

Newsletter

SPECIAL EDITION

Honouring our valuable
Friends of Blue Haven



In this issue:

Independent Living
Units update

Bonaira land
reclassified

International
Nurses Day

UOW Traineeship
stories



Kiama Rockpool at Blowhole Point

Contents

Friends of Blue Haven – A community legacy	Page 5
Independent Living Units	Page 10
Advisory Committee formed	Page 12
Bonaira land reclassified	Page 13
Announcements	Page 14
The Lifestyle Team	Page 15
Our Community	Page 22
Best town in Australia!	Page 23
International Nurses Day	Page 24
National Volunteer Week	Page 26
UOW Traineeship stories	Page 29



Issue 5 Winter 2023



Bushman the Therapy Horse visits Bonaira



Celebrating the Coronation



Friends of Blue Haven farewell morning tea

Friends of Blue Haven A community legacy

Feature Story

Back in 1977, a group of passionate individuals came together to form the Friends of Blue Haven committee. Their primary objective was to raise funds for the local Residential Aged Care Facility and provide support to our elderly residents. Little did they know that their dedication would create a legacy that would span decades.

Year after year, the committee members worked tirelessly, organising various events and fundraisers to raise money for our Aged Care Facility. The community rallied behind them, recognising the importance of providing a comfortable and enjoyable environment for the Blue Haven residents.

The money they raised went towards buying games, puzzles, books, material for arts and crafts, bingo prizes, welcome bags for new residents, memorial items for families after a resident has passed away, Christmas gifts, wheelchairs, furniture, TVs, paintings – the list goes on.



• (left-right) Marjorie Wynn 81, Norma Dick 83 and Joan Cox 72 from the Blue Haven Stage 5 craft group who help raise money for Friends of Blue Haven Aged Care Facility. Picture: ELENOR TEDENBORG

The Friends of Blue Haven

CARE and support is at the heart of the work done by the Friends of Blue Haven Aged Care Facility.

The Friends have 29 members and of those, 20 attend regular meetings. "It's been good because over the past 18 months a lot more people joined and they come to the meetings too," Friends treasurer Lina Brennan said. Secretary Carolyn Crowe-Maxwell said they had a lot of fun as a group.

She explained that they fundraised for the aged care facility and with the money raised through raffle tickets, fetes and craft stalls were able to buy the facility a television, a water chair (to help with pressure sores) and most recently contributed \$34,000 towards a bus for the aged care facility, which was more

than half of the total cost.

The Friends meet the first Monday of the month and there's a \$5 joining fee. "You can be as involved as much or as little as you want," president Mary Douglas said.

Supporting the Friends are groups like the Blue Haven Stage 5 craft group – which meets on Wednesday afternoons and members knit everything from jumpers, to socks and toys.

Grace Anstey, who is also a Friend, started up the group in 2007. "We sell what the ladies knit at the (Friends) stalls and the fete," Mrs Anstey said.

For more details about Friends of Blue Haven Aged Care Facility, or about joining the group, call Mrs Douglas on 4232 1241.



2005

Lena Brennan, Judy Canham, Carolyn Crowe-Maxwell and Mary Douglas.



2021

Carolyn Crowe-Maxwell, Annette Young and Col Rathbone. Farewell to Col after many years on the committee.



Back: Renelda Arthur, Annette Young, Joan Cox and Val Sherlock. Front: Carolyn Crowe-Maxwell, Jan Tarbert and Glenda Waples.

Friends of Blue Haven A community legacy continued

Generous support funds Blue Haven bus

PHIL MCCARROLL
news@kiama-independent.com.au

THE Blue Haven Aged Care Facility has received a new bus to transport residents, thanks to the generous support from community groups in the area.

The bus, worth around \$60,000, will replace the one the facility lost in 2005 after it required repairs that were too costly at the time.

Numerous community groups in the area donated money, with the majority coming from masoniCare in conjunction with the Kiama branch of the Freemasons.

"Tony Zuzic who is the president of the Illawarra Association of Freemasons and a member of Lodge Kiama heard that Blue Haven needed a new bus and raised it at a meeting so Lodge Kiama and masoniCare got involved," MasoniCare representative James Hyam said.

MasoniCare is the charitable arm of the Freemasons and raised \$20,000 for the cause. "MasoniCare matched dollar for dollar what Blue Haven was able to raise over two years and that



• Blue Haven Aged Care Facility was presented with a new bus last week (left to right) Illawarra Branch of Freemasons president Tony Zuzic, Kiama Mayor Sandra McCarthy, Friends of Blue Haven past president Judith Canham, Friends of Blue Haven treasurer Lin Brennan, Friends of Blue Haven president Mary Douglas, Friends of Blue Haven secretary Carolyn Crowe-Maxwell and masoniCare representative James Hyam.



Friends of Blue Haven President Annette Young expressed her gratitude to all who supported her during her tenure as President. "It was a real pleasure to work with such a dedicated and talented group of people whose goal was to fundraise for our Aged Care Facility," she said.

"I also want to extend a special acknowledgment to my First Secretary Col Rathbone, Renelda Arthur, and Treasurer Carolyn Crowe-Maxwell," she says. "Their contributions were indispensable in achieving the remarkable amount of money we raised".

"We were unable to hold any fundraising activities during the two years of COVID-19 but the ladies kept up their craft work so that when we had our first mini-fête there was a wonderful display of goods for sale", says Ms. Young.

As time went on, the nursing home transitioned to a new location in Bonaira. The Friends understood that the needs of the aged care residents continued, even in a different setting. Recognising this, they decided to redirect their efforts and support the residential aged care Lifestyle Team.

In 2010 the Friends of Blue Haven, along with the support of the Masonic Lodge, purchased a brand new bus for Blue Haven worth over \$60,000.

The Annual Fêtes raised thousands of dollars for Blue Haven over the years. An impressive \$16,000 was raised at the 2017 Annual Fête, under the stewardship of long serving Friends of Blue Haven member Col Rathbone and his wife Ronnie. Mr. Rathbone was subsequently named Kiama Citizen of the Year, for his contribution to Blue Haven, as well as his work with other community groups such as the Kiama Sports Association.

Friends of Blue Haven A community legacy continued

**Meeting Forms
Blue Haven
Auxiliary
1977**

The Blue Haven Retirement Village Ladies Auxiliary was formed on Wednesday under the Chairmanship of Ald. Honey.

The election of office bearers was under the direction of Mr. P. Saphin and Mr. T. Matterson.

President N. Cambrell;
Vice President D. Hall;
Secretary H. Hopkins;
Treasurer N. Borland;
Ass. Treasurer C. Patton;
Publicity Officer P. Rasmussen.

The auxiliary will meet next Wednesday, August 24, at 7.30 p.m. at the Brighton Hotel and then every second Wednesday of the month.

Donations have been received from Jamberoo Bowling Club and Kiama Bridge Club.

Any ladies wishing to join please come to the next meeting or telephone G. Bennet at 322494.

Each month, the Friends contributed \$300 to the Lifestyle Team, ensuring that they had the necessary therapy and leisure materials to enhance the residents' quality of life.

Additionally, every three months, a significant amount of \$1,500 was allocated to cover entertainment expenses. Recently, they funded the rental of two mini-buses, enabling the transportation of residents to last year's Christmas concert in Nowra.

However, despite their ongoing commitment, the Friends faced an unfortunate reality. Due to the dwindling numbers of the committee and its members ageing, the group has made the regrettable decision to disband.

We at Blue Haven are filled with nostalgia and gratitude for the tremendous impact the Friends of Blue Haven have made over the years. We thank them for the countless hours they have dedicated, the funds they have raised, and the difference they have made to the lives of our aged care residents.

Though the Friends may have disbanded, the spirit of compassion and dedication that inspired its formation lives on. The legacy of the Friends of Blue Haven committee will forever be etched in the hearts and minds of our community, reminding us of the power of unity and the profound impact that can be created when people join together to support those in need.



Blue Haven fete promises another bumper day of fun

ENJOY a great day out and bag yourself a bargain at the Blue Haven Nursing Home's annual fete.

Join in the fun at 11am on Saturday, November 25 at Blue Haven.

The fete is the nursing home's major fundraiser and has been held annually for more than 10 years.

A huge variety of stalls packed with

Member of Friends of Blue Haven Judy Canham said that money raised by the fete was used for the comfort of residents.

"Some of the items we purchase are hairdryers, table cloths and fans which all help to make the residents' lives more comfortable," Mrs Canham said.

Fete on this weekend



BLUE Haven's annual fete will be held at the nursing home in Kiama on Saturday, November 26, from 11am.

The usual variety of well stocked stalls will be available, and a chocolate wheel with excellent prizes will be there.

Devonshire teas, steak and sausage sandwiches and activities

for children, including a ride and a clown, will be available.

Proceeds go to support the nursing home and hostel.

PHOTO: Pictured with some of the hand-made goods for the fete are Jean Young, Marcia Hall (staff member), Vi Farrell (Friends of Blue Haven) and Enid Latham.

Friends of Blue Haven A community legacy continued



Annette Young, Carolyn Crowe-Maxwell and Mary Douglas. Thank you from the Lifestyle Team.



Bushman the therapy horse visits Bonaira care home in 2019.



Back: Barbara McClure, Glenda Waples, Renelda Arthur, Mary Douglas, Carolyn Crowe-Maxwell, Mercy Kibbey, Jan Tarbert and Annette Young. Front: Val Sherlock, Elaine Pratt and Joan Cox, Iris Tasker.

Friends of Blue Haven

A community legacy continued

Blue Haven in the news

Friends of Blue Haven take a step back – *The Bugle*

After 46 years, the Friends of Bonaira Aged Care Committee plans one more fundraising activity – a Mother's Day stall – before the group is dissolved at the end of this financial year.

President Annette Young thanks all the past and present committee members for their support and hard work.

"Over the years, many thousands of dollars have been raised," Annette says. "I could fill a page listing all the things the Lifestyle Team have been able to purchase to provide enjoyment, activities and entertainment for the residents."

The committee, originally formed in August 1977 under the chairmanship of Alderman Geoff Honey, was called the Blue Haven Retirement Village Ladies Auxiliary. It later changed its name as more men became involved.

In 2010, the Friends bought a new bus after raising \$60,000 in partnership with the Kiama Freemasons. In 2018, at the Annual Blue Haven Fête under the stewardship of Col Rathbone, a record \$20,000 was raised.

In 2019, at the 40th anniversary of the opening of the original Blue Haven Retirement Village and the completion of the Blue Haven Bonaira Complex, Annette noted that it was a coincidence that Alderman Honey's son, Mayor Mark Honey, cut the anniversary cake.

At that opening a book called 'Blue Haven the first 40 years' by Nick Hartgerink was sold, a great record of the history of the Blue Haven village.

Annette Young, Carolyn Crowe-Maxwell and Mary Douglas mark the end of an era with a special cake.

"Since Aged Care moved to Bonaira, we have continued to raise funds and support the Lifestyle Team who provide therapy, leisure materials and entertainment for the residents. For example, in December, we paid for the hire of two mini-buses

to transport residents to a Christmas Concert in Nowra at a cost of \$720."

Committee member Mercy Kibbey, from Kiama Downs, says that her Dad, who was in Blue Haven for five years, benefited greatly from the wonderful concerts and performers organised by the Friends, including the petting zoo and especially the visit by Bushman, the big horse.

"The big horse was such a wonderful thing to see. It was led into people's rooms to visit them and it had a really big effect on many of those residents. People who live in this aged care home really appreciate all the work that the Friends have done for them," she says.

Despite the organisation's long and successful history – almost 46 years – the Friends found themselves facing a difficult decision. With the committee's numbers dwindling and members aging, the group has regretfully taken the steps to disband. The final meeting on Monday 3 April marked the end of an era.

Lifestyle co-ordinator at Blue Haven Bonaira, Susi Delamont (above right with the committee), told the committee that they have already helped purchase Mother's Day frames for residents.

She said, "The Friends have been such a wonderful support over 46 years, running stalls at the annual fête and raising money in other ways. I will miss those pickle jars from the fête."

"Thank you all for all the blood, sweat and tears you have put in enriching the lives of past and present residents, especially over Christmas. Thank you so much from the Lifestyle Team and all the residents."

Despite the sadness of this decision, the Friends' legacy will live on in the memories of the residents and staff of the Blue Haven Retirement Village. The organisation's decades of dedicated service to the community made a real difference in the lives of the residents they served for so many years. Their contributions will not be forgotten.

(Reference *The Bugle* 14 April 2023)

Independent Living Units



Bonaira

Our Resident Forum was held on 8 May 2023.

Vital Care Emergency Call System

We are pleased to report that the Vital Care Emergency Call System upgrade has been completed. The upgrade will allow for a quicker response time in emergency situations.

Defect rectification

A consolidated list of requirements has been provided by residents and we are working through the defect rectification. An external Project Manager from Trademark Consulting is working closely with Richard Crookes Constructions (the builder of Blue Haven Bonaira), providing monthly updates to Council which are then shared with the Blue Haven Bonaira ILU Residents Committee. Progress is being made and we thank residents for their patience.

Caretaker contract

We received a great response from our recruitment advertisement for live-in caretakers. Short-listed candidates were interviewed on 16 May and an appointment will be made shortly.

Terralong

Friends of Blue Haven farewell morning tea at Terralong

After 46 wonderful years of dedicated service to the community, the Friends of Blue Haven have made the tough decision to dissolve the committee.

The final Friends of Blue Haven fundraising activity was held on Saturday 6 May with the committee holding a Mother's Day stall at Blue Haven Terralong. The stall raised money for the Blue Haven Lifestyle Team who provide therapy, leisure materials and entertainment for the residents.

A farewell morning tea was held 11 May wrapping up decades of successful fundraising.

Their valuable contributions to our Blue Haven community will always be remembered and appreciated.



Independent Living Units continued

The Bonaira 90 year olds

ILU residents Roy Barwick, Betty Graham, and Leita McLeod jointly commemorated their 90th Birthdays at the **Kiama Bowling Club**.

Over 60 of their closest friends and family members gathered to celebrate this special occasion.

Happy Birthday to our wonderful residents!
What a milestone!



Friends of Blue Haven **Mothers Day stall** at Terralong.



Friends of Blue Haven **farewell morning tea**.

Blue Haven Advisory Committee formed

Kiama Council held the first meeting of the newly formed Blue Haven Advisory Committee on 3 May 2023.

The committee replaces the Blue Haven Advisory Board that was a Section 355 Committee, which was disbanded in June 2022. kiama.nsw.gov.au/Council/News/Blue-Haven-Advisory-Board-to-be-remodelled

Council has taken the time to consider the best form of an advisory panel for our Blue Haven business and has chosen to make it a committee of Council similar to the Finance Advisory Committee.

Joe Gaudiosi, Kiama Council's Chief Operating Officer (COO) said the new committee is in line with our revamped committee structure, endorsed at the April 2023 council meeting.

The Blue Haven Advisory Committee has also been created to align with previous Council resolutions to provide advice on aged care and retirement village operations.

"I welcome the new advisory committee as a prudent governance measure for Council with the operation of our Blue Haven services," said Mr Gaudiosi.

The advisory committee has expertise and skills that will be useful in providing advice to management and Elected Representatives.

The Blue Haven Advisory Committee currently comprises:

Elizabeth Kelly

Lawyer and governance expert who has held senior State and Federal government roles

Paul Sadler

Aged Care Industry expert, former CEO state and national peak body

Neil Reilly

Mayor of Kiama

Jane Stroud

CEO Kiama Council & Blue Haven

Joe Gaudiosi

COO Kiama Council & Blue Haven

Rachel Hall

Manager Aged Care & Operations, Blue Haven

Jodie Hopkins

Manager Retirement Village/ILU Operations, Blue Haven

An additional member of the committee with clinical care experience is also being sought.



Blue Haven Bonaira land reclassified

Kiama Council voted to reclassify the land on which Blue Haven Bonaira sits from community to operational land at the Ordinary Meeting of Council on Tuesday 20 June 2023. The elected Councillors voted 6 in favour to 3 against the reclassification.

The site comprises the Blue Haven Bonaira 134-bed Residential Aged Care Facility, 59 Independent Living Units (ILUs), Matterson Hall, Barroul House café, a Chapel, a gym, a hair salon, and the Blue Haven Home Care Services and Transport administration offices.

Kiama Mayor Neil Reilly said it was a difficult decision to make and expressed thanks on behalf of Council to everyone in the Blue Haven community who engaged with the land reclassification process, whether it was providing submissions to the Planning Portal and Public Hearing and/or speaking at the public hearing.

What does this mean?

The reclassification of the land means Council can proceed with the divestment of Blue Haven Bonaira, as it resolved to do in October 2022 and confirmed at its extraordinary meeting on February 28, 2023. The divestment of Blue Haven Bonaira is also listed as a key action in Council's adopted Strategic Improvement Plan.

What happens next?

Kiama Council will now advise the NSW Department of Planning & Environment of this decision and the reclassification will be included in an update to the Local Environment Plan (LEP).

As always, Council and Blue Haven are committed to the continuing provision of high-quality care and service to Bonaira aged care residents and clients, as the divestment process for Blue Haven Bonaira progresses.

Where can I find out more?

The latest information can be found on the Land Reclassification page: kiama.nsw.gov.au/Council/Projects/Blue-Haven-Bonaira-land-reclassification

The FAQs related to Blue Haven Bonaira sale are available online: kiama.nsw.gov.au/Council/Projects/Blue-Haven-Illawarra-sale-FAQs

1 Expression of Interest (EOI) to tender is announced and potential tenderers invited to submit.

2 Once EOI closes, Tender Evaluation Panel (TEP) reviews EOIs and makes short-list (all tenderers names published by Council).

3 Probity checks carried out.

4 Short-listed tenderers invited to put in tender proposals.

5 TEP evaluates tenders against predetermined evaluation criteria.

6 Highest scoring tenderer is recommended in a report to the elected Council.

7 Elected Council decide whether to award the tender to the recommended top tenderer.

8 Winning tenderer announced.

9 Sale contract signed and exchanged.

10 Settlement and transfer.

Announcements

Reception details

8:30am to 4:30pm – 7 days per week

enquiries@bluehavencare.com.au

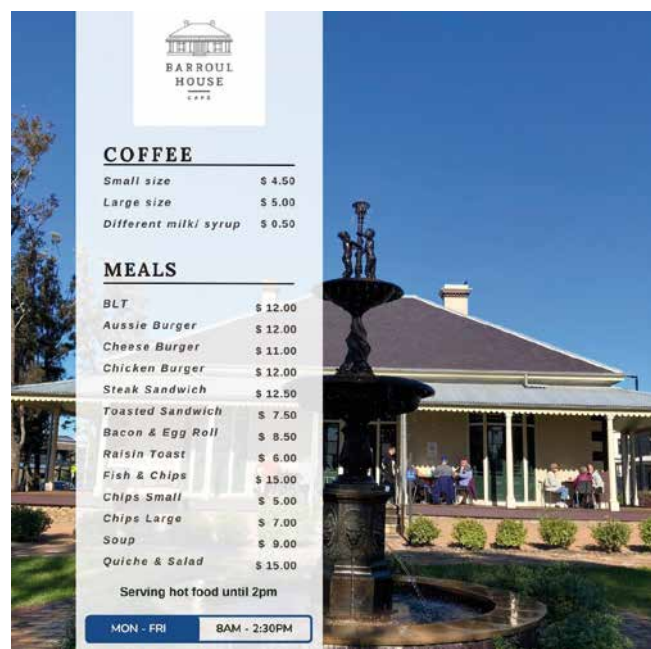
(02) 4203 4055

Visitor hours – 9am to 3pm.

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

Barroul House café

Check out our new winter menu at Barroul House café.



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 2pm

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

Fridays 10:30am – Bonaira Family Room

Happy Hour

Fridays 1:30pm

Hairdresser

Thursdays and Fridays

Bingo!

Mondays 10:30am

Blue Haven COVID Update

Due to current COVID-19 exposures, Blue Haven has extra precautions in place, in line with the advice from the NSW Department of Health.

- 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.
- Influenza vaccination is highly recommended.
- Residents can have two visitors per day aged 12 years and over, plus two children aged under 12 years per day between 9am – 3pm, seven days a week.
- All visitors and staff are required to wear P2 masks within the building.

The Lifestyle Team

Alchemy Chorus visited Blue Haven Bonaira for some beautiful live choir music.

The choir brings together people living with dementia, their carers, volunteer musicians and singers.

The name 'Alchemy' represents the blending of various elements to make something valuable, which is the aim of the choir.

Alchemy is an inclusive working choir and they welcome those living with dementia who are still able to benefit from and contribute to practices and performances, and their care partners. There are no auditions, and every voice is valued.

10am – 12pm

Kiama Uniting Church Hall, 19 Bong Bong Street

For more info: **0416 202 678** or alchemychorus.org

"To love a person is to learn the song in their heart, and sing it to them when they have forgotten" – Anne Garbor



Illawarra Taxi Network now servicing Kiama LGA



The Illawarra Taxi Network (ITN) has been providing extensive services across the Illawarra region for more than 62 years - and now they're here in the Kiama LGA!

ITN has a total of 136 vehicles, with 12 wheelchair accessible vehicles and 12 maxi taxis which seat 6-11 passengers, monitored through their dispatch system 24/7. With safety as a top priority, all taxis are equipped with security cameras and all drivers have current National Police Checks.

ITN also offers an extended range of services including medical deliveries, female drivers and courier services. Their drivers are also trained in looking after people with disabilities.

Bookings can be made by calling **(02) 4254 2111** or online at illawarrataxinetwork.com.au/booking

The Lifestyle Team continued

Easter at Blue Haven

Our Lifestyle Team were very busy delivering chocolate eggs to our residents.

Some other highlights of our fun filled long weekend included a special Easter themed morning tea, pin the tail on the bunny and an egg & spoon race.



The Lifestyle Team continued

We commemorated **ANZAC Day** with a moving wreath laying ceremony held outside Blue Haven Bonaira to honour the brave men and women who served our country.

Our Independent Living resident Rev Ian Vickery officiated the Service, Mongo Delamont read the Ode and Voj and Gwen Ilic lay the wreath.

Blue Haven honours the sacrifice made by our selfless residents who fought for our freedom.

LEST WE FORGET



We had a lovely trip to **Gerringong** to enjoy morning tea by the seaside, a gentle ocean breeze, and even met some local furry friends.



The Lifestyle Team continued

Our **Men's Group** gathered for a cuppa and a chat at Minnamurra River taking in the beautiful local scenery.



We attended '**Music in the Morning**' at Wollongong Town Hall. The concert showcased beautiful songs from the golden age of musicals, featuring the very talented Vov Dylan and Glenn Amer



Cinco De Mayo!

Our Lifestyle Officers provided some in-room entertainment for resident Enid Sams, singing and dancing to "La Cucaracha"



The Lifestyle Team continued

Knitters of the world- unite!

We gathered at Matterson Hall to celebrate Worldwide Knit in Public Day and display all the beautiful blankets our residents have knitted to donate to Wrap with Love. The public was entertained by a local ukulele group based at Bonaira ILU.

Every Wednesday afternoon for the past year, our Bonaira residents gather for their Knit and Natter sessions. We are proud to show off the gorgeous creations to the wider community.

We've made a dedicated effort this year to provide Wrap with Love blankets to those who are dealing with the aftermath of the floods, fires and re-housing challenges in NSW. We're also extending our reach internationally to provide assistance to those impacted by the earthquakes in Turkey and Syria.

To donate to Wrap with Love, visit: wrapwithlove.org



The Lifestyle Team continued

Our memory care units Cedar and Palm enjoying a lovely **high tea**. Thank you to our Lifestyle Officers who pulled together this lovely spread for our residents.



The residents made snails and trains at our **No-bake Cooking** session. It was hard to resist sampling the desserts before they were complete!



Our residents bathed in the winter sunshine and took in the fresh salty air at **Werri Beach**. What a gorgeous spot for morning tea.



We had a lovely afternoon in Cedar and Palm making **cupcakes** with our new cupcake maker machine.



The Lifestyle Team continued

Our **Paint and Sip** session was a big hit with the residents. We expressed our inner Picasso as we relaxed with music, painting and good company.



Our men's group played **'Headbandz'** (a guessing game) with our Lifestyle staff, complete with freshly brewed cappuccinos from our new coffee machine. It was a fun morning with lots of laughs!



Our Community

The Easter Bunny (volunteer Jan) hopped over to our Seaside Group for a special visit with our community clients this Easter.



Volunteers Karon and Janet had some fun celebrating **The Coronation** at the Seaside Group. Long live our Blue Haven royalty!



Our volunteer **Karon receives her 5 Year Volunteering Certificate** at the Seaside Group.



Blue Haven **Support Workers** receive training to stay up to date on all the latest practices in the aged care industry.



Kiama

Best town in Australia

This NSW suburb has just been named the best town in Australia

And it's only a stone's throw from Sydney

Caitlyn Todoroski, *TimeOut* – 19 May 2023

A little jewel on NSW's South Coast has been crowned the best small town in all of Australia. The Australian analysed a whopping 752 small towns across all corners of the country for liveability, using data from the 2021 census (based on factors around wellness, professional skills, diversity and prosperity). Kiama came out victorious, beating out the other top towns of Tamborine Mountain (Qld), Mount Barker (SA), Dunsborough (Vic) and Legana (Tas).

It's got a fair bit going for it – for starters, it's got not one or two, but five beaches. From break points to Nippers home turfs, you can see why many families have migrated down south. It was also judged highly for its great sense of community, its family-friendliness, its slow pace of life, its high employment rate and its safety.

Kiama's not just liveable – it's great for a quick getaway from Sydney. We'd go so far as to call it one of the very best day trips from Sydney. It's also one of the best car-less trips away from Sydney, since you can hop on a train at Central, enjoy the views, and you'll reach the heart of Kiama in just over two hours – pretty much the same time it takes to drive. The South Coast train line vistas are unreal; the tracks are sandwiched between the escarpment and the coast, meaning you get great things to look at on both sides.

Hop off the train at the old-timey station and you're in the centre of town. Boutiques and small businesses line the main strip that winds all the way down to the famous blowhole. It's easy to idle a whole day away here, strolling in and out of the shops, and eating takeaway fish and chips in the park by the harbour. Salty air, vibrant green and blue scenes and beachfront markets are exactly what the doctor prescribed.



Our top recommendation: get your sneakers on and jump on the Kiama to Gerringong coastal track. Not only will the 20km walk spit you out at all the beautiful beaches, but you'll start to get a chance to suss out the enchanting cottages and other abodes nestled high on the cliffs and low by the shores (in case you want to relocate one day).

Testimonial

15/05/2023

Dear Eileen,

Would you convey to all the staff who looked after me whilst I was in Blue Haven Retirement Villages. I am now in care at Shell Cove. I did appreciate the kindness and attention to my requirements for independence.

I had COVID when they found me in the shower and had fallen on the bathroom floor with no alarm button. I spent nine days recovering at Wollongong Public Hospital afterwards.

Thank you once again Eileen for your attention to my needs and care in the last few years. I wish you and the staff to keep up the good work.

Regards,

A Blue Haven client

International Nurses Day



Today marks International Nurses Day – a special day to celebrate our dedicated nursing and care staff.

Our nurses and aged care staff provide compassionate care to our residents and their families and help people during their most vulnerable times.

Jyoti Paudel is one of our incredible nurses at Blue Haven. We caught up with Jyoti to ask her a few questions about her profession.

1. Tell us about yourself.

I moved to Australia in 2019 and completed my Bachelors of Nursing from Edith Cowan University in Perth. Before this, I was working in my home country

Nepal as an Intensive Care Unit Nurse (ICU Nurse). I now work at Blue Haven as a registered nurse.

2. Why did you decide to become a nurse?

I grew up in Nepal with a hospital right around the corner from my home.

I remember witnessing patients who were anxious to be admitted to the facility, some crying in pain, grieving families... I have seen a lot. I saw the nurses not only delivering medical care, but that they were also a tremendous source of comfort to their patients and their families. I gained an incredible respect for nurses because of what I witnessed at that hospital near my house in Nepal.

When I was a little older, my mother was admitted to the hospital with jaundice. She is thankful to this day for the nurses that treated her and for their care and support during her treatment. My mother always used to say that I would make a good nurse... she says I have had a kind and caring personality since I was a child. I suppose that's what planted the seed- I began to picture myself being a nurse and serving people. I believe mums are never wrong! Here I am today, taking pride in what I do.

3. Tell us about your studies to become a nurse?

I did my Bachelors of Nursing in 2021 at Edith Cowan University in Western Australia. Studying nursing was quite expensive for me as an international student. I had to move to WA, away from my partner to pursue my education. My partner and I both had to work multiple jobs so that we could save up for my university fee.

Coming from a different country where English is my second language and with the cultural difference, I was struggling to make friends and I felt isolated when I first started school. It took some time for me to open up with my school mates. I gradually began to discuss my academic concerns with my tutors, who guided me through the process.

I was amazed to discover that there are a variety of pathways in nursing that I could pursue in

International Nurses Day continued

Australia. Of all the options, I chose to work in the aged care sector.

I am very thankful to each and every person I have met throughout my journey. Without their support, I wouldn't have landed my dream job here at Blue Haven!

4. Describe a day in the life of a nurse at Blue Haven?

In Blue Haven, there are two registered nurses (RNs) on the floor throughout the day, and one RN on night shift. The RNs usually start their shift with a handover and plan their day prioritising the tasks in the handover. As a registered nurse on the floor, you are responsible to lead your team including the care staff and team leaders.

The RNs work in collaboration with other allied health professionals to ensure quality care for the residents. RNs are also responsible to conduct assessments, care planning and evaluation to address the care needs of the residents.

We have very approachable educators and managers offering continuous training and education to the staff for their professional development at Blue Haven, it's great. They are on-site during weekdays- always ready to help RNs as needed. There's a lot of support here.

5. What's most rewarding about of your job?

For me, the most rewarding part of being a nurse is job satisfaction. I can go home knowing that I have made a difference in someone's life, which gives me a feeling of self-worth.

I also hear many inspiring stories from our residents that motivates me to acquire more knowledge and develop skills to deliver optimal nursing care for them.

6. Any advice for new nurses?

I feel that you have to have a genuine care and a kind heart to be a nurse. You might have all the qualifications and skills to be a registered nurse,

but if you do not have empathy and sympathy towards people, you won't be able to deliver quality care to your clients.

Also, you learn something new every day. It doesn't matter how long you have been doing this job - there's always more to learn, and that's what nursing is all about. If you are not confident in doing something, all you have to do is seek help from your supervisor, they will always be there to guide you and support you.

7. Why do you enjoy working at Blue Haven?

I joined Blue Haven in 2021. I didn't know what to expect when I first started as it was a completely new sector for me, however I received tremendous support from my managers, educators and senior staff. They all assisted me throughout my transition and I'm grateful.

The best part for me as a RN at Blue Haven is our diverse team that works together. All the staff are respectful towards each other, which creates a positive and productive work environment, and makes everyone feel inclusive.

I'm fortunate to receive guidance and support from our educators and managers here. I'm currently studying 'Graduate Certificate in Gerontology and Leadership' from Blue Haven.

This course will allow me to develop a deeper understanding of chronic geriatric conditions and end of life-care for ageing populations.

8. Anything else to add?

I would like to thank the Blue Haven team for providing an opportunity to share my story with everyone. HAPPY INTERNATIONAL NURSES DAY!!

A big THANK YOU to Jyoti and the rest of our incredible nursing teams and care staff for your hard work and dedication.

Blue Haven is grateful for your committed service to our residents and clients and we are thankful for all the amazing work you do!

National Volunteer Week

What do our wonderful Blue Haven volunteers 'do'?

Blue Haven has close to 80 volunteers who assist in providing exceptional service across our community and residential care home.

Their contribution ranges from driving or helping on community transport buses/cars, transporting our aged clients to medical appointments, shopping, and supporting group outings and functions.

They assist our clients to maintain community links, supporting social connectivity and community engagement which is integral to health and well-being.

Our volunteers also support carers by giving them a break and providing companionship for the person they are caring for, either one-on-one or as part of a group.

They provide clients with an opportunity to participate in a wide variety of activities within our

day programs such as: musical reminiscence, pet companionship, arts, crafts, indoor bowls, bocce (a favourite), bingo, concerts and exhibitions.

Visits from local schools and pre-schools also provide the opportunity for intergenerational activities. Volunteers help make all of this (and more) possible!

Quite often these volunteers become the only link from the outside world for our residents and clients, and we could not provide the high level of care and support given, without them.

Volunteers are truly 'the icing on the cake, the sprinkles, AND the cherry on top'.

Happy National Volunteer Week!

Blue Haven is actively recruiting for more volunteers. If you are looking to make connections in the community and experience all of the amazing benefits of volunteering, sign up now: bluehavenillawarra.com.au/about-us/volunteering/



Happy National Volunteer Week!

Blue Haven would like to take a moment to give thanks to our incredible volunteers and the supportive roles they play in helping our clients. Without our valued volunteers, we simply could not provide the range of care available, at the highest standards possible.

Volunteer spotlight: We caught up with one of our exceptional volunteers **Fred Hollis**. Fred has been volunteering with Blue Haven for three and a half years as a community transport driver.

1. Tell us a little about yourself.

I'm 67 years old and moved down to Kiama with my wife Linda in 2014. We have two children and two very recent grandchildren.

We had been holidaying down here for 20 or so years and loved the area, and we were lucky enough to find a great home overlooking Easts Beach. We love the Kiama lifestyle; everyone is relaxed and happy to say hello. It's a great place to live!

I have a Bachelor of Business and a Graduate Diploma in Management, and worked in Human Resources for much of my 40 year's employment. I worked for the NSW Environment Protection Authority, the Department of Community Services and the Public Service Commission in senior human resources positions.

National Volunteer Week continued

I enjoy travelling with my wife, snorkelling, yoga, volunteering for Blue Haven and Kiama Community Radio, and babysitting my two grandchildren.

2. What do you do for Blue Haven?

I volunteer one day a week for Blue Haven, driving one of the four Blue Haven buses. I've done about 140 of these trips over the three and a half years I've been volunteering and find it very interesting and rewarding.

I typically drive clients (seniors, people living with a disability, and those without access to transport) to medical appointments in Wollongong and around the local Kiama area.

On the day, I pick the bus up at the depot, complete a safety checklist and then start the trip. I pick up each passenger, helping them onto the bus as necessary then proceed to the various medical centres and hospitals. I then pick them up after their treatment and return them home.

3. What made you decide to volunteer with Blue Haven?

My brother volunteers in Sydney, taking an early onset dementia group out on various excursions. He was clearly enjoying it, so I thought I'd see what volunteering was available in the Kiama area. I had just retired myself and thought that it might get me out of my comfort zone and also give something back to the community. It certainly has been a great experience and is one I'd recommend to anyone!

4. What is the most rewarding part about being a volunteer?

Meeting a range of interesting people, while helping others and giving something back to the community.

I enjoy talking to each of the clients about their family and life story and most people are very happy to have a yarn about anything that's on their mind. Many of them have fascinating stories about mid-century life in Kiama, or coming to Australia shortly after the war, their sporting achievements and so on.

Some clients want to talk about the challenging

situations they are facing, while we travel to their appointments. Helping them to get things off their chest and/or debrief on the way home and knowing that you have made things easier for them in some small way is very rewarding.

5. Anything else you would like to add?

No one trip is ever the same and is always interesting! As I also volunteer for Kiama Community Radio (after obtaining approval to interview any willing client about their interesting lives). These can be found on the KCR website under 'Tales from the Blue Haven Bus'!

Blue Haven would like to take this opportunity to express our sincere gratitude and acknowledge our volunteers for their dedication and generosity. We cannot thank you enough for your commitment and we are honoured to have you as part of our Blue Haven team!

Blue Haven is actively recruiting for more volunteers. If you are looking to make connections in the community and experience all of the amazing benefits of volunteering, sign up now: bluehavenillawarra.com.au/about-us/volunteering/



National Volunteer Week continued

National Volunteer Week afternoon tea

Our Blue Haven Volunteers gathered for an afternoon tea to say 'Thank You' for the fabulous work they do in the community and for our wonderful clients.

Stories were shared over a cuppa and cake after each volunteer received their certificate of gratitude from our Mayor Neil Reilly.

It was a great opportunity for volunteers to meet and mingle with others of similar outlook on the importance of volunteering and what it means to them.



Volunteer Expo at Kiama Farmer's Markets

UOW Traineeship stories

Working with her clients is a privilege

For **Katie Fox**, working at the Kiama Blue Haven aged care facility feels like coming home.

The residents of the facility are like family to her and the opportunity to up-skill in her work environment so she could provide them the best possible care was too good to pass up.

Katie is now completing her Certificate IV in Ageing Support through UOW College.

UOW College has provided Blue Haven staff with a unique training program that focuses on aged care support with an emphasis on palliative care and wound management following a request from the facility. The course is delivered on-site so staff can complete their training without having to travel to the College's main campus in Wollongong.

"I studied my Certificate III in 2009, so it has been a long time since I up-skilled," Katie says.

"At my yearly work appraisal, my supervisor asked if I had any goals and I mentioned that I'd like to do my Certificate IV in Ageing Support but had been put off by the price."

"She told me about the program the UOW College was running in conjunction with Blue Haven to up-skill staff, so I signed up."

"It had been a long time since I had been in a classroom setting, but the UOW College teachers were great," she says.

"They have been very supportive. We have an app which allows us to contact them at any time which is great."

Working one-on-one with clients at the aged care facility is Katie's passion and she said the Certificate IV course has helped her up-skill in areas like wound and medication management.

Blue Haven has been a part of Katie's life since she was a young girl.



"My dad was the administrator at Blue Haven for 31 years. He started there in 1981 and I used to go there after school," she says.

"I would get scratchies from some of the residents. My grandfather was also a Registered Nurse in a psychiatric ward and my grandmother was a carer in a hospital so I guess I was following in their footsteps."

"When I was 19, I was working as a medical receptionist, but I wanted to do something more meaningful and thought I could do that working at Blue Haven."

Katie says she admits she was a bit hesitant to start studying again after such a long break but on the first day of study with UOW College the educators put her mind at ease.

"I'm absolutely passionate about working with the residents. I feel more comfortable around older people and we do such an important job."

"I work in a dementia specific unit and the residents' relatives are trusting you with their loved ones, which is a privilege."

"Some people think aged care is boring because you're working in the same unit or with the same residents, but our work is all about building up a relationship with that person and their family."

"It's the best thing in the world."

Katie Fox

CHC43015 Certificate IV in Ageing Support

UOW Traineeship stories continued



Taking care to the next level

Taleah Holm knows how important it is for the more vulnerable people in the community to be able to have a sense of independence and social connection.

She witnessed it first-hand in her own life, supporting her younger brother with a disability, that enabled him to live his life to the fullest. This steered her on a path of wanting to help others in similar situations.

Taleah entered the aged care workforce, using her compassion and skills to assist other community members to live as independently and safely as possible in their own homes. Taleah joined Blue Haven Community Care as a Support Worker and says she's found a career that she is passionate about.

When Blue Haven asked its staff if there was anyone who wanted to improve their skills by completing a Certificate IV in Ageing Support, Taleah put her hand up.

"It's very convenient being able to do the course through my workplace" she says.

Blue Haven Community Care is working in collaboration with UOW College to up-skill its staff with a custom-designed course that will meet the needs of its residents, clients and staff.

Taleah says with UOW College delivering the content of the course at the workplace, she is still able to continue to work while putting new skills into practice without delay.

"This was always something I wanted to do, but financially it was out of reach" she said.

"As soon as I heard there was an opportunity to take the course, and it was fully funded, I enrolled."

"I'm 27 now and haven't done any study since I completed my Certificate III in Aged Care 10 years ago. Although homework was a bit daunting at first, the support we receive means I'm on top of it all."

"We have three trainers who are all fabulous and provide us with great resources."

Taleah said the new skills she is learning are already helping in her role as a Support Worker and she believes it will enable her to give clients the best possible outcomes.

"My job entails going to clients' homes and helping them do everyday tasks such as showering and providing transport, taking them shopping or to social appointments. Those little things that can help them stay independent and maintain their movement."

Taleah Holm

CHC43015 Certificate IV in Ageing Support





bluehavenillawarra.com.au
(02) 4203 4055



RESPECT



INNOVATION



INTEGRITY



TEAMWORK



EXCELLENCE