



Amber
Aged Care

Newsletter

Welcome

2023 has welcomed 10 new residents into Amber Aged Care we are so excited to have you join our community and become part of the amber family.

2022 we finished the year with the opening of Rowan house and the New administration building. We were fortunate to have MP Peter Malinauskas at the opening as well as representatives from the Estonian, Latvian and Lithuanian communities. The day was enjoyed by all.

Our plans for 2023 include our continuous focus on improvements to the facility to support comfort and choice. From mid February lunch will be served from the bain maries in house 1,4 and 5 supporting choice of food at meal times. Hot breakfast available on Wednesdays and Sundays will also be served from the bain maries in the houses. The option of a hot breakfast is being encouraged on the days available to increase choices as breakfast time. In regards to the upgrades to the kitchennettes in house 2 and 3 we plan to complete these works in the next 6-12months

After receiving positive feedback regarding the sliding door in house 1 we are working towards sliding door access in the remaining houses to improve safe access and egress.

Dominique Evele | CEO Amber Aged Care



Star Rating ★★★★★

Amber is pleased to advise that we received 4 out of 5 stars for our star rating which is publicly available through my aged care.

Special Days coming up

World Hearing Day

International Women's Day

This edition:

- STAR RATING
- NEW APP
- FOOD REMINDER
- SMOKING REMINDER
- LAUNDRY
- SUMMER MENU



New App Coming

To increase transparency and communication Amber Aged Care is in the process of implementing the P6 MyCarePlan App:

Via the app consumers and loved ones can:

- Record preferences
- Set up care goals
- View photos of lifestyle activity involvement
- Be alerted of medical results
- Receive news letters

Security is maintained through a set user name and password issues by amber aged care.



Reminders

It's really nice to show you care by cooking special favorite meals for your loved ones. But if you do you wouldn't want to make them sick so there are some things you need to know.

- When transporting food, it should be kept at 5 degrees Celsius or cooler or for hot food 60 degrees Celsius or hotter. Between 5-60 degrees is known as the temperature danger zone because harmful bacteria multiply to dangerous levels
- Food that requires reheating: AAC staff are not permitted to reheat food, the person providing the meal must undertake the reheating and serving of the meal
- Food brought in must be logged on the food register, please let the RN know what items you have brought in so they can be recorded

- Perishable food should not be left in the resident's room, if you are bringing commercially prepared items please ensure it remains in its original packaging so staff are aware of the use by date
- Some of our residents are on texture modified diets please check with the RN on duty regarding food and fluid consistency prior to bring food into the facility

If elderly people get food poisoning, they are also likely to suffer more severe consequences. These can range from mild dehydration to neuromuscular dysfunction and or even death. Older people also take longer to recover from food poisoning.

There are some foods that pose a higher risk than others, particularly of passing on a Listeria infection which is dangerous for the elderly. Please see the table below

Cold meats	Cooked or uncooked, packaged or unpackaged e.g. Roast beef, ham etc.
Cold cooked chicken	Purchased whole, portions, sliced or diced and pre-packaged chicken sandwiches
Pate	Refrigerated pate, liverwurst or meat spreads
Salads	Pre-prepared or pre-packaged fruit, vegetables or salads e.g. from salad bars, retail outlets etc.
Chilled seafood	Raw or smoked ready-to-eat e.g. oysters, sashimi or sushi, smoked salmon or trout, sandwich fillings, pre-cooked peeled prawns such as in prawn cocktails and salads
Cheese	Pre-packaged and delicatessen soft, semi soft and surface ripened cheeses e.g. brie, camembert, ricotta, feta and blue
Ice cream	Soft serve
Other dairy	Unpasteurised dairy products e.g. raw milk, cheese or yoghurt made from raw milk



Smoking

Amber Aged Care is a NON-SMOKING site. Assistance will be given to consumers who wish to address their tobacco smoking, including the provision of information, advice and referral to support services.

Laundry

We have a large volume of laundry in our boardroom that needs to find a home. When you next come to visit please have a look at these clothes items and see if they belong to your family member.

Clothing items are marked with resident's initials or surname and room number in permanent texta on admission. If you are bringing new items into the facility please pop past reception and we can help you label these items so they don't go missing. We also would like to remind you that the temperature of our washing machine is very high and subsequently delicate fabrics can easily get damaged. You are welcome to wash these items at home if required but encourage you to purchase items that can tolerate high washing temperatures.



Summer Menu

The summer menu has been approved by our residents and the dietitian. Our menu aims to support the choices of the residents as well as supporting the needs of residents requiring texture modified food. Menu orders are taken the previous day by our kitchen hand, if your family member is having difficulties with ordering we are happy for you to assist with this process.

Images from our Opening

