



Amber Aged Care

Newsletter - May 2024



Welcome to the May edition of the Amber Aged Care newsletter!

In this issue, we provide information on the changes to the COVID-19 vaccination recommendations, discuss skin care and management and share feedback received.

Stay informed and engaged with the latest updates from our community.

Thank you for being part of the May Amber family!

Covid-19

Benefits of vaccination

COVID-19 will be with us for many years into the future.

Getting vaccinated now has many benefits, including:

- protecting yourself against severe illness and death from COVID-19
- reduce the prevalence of symptoms associated with '**long COVID**'*
- protecting people who can't be vaccinated due to medical conditions
- slowing the spread of the virus
- keeping hospitalisation rates at a level our health system can cope with
- reducing the need for lockdowns and school closures in the future (when enough Australians are vaccinated)
- being able to attend events and travel in the future.

Updates to the vaccination recommendations

Booster dose recommendations					
	Less than 5 years	5 to 17 years	18 to 64 years	65 to 74 years	75 years and older
Without severe immunocompromise	Not recommended	Not recommended	Eligible for a dose every 12 months	Recommended every 12 months and eligible for a dose every 6 months	Recommended every 6 months
With severe immunocompromise	Not recommended	Eligible for a dose every 12 months	Recommended every 12 months and eligible for a dose every 6 months	Recommended every 12 months and eligible for a dose every 6 months	Recommended every 6 months

Primary course recommendations			
	6 months to 5 years	5 to 18 years	18 years and older
Without risk factors	Not eligible	Not eligible	Recommended a single primary dose
With risk factors*	Eligible for 2 primary doses and eligible for a third primary dose	Eligible for a single primary dose	Recommended a single primary dose
With severe immunocompromise	Recommended 2 primary doses and eligible for a third dose	Recommended 2 primary doses and eligible for a third dose	Recommended 2 primary doses and eligible for a third dose
* Includes those with a medical condition that increases the risk of severe COVID-19 illness (refer to The Australian Immunisation Handbook)			





Skin Care Tips for Aging Skin

As we journey through life, our skin evolves with us, reflecting our experiences, joys, and challenges. However, as we age, our skin requires a little extra love and attention to maintain its integrity and vitality.

Here are some valuable tips to help you nurture your skin as you gracefully embrace the passage of time:

Hydration is Key: Keep your skin hydrated by drinking plenty of water throughout the day. Hydrated skin is more supple, resilient, and less prone to wrinkles and fine lines.

Gentle Cleansing: Opt for mild, gentle cleansers that won't strip your skin of its natural oils. Harsh cleansers can exacerbate dryness and irritation, especially as your skin becomes more delicate with age.

Moisturise Regularly: moisturise regularly to replenish lost moisture and lock it in

Sun Protection: Shield your skin from the sun's harmful UV rays by wearing sunscreen daily, even on overcast days. UV exposure is a leading cause of premature aging, including wrinkles, age spots, and sagging skin.

Nutrient-Rich Diet: Maintain a balanced diet rich in antioxidants, vitamins, and minerals to support your skin's health from within. Incorporate plenty of fruits, vegetables, lean proteins, and healthy fats into your meals.

Prioritise Sleep: Aim for quality sleep each night to allow your skin time to repair and regenerate. Lack of sleep can contribute to dullness, puffiness, and fine lines, so make rest a priority in your self-care routine.

Regular Exercise: Stay active to promote healthy circulation, which delivers oxygen and nutrients to your skin cells. Exercise also helps to reduce stress, which can have a positive impact on your skin's appearance.

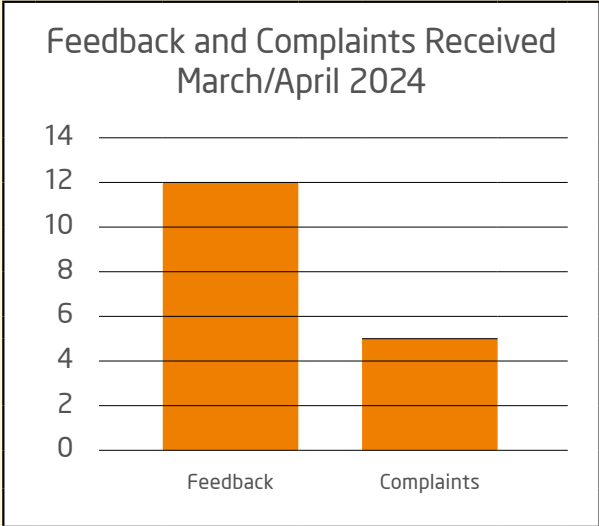
Treat Your Skin with Care: Be gentle when applying skincare products and avoid harsh scrubbing or tugging, especially around delicate areas like the eyes. Pat your skin dry after cleansing instead of rubbing, and use soft, circular motions when applying creams or serums.

Stay Hydrated Inside and Out: In addition to drinking water, consider using hydrating facial mists or incorporating hydrating serums into your skincare routine to give your skin an extra boost of moisture throughout the day.

Feedback and complaints

Feedback summary

Feedback of all types is important to us and helps us to improve our service. Below is a summary of the feedback and complaints which we have received in the month of March and April.



Team	Feedback	Complaint
Clinical	Six compliments were received regarding the care which has been provided to our residents from the clinical team.	<ul style="list-style-type: none">Anonymous complaint to the commission regarding residents with behaviours not being managed appropriately.Family requested clinical care not be discussed directly with the resident.Infection control practices not being of a high enough standard.
Lifestyle	Residents thoroughly enjoyed the music performance held on the 17th of April. Suggestion received regarding more animals to visit the facility. AAC listened and on the 2nd of May Animals Anonymous joined us bringing a variety of reptiles and mammals for both an educational and sensory experience.	
Support Services	The Anzac Day BBQ was a hit and resident provided positive feedback regarding the food and the atmosphere. Crepes with strawberries and creams were offered for morning tea and very much enjoyed by everyone	<ul style="list-style-type: none">A resident electric recliner was not functioning properly.1 resident felt her mattress was uncomfortable and prevented a good night's sleep.Anonymous complaint to the commission advising that the rooms were not cleaned properly.

We encourage residents and advocates to submit feedback either face to face, on the paper based feedback forms or via the QR code to provide us with an opportunity to respond and collaborate with you for a positive outcome.

Incidents

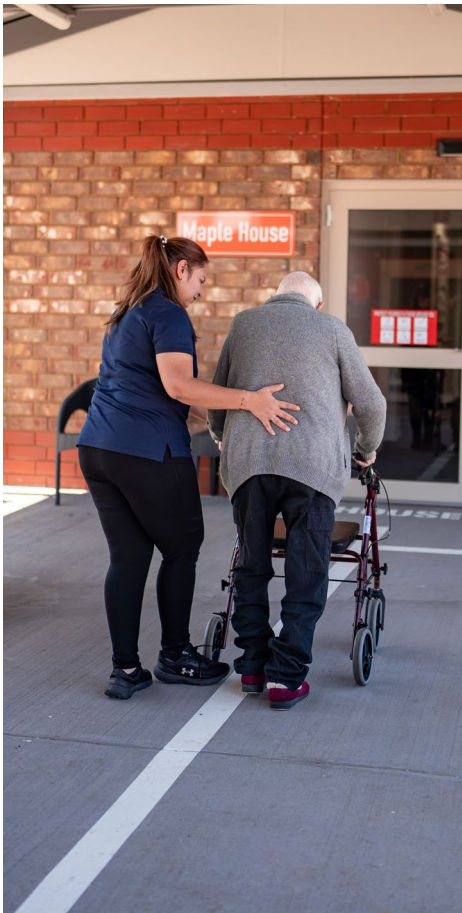
Each month we review and evaluate our incidents to identify ways we can reduce our incidence and improve practices.

In April the incidents and amounts as follows:

Skin related incidents (skin tear, scratch, bruise)	Falls	Infections	Medications
9	9	3	0

We have reinforced with staff to ensure residents’ nails are cleaned and trimmed to reduce incidents of scratches.

Falls are individually assessed to ensure all falls mitigation strategies are in place (sensor mats, sensor beams, call bells, call pendants, hip protectors, and crash mats). Whilst we support residents choice, we encourage residents and their advocates to consider these strategies being implemented to assist in reducing the falls and possible injuries associated with a fall.



Lifestyle

We strive to ensure our lifestyle calendar provides all residents with the opportunity for social engagement and interaction. We have listened to the feedback received regarding more animals, music and bus trips and plan to ensure each week we have an activity which falls under these requests.

Photos from the Animals Anonymous visit

A photograph of a woman with blonde hair, wearing a pink long-sleeved shirt and dark pants, smiling and holding a small grey animal. She is standing in front of a large green banner for "ANIMALS ANONYMOUS". The banner features a logo with a silhouette of a koala and text that reads: "We bring the wildlife to you! Hands-on science-based education", "Our fun and educational sessions meet the content descriptions for the Australian Curriculum for each year level", and "The content descriptions for Biological Sciences Understanding the Australian Curriculum for each year level".

A photograph of a woman with dark hair, wearing a blue long-sleeved shirt and dark pants, smiling and holding a large snake. She is standing in front of the same "ANIMALS ANONYMOUS" banner as in the previous image.

Employee of the month - March 2024

The employee of the month was awarded to Joseph Brady. Joseph works in the support services department and is an integral part of the team. His large smile and can-do attitude has a positive impact on all.

Left: Stephen Maher
(Support Services Manager)

Right: Joseph Brady
(Employee)



Happy 108th Birthday to Petronele

Wishing Petronele a very happy 108th birthday.

The residents and staff all enjoyed sharing your special day.



For the avid reader a story of The Forgotten Garden.

The Forgotten Garden

Once upon a time, nestled in the heart of a quaint village, there lay a forgotten garden. Its existence was whispered among the elders, a tale passed down through generations like an ancient secret waiting to be unraveled.

The garden was a mysterious place, hidden away behind a tangle of overgrown vines and moss-covered stones. Its entrance was obscured by gnarled branches that seemed to reach out and beckon only the bravest souls to enter.

Few dared to venture into the depths of the forgotten garden, for fear of the unknown that lurked within. But for those who were brave enough to seek it out, a world of wonder awaited.

Legend had it that the garden was once tended to by a wise and kind gardener who possessed a magic touch. With every stroke of his hand, flowers blossomed in vibrant hues, and trees swayed in harmonious rhythm with the wind.

But as time passed, the gardener disappeared, leaving behind only whispers of his existence and the garden he had lovingly tended to. Without his guiding hand, the garden fell into disrepair, its beauty slowly fading away like a distant memory.

Now, the villagers spoke of the garden in hushed tones, wondering what secrets lay hidden within its walls. Some believed it held the key to unlocking untold treasures, while others feared it harbored dark and sinister forces.

And so, the forgotten garden remained a mystery, waiting for someone brave enough to uncover its secrets and bring its beauty back to life. Little did the villagers know, that someone was about to embark on an adventure that would change their lives forever...



Illustration: *Forgotten Garden* by wusel (<https://www.renderosity.com/gallery/items/2477517/forgotten-garden>)

WORD FINDER

Australian Animals

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

V	H	P	J	R	S	B	F	P	K	A	B	T	C	Q
T	P	E	L	I	C	A	N	L	Z	V	G	R	R	V
X	S	S	C	L	L	K	B	A	I	F	R	E	Q	L
W	S	T	R	B	B	O	E	T	M	Q	E	E	E	F
W	W	I	O	B	W	O	E	Y	Y	C	D	F	T	O
C	T	N	C	W	O	K	T	P	G	A	S	R	B	E
M	M	G	O	A	M	A	L	U	Y	S	P	O	D	L
J	F	R	D	L	B	B	E	S	A	S	I	G	P	E
D	J	A	I	L	A	U	B	H	G	O	D	Q	O	B
L	L	Y	L	A	T	R	E	M	U	W	E	Z	K	U
I	F	M	E	B	C	R	H	S	W	A	R	A	R	L
I	V	W	D	Y	D	A	Y	K	O	R	M	M	W	L
R	K	A	N	G	A	R	O	O	K	Y	W	H	U	A
T	G	X	E	C	H	I	D	N	A	R	O	M	C	N
J	I	Q	Q	W	N	C	I	C	A	D	A	T	R	T

CASSOWARY

KOOKABURRA

STINGRAY

WOMBAT

KANGAROO

REDSPIDER

BULLANT

CICADA

PLATYPUS

PELICAN

CROCODILE

WALLABY

TREEFROG

BEETLE

ECHIDNA

EMU