aid' – a triage system to ensure no individual situation is unseen or unnecessarily exacerbated.
2. **Wide adoption of an evidence-based and validated tool such as our *ConnecTo***, which can assess, identify and explore what brings relief and optimism and connectedness to both the older people receiving care and the staff who facilitate the process.

Older people, facing the existential challenges and spiritual distress of a profound life transition, often experience isolation, doubt, loneliness, grief, depression and anxiety.

And our work force also experiences grief, overwhelm, burnout, anxiety and depression – often undiagnosed and the main reason for staff turnover.

With the complication of Covid and a period of continuous change and disruption, the challenges that had been unspoken, in some cases unseen, and unresolved have resulted in a mental & emotional health crisis – a crisis that requires federal support to effectively address and resolve.

Meaningful Ageing Australia is a proud member of Mental Health Australia and welcome this opportunity to represent our members and the older people they care for at such a significant event.

For media inquiries or more information about Meaningful Ageing Australia, please contact Jacquie Molloy on 0407 314 897 or email jmolloy@meaningfulage.org.au