

Newsletter

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Blue Haven Terralong



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NAIDOC celebrations



Wacky Wednesday!



Singing in the rain



Furry friends visit

Blue Haven EOI Update

In August, Council sought expressions of interest (EOI) from interested approved aged care providers. This EOI closed on 12 September 2023.

Council established a Tender Evaluation Panel (TEP) whose task it was to review the submissions that were received and form a shortlist of interested parties, with a view that the shortlist of organisations would then be invited to participate in a select request for tender process.

Evaluation criteria outlined in the EOI document covered both qualitative and quantitative information. This includes:

- **indicative financial offer**
- **financial capacity of the applicant**
- **strategic relationship or intent of the applicant regarding the Kiama LGA**
- **the applicant's care service model and cultural synergies**

Council is currently finalising the EOI evaluation process after which time the shortlisted parties will be invited to formally tender for the purchase of Blue Haven Bonaira.

This process is anticipated to commence before the end of October and is intended to enable Council to make a decision on the sale before the end of the year.

To assist with this process, Council has engaged Industry specialists StewartBrown Advisory to provide professional assistance in the Divestment Process as well as Maddocks Lawyers to oversee the process from a probity perspective.

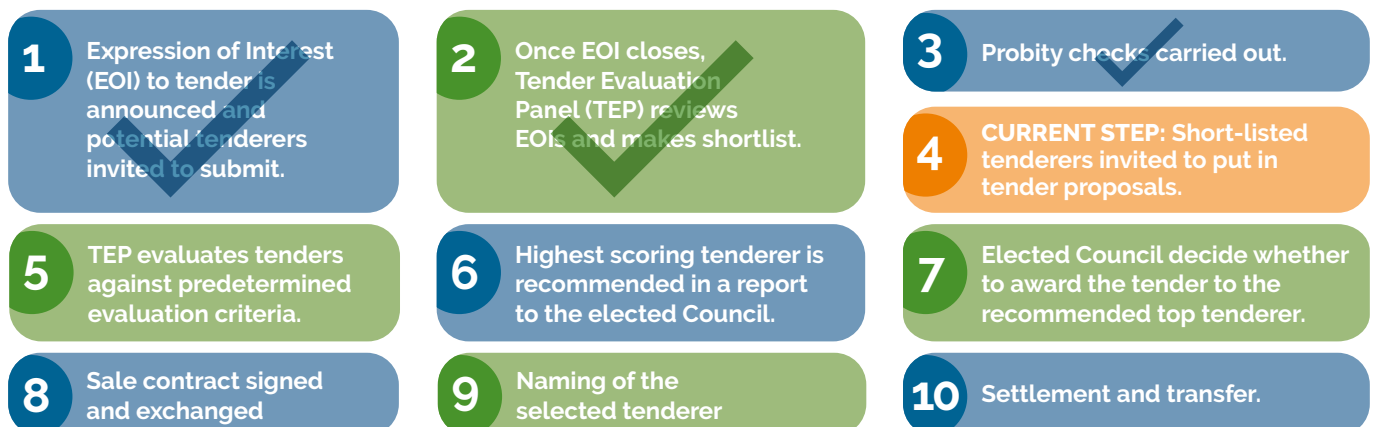
Council acknowledges that having this process resolved as quickly as possible is in the best interests of residents. However, this sale is complex compared to other asset sales and this may impact when the sale can and will be finalised.

An overview of the process and where Council is up to is shown visually in the diagram below. Council will continue to provide further updates to residents as more information becomes available.

For more information visit: kiama.nsw.gov.au/bluehavenfaqs



Open competitive tender process



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 daily

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.

Illawarra Taxi Network servicing Kiama LGA

Bookings can be made by calling (02) 4254 211 or online at

illawarrataxinetwork.com.au/booking



Upcoming activities – Bonaira

Knit and Natter

Wednesdays 2:00pm

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



Please note Blue Haven no longer requires the mandatory use of masks within our Residential Aged Care Facility.

This change applies to all individuals within our Blue Haven community, including our dedicated staff members and valued visitors. We believe that this shift fosters an environment where residents can more openly interact with staff, friends, and family, promoting emotional well-being and enhancing the quality of life for everyone residing in our facilities.

It is important to note that our Blue Haven staff have been wearing masks for 3 and a half years, from 2020. This dedication to safety has been a significant part of our commitment to resident's well-being.

While the mask mandate will be lifted, we remain

committed to prioritising the health and safety of our residents. To this end, we will continue to implement RAT (Rapid Antigen Testing) twice a week for both visitors and staff.

Please rest assured that the health and safety of our residents remain our top priority. We maintain a robust Outbreak Management Plan in place to swiftly address any potential risks and to protect the well-being of our community. Additionally, our Partnership in Care Program will continue unabated, reaffirming our commitment to transparent communication and collaborative decision-making with residents, families, and representatives.

We extend our heartfelt gratitude to all residents, relatives, friends and staff for your unwavering support and understanding during these challenging times.

The Lifestyle Team

Our Bonaira community members were delighted to be invited to **WIN Stadium** for a senior's high tea event. With 12 tickets in hand, we filled up an entire bus to attend. During the event, we savoured a delightful morning tea, featuring scones with jam and cream, sandwiches, fruits, and macaroons. Moreover, we had the opportunity to learn about the exciting WNRL women's 10-week competition.



We celebrated **NAIDOC week** with art and treats! Residents joined in a NAIDOC art painting activity and a themed morning tea featuring tasty lemon myrtle shortbread.



The Lifestyle Team continued

Our talented residents spread their artistic wings and painted a beautiful array of butterflies at Blue Haven Bonaira. We're excited to showcase their beautiful work.



Let's roll the dice and get cleaning! Our Bonaira residents had a blast playing **Cleaning Picture Bingo**! The Lifestyle Team turned chores into a fun game, making the cleaning process a delight!



As the winter winds howled outside, we cozied up indoors with our favourite **mugs of hot chocolate**! Whether you're a Picasso or a doodler like us, a cup of hot chocolate is the ultimate muse for a day filled with warmth and creativity!



What a fantastic time we had at Bonaira, cheering on the Matildas during the **FIFA World Cup**! Our staff and residents showed support and dressed up in our Aussie finest, celebrating the spirit of Australia and the incredible talent of our women's soccer team.



The Lifestyle Team continued

The air at Blue Haven was filled with euphonic delight as we welcomed the incredible **Alchemy Chorus!** Our residents were treated to a beautiful performance that truly resonated with them. Thank you, Alchemy Chorus, for sharing your talent and making our day special.

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. There are no auditions, and every voice is valued.

Thursdays 10:00am – 12:00pm

Kiama Uniting Church Hall, 19 Bong Bong Street

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



The Lifestyle Team continued

Our Bonaira residents enjoying a **deconstructed trifle**. A little dessert, a lot of smiles, and the perfect recipe for a sweet day.



Our day turned into a furry gathering with some adorable **four-legged visitors** at Blue Haven!

Pets have an incredible way of brightening up our day and making us feel loved. They have a special ability to connect with us, bringing comfort and companionship that's truly priceless.



Our **Footy Tipping** Competition Winners!



The Lifestyle Team continued

A Remarkable Century of Life!

We had the privilege of celebrating the remarkable 100th birthday of our cherished resident, Ted at Blue Haven Bonaira.

We came together to honour Ted's 100 years of resilience, friendship, and happiness. The heartfelt stories and toasts we shared made for an unforgettable gathering.



Reliving the Golden 50s with **John Clegg** at Banksia! What a fun afternoon filled with timeless tunes and nostalgic vibes. John Clegg rocked the stage and took us on a musical journey back to the good old days.



Our Blue Haven residents keeping their minds sharp with some friendly **board game competition!**



The Lifestyle Team continued

Wacky Wednesday fun for our residents!

Our team unleashed their inner wild child with the most imaginative and outlandish outfits! From mismatched socks to tutus, we took "dress to impress" to a whole new level! Our Wacky High Tea was an explosion of colour and taste. The star of the show? Coloured cupcakes that looked almost too good to eat... almost!



After 3.5 years of wearing masks 24/7, our smiles are finally making a comeback at Blue Haven!

How lovely to see each other's faces again!
Please say hello to Helena at Reception and our much loved **Lifestyle Team!**



The Lifestyle Team continued

A few snaps from our concert with the one and only **Larry on guitar**. Morning vibes to Elvis Presley, Roy Orbison, Chris Isaak, and Ronan Keating had our dementia unit singing along.



Our Blue Haven residents sharing laughs, stories, and working collaboratively to piece together the **puzzle of the day**.



Residents had a blast at our **Carnival Games day!** From ring toss to balloon darts, it was all about fun and competition. Sweet treats like fairy floss and soft drinks to keep everyone energised and smiling throughout the games.



Our Community

Our amazing Blue Haven volunteers



Congratulations to **Gloria Hamilton** and **Alejandro Olguin** who recently celebrated 5 years of service with Blue Haven. Thank you for the important role you do in assisting our Blue Haven clients in their homes.



Our staff **Support Worker training** featured special guest speaker Veronica Sajdovska from the Macedonian Welfare Association of NSW who gave a very informative talk about the older people in the Illawarra from the Macedonian community.

Veronica brought in some artefacts commonly found in the homes of Macedonian people – including a coffee cup and pot for the serving of black coffee which is always offered by way of hospitality.

Thank you Veronica for teaching us a little about Macedonian customs and culture!



Our Community continued

Blue Haven Community Services recently organised a **client focus group** to gather feedback from homecare clients about their experiences with Blue Haven. The clients expressed satisfaction with the development of their Care Plans and other services they received. Some questions were raised regarding the sale of Blue Haven Bonaira and concerns about the separation of Blue Haven from Council. However, the overall outcome of the focus group was constructive and optimistic. We sincerely appreciate the participation of all attendees, as their valuable feedback will help us enhance our service provision.



Testimonial

Dear Blue Haven,

Oh, we had such a great day on Saturday for my 80th birthday and our 60th wedding anniversary. Everything was perfect. Had our 3 children and partners, 7 grandchildren, some with partners and 4 great grandchildren, from 5 states. We had it at the Sebel in the 1871 room. Food was beautiful and the service too.

It was all made more perfect by Scott caring for Dean. He is an amazing man and was so attentive to Dean and his comfort and safety. We are blessed to have him as a carer for Dean.

Kind regards

Dean & Nanette

Seaside Group



Our Community continued

Generations unite in Kiama to make a difference on International Day of Older Persons

On this International Day of Older Persons, we recognise the significant contributions made by seniors in our society. To mark the special occasion, Blue Haven seniors partnered up with Kiama Family OOSH (Out of School Hours) children to give back to communities in need.

Held at the Kiama Community Garden, our seniors and children joined forces to assemble special toiletry boxes full of donations from the greater Kiama community.

Each box was thoughtfully curated and will be sent to Indigenous communities in need as part of the Happy Box Project.

A 'Happy Box' contains essential toiletry items, including shampoo, soap, deodorant, and toothpaste, as well as luxury self-care items such as makeup, body scrub, face masks, journals, and candles.

"We would like to extend our gratitude to the Kiama community for their unwavering support and generous contributions," said Marianna Parish, Manager of Community Programs. "It was lovely to see our seniors partner up with local children to assist those in need."

"The OOSH children absolutely love meeting up with their friends from Blue Haven", said Sabrina Kelly, Kiama Family OOSH Director. "It is an anticipated highlight of our holiday program".

The joint event exemplifies the power of unity across generations and the true spirit of giving. Beyond honouring the invaluable contributions of our seniors, it served as a poignant lesson for our children in the importance of compassion, empathy, and active community involvement.

For more information about the Happy Box Project and how to get involved, visit happyboxesproject.com



Our Community continued

International Day of Older Persons: Mahin's Story

In 1992, my family and I departed from Iran. Our journey led us to Pakistan, where we embarked on the process of acquiring passports and visas for Australia.

As Bahai individuals, we faced the challenge of the Iranian government's refusal to issue passports to Bahai people. Finally in 1994, we successfully migrated to Australia. Upon our arrival, we reunited with our son and his family in Kiama, marking the beginning of a fresh chapter in our lives.

Upon arriving in Australia, I enrolled in English studies at Shellharbour in TAFE.

One day, as I was walking to TAFE, I encountered a gentleman in a wheelchair, accompanied by a caregiver who was assisting him. Seeing this man brought back memories of my mother back in Iran.

When I left Iran, my mother, who had been in good health, had a strong desire to accompany me to Australia. However, she was unfortunately denied a passport, which prevented her from leaving the country. This situation caused her considerable distress, and sadly, she fell ill and passed away after only a few short months.

The realisation that I couldn't return to Iran to care for my mother was truly heartbreaking. However, when I witnessed the compassionate person assisting the man in the wheelchair, it sparked a determination within me to support elderly individuals in Kiama.

I discussed this newfound commitment with my son, who promptly contacted Kiama Council to enquire about opportunities for volunteering and assisting the elderly residents of Blue Haven.

Kiama Council invited me to participate in a two-day volunteering training course. Upon successful completion, I received a certificate that enabled me to engage in voluntary work within the Kiama community.

I have now been volunteering with Blue Haven for over 20 years and my experience has been incredibly gratifying and enjoyable. I take immense joy in serving our community and am always eager to lend a helping hand wherever it's needed.

On this International Day of Older Persons, we celebrate Mahin and all the remarkable seniors in our community that inspire us with their strength and resilience.

Interested in volunteering with Blue Haven? Visit bluehavenillawarra.com.au/about-us/volunteering and sign up now.



Testimonial

Dear Blue Haven,

Many thanks to you and Sabrina for organising such a fantastic experience for all concerned. Very grateful to be included.

Everything was so well thought out, including the wish for good weather!

Looking forward to catching up with you and Seaside Group again on Monday.

Best regards

Adrienne

Our Community continued

For Our Elders: Connecting to the land and the community for NAIDOC week

Blue Haven clients celebrated a special NAIDOC Week this year, with the theme 'For our Elders'.

'For our Elders' celebrates and pays respect to all Elders, honouring the important role they play as custodians of cultural knowledge and leaders in the wider community.

In the spirit of this theme, Blue Haven's Seaside Group and children from Kiama Family OOSH (Out of School Hours Care) celebrated NAIDOC Week at the Kiama Community Garden to highlight the importance of intergenerational connections and cultural appreciation.

"Our Elders have played and continue to play an essential role in our communities across generations," said Marianna Parish, Manager Community Programs.

"Their wisdom and wealth of life experiences inspire and strengthen us. It's truly special to gather at our local community garden to honour their contributions."

The celebration featured a performance by the Gumaraa Dance Group, including didgeridoo, clapsticks and traditional singing, with the dances mirroring the movements of native animals important to Aboriginal communities.

They learned about Wayapa Wuurrk, an earth connection practice rooted in ancient Indigenous wisdom, from local teacher Jaz Corr.

Wayapa Wuurrk emphasises the significance of caring for the Earth as the foundation for cultivating well-being in mind, body and spirit.

Through a combination of Earth mindfulness, narrative meditation, and proactive efforts to protect the planet, Wayapa provides a sense of belonging to the Earth.

After this, the clients and children paired up to paint river rocks and explore the native edible plants with members of the community garden.



Joe Carter from the Kiama Community Garden said the gardeners and Hillside Landcarers are thrilled to be involved with such a special event.

"We're delighted the work we've been doing for over a decade provides a space ideal for a special event such as this."

"This opportunity to respectfully share knowledge, experience, history, and community is beautiful. We feel thankful to be involved," Mr Carter said.

Blue Haven Seaside Group and Kiama Family OOSH thank the Gumaraa Dance Group, Jaz Corr, Kiama Community Garden and Hillside Landcare for supporting this important event.

Blue Haven's celebration is part of local NAIDOC Week celebrations hosted by Kiama Council, to promote inclusion, diversity and cultural understanding within our community.

Our NAIDOC week celebrations help foster cultural awareness and strengthen community ties.

Looking after Our residents

Enhancing Resident Care through Blue Haven's Call Bell System

Blue Haven has introduced an advanced call bell system at our Bonaira Residential Aged Care Facility. It's as simple as a button press for our residents to notify our dedicated staff whenever they need assistance.

This means our residents have a direct line to request immediate help, ensuring a swift response in critical situations, thus bolstering resident safety.

We understand that some residents might find traditional call bell systems challenging to use or occasionally forget to request assistance. To address this, we have also implemented bed and chair sensors in designated resident rooms, offering an automated alert system that ensures immediate staff intervention when assistance is required.

Efficient Response with Staff Pagers

Our dedicated staff members are equipped with pagers to ensure they remain responsive to residents' needs. Whether a resident requires assistance or is simply moving around, our staff receive real-time notifications, enabling a swift and efficient response to any request. This proactive approach minimises the need for residents to initiate the call bell.

Personalised Care and Engagement

At Blue Haven, we place great emphasis on personalised care. Our staff take the time to understand each resident's unique routines and preferences, allowing us to deliver tailored support. We encourage residents to communicate their preferred wake-up times and daily requirements, enabling us to create a customised daily experience that maximises engagement and comfort.

Continuous Improvement and Data-Driven Care

We rigorously audit our call bell system to ensure it aligns with residents' needs and aids in determining optimal staffing levels. Furthermore, call bell data supports roster planning, refines residents' care plans, and assists in any incidents within our aged care home.

Accessible Assistance Throughout Our Facility

Call bells are strategically placed throughout our facility, including bathrooms, lounge areas, and resident rooms.

For added convenience, residents have the option to wear a pendant around their necks, providing peace of mind and immediate assistance access, regardless of their location within our home.

At Blue Haven, resident's safety, comfort, and satisfaction are our top priorities. Our advanced call bell system is a testament to our unwavering dedication to our resident's well-being.



Organics Recycling

What Goes In

As you may know, Blue Haven's waste collection is managed by SOILCO.

In accordance with our license agreement, SOILCO is unable to accept paper or non-food source objects in the FOGO bins due to the potential for contamination.

This requirement aligns with the NSW Environment Protection Authority's stance on maintaining the purity of the compostable materials collected for processing.

What does this mean?

- 1.** Paper Products: Please be sure to dispose of all paper products in the red bin, rather than the green FOGO bins. SOILCO will not accept paper items, such as paper towels, in the FOGO bins, as they would be considered contaminated.
- 2.** Acceptable FOGO Materials: According to the NSW EPA Position Statement, the following materials can be placed in Food Waste bins for composting:
 - **Food waste**
 - **Compostable kitchen caddy liners that meet Australian Standards for commercial composting**
 - **Fiber-based liners (e.g., paper or newspaper) used to collect and transport Food Waste to the FOGO bin**
- 3.** Prohibited Items: Items like compostable and biodegradable plastics, fiber-based materials (like bamboo, timber, or cardboard packaging and cutlery), paper towels, and serviettes cannot be placed in the Food Waste bin that will be processed at a SOILCO facility. This restriction is aimed at maintaining the quality of composted materials.

We appreciate your cooperation in adhering to these guidelines, and SOILCO extends its gratitude for your understanding and commitment to responsible waste disposal.

If you have any questions or need further clarification, please don't hesitate to contact SOILCO.

(02) 4252 9100 or sales@soilco.com.au

These items DO go into the Organics Recycling Bin



- ✓ Meat (including bones)
- ✓ Fish and seafood
- ✓ Chicken
- ✓ Vegetables
- ✓ Bread and bakery
- ✓ Egg shells
- ✓ Dairy products
- ✓ Rice and pasta
- ✓ Fruit and fruit peels
- ✓ Plate scrapings
- ✓ Flowers and herbs
- ✓ Pizza
- ✓ Yoghurt and cream
- ✓ Cereal
- ✓ Coffee grounds
- ✓ Tea bags
- ✓ Compostable bags (AS4736 certified)
- ✓ Grass clippings
- ✓ Garden trimmings

PLEASE NOTE: ALL PACKAGING MUST BE REMOVED

These items DO NOT go into the Organics Recycling Bin

- ✗ Straws
- ✗ Butter sachets
- ✗ Cling wrap
- ✗ Meat packaging
- ✗ Biodegradable bags
- ✗ Polystyrene cups
- ✗ Grease trap waste
- ✗ Aluminium foil
- ✗ Coated cardboard, metal, tin and glass

PLEASE NOTE: NO GENERAL WASTE

organicsrecycling.com.au

Aged Care Employee Day



Interview with Janelle Vazzoler

Aged Care Employee Day 7 Aug 2023

We are delighted to introduce you to Janelle, the heart and soul of our Community Team at Blue Haven. With more than 16 years of experience as a dedicated Support Worker, Janelle has been making a profound impact in the lives of our Homecare clients.

Janelle's compassion knows no bounds, and her genuine desire to make a difference in our clients' lives shines through in the care she provides. Her nurturing spirit has touched the hearts of many, promoting independence and enhancing the quality of life for our clients.

We recently had a heart-warming chat with Janelle to learn more about her journey and passion for care.

1. Tell us about yourself.

I'm a compassionate individual and have been a Support Worker with Blue Haven for over 16 years. I am blessed with four beautiful children who are the loves of my life. Gardening brings me joy, and sewing fulfils my creative side. I am driven by a passion for lifelong learning and making a positive impact in the lives of others. Embracing each moment and cherishing relationships are values close to my heart. Seeking adventure and continuous growth, I am always exploring new hobbies to enrich my life.

2. Why did you decide to become a Support Worker?

My heartfelt passion lies in helping others and making a genuine positive impact in the lives of vulnerable individuals or those in need. I also love the job's flexibility, which allows me to choose my working hours and spend valuable time with my family.

3. Describe a day in the life of a Support Worker

In the morning, I get ready for work for a 7:30am start most days and set off to my first client of the day. When arriving at the client's home, I review their care plan and any notes left from the previous Support Worker to get an update on the client's health and any specific needs for that day.

Usually, my first client is personal care - I assist with showering, drying and dressing the client. After this, breakfast is served and medication is distributed. I always ensure the client is clean, comfortable and safe upon my departure from their home. Other services throughout the day I provide are social engagement, taking the clients out shopping or on an outing, preparing them lunch and dinner and also helping with housework or gardening.

4. What is the most rewarding part of your job?

For me the most rewarding part is knowing that I am making a huge difference in the client's wellbeing, and I am helping them live a healthy and comfortable quality of life. I love to see the clients get excited and happy when I arrive to provide their services.

5. Any advice for a new Support Worker?

Being a Support Worker for the elderly is a fulfilling and rewarding role, but it can also be challenging at times. My advice for a new Support Worker would be to learn the individual's routine. This will make your job easier and more proficient in the long run. Another tip would be to maintain professional boundaries. While building rapport is essential for being a Support Worker, it's important to maintain professional boundaries to ensure both you and the client feel comfortable within your relationship.

Aged Care Employee Day continued

6. Why do you like working at Blue Haven?

I like working at Blue Haven because they have always been flexible with my hours, I love all of the office staff as they treat me with respect and the team are all helpful and supportive within the workplace. I am also being paid a competitive wage for my role and this helped when choosing the company to work for.

Join our team! Visit bluehavenillawarra.com.au/about-us/careers/ for more information about current job openings.

Blue Haven celebrates Janelle and all of our incredible Aged Care Employees who pour their hearts into making a positive impact in the lives of our elderly community members. Your unwavering dedication makes a world of difference, and we are truly grateful for all that you do!

To find out more about our homecare services in the community, visit: bluehavenillawarra.com.au/community-services



Blue Haven Reclassification gazetted

Kiama Council has announced that the Parliamentary Counsel has finalised the reclassification legislation for the land on which Blue Haven Bonaira sits.

The classification is now enshrined in law through the Kiama Local Environmental Plan 2011 (Amendment No 23, under the Environmental Planning and Assessment Act 1979) which has been formally gazetted and is now complete.

The Blue Haven Bonaira site is Lot 2 DP 1215276, 14A Bonaira Street, Kiama.

The site comprises:

- **Blue Haven Bonaira 134-bed Residential Aged Care Facility**
- **59 Independent Living Units (ILUs)**
- **Matterson Hall**
- **Barroul House café**
- **Chapel, gym and hair salon**
- **Administration offices for Blue Haven Home Care Services and Blue Haven Transport**

The land is zoned low density residential. At Council's Ordinary meeting on 20 June 2023, elected Councillors voted to reclassify the land from community to operational.

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.

Council has stipulated that any sale must be to an approved Aged Care Provider.

StewartBrown Advisory have been appointed by Council as the marketing agent for the sale process.

LEP: legislation.nsw.gov.au/view/pdf/asmade/epi-2023-506

More information: kiama.nsw.gov.au/blue-haven-reclassification

Independent Living Units

ILU Manager Update

In the month of October, we bid a fond farewell to our interim ILU Manager, Jodie Hopkins.

Since Jodie came on board in March this year she has been assisted by Kim Garcia. Kim will remain in the role, and we'll be bringing in some interim assistance while the recruitment process for a new temporary manager occurs. Thanks to Jodie for your hard work and to Kim for your continued commitment.

ILU contact: **(02) 4233 1714**

Collecting ILU email addresses

We are in the process of collecting Terralong and Bonaira email 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 email your information to: media@bluehaven.com.au or subscribe using this QR code.

Matthew Kelly from **NSW Fire & Rescue** recently conducted a Fire Safety talk at our Terralong Village. 98 of our ILU residents attended to learn about staying safe in case of emergencies. Matthew shared invaluable tips and insights into fire safety.



The gardens around Terralong Village



Independent Living Units continued

Merry Christmas in July!

Our Terralong residents had a jolly time celebrating the mid-year holiday season! Thanks to Julie's Chicken Shop for serving up a delicious lunch! The drinks were flowing and some of our residents even showed off their dance moves!



Independent Living Units continued

The Kiama Men's Probus Choir delivered a magnificent performance at Blue Haven Bonaira.

Some of the men performing in the choir are in fact Terralong Village residents- it was wonderful to showcase their musical talents within our own community.

A heartfelt thank you to the choir for sharing their gift of music. Your talent inspires us!



More from the gardens around Terralong Village



Blue Haven In the news

Happy Box Project

Packing a box of happiness, Kiama seniors and children donate to rural Australia – *Illawarra Mercury*

Across the country people are feeling the pinch of increasing prices to everyday basics but those in remote Australia are feeling it greater which leaves many without essential toiletry items.

A group of seniors and children in Kiama decided to join forces to donate toiletry items to First Nations women in rural areas for the not-for-profit Happy Boxes Project.

"The prices are higher than they are here. They can't really get as much as they need," 11-year-old Alonna Webb said.

"That's unfair prices for them but not for us."

Media reportage of extravagant prices for essentials have made headlines such as a \$74 one kilo tin of instant coffee as well as a 2020 senate inquiry into food pricing and security in remote communities.

Seniors from the Blue Haven Illawarra and the children with the Family OOSH sat together at Kiama Community Garden on September 25 to fill the bags.

The bags include donated items like shampoo, deodorant, soap, toothpaste alongside something special like nail polish and hair accessories.

The inter-generational group formed after director of Family OOSH, Sabrina Kelly became inspired by the TV show Old People's Home for Four-year-olds and reached out to the Blue Haven aged care facility in Kiama.

"A lot of the children I care for have grandparents overseas or interstate, so they miss out on connecting with the old generation and likewise for the seniors ... "It's just a real natural connection," she said.

Children aged from four to thirteen decorated the bags as seniors were on standby for encouragement.

As the donation bags were filled, relationships blossomed between the children and seniors.

The reality is that some women go without essential toiletries, 11-year-old Savannah Hedstrom explained.

"The women choose family first, like 'should I get this milk for my family?' or 'should I get this shampoo for me?', they'll choose the milk for their family and they put themselves last," 11-year-old Savannah Hedstrom said.

25 September 2023 – Marlene Even



Blue Haven In the news continued

UOW Traineeship

Blue Haven taking aged care to the next level – *The Bugle*

There are many job opportunities in the aged care sector and now Blue Haven Community Care are making it even easier for staff to upskill and improve their skills.

Blue Haven is working in collaboration with the University of Wollongong College to upskill its staff with a custom-designed course that will meet the needs of its residents, clients and staff.

The College is delivering the CHC43015 Certificate IV in Ageing Support course at the workplace, so students are still able to continue to work while putting new skills into practice without delay.

The Aging Support course focuses on enabling workers to help vulnerable people in the community to be able to have a sense of independence and social connection. Since the course is fully funded by the NSW Government, there are few impediments to taking advantage of this opportunity to upskill and learn new skills that help Support Workers perform their role.

Blue Haven Support Worker Taleah Holm says, "This was always something I wanted to do, but financially it was out of reach. It's very convenient being able to do the course through my workplace."

Taleah praises the support that she receives from UoW College and the quality of the trainers. She says that 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, transport, shopping or just social appointments, and those little things can help



them stay independent and maintain their movement," she says.

"What I love about this job is witnessing my clients achieving outcomes and goals."

Kiama resident, Liz Thomas works at UoW College said that "We are actively working with service providers to address the skills shortages of their staff and hope this will encourage new entrants into their workforce."

For more information visit: uowcollege.edu.au

BEYOND 2533

07 July 2023 – Donna Portland



UOW
COLLEGE
AUSTRALIA

Blue Haven

In the news continued

NAIDOC Week

Kiama Council celebrates NAIDOC week – *The Bugle*

Kiama Council has closed out its celebrations of NAIDOC week with Dharawal dancers at the Kiama Community Garden.

The Gumaraa Dance Group troupe featured a range of dances including educational dances such as how to fish and to freeze when seeing a snake while collecting berries.

Sam was storyteller, singer and played the didgeridoo and Tyrell, Tallara, Malalai and Alize were the dancers.

After the dance, children from Kiama Family Care OOSH (out of School Hours Care) and Blue Haven residents from the Seaside Group paired up to paint river rocks and to try local edible plants from the Kiama Community Garden. Afterwards the residents and children were given a lesson in Wayapa Work by Jaz Corr which is a form of moving narrative mediation based on Indigenous practices.



The Local Government NAIDOC regional awards will be held on Saturday July 29 at the Kiama Pavilion from 5pm.

NAIDOC Week starts from the first Saturday in July. The theme was 'For our Elders' so shared experiences between Indigenous and non-Indigenous elders by Kiama Council was very in keeping with the theme. NAIDOC stands for National Aborigines' and Islanders' Day Observance Committee and has been celebrated since 1975.

The committee has been calling for a new national public holiday day as part of NAIDOC week but is yet to be realised.

Here are some useful local phrases in Dharawal you might want to try and the Kiama Bugle was given permission to suggest the following:

Ngambi or warami for hello

Ngadawingji for see you later

Didjarigura for thank you or enough.

11 July 2023 – Mark Whalan



Blue Haven In the news continued

Celebrating 100 years

Ted celebrates 100 years – *The Bugle*

Kiama has a new centenarian with Ted Moore celebrating his 100th birthday this week.

To celebrate, Ted shared his story with *The Bugle*.

Ted Moore was born on 8 August in Sydney, 1923, in Summer Hill.

He spent his early years growing up in Roselle in Sydney and attended Fort Street Boys High School - a selective school for those who excelled in mathematics. He then proceeded to a college that specialised in training technicians.

His first job was at PMG in Sydney, he then followed a promotion to Wagga Wagga where he met his wife Joan.

Next a move to Albury and then to Coonabarabran, where Joan fell pregnant. Then it was off to Taree for a few years and another

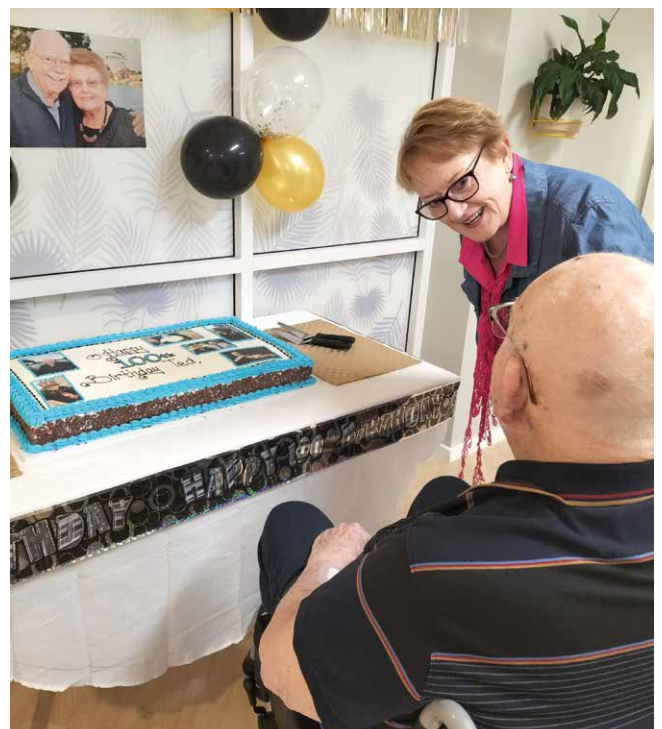
promotion to Kempsey. Every time he would get a promotion they saw more of the country. Next was Wollongong, where they saved up enough money to buy a house in Coniston and then built a house in Sussex Inlet, which they retired in for 33 years.

The next move was to Blue Haven in Terralong Street. Joan and Ted were the main fundraisers to help raise money for the local swimming pool in Sussex Inlet, along with others.

They had three children - a son, Ted Jr., and daughters Jenny and Marilyn. Their grandchildren are Daniel, Brad, Rhys (dec.), Renae, Dean, Matthew and Ben. "I have 17 great grandchildren." Ted told us.

His favourite singer is Vera Lyn and Ted has had a love of sports like golf, tennis, lawn bowls and cricket. He also enjoys reading and swimming. His favourite topic of discussion is the love and pride he has for his family.

09 August 2023



Local news



Kiama women living longer

How old Illawarra residents are living as Australia's life expectancy continues to rise – *The Illawarra Mercury*

Kiama friends Annette Young and Carolyn Crewe-Maxwell, both in their 70s, said they were not surprised to hear of the longevity of the town's women, as they knew many of were alive and well into their 90s. Picture by Sylvia Liber.

Kiama friends Annette Young and Carolyn Crewe-Maxwell, both in their 70s, said they were not surprised to hear of the longevity of the town's women, as they knew many of were alive and well into their 90s. Picture by Sylvia Liber.

Women living in Kiama have a better chance of living to a very old age than the rest of the Illawarra's population, according to the latest data on death and life expectancy.

In 2021, the median age of death for women in the region's southernmost local government area was 88-years-old - a full five years longer than the median age of death for the town's men.

According to new statistics from the Australian Institute of Health and Welfare, the national median age at death was 79 years for men and 85 years for women.

Different to life expectancy, which describes the number of years from birth a person is expected to live, the median age of death is based on actual deaths in a given year.

While Kiama women lived the longest, Wollongong men had the lowest median age of death in the

Illawarra, of 80.8 in 2021. The median age of death for men in Shellharbour was the next lowest, at 81.3.

Women in all three local LGAs lived longer than their male counterparts, with the median age of death of 83.6 for Shellharbour women and 86.5 for Wollongong women.

The data also shows how many people had a premature death (aged under 75), with 67 per cent of deaths registered in Australia in 2021 were among people aged 75 or over.

As reflected in the median death age, men were more likely to die early than women, with 67 per cent living past 75 compared to 73 per cent of women.

In Kiama, more than 86 per cent women who died in 2021 lived past 75, giving it the equal second lowest rate of premature death (13.2 per cent) across all NSW local government areas.

Kiama friends Annette Young and Carolyn Crewe-Maxwell, both in their 70s, said they were not surprised to hear of the longevity of the town's women, as they knew many of were alive and well into their 90s.

"It seems very accurate," Ms Crewe-Maxwell said.

"I think the environment here helps, and there's plenty of activities for older people to do, and there are plenty of community facilities, services and support. We have terrific doctors and chemists for people who need it."

Both residents of Blue Haven, Kiama's large retirement village and aged care facility, Ms Young and Ms Crewe-Maxwell said they rarely ever had a day without some type of activity or social engagement.

"There's so many things for people to become involved in if they want to, and I've also been a volunteer for Meals on Wheels a long time, which has been a great way of getting around and visiting people in the community."

In Wollongong, only one in five women (21.6%) died before the age of 75 in 2021, while more than a third of the city's men (34.6%) died prematurely.

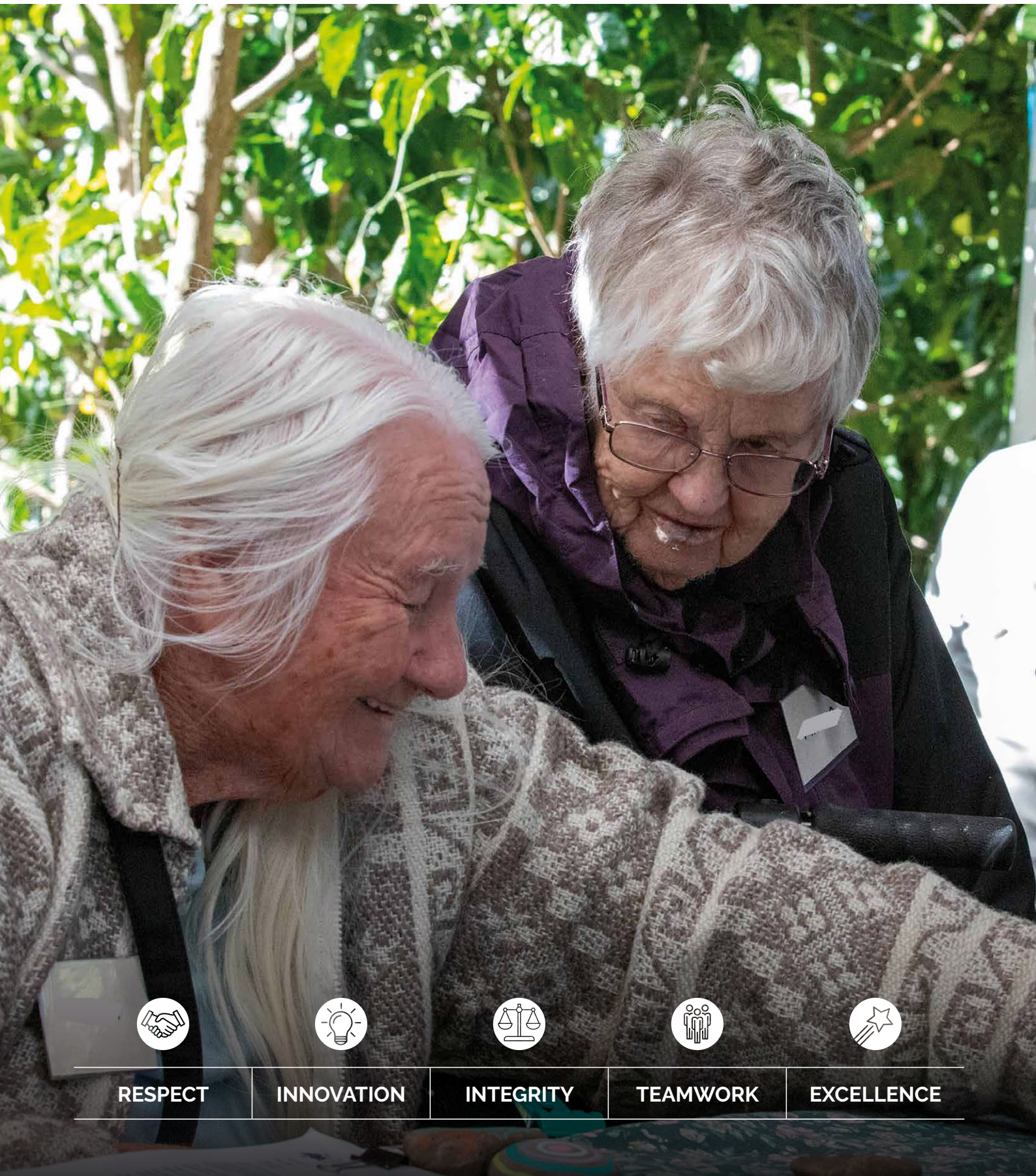
In Shellharbour there was a smaller gap in the premature death rates for women and men, with 29.3% of women and 34.1% of men dying before 75.

About a quarter of the men who died in Kiama in 2021 had a premature death.

12 July 2023 – Kate McIlwain







RESPECT



INNOVATION



INTEGRITY



TEAMWORK



EXCELLENCE