



Sunnyside Snippets

DECEMBER 2022

CHRISTMAS PARTY



Lots of laughter and joy were brought in to Sunnyside at the Family and Residents' Christmas Party. Many family members came to celebrate with their loved ones. Everyone had a fantastic day and it was so nice having families in to enjoy the start of the festive month. Well done to the catering staff who put on such a lovely feast, which was enjoyed by all.

OUTDOOR BINGO



Residents enjoyed playing outdoor Bingo in the fresh air.

LAST BUS TRIP FOR 2022



A group of residents, along with Vicki and our friendly volunteer driver Chris, visited a Cobden farm this month. The deer and Dougie, the miniature pony, were crowd favourites! Dougie enjoyed everyone coming back for a visit. This time there was a special treat for our residents made by Julie, our PCW. The residents were very grateful for the delicious scones.



MORNING MELODIES



Residents made their way to the Camperdown Football Club Rooms for Morning Melodies. Don Fisher was the entertainer for the day. Residents enjoyed singing along and laughing at Don's funny jokes. The Catering staff sent us over a lovely lunch.

Thank you Barb and Ian Boyd for the amazing job entertaining us throughout 2022. We are looking forward to returning in 2023 for Morning Melodies.

GARDEN WALKS



With the weather improving after all the rainfall we have had, residents were able to be outside and enjoy the sunshine. Residents went for garden walks, enjoyed looking at our beautiful plants and even visited the fish pond.

SANTA CAME TO VISIT

A very special visitor came to surprise our Residents at Sunnyside! Santa came to visit and hand out some goodies. Residents were delighted to have their photo taken with Santa. Luckily everyone has been good this year and all received a gift.

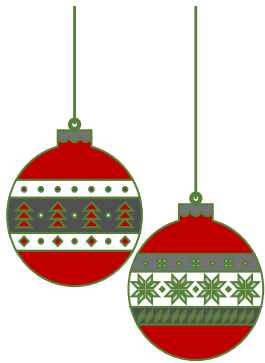


CHRISTMAS CAROLS



After Santa finished handing out his presents, everyone sang along to lots of different Christmas carols. Thanks to Ros Hayman for playing the piano.

ERIC READ & JACINTA



Eric, Jacinta and Sparky joined in on our festive celebrations with a special Christmas Show for us all to enjoy. Eric is a crowd favourite among our Residents, singing and cracking jokes. Sparky is a very funny character who always has everyone laughing. Residents are looking forward to the Australia Day show.

NEW RESIDENT

We welcome Robert C for a new respite stay at Sunnyside! It's been great getting to know you, and we hope you are enjoying your stay with us.

CHRISTMAS RAFFLE

Our annual Christmas Raffle had a great outcome, with lots of prizes given away to residents, families, friends and staff (list of winners on the back page). A total of \$1,645.90 was raised, which will all go towards future Resident activities.

CHRISTMAS DAY

Christmas Day brings a lot of festive spirit, which sees many of our Residents go out for the day with their families. Residents enjoyed the festive spirit with a traditional roast lunch prepared by our catering staff for those who "stayed in" at Sunnyside. There were plenty of yummy desserts, for which we luckily have a second dessert stomach. Residents talked about what Christmas means to them, and shared stories about Christmas celebrations from previous years.



By the end of December everybody felt partied out, but over all it was a very enjoyable Christmas month. We are all looking forward to new adventures in 2023.

NEW STAFF



During December we welcomed Vicky W, Gemma T and Diane B to our Personal Care Team. Please make them feel very welcome.

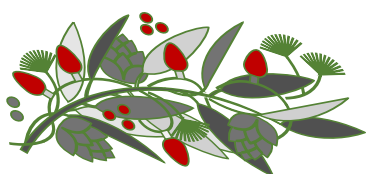
STAFF LEAVING



This month saw Nathan's last day with us in the Administration department. His friendly smile and cheerful banter will be missed! We wish Nathan all the best in his future endeavours.

VALE

During December we farewelled Ilona 'Helen' S. We offer our sincere sympathy to her extended family, friends and our Sunnyside staff, and trust we served her well during her time with us.



CEO'S REPORT

Hot and cold, wet and dry – not a lot of time to recover from the quick changing weather. It is a time to be mindful of maintaining your fluids, even if you do not feel thirsty. This helps to keep vital your skin and organs hydrated and functioning.

This is also the season for gastroenteritis, so don't drop your guard. Keep practicing hand hygiene and respiratory etiquette, to protect yourself and others.

Wishing you all a safe, happy and healthy 2023.

Kind regards,
Claire.



Congratulations

The lucky winners of our Christmas raffle are:

Darren Foley	Millicent Jenkins
Dot Benson	Scott Stephens
Charlie Robin	Sue Walder
Gillott Family	Ruth Gstrein
Wendy Jacobson	Phyllis Kinnear
Marg Lucas	Regina Beal
Tim Maguire	Dennis Arnott
Lisa Jones	Rina Jordan
Barry Coverdale	John MacInnes
Sue Wheaton	Gail Cullen
Darryl Ross	Tom Rantall
Sandra Stephens	Ellen Knight
Ian Potter	Graham Harris
Val Whytcross	Al White
Pam Cottrill	



Star Ratings for aged care homes

Star Ratings help you compare the quality of aged care homes using the 'Find a provider' tool on the My Aged Care website.

What are Star Ratings?

All aged care homes receive an overall Star Rating and a rating against four sub-categories:

- **Residents' Experience** – aged care residents are interviewed about their overall experience of their aged care home. Residents' Experience makes up 33 per cent of the overall Star Rating.
- **Compliance** – regulatory decisions by the Aged Care Quality and Safety Commission including compliance with the Aged Care Quality Standards. Compliance makes up 30 per cent of the overall Star Rating.
- **Staffing** – the amount of care received from a registered nurse, enrolled nurse or personal care worker to each resident in an aged care home compared to the average care targets set by the Australian Government. Staffing makes up 22 per cent of the overall Star Rating.
- **Quality Measures** – information about five crucial areas of care: falls and major injury, unplanned weight loss, pressure injuries, medication management and the use of physical restraint. Quality Measures makes up 15 per cent of the overall Star Rating.

What do the stars mean?

Aged care homes receive Star Ratings between 1 and 5 stars.

- 1 star – 'significant improvement needed'
- 2 stars – 'improvement needed'
- 3 stars – an 'acceptable' quality of care
- 4 stars – a 'good' quality of care
- 5 stars – an 'excellent' quality of care

How often are Star Ratings updated?

Star Ratings are based on the most recent available data and are updated at various times:

- Residents' Experience Rating – updated annually.
- Compliance Rating – updated daily.
- Staffing Rating – updated quarterly.
- Quality Measures Rating – updated quarterly.

The overall Star Rating automatically recalculates when new data is available.

Why do we need Star Ratings?

The Royal Commission into Aged Care Quality and Safety highlighted the need for a simple and transparent way to compare the quality of aged care homes.

Star Ratings are based on measurable information about service quality that is updated as new information is available.

The introduction of Star Ratings is a key milestone in the aged care reforms and will deliver a range of benefits, including:

- transparency about the quality of care in all aged care homes
- an easy way to compare the quality of aged care homes using the free 'Find a provider' tool on the My Aged Care website
- nationally consistent quality measures to monitor, compare and improve aged care
- providers will be engaged to continuously improve their Star Ratings, improving the quality of care for older Australians.

Where do I find Star Ratings?

Star Ratings are expected to be available on the My Aged Care website in December 2022. Search for aged care homes using the 'Find a provider' tool to see their Star Ratings.

Visit [MyAgedCare.gov.au/find-a-provider](https://myagedcare.gov.au/find-a-provider) or scan the QR code.



 Phone 1800 200 422
(My Aged Care's free call phone line)

 Visit [MyAgedCare.gov.au/find-a-provider](https://myagedcare.gov.au/find-a-provider)

For translating and interpreting services, call 131 450 and ask for My Aged Care on 1800 200 422. To use the National Relay Service, visit nrschat.nrscall.gov.au/nrs or call 1800 555 680.