



Amber Aged Care

Newsletter - July 2024



Welcome to the Amber Aged Care July Newsletter

Dear Residents, Families, and Friends,

We are delighted to bring you the latest edition of our monthly newsletter. As we step into July, we have a plethora of exciting updates, activities, and stories to share with you.

We hope this newsletter brings a smile to your face and keeps you connected with all the wonderful things happening here at Amber Aged Care.

Your feedback and suggestions are always welcome as we strive to make our community the best it can be.

Warm regards,

The Amber Aged Care Team

What's inside:

Events and Activities: Discover the fun-filled events planned for July. There's something for everyone to enjoy and participate in.

Employee of the Month: Congratulations to Joel Kiptoo Enrolled Nurse for their outstanding dedication and service. Learn more about their role and what makes them an invaluable part of our team.

Health and Wellness Tips: Our healthcare team provides valuable tips and advice on maintaining a healthy mindset and mental health during the summer months.

Lifestyle Highlights: Stay updated with the vibrant lifestyle activities and highlights within our community. From creative workshops to fitness classes, see how we keep life engaging and fulfilling.

Community News: Stay updated with the latest news and happenings within our community. From birthdays to new arrivals, we celebrate every moment.

Feedback and Complaints: We value your feedback and are committed to continuous improvement. We have included the feedback received in the months of May and June.

Incidents Report: Transparency is key to our community. Review a summary of any incidents that occurred this month and the measures taken to address them.

Storytime: Part Two of "The Forgotten Garden," continuing the enchanting tale that has captivated our readers.



Maintaining a Healthy Mindset: Mental Health and Supports Available

At Amber Aged Care, we understand the importance of mental health and the need for a supportive environment. As we grow older, maintaining a healthy mindset becomes crucial for overall well-being. This month, we focus on mental health and the various supports available to our residents.

Mental Health for Older Persons:

Mental health is just as important as physical health. It's common for older adults to experience changes in mood and mental health, including feelings of loneliness, anxiety, or depression. Recognising these signs early and seeking help is vital.

Support Services Available:

1. Older Persons Mental Health Services:

Specialist mental health services are available to support older adults dealing with complex mental health issues. These services provide comprehensive assessments and individualised care plans to ensure our residents receive the best possible support.

2. Relationships Australia SA:

Relationships Australia South Australia (Relationships SA) offers a range of services to support individuals and families, including counseling, relationship education, and support groups. These services can help our residents strengthen their relationships and improve their emotional well-being.

3. Aged Rights Advocacy Service (ARAS):

ARAS provides advocacy services to older adults, ensuring their rights are protected and their voices are heard. They offer support in addressing issues such as elder abuse, discrimination, and access to services.



Tips for Maintaining a Healthy Mindset:

Stay Connected:

Engage with family, friends, and community activities. Social interactions are vital for mental health and can help reduce feelings of isolation.

Stay Active:

Physical activity is beneficial for both physical and mental health. Participate in our fitness classes or enjoy a walk in our beautiful gardens.

Mindfulness and Relaxation:

Practices like meditation, deep breathing exercises, and yoga can help reduce stress and promote a sense of calm.

Healthy Eating:

A balanced diet can have a positive impact on mental health. Our nutrition team is here to provide delicious and healthy meal options.

Pursue Hobbies:

Engage in activities you enjoy, whether it's reading, gardening, painting, or any other hobby that brings you joy.

Remember, it's okay to ask for help.

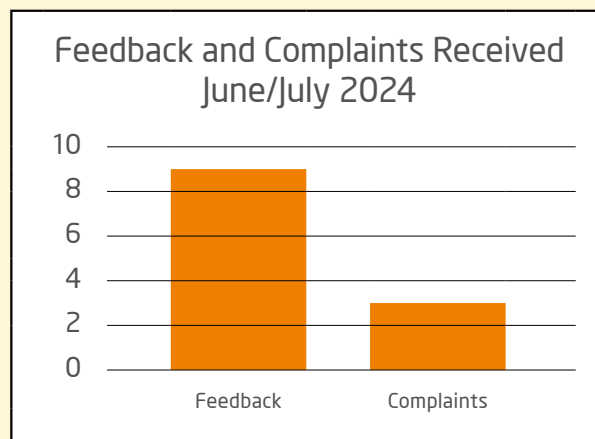
If you or your loved one is struggling with mental health, please reach out to our care team. We are here to support you every step of the way.

For more information on the mental health supports available, please speak to our care manager or registered nurse on duty.

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 June and July.



Type	Description
Complaint	Loud noise/music from a room in House 2 on the night of June 11th. Resident wanted to go into the room to turn it off. CM encouraged the resident to raise concerns to the Registered Nurse on Duty and they will assist in resolving the issue/concern.
Complaint	Concerns about resident going to bed later than agreed, concern also raised regarding position of glass when in cloud chair, and how often offered drinks.
Complaint	Neighbor concerned about fumes and usage of the generator.
Compliment	The staff and the care provided on the excursion was fantastic. Sandy and Chantelle gave fantastic service and organised the day extremely well.
Compliment	Resident complimented the outing to the Highbury Hotel, noting the venue, food, and bus driver were all very nice.
Compliment	Residents gave positive feedback on the new podiatrist, praising the setup of the podiatrist's room and his kind, caring demeanor.
Compliment	Resident at the meeting on 15/5/2024 praised the chefs, stating that she loves the meals.
Compliment	Sincere thanks and gratitude expressed for the care provided to of our residents during their stay and at palliation.
Compliment	Resident from House 1 commented that the food is improving and has noticed positive changes. She requested more cheese on the pizza

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 May/June the incidents and amounts as follows:

Incident Type	May	June
Falls	9	11
Skin Tear	3	4
Pressure area	1	1
Medication	2	2
Aggression (physical)	6	1
Infection	2	1

Our Clinical Focus: Falls Mitigation

At Amber Aged Care, ensuring the safety and well-being of our residents is our top priority. As part of our continuous improvement efforts, we are placing a strong clinical focus on falls mitigation. Falls can have serious consequences for older adults, affecting their health and quality of life. To address this, we have implemented comprehensive strategies to reduce the risk of falls within our community.

Our approach includes regular assessments to identify residents at risk, personalised care plans tailored to individual needs, and the use of assistive devices where necessary. We provide ongoing training for our staff to ensure they are equipped with the latest knowledge and skills in fall prevention. Additionally, we promote strength and balance exercises, review medications that may affect balance, and make environmental modifications to enhance safety.

Through these concerted efforts, we aim to create a safer environment and enhance the overall well-being of our residents. Your safety is our commitment, and we are dedicated to continuous improvement in all aspects of care at Amber Aged Care.



Employee of the month - June 2024

Joel Kiptoo

Learn a little about Joel our employee of the month winner for June 2024.

First and foremost, I would like to thank Amber Aged Care for honoring me with this recognition as Employee of the Month. My name is Joel Kiptoo, and I work as an Enrolled Nurse at Amber Aged Care. My journey at Amber Aged Care began in May 2021 when I started working as a personal care worker and then went on to become an Enrolled Nurse after completing my Diploma of Nursing later that year. During this three-year period, I have felt welcomed at Amber Aged Care. Hailing from Kenya, it can sometimes feel overwhelming to be away from family and friends. However, Amber Aged Care has been somewhat of a "home away from home" for me. Thanks to its commitment to embracing diversity and inclusion within the workplace, not once have I felt out of place while working at Amber Aged Care. Instead, I've felt a sense of belonging akin to being right at home.

Moreover, being a reasonably small-sized facility has meant that nurturing a good working relationship with a dedicated team of clinical and non-clinical staff that's committed to the delivery of quality care services to our elderly clients has been a rather seamless process. Likewise, my interactions with our esteemed residents has been fantastic and thanks to them, I've been able to put my skill sets to good use.

Working with our elderly clients has also helped me to develop a close relationship with them that's based on mutual respect and trust. We have grown to love and appreciate each other's company.

Amber Aged Care has been and continues to be a support pillar for me to realize my goals of becoming an even more resourceful asset for the organisation. I would once again like to express my sincere gratitude for being nominated the Employee of the Month and commit to continue dispensing my duties with diligence and dedication.



Lifestyle

June Highlights

June was a month full of delightful activities and special visits. We kicked off with a visit from Old McDonald's Travelling Farm-South on the 27th, bringing joy and excitement to everyone with their charming farm animals. To celebrate the King's Birthday public holiday, we hosted a splendid High Tea that was enjoyed by all. Our outing to the Highlander Hotel pub was another highlight, offering a chance to relax and socialise in a cozy setting. Weezy Listening serenaded us with some lovely tunes outside, where we stayed warm with blankets, beanies, and hot drinks. To wrap up the month, we indulged in an Italian Cultural afternoon tea, savoring the rich flavors of Italian delicacies.



Lifestyle

July Activities

July brought an array of engaging events and new experiences. We bid farewell to our “Amber Ageless Adventures” program with Playgroup SA, cherishing the memories made. A bus trip to North China Restaurant was a delightful culinary adventure. On the 12th, we welcomed Craig Atkins for NAIDOC week, who played the Didgeridoo and provided residents with a wealth of knowledge regarding its history. This was accompanied by an Indigenous morning tea. Craft activities for NAIDOC week included Aboriginal Dot Painting, capturing the essence of the culture beautifully. A Horse and Carriage Ride is scheduled for Monday the 15th, paired with a Vintage Morning Tea. Additionally, we are excited to introduce new therapy dogs, Delilah the Labrador and Vivi the King Charles Spaniel, who will visit each fortnight to spread joy and comfort.



Upcoming Events in August

Looking ahead to August, we have some fantastic events lined up. We will embark on a bus trip to Alma Hotel, complemented by a scenic drive through the city. Weezy Listening will return for an indoor performance, promising more musical enjoyment. We also look forward to a magical experience with Aces Magic Entertainment featuring Magician Simon Skinner, who will entertain us with a magic show and balloon animals for both staff and residents. Stay tuned for more exciting updates and events!



The Forgotten Garden

Chapter 2, The Discovery

One sunny morning, a curious young girl named Eliza found herself drawn to the tales of the forgotten garden. Her grandmother, the village storyteller, had regaled her with stories of its magical blooms and whispered about the mysteries that lay within.

With a heart full of courage and a mind teeming with curiosity, Eliza decided that today would be the day she would unravel the secrets of the garden. Armed with a small basket and a determination that rivaled the bravest of knights, she set off on her journey.

The path to the garden was as winding and mysterious as the stories themselves. Eliza pushed aside thickets of brambles and stepped carefully over moss-covered stones, following the faint trail left by those who had ventured before her.

As she approached the entrance, the air seemed to shimmer with anticipation. Sunlight filtered through the canopy above, casting dappled shadows on the ground. Eliza took a deep breath, feeling a mixture of excitement and trepidation coursing through her veins.

With steady steps, she pushed aside the last of the branches and stepped into the forgotten garden. What she saw took her breath away.

Before her lay a scene of enchantment. Flowers of every color imaginable bloomed in riotous splendour, their petals shimmering with dewdrops like scattered jewels. Trees stood tall and proud, their branches intertwined in a dance of life and growth. Butterflies flitted from flower to flower, adding their own delicate charm to the symphony of nature.

Eliza wandered deeper into the garden, her eyes wide with wonder. She discovered a small pond where koi fish swam lazily beneath the surface, their scales glinting in the sunlight. A stone bench nestled under a willow tree invited her to rest, its weathered surface telling tales of countless conversations and quiet contemplations.

As she explored further, Eliza noticed signs of the garden's former glory. Stone statues, weathered by time yet still exuding an aura of grandeur,

stood sentinel among the foliage. Crumbling archways hinted at a time when this place had been a sanctuary for those seeking solace and inspiration.

But amidst the beauty, Eliza sensed a sadness that tugged at her heart. The garden, though breathtaking, seemed to long for the care and attention it once received. Determination welled up within her as she made a silent promise to restore its former glory.

With renewed purpose, Eliza gathered seeds from the most vibrant flowers and carefully tended to the neglected plants. She cleared away debris, pruned overgrown branches, and whispered words of encouragement to the garden as if it could hear and understand.

Days turned into weeks, and Eliza's efforts bore fruit. The garden responded to her care with renewed vigor. Flowers bloomed brighter, trees stood taller, and the air hummed with a sense of gratitude.

Word of Eliza's discovery spread throughout the village like wildfire. Villagers came from far and wide to witness the transformation of the forgotten garden. They marveled at its beauty and shared stories of their own encounters with its magic.

But for Eliza, the greatest reward was not in the admiration of others but in knowing that she had brought a piece of forgotten beauty back to life. As she sat on the stone bench one evening, watching the sunset cast a golden glow over the garden, she felt a deep sense of fulfilment.

Little did she know, the garden had more surprises in store for her—secrets that would unveil themselves in due time, weaving her fate even more intricately with its own.



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

WORD FINDER

Flower Names

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

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

LIMONIUM

ROSE

CARNATION

LILY

ORCHID

FREESIA

DAHLIA

STOCK

SUNFLOWER

DAISY

TULIP

HYDRANGEA

GERBERA

LARKSPUR

CALLA

GLADIOLI