

Newsletter



In this issue:

Update on the sale
of Blue Haven Bonaira

Community Team
news

Continued training
at Blue Haven

A poem by
Mary Monica

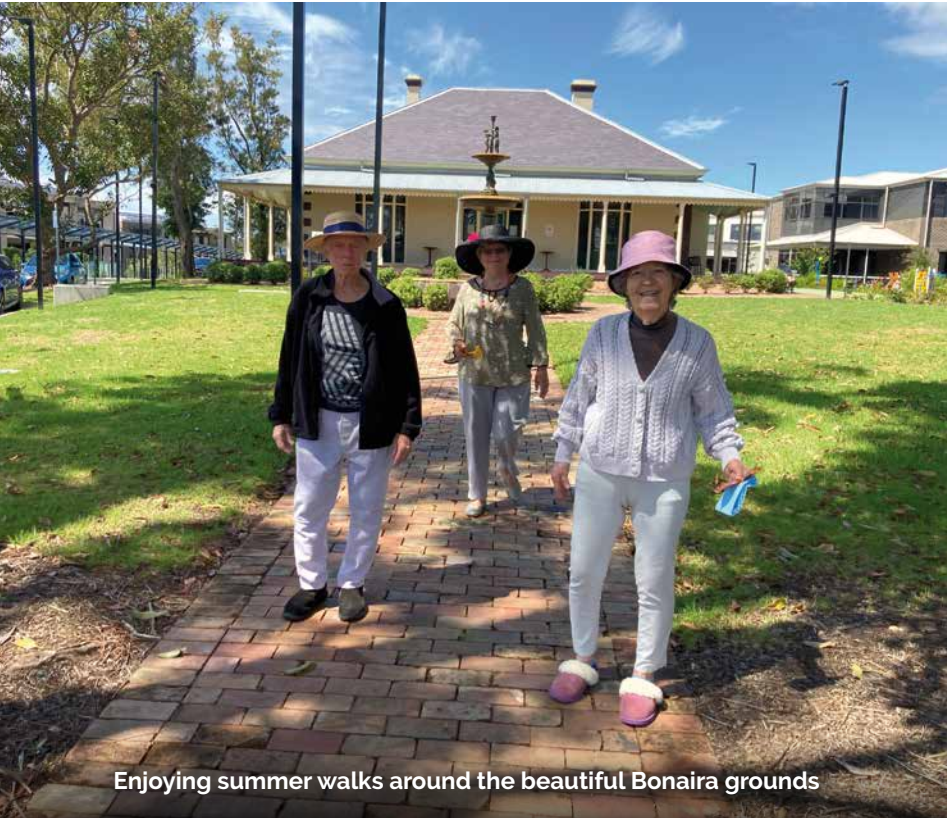


Kiama Rockpool at Blowhole Point

Contents

A message from our COO	Page 5
Blue Haven Bonaira sale update	Page 6
Announcements	Page 7
The Lifestyle Team	Page 8
Our Community Team	Page 17
Sea Change Physiotherapy	Page 26
Senior Citizen of the Year	Page 27
Independent Living Units	Page 28
A poem by Mary Monica	Page 29
Continuing education at Blue Haven	Page 30





Enjoying summer walks around the beautiful Bonaira grounds



Bonaira Social Dance



A very special visit from the St George Illawarra Dragons

A message from our COO – Joe Gaudiosi



I'd like to take this opportunity to thank residents, staff and clients for your continued support. The last few months have been a busy time at Blue Haven and your patience during this transitional period is very much appreciated.

As part of our expanded efforts to guide and support the operations of Blue Haven, Rachel Hall (formerly Quality and Compliance) will broaden her Quality and Compliance position to Manager – Aged Care Operations for a 12-month period.

Additionally, it is with great pleasure that we welcome Jodie Hopkins to Blue Haven. Jodie is acting in the role of Manager – Retirement Villages and overseeing both the Terralong and Bonaira Villages and replaces Steve Dawson on a 12 month contract while he takes long service leave. Please give Jodie a warm welcome as she settles into the role. Jodie is located in the Admin Office at Terralong and can be contacted at jodie.hopkins@bluehavencare.com.au

We are also pleased to announce that we have extended Barroul House café's opening hours from 8:00am – 2:30pm Monday to Friday. We are now serving hot meals until 2:00pm. Come in and enjoy a bite to eat and a warm cup of coffee.

The sell/lease/keep review by Paul Sadler Consultancy was presented to Council on 31 January and then formally reported to Council on 28 February. Council determined to continue with its decision to

divest Bonaira services and site (subject to the reclassification of the land) but to retain Terralong, while seeking a dilapidation/asset report of the buildings at Terralong given some of them date back to 1980.

The reclassification process for the land on which Bonaira is located is progressing. Following that, we expect the Expression of Interest and tender process to commence in May (subject to the reclassification). Council has appointed StewartBrown Advisory as the consultants coordinating the tender and divestment process on behalf of Kiama Council, due to their strong reputation in the aged care and retirement village industry and Federal Government. The sale timeline is estimated to take 6-7 months and should wrap up towards the end of the year. We want to assure you that the aged care (residential and in home) and retirement village services will continue with a new provider and will remain a loved and valued service in the community. You can read our press release at: kiama.nsw.gov.au/Council/News/Progress-on-financial-issues

Please email us at enquiries@bluehavencare.com.au or phone (02) 4203 4055 if you have any queries.

Regards,

Joe Gaudiosi



Update

Blue Haven sale



In an Extraordinary Meeting on 28 February, Kiama Councillors made some very important decisions on a number of pivotal matters concerning Blue Haven in particular and Council's financial future in general.

Councillors unanimously re-confirmed the decision made in October 2022 to divest all aged care services and assets at the Blue Haven Bonaira site. They also appointed StewartBrown Advisory as the aged care experts coordinating the tender and divestment process on behalf of Kiama Council.

It was decided to retain the independent living units at Blue Haven Terralong, while seeking a dilapidation/asset report on all the five stages of buildings located at this site. In addition, Council will explore options for the subdivision, redevelopment or sale of the decommissioned nursing home at Havilah Place. Council voted to explore the potential subdivision and excising of the portion of land occupied by Kiama Community Garden at the Terralong site.

Councillors also voted on various financial plans for council including a liquidity management, cash flow and property divestment plan. You can find more information about this on Kiama Council's website.

The Extraordinary Meeting marked a crucial stage in Council's journey to establishing a financially sustainable future. During the past 12 months, Council has openly shared information about significant financial issues, many of them involving Blue Haven.

The seriousness of the situation was confirmed by the NSW Auditor General and the issuing of a Performance Improvement Order by the NSW Minister for Local Government.

For residents of the Bonaira Aged Care Facility and Bonaira Independent Living Units and their families:

There will be no immediate change to the Residential Aged Care Facility care arrangements, staffing or business as usual and your care and wellbeing remains our priority.

The process for the reclassification of the land on which Blue Haven Bonaira is located from community land to operational land is currently underway. All Blue Haven residents, families and staff have been informed about the process and invited to make a submission and/or attend the public hearing. Following and subject to the reclassification process, Council will proceed with the expressions of interest/tender process to divest Blue Haven Bonaira.

I appreciate for many of you at Bonaira this has been discussed and understood for some time and that you are eager to have certainty and finalisation.

Over the coming months, we will be in regular contact with updates and information.

We'd also like to consult with residents of the RACF, ILUs, our Home Care clients, and their families to create a 'resident/client bulletin' which will highlight what you value most about Blue Haven Bonaira to incorporate into the tender process and help guide a successful transition.

For residents of Terralong Independent Living Units and their families:

Work will commence shortly on commissioning the dilapidation report and we will keep you informed as to how this work will be done.

Surveys on the site will be conducted to support the excision of lands and work will be scoped on the required planning process.

Council will continue to hold regular meetings and listening posts with resident groups, staff and families from both Bonaira and Terralong sites and we're always very happy to hear from you.

To ensure you receive information and updates on this, please sign up to our mailing list bit.ly/3m1Ol2g (or see page 29 for QR code link)

Announcements

Reception details

8:30am to 4:30pm – 7 days per week

enquiries@bluehavencare.com.au

(02) 4203 4055

Visitor hours – 9:00am to 3:00pm.

COVID-19 rapid antigen tests are provided on-site and are required for all visitors upon entry.



Barroul House café

We are pleased to announce that we have extended our opening hours at the cafe from 8:00am – 2:30pm Monday to Friday. We are also resuming a meal service, with hot food being served until 2:00pm.

Come in and try our introductory autumn menu if you haven't already.

Bonaira Chapel

Catholic Rosary is held every Monday at 1:00pm.

Catholic Mass is held on the 2nd and 4th Wednesday of the month at 1:30pm.

Non-denominational Service is held on the 1st and 3rd Wednesday of each month.

Library service

We have a mobile library service with Kiama Library that delivers and picks up library books to resident's rooms. If you would like this service, please talk to a Lifestyle Team member.

Upcoming activities – Bonaira

Knit and Natter

Wednesdays 2:00pm

**Men's Group
Cuppa and Chat with the Boys**

Fridays 10:00am – Bonaira Family Room

Happy Hour

Fridays 2:00pm

Hairdresser

Thursdays and Fridays

Bingo!

Mondays 10:30am

Blue Haven COVID Update

Family and friends are to ensure they are fully vaccinated against COVID-19 and take a temperature, symptom, and rapid antigen test (RAT) on arrival. Visitors are strongly encouraged to get a booster vaccine if they are eligible for one. Vaccination against influenza is strongly encouraged. Visiting times are between the hours of 9:00am – 3:00pm, seven days a week. All visitors are required to wear a surgical mask within the building.



The Lifestyle Team

Our Blue Haven resident **Betty plants succulents in the Wattle house.**

Many of our residents enjoy gardening from their courtyards in Bonaira, and in fact each of the eight households in the facility are named after flora and fauna, with all but one being local to the area.

The home names are: Cedar, Palm, Flame Tree, Wattle, Lilly Pilly, Figtree, Ironbark and Banksia.



Anne-Marie performs live accordion music at Barroul House Café.



We delighted in **doughnut deliciousness**, thanks to Friends of Bonaira who helped us purchase our very own doughnut making kit. Nothing beats a fresh doughnut!



Happy Chinese New Year!

We made paper lanterns, and watched Arm Chair Travel to China to celebrate Chinese New Year and bring in the year of the rabbit.



Australia Day Celebrations at Blue Haven

Bonaira residents had a lovely time celebrating Australia Day with thong throwing, ball toss, quoits, Australian themed Happy Hour and koala jelly cups. Cheers mate!



Local band **Chord-deaux** treated us to some live folk music at Bonaira. Our residents were toe tapping and clapping to the music – what a wonderful way to spend an afternoon.



The Lifestyle Team continued

We took advantage of the sunshine and enjoyed summer walks around the **beautiful Bonaira grounds**.



Our Bonaira residents visit Kiama Leagues Club for **bingo and lunch** twice a month. It's wonderful to get out within the community and around town to enjoy the beautiful warm weather.



We were out and about in Shellharbour and explored the local **City Museum**.

With regularly changing exhibitions, photographs, maps and historic artefacts, the museum space helps the local community learn about local history and heritage.



Love is in the air at Blue Haven! On **Valentine's Day** our couples delighted in a special romantic lunch together in the sunroom. They had a wonderful time listening to music and sharing decadent chocolates with vino.



Our Lifestyle Coordinators took the **Men's Group** to Shellharbour Marina for some boat watching and a stroll along the break wall. So lovely to get outside and breathe in the fresh sea air.



The Lifestyle Team continued

We visited historic Wollongong Town Hall for **'Music in the Morning'** – a concert showcasing exquisite songs from the golden age of musicals. Our trip was complete with morning tea and an opportunity to meet the performers afterwards.



Our beautiful Blue Haven ladies had a lovely time at the local cinema this week. We first visited the **Seniors Morning Tea**, followed by watching **Fisherman's Friends 2**. It was a wonderful day out with our residents who had a laugh, a cry and a great time taking in the full cinema experience.



Our Men's Group met at the **Kiama Bowlo** to have lunch and play a few games of pool. It was a nice opportunity for our blokes to have their own get together and chat over a nice cool beer.

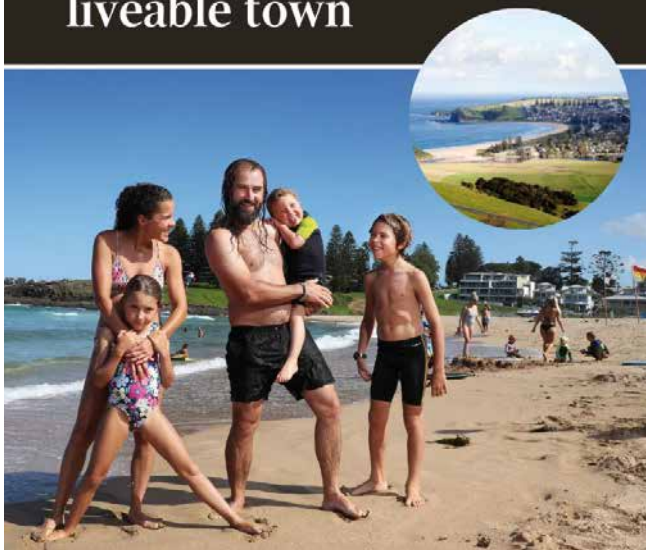


We danced the afternoon away at the **Bonaira Social Dance**. Friends and family joined us for refreshments and a boogie... what a special day singing and dancing with our loved ones!



The Lifestyle Team continued

Life's a beach:
**Kiama, NSW, dubbed
Australia's most
liveable town**



We couldn't agree more! Blue Haven Bonaira is located just a short walk away from the beach.
The location is hard to beat!



Our Bonaira residents took pleasure in a relaxing **aqua paint activity**, which helped spark conversation and memories. Spending time on creative pursuits can enhance mental well-being and helps to keep our fine motor skills sharp.



Guest speaker Wendy Leatheam visited our RACF residents for morning tea on **International Women's Day**. 'Strong Women' was the topic of the day, and she moved us with her stories about what it means to be a woman growing up in Australia throughout the ages.

"Be strong in your choices and be happy in the decisions that you make", says Wendy. "And if you're not happy – change it. Make the most of what you're given."

Thank you for your words of wisdom Wendy!



Green was the theme of the day as our residents celebrated **St Patrick's Day**! We pulled out all the stops to get everyone in the Irish mood, complete with traditional Irish music, green jelly treats and a festive Friday happy hour.



We marked **International Flower Day** at Blue Haven with our very own creative flower arrangements.

From growing and nurturing flowers and plants, to the simple act of admiring their beauty – flowers have the power to brighten someone's day and put a smile on their face.



The Lifestyle Team continued

We had a very special visit from the **St George Illawarra Dragons**. Billy Burns from the men's team and Keeley Davis from the women's team came to Bonaira to chat with our residents about what it takes to play pro football. They spoke about their training schedule, the history of the Dragons, and how women's football has evolved in Australia.

We would like to say a huge THANK YOU to the Dragons for the visit, we especially love our new hats!



Our Community Team

20 years of service

Congratulations to Traci Formosa who has recently celebrated 20 years of service with Blue Haven as a Support Worker.

Traci's role is to provide services and assistance to seniors in their own homes. She assists clients with tasks like personal care, preparing meals, medication monitoring, and light gardening. She also takes clients for social outings, appointments, shopping trips, and whatever the client needs assistance with around the home.

"I absolutely love my job", says Traci. "To know you are helping clients with everyday tasks they can no longer do on their own – it's very rewarding". "It also provides some company for clients as some might not have family or friends that live nearby".

Another draw to the position and what's kept her as a support worker for 20 years is her amazing work colleagues and office staff. "They have been very supportive over the years, and I have made some lovely friendships at Blue Haven".

Traci says one of the highlights of the job is to be able to spend time with clients and listen to their stories. "Seeing their faces light up when I walk into their house – well that's how I know I have landed the right job", she says.

Thank you Traci – for the important role you do every day in keeping our Blue Haven clients in their homes.

We are currently recruiting support workers. To find out more about the position or to apply, visit: bluehavenillawarra.com.au/about-us/careers



Our Blue Haven clients stay active at home

At 85 years old, our Home Care client Mary McCall knows that staying active is important for her health. In fact, her doctor specifically recommended she keep walking to stay healthy. "My goal is to walk 4,000 steps per day and keep my body as active as possible," says Mary.

Blue Haven arranged for Mary to purchase a new treadmill using her Home Care Package (HCP) funds. Mary's physio helped select the treadmill for her and her husband. Together, they chose one that includes side rails and other important safety features.

Mary has been a home care client for more than four years and says she has been exceptionally happy with Blue Haven's service since the beginning. Mary says her support worker Sally has become like a daughter to her, and she looks forward to her visits every week.

Sally takes Mary on walks, window shopping, a stroll on the beach, a coffee... just getting out in general which is important for one's physical and mental health. On Tuesdays she has Alex clean her house for an hour and a half and assist with things like cleaning the toilet, vacuuming and mopping the house, laundry, changing bed linen and other domestic tasks as directed by Mary.

"Having the home care package simplifies my life," Mary says. "My goal is to live to be 100 years old and still able to walk up and down stairs and live in my unit".

Need assistance around the home? Visit: bluehavenillawarra.com.au/community-services/need-help-at-home to find out how we can help.



Our Community Team continued

Michelle James Retirement

Congratulations to Michelle James on her retirement from Blue Haven after 17 years of dedicated service!

Michelle began her career at Kiama Council's Waste Depot in Admin and moved to the Community Centre in Hindmarsh Park in 2006 as the Community Transport Project Assistant. From there she progressed to Community Transport Coordinator and finally Team Leader Community Programs.

We're beyond thankful for Michelle and all of her contributions to Kiama Council and Blue Haven over the past 17 years. Her focus on leadership and caring for our clients has left a lasting impact.

Michelle loves to travel the world and says she will send us a postcard from her next big adventure overseas.

We're excited for Michelle's next chapter, and we wish her all the best in her well-deserved retirement. She will be missed!



Testimonial

Dear Blue Haven,

Thank you for doing what we trust you to do: To care, to make safe, and to respect those we love.

The world, economy, government, personal rights and issues have all impacted the way we live, what we do, and how we do it.

In this challenging environment you have given me heartfelt confidence that there are people and facilities that genuinely place care & respect above all else.

You are ALL very special people, and I cannot be more grateful for the care, understanding and compassion you have shown to my Mother and me.

I ask those who are critical of you and the service you provide to engage with any one of you; to listen, to see, and perhaps learn how extraordinary the service you provide is to the elderly, and to a younger generation of Children and Grand Children.

Thank you ALL for what you do.

Very Best Regards, Kim

Son of Dilys Mary Manley – Resident Blue Haven

Join the Seaside Group

Stay engaged with your community!

Getting together with others is a great way to stay connected to the local community, make new friends and have fun.

Our Seaside Group meets every Monday and Thursday from 10:00am to 1:30pm. The group provides engagement and social interaction through hands-on fun activities.

To join our group, contact My Aged Care on **1800 200 422** and request a referral for social groups.



Our Community Team continued



Seaside group fun!

George's limerick:

Young George is the bingo king
He always walks with a spring
He loves his scotch
Specially on the rocks
Which primes him up to sing

Jan's limerick:

A special lady called Jan
Always works to her plan
She makes the brunch
And follows up with the lunch
Much appreciated by our clan

Limericks written by Seaside group client Helen, who wrote a personalised poem for each client, staff member, and volunteer.

Testimonial

Dear Blue Haven,

Just a note to thank you and Sharyn for inviting my dad to trial BH Respite from 10-24 January 2023 as part of his L4 status.

My dad returned home today. He developed new friendships, enjoyed the social interaction, musical performances, playing the piano in the reception area, and the overall experience.

I visited him over the fortnight (AM & PM) and was able to see firsthand how the Respite process works; the staff, services, and care provided to residents.

I was also fortunate to meet a few of the residents who had become friends with my father.

In addition to yourself and Sharyn, please pass on my thanks and appreciation to everyone involved in the Respite experience provided to my dad, including but not limited to: Reception (Helena/ other staff), COVID testing/visitor entry check-in point staff, the RN's on L1/Banksia where my dad resided – who kept me informed and arranged for a doctor to assess and treat my dad for an unexpected medical condition, as well as the physio (Shane), kitchen/dining staff, the residents' medications person, resident support/personal care personnel, cleaners, and all other staff behind the scenes.

The new building, including various gardens, is also very impressive.

Caring for the elderly takes a special type of person, and to those who make the career choice to work in this vital industry, are kind and brilliant stars in my eyes.

Many thanks again, Anne



Gardening through the ages

Kiama Community Garden hosted an intergenerational event where Blue Haven Community Services clients got their hands dirty gardening alongside children from Kiama Family OOSH and members of the community garden group.

Blue Haven's Seaside Group partnered with kids from Kiama Family OOSH for a morning's work and fun in the popular community garden located at Havilah Place, Kiama.

There was a rock painting activity, followed by guided foraging for salad leaves and veggies in the Garden.

The produce made the perfect pairing for a sausage sizzle lunch, with snags kindly donated by The Butcher's Nook, Kiama.

Local bakery Flour Water Salt also donated cookies, which the happy gardeners enjoyed after lunch.

"Our Seaside Group is very active and love to get in the garden," said Blue Haven Manager of Community Services Marianna Parish. "It was lovely to see them interacting with the younger generation and everyone working and laughing together."

Members of the Kiama Community Garden (KCG) were also on hand to provide help and guidance.

"We were delighted and proud to host and be part of this first (of many, hopefully) intergenerational gatherings at the KCG," said Joe Carter from the Kiama Community Garden.

"Our garden is a wonderful green space of growth and sharing. It is open to people from our community with all sorts of interests, skills and challenges. Hosting this event fits in so well with our ethics of Earth Care, People Care and Fair Share."

Garden members who attended the event said:

"Today was a delightful experience. It was wonderful being with the elderly attendees and their youthful counterparts as they got to know each other, worked at a craft activity together and then explored the garden together. By lunchtime, the genuine engagement between all participants was visible and there was abundant positive energy around. It was a really valuable exercise in community building." – Kathy

"It was a great success despite the weather and fun was had by all." – Gabriella

"It was a joy to see the way that the children and the older Blue Haven Care guests related so spontaneously and joyfully." – Peter

"It was a really lovely morning, the positive vibe was obvious. Such a great chance to meet and get to know our elderly citizens who have so much to share. I really enjoyed seeing one particular young girl click with the lady she was paired with, it was sweet." – Ali

New partnerships have been forged and the groups are already planning their next time together in the community garden.

Our Community Team continued

Blue Haven in the news

Community garden unites Kiama's youngest and oldest residents – *Illawarra Mercury*

Some of Kiama's oldest and youngest residents put their age differences aside on Thursday to prove green thumbs have no age limit.

Residents from Kiama's Blue Haven retirement village and children from Kiama Family OOSH met at the town's community garden to exchange stories over a home-grown meal and an arts and crafts project.

Kiama Family OOSH's Sabrina Kelly, the mastermind behind the project, said the inter-generational meet-up was a hit for the young and old.

"It was just one of those days when your heart feels so full," Ms Kelly said.

Kids aged between four and 12 met with seven seniors, kicking off the morning with interviews to break the ice, and a craft activity where the groups worked together to decorate rocks.

"Initially the children were quite shy and the seniors were quiet shy, too, but once they got chatting, they really kept on chatting," Ms Kelly said.

After a host of activities, the children and seniors ventured into the community garden to pick their own vegetables together to go with a "feast" donated by local businesses.

Ms Kelly said some of the children are in after school care because they don't have relationships with grandparents, and the day was a vital opportunity to bridge the generational divide.

"In some ways that's quite sad – they're missing out on having relationships with older Australians who have so much to give," she said.

When it was time to say goodbye, there were hugs and even a few tears, Ms Kelly said, and she hopes to keep growing the relationships forged in the garden.

"The seniors were just looking to the kids with such love," she said.

"It was a truly wonderful day, and it has to be replicated – we all agreed that it was the start of something much bigger."

(Reference: The Illawarra Mercury 19 January 2023)



Blue Haven in the news

Intergenerational gathering in the Garden – *The Bugle*

Blue Haven Terralong residents and children from Kiama Family Before/After School Care (Family OOSH) could not keep the smiles off their faces as they formed friendships with each other in Kiama's Community Garden.

Aware of the positive benefits of intergenerational relationships, Sabrina Kelly, who runs Family OOSH, pushed for the two groups to get together last week ahead of the Seniors Festival. It follows a similar initiative last year by Kiama Public.

"One thing I found is a lot of these children come to care because their grandparents are interstate or overseas," says Sabrina.

"They have really missed the opportunity to connect with older Australians and form friendships with people not of our own generation and I feel like that is a great loss.

"I wanted children to connect with them, make friendships and see that older people have a lot to contribute."

The two groups were partnered up to help to get to know each other, painting rocks and sitting around the table to eat sausages donated by Butcher's Nook, fresh handpicked produce from

the garden and dessert by Flower Water Salt.

One friendship was made between Zane and resident George Robertson whilst participating in rock painting together.

Zane says he enjoyed hearing about what the seniors used to do and learnt that George was once a ukulele player.

"It's beautiful," George said at the time.

"Zane here has been telling me all about different things – he plays the guitar and now I know he's an artist. The children these days are out of this world and getting out amongst them is a wonderful thing."

Hayley and Samara enjoyed meeting Janet.

President of the Community Garden, Joe Carter, says this is what the garden is all about.

"The Community Garden is about caring for people and the community and this is just an expression of that, getting the young and old together sharing experiences and broadening connections. It's just wonderful for the garden itself and the people involved," Joe says.

Blue Haven Manager of Community Services, Marianna Parish, says, "It was lovely to see the residents interacting with the younger generation and everyone working and laughing together."

Sabrina hopes the event is not a one time thing but a regular get together.

(Reference: *The Bugle*, 24 January 2023)



Our Community Team continued

Kiama Preschool visit

Clients of Blue Haven's Seaside Group were joined by youngsters from the Kiama Pre-School during Seniors Week for a morning of intergenerational fun and socialising. There were paints, texas, parachutes, song and dance activities as well as 'getting to know you' conversations. Lots of laughs and sharing between Grand-Friends and Little-Friends.

"Blue Haven and Kiama Preschool used to enjoy regular visits together, but these visits were put

on hold due to COVID-19", said Marianna Parish, Manager of Community Programs. "We hope this event re-ignites an ongoing relationship between our clients and the preschool".

The visits benefit both young and old alike, as some children don't have grandparents nearby and vice versa.

Seniors can be our greatest teachers and instruct us with words and stories of the past. They can share a lifetime of accumulated wisdom and help us learn about the world and ourselves as they teach us with their life experience.



Storytelling Interview with Minnamurra local, Val Brunker

To mark seniors week, we sat down for a storytelling interview with Val Brunker, a Blue Haven Seaside Group client and active member in the Kiama community.

Val, who lives in Minnamurra, tells us about her life growing up in the 1940s, "Life was really easy. It was a great life. You could go out. You could go tadpoling. You could do all these sorts of things. Growing up, I had a really good young life. It was just free and easy. You could walk the streets at night, anytime, and things like that. It was lovely. It was a nice time".

Val said her family would visit Kiama every year and "bring the caravan down and stop at the Blowhole Caravan Park. We bought a nice big van and had it updated and as soon as school broke up, we'd bring the van down for six weeks, take it back before school would go back. So, we'd spend all the school holidays down here. We loved it," said Val.

"And we went into Minnamurra one day, my daughter was out with one of her friends. The highway used to come straight past Minnamurra, so you didn't stop there. But one day, we went looking for her, and it was a perfect day. And if you've ever been to Minnamurra on a perfect day, it's beautiful! And the next day, I said, "I'm going to live here one day."

"So, we started building down here. It was the best thing we'd ever done! I loved the river. Right up near the mouth. It's beautiful! I used to live in that river. So much so, that they used to call me "The River Lady!" I even got a letter once addressed to the "River Lady!" I'd swim in it, and I had a little boat. And I'd be fishing there every day. So, they all got to know me. It was nice. It was great! It was a lovely time," she says.

Val was also the impetus behind establishing netball in Kiama in the early 1980s. In fact, the Kiama Netball Association is named after Val. It's called the Val Brunker Centre.

For the full storytelling interview online: bit.ly/3YCQpkj



Sea Change Physiotherapy

Our residents enjoy hydrotherapy at Kiama Leisure Centre with the Sea Change physiotherapy team. Sea Change promotes re-ablement and provides evidence-based pain management through exercise.

Our physiotherapists conduct both one-on-one sessions and group fitness classes with a focus on strength and balance. Exercise is performed in the water via hydrotherapy classes with the aim to improve cardiovascular fitness, improve balance and falls risk, stress relief, reduce load bearing on joints, reducing muscle aches and tightness, and increasing muscle strength. Furthermore, it's also a new and fun experience for our residents!

Falls prevention in Residential Aged Care

Falls are a major concern for people over 65. 30% experience a fall and 37% of injury-related deaths are caused by falls. Good balance and strength are important to reduce the risk of falls. It's also important to understand common risks such as poor physical fitness, environmental hazards, sensory problems, and medical conditions. Everyone can take steps to prevent falls and reduce their serious consequences.

Common factors involved in falls in residential aged care include:

- Physical impairments such as weakness, balance problems, and mobility issues

- Environmental factors such as cluttered walkways, slippery floors, and poor lighting
- Medications that cause drowsiness, dizziness, or impaired balance
- Chronic conditions such as Parkinson's disease, arthritis, and stroke
- Cognitive impairments such as dementia and confusion
- Urinary incontinence and related urgency to use the toilet
- Inadequate staffing levels and lack of assistive devices
- Inactivity and sedentary behaviour

A team approach to reducing falls

- Conducting regular assessments of residents
- Implementing individualised care plans
- Providing adequate staffing levels
- Regularly reviewing and updating care plans
- Providing training and education for staff
- Involving families and caregivers in the care plan
- Implementing regular environmental checks
- Encouraging residents to participate in physical and social activities
- Collaborating with other healthcare providers

APRIL FALLS MONTH **Exercise for fall prevention**
As part of the recommended guidelines: 150-300mins/week

 <p>Emphasis on functional balance & strength training. Variety is the key!</p>	 <p>Every bit of activity helps. At least 3 days a week.</p>	 <p>If it's too easy... ...safely increase the challenge!</p>
---	--	---

Fall prevention is everybody's business!

Supported by
COTA
NEW SOUTH WALES
For older Australians

NSW
Fall Prevention
& Healthy Ageing
Network



Senior Citizen of the Year



Congratulations to our Australia Day Senior Citizen of the Year recipient – Bev Sherwood!

Bev is an inspiring role model for the many people in our community looking to age 'healthily'.

Despite a childhood defined

by illness and being unable to walk, now at 102 year old, Bev is feeling fitter than ever.

Bev is a vibrant presence at her twice-weekly fitness classes, taking part in SPIN, light resistance training and meditation.

As well as inspiring others with her positive outlook on life, Bev also remains an active part of public life in our community, whether it be the Gerringong Christmas Parade, the local Rotary Club or raising money for Camp Quality.

She is also a crackerjack lawn bowls coach for the juniors at the Gerringong Bowlo.

A sign of the regard our community feels for Bev is when she notched birthday number 102 in August, the residents of Gerringong literally turned the town pink, to celebrate her favourite colour.

This witty, smart and compassionate 'Super Senior' is a worthy recipient of Kiama's Senior Citizen of the Year Award for 2023.



Sea Change health professionals are located in the Wellness Centre on the ground floor of Blue Haven Bonaira. To make an appointment please call Blue Haven Reception at **(02) 4203 4055**.



Independent Living Units



Welcome Jodie Hopkins, Manager Retirement Villages ILU

We are pleased to announce that Jodie Hopkins has joined our Blue Haven team as Manager Retirement Villages ILU.

Jodie is acting in the role of Retirement Villages and Manager of Terralong and Bonaira ILUs and replaces Steve Dawson on a 12 month contract while he takes long service leave.

Jodie joins us with more than 18 years of experience in the human sector, primarily with not-for-profit organisations. Her most recent position being Director Business Excellence for an Aged and Disability service provider spanning the Illawarra, Shoalhaven and Mid North Coast regions. Her experience includes managing community service programs, seniors living sites, disability accommodation, respite services and children's early intervention services. Jodie is looking forward to applying her skills and knowledge working with the residents of Blue Haven Villages and Kiama Council.

Jodie is located in the Admin Office at Terralong and can be contacted at jodie.hopkins@bluehavencare.com.au or via mobile **0419 600 981**.

Please take some time to introduce yourself to Jodie and welcome our new team member.

What's been happening

Terralong

- 08 February 2023 - Resident forum and AGM. New Resident's Committee elected.

Bonaira

- January 25 2023 - Meeting between Village Residents, Mayor Neil Riley, CEO Jane Stroud and COO Joe Gaudiosi regarding sale of Bonaira.
- 25 January 2023 - Meeting adopted revised Village Rules via Ballot.

Manager update

Terralong

- Maintenance of grounds and buildings continues to be impacted by weather events.

Bonaira

- Maintenance of grounds and buildings continues to be impacted by weather events.
- **Defect rectification**
Trademark Consulting (Anthony Dimech) has commenced as external Project Manager to manage the ongoing defect rectification at Bonaira.
- **Caretaker contracts**
The legal team are finalising the contracts (2yr + 2yr extension) so we can go to market for new caretakers. We are hopeful the updated contracts will be attractive to more interested parties. We have advertised the Bonaira position seeking expressions of interest. The same contract will be used with existing Terralong caretaker discussions in the next few months. Our Terralong caretakers are currently assisting with sleep overs at Bonaira mid week.
- **Vital Care Emergency Call system**
Emergency call system is being implemented. Key boxes at each unit have been installed and resident details have been obtained.

A poem by Mary Monica



Illawarra Seniors Band

Illawarra Seniors Band entertained our Terralong residents with some beautiful brass music in March. The band is comprised of mostly retired people, and they perform concerts at seniors groups and retirement centres.



Collecting ILU email addresses

We are in the process of collecting Terralong and Bonaira residents' addresses. We will only



use this mailing list for relevant updates and you can unsubscribe at any time. To sign up for regular updates please visit: bit.ly/3m10l2g or subscribe using this QR code.



Cloud Reflections

Transcending the bustle on Earth below,
Embracing Nature's ever-changing flow;
As free as a breeze, I choose to dance,
In the gentle beauty of Sunset's glance.

Though this aging body to Care moves on,
My endless Spirit, Despair will not don;
Though winter withers this fragile frame,
The Promise of Spring is ever the same.

Billowing clouds caressing my feet,
As unknown horizons I venture to meet,
Twilight descends, stars traverse the skies.
Joyful at heart, I watch the Moon rise.

Mary Monica is one of our Home Care Package clients.



Continuing Education at Blue Haven

An opportunity to grow within the aged care industry

Our Blue Haven Residential Aged Care Facility (RACF) is pleased to celebrate the initiatives of staff who have taken advantage of educational opportunities that exist in the aged care industry, with recent government funded opportunities becoming available.

We currently have 10 residential aged care and two community aged care staff who are studying their Certificate IV in Ageing Support. Through affiliation with UOW College, this is being undertaken on site at Blue Haven Bonaira.

The majority of staff are completing this study in their own time recognising the value of upskilling and career opportunities. This not only provides personal-professional development, it very much supports quality care for our residents.

We also have five of our current Team Leaders accepted and ready to commence their Bachelor of Nursing Undergraduate Degree over the next six to twelve months, and our early career RN will also be starting her new graduate program (GNC Program) through UOW in March.

Many staff have also taken the opportunity to enrol in additional online learning such as continence care, wound care, Certificate IV in WHS, Leadership & Management, Infection Prevention and Control Lead. This is in addition to the onsite education that is an ongoing condition of their employment at Blue Haven. Again, building on the provision of quality care and showing the culture and commitment of the staff working at Blue Haven.

Blue Haven is also introducing Palliative Aged Care Collaborative Program (PACOP), a government funded program which is dedicated to significantly improving the outcomes of all Australians in aged care homes with a particular focus on those who are approaching the end of their life. Education linked to this program will occur over the next 6 months and become an embedded part of care planning and assessment for our residents. More information: uow.edu.au/ahsri/pacop



Train while you earn with Blue Haven

As part of recruitment and ongoing learning and support for our aged care community in Kiama, Blue Haven RACF is excited to offer the opportunity for a traineeship in Cert III Individual Support (Ageing) in collaboration with Kiama Community College. This opportunity offers the person an entry level qualification and career path in aged care.

We have multiple staff working at Blue Haven who have come to us from many different career backgrounds and have found great personal and professional satisfaction transitioning to the aged care industry.

Some have been drawn to aged care through personal circumstances i.e. caring for a loved one, or as mature aged person looking for a career after children have left home or are now at school.

A traineeship opportunity with Kiama Community College and Blue Haven may be able to offer flexibility for work and study to accommodate school hours. It also means you can live, work and study in your local area.

The beauty of a traineeship is that you are being paid to learn, get on-the-job experience, build a network of support from colleagues, and receive a qualification at the end.

To find out more information about our traineeship, visit kcc.nsw.edu.au/course/certificate-iii-in-individual-support-ageing-chc33015

We are currently recruiting for a variety of positions. Check out our job postings: bluehavenillawarra.com.au/about-us/careers

PACOP Training

Our nurses and care staff attended the Palliative Aged Care Outcomes Program (PACOP) workshop at Blue Haven.

We learned how to support our residents and their families through optimal palliative and end of life care.

PACOP is dedicated to significantly improving the outcomes of all Australians in aged care homes with a particular focus on those who are approaching the end of their life.

To find out more about the PACOP, visit:

uow.edu.au/ahsri/pacop



In conversation with Sallie Fredericks, Blue Haven Nurse Educator

Our Blue Haven Nurse Educator Sallie opens up about the field of palliative care and the important role it has in aged care.

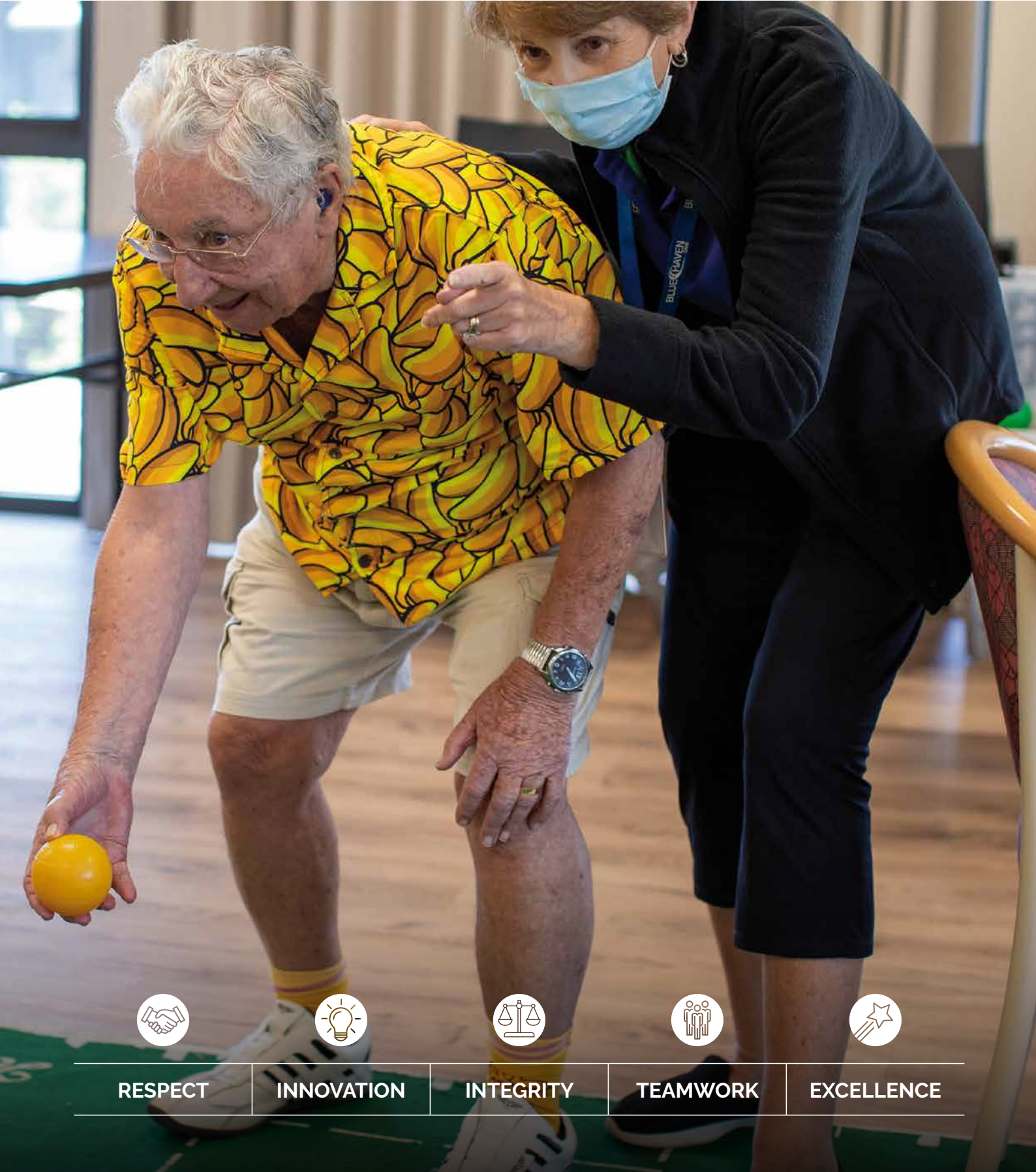
Sallie says palliative care is not only about compassionate dying but also about compassionate living, kindness and quality of life.

She tells us that it's important and empowering to discuss end of life planning with your loved ones. She also speaks about the exceptional people who work in residential aged care and the human element of our industry.

Watch Sallie's video here: bit.ly/3JY8pRJ



bluehavenillawarra.com.au
(02) 4203 4055



RESPECT



INNOVATION



INTEGRITY



TEAMWORK



EXCELLENCE