



# Amber Aged Care

Newsletter - January 2024



Dear Residents and Family Members,

Happy New Year! As we welcome the fresh beginnings of 2024, we at Amber Aged Care are filled with optimism and enthusiasm for what this year holds for our community. We're not just a residence; we are a family, united in creating a nurturing and vibrant environment for all our cherished residents.

This year, we're excited to introduce a range of new activities, events, and initiatives designed to enrich your daily experiences and foster a sense of joy, wellness, and connection. From creative arts and crafts sessions to outings, each activity is tailored to bring out the best in you.

We believe in the power of community and the strength of togetherness. Therefore, our doors are always open for your suggestions, ideas, and feedback. Your voice is crucial in shaping our community to be more aligned with your needs and desires.

As we embark on this journey through 2024, we promise to uphold our commitment to providing exceptional personalised care

Let's make this year a memorable one, filled with laughter, love, and the warmth of our Amber Aged Care family.

Warm regards,  
Dominique Evele



## We're Here to Help:

Our staff are always available to assist you with any concerns or needs. By working together, we can create a safer and more secure living environment for everyone at Amber Aged Care.

At Amber Aged Care, we believe in the power of communication and the value of your opinions. Your feedback is crucial in helping us enhance our services and ensure that our care meets your needs and expectations. We encourage you to share your thoughts, whether they are compliments, suggestions, or concerns.

### How to Provide Feedback or Make a Complaint:

**Paper-Based Feedback Forms:** For those who prefer a traditional approach, we have feedback forms available at the reception desk and in each house. Simply fill out the form and drop it in the feedback box. We review these forms regularly to address your concerns and suggestions.

**Email:** When emailing feedback please email to [manager@amberagedcare.com.au](mailto:manager@amberagedcare.com.au). Emails will then be forwarded to the relevant manager for follow up.

**Digital Feedback:** For a quick and convenient way to give feedback, scan the QR code displayed on the feedback box located in each house. This will take you to an online feedback form that you can fill out from your phone or computer. Alternatively, you can visit our website and submit your feedback directly through the provided link.

**In-Person Discussions:** Our staff are always here to listen. Feel free to approach any member of our team if you prefer to give your feedback or discuss any issues face-to-face.

## Our Commitment to You:

**Confidentiality:** Your feedback will be treated with the utmost confidentiality and respect.

**Responsiveness:** We are committed to responding to and addressing issues as promptly and efficiently as possible.

**Transparency:** We will keep you informed about how your feedback is being used to make improvements.

Remember, your voice helps us to continue creating a supportive, caring, and comfortable environment for everyone at Amber Resident Aged Care.

## Life style 2024

The planned activities for the 2024 lifestyle calendar are thoughtfully designed to cater to a range of interests and promote community engagement. Some of the plans for 2024 include.

**A Trip to the Big Rocking Horse:** This outing promises to be a delightful experience, combining fun and a unique opportunity to explore an iconic landmark.

**Visiting the Botanical Garden:** This activity is planned for nature enthusiasts and those who appreciate the tranquility of lush, green spaces. It's an excellent opportunity for learning about diverse plant species and enjoying the beauty of nature.

A recent audit identified a significant interest in accessing technology. Recognising the importance of digital literacy in today's world, we are dedicated to identifying how we can further support this lifestyle interest for our residents.

**Gardening Group:** For residents interested in gardening, the plan includes building raised garden beds. This project aims to encourage community gardening, where residents can assist with growing herbs and vegetables. These organic, home-grown produce will be a great addition for our chefs to use in the kitchen.

Overall, these activities are designed to bring the community together, offering a blend of leisure, learning, and practical skills. They promise a fulfilling and engaging year ahead.



### Care plans and Assessments:

In line with the Aged Care Quality Standards in Australia, care plan reviews and assessments are crucial components that ensure the ongoing appropriateness and effectiveness of care provided. These reviews are conducted every six months, or more frequently if needed, to ensure that each individual's care plan remains aligned with their changing needs and preferences. During these reviews, a comprehensive assessment is undertaken, involving the resident, their family, and the care team. This process includes evaluating the resident's physical, psychological, social, and spiritual needs. The objective is to ensure that the care provided continues to support the resident's health, well-being, and quality of life, adhering to the principles of respect, dignity, and independence as stipulated by the Aged Care Quality Standards. These regular reviews and assessments are fundamental in providing person-centered care that adapts to the evolving needs of each resident, thereby upholding the highest standards of care in the aged care sector in Australia.

### Welcome:

Welcome to Helen, our new Care Coordinator. Helen brings with her an impressive wealth of clinical knowledge and expertise, which promises to be a valuable asset to our team. With years of experience in the health care sector, Helen has honed her skills in providing compassionate and effective care to the elderly. Her background showcases a deep understanding of the health complexities and these skills will have a positive impact on the clinical management of our residents. Helen's commitment to upholding the highest standards of care and her ability to lead with empathy and understanding make her a perfect fit for our community. We are thrilled to have Helen on board and look forward to the positive impact she will undoubtedly have on both our team and the residents at Amber Aged Care.



### Menu:

We are excited to announce some delightful additions to our menu. Understanding the importance of a balanced diet, especially as we age, we plan to introduce more fish dishes to our rotating menu. These fish-based meals are not only rich in essential nutrients and omega-3 fatty acids but also offer a delicious alternative to our traditional protein sources. Complementing these are an array of new salad options, featuring a mix of fresh, seasonal ingredients to tantalise the taste buds while providing vital vitamins and minerals. We're also expanding our vegetable offerings with each meal, ensuring a colorful and nutritious variety on every plate. Additionally, our increased fresh fruit selections will provide a natural, sweet treat while contributing to the overall health and well-being of our community members. These menu enhancements are part of our commitment to offering delicious, health-conscious dining options that cater to the diverse preferences and nutritional needs of those we serve.

# Falls prevention

Your safety and well-being are paramount at Amber Resident Aged Care. As we age, the risk of falls can increase, but with the right precautions and activities, many of these incidents can be prevented. We are committed to helping you reduce this risk through our falls prevention initiatives.

## Understanding the Risks:

**Medical Factors:** Certain medications and health conditions can increase the risk of falls. Regular medical check-ups are essential for effective management.

**Environmental Factors:** We continually work to ensure that our facility is safe and free of hazards that could lead to falls.

## Our Initiatives:

**Group Exercise Classes:** Are held twice a week, designed to improve strength, balance, and coordination - all of which are key to preventing falls. These classes are suitable for all fitness levels and provide a fun, social way to stay active and safe.

## Tips for Fall Prevention:

- **Stay Active:** Participating in our group exercise classes can significantly improve your physical stability.
- **Wear Proper Footwear:** Opt for shoes with non-slip soles that offer good support.
- **Keep Living Spaces Clear:** Ensuring your personal space and common areas are free from clutter.
- **Use Assistive Devices if Necessary:** Walkers, walking sticks, and handrails are there for your support, so please use them as directed by the physio.



## WORD FINDER

# Australia

The words in this word search are hidden across, down, and diagonally, with no backwards.



ABORIGINES

DINGO

OCEAN

SCORCHINGHOT

ACCENT

EASYGOING

OUTBACK

SIXSTATES

BEACHES

MATE

PAVLOVA

ULURU

CRICKET

MELBOURNE

QUANDONGS

VEGEMITE

DESERT

NICOLEKIDMAN

RUGBY

WOMBAT