

# NEWSLETTER



Murray Haven Homes

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## MHH Memberships

Murray Haven Homes memberships are due now. Memberships are still \$2.00.

For new membership or to renew your membership, please call Tanya Heffer on 0459 833 699.

## From the desk of the CEO

This week sees us pass six months since the World Health Organisation declared COVID-19 a pandemic. I am not too sure that many of us way back in January thought we would be where we are today. Whilst Australia has had numerous cases it is nowhere near the horrible levels being reported in other parts of the world. However, this does not lessen our threat or indeed our response. Locally at Murray Haven we have had controls in place since March and many of these imposed at the time seemed to be quite harsh but are now standard practice. We now have mandatory face masks, single place of employment, closed borders and daily updates that make this very real.

But for Murray Haven what does this all mean? Firstly, the staff have been incredible. They have picked up additional shifts, they have explained to residents what is happening, they have simply been amazing. I am not sure how else to describe what I have witnessed. I continually read about how many Aged Care Residential Centres in Melbourne, Sydney and other states have been affected and then do a walk through and see the amazing care that our residents are getting each day. I am lucky because I can walk through and see the care and compassion, but I am also very sad that this cannot be shared with families and other loved ones by having you all here as well. I would be guessing if I said I knew when this may end so all I can do is strive to keep you up informed and provide assurance that the care levels are at the highest levels possible.

I cannot mention staff without also extending the plaudits to our visiting Medical and Allied Health professionals. Doctors Anusha and Chameera are here every Tuesday seeing residents and we have regular visits from Lauren and Lisa providing Physio and Podiatry services. Whilst I do know many facilities have ceased these services, we must remember that this is the home to 55 residents who deserve the best possible care.

Finally, I must also touch on the board. It must be incredibly frustrating for them not to be as hands on as they would like. They are all extremely dedicated and offer their support to the decision making of the Management Team which makes our job just a little bit easier.

If you have any questions, please do not hesitate to contact me.

**Gary Kairn**

Chief Executive Officer



## Italian Day

Tuesday, 2 June, saw all the residents enjoying the Italian Day.

With the dining room decked out like an Italian restaurant the kitchen cooked up a feast of lasagne, dinner salad, garlic bread and a delicious Italian coffee cake for dessert.

The residents enjoyed listening to some Italian music of the day with a games afternoon. We played a modified game of boccie, quits and ten pin bowling.

Lots of laughs were had and as the saying goes 'a good laugh is good for the soul'.

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*Lots of laughs were had ... see photo gallery for more photos*

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## Bus rides

With the release of genteel restrictions, we have been given the ok to take the bus out again.

Even though we are not allowed to get off the bus, we have not wasted any opportunity to have a look at the green grass of home taking the regular trips to Barham, Koondrook, Wakool, Murrabit, Cohuna and Kerang.

Enjoying the winter sunshine in the bus and most of all the green grass sprouting from the ground.

The residents recently enjoyed watching the bridge raised to let the Paddle Steamer through. This prompted much conversation of yesteryear with Cec remembering her grandmother being given the honour of cutting the ribbon for the new bridge in 1904.

During our trips around Koondrook June Trewin enlightened us of stories of courting in the old goods shed and hiding long neck beer bottles in the wood stack to have while at the dances.





## Musical afternoon with Dave

It was with much delight and anticipation that we welcomed Dave Shannon in for a week of respite, presuming he would bring his electric piano as well as enjoying the company of his wife. Rita.

Well Dave certainly didn't disappoint, on Friday 19 June just like he had done 1000 times before, Dave set up his piano as the lounge slowly filled to capacity and at 1:30 on the dot.

Dave started to belt out all our old favourites and let me tell you at the age of 90 he is utterly amazing with the energy of somebody half his age. Dave continued to play late into the afternoon to the absolute delight of the staff and residents.



### Cheryl's foot clinic

Once a fortnight, Cheryl Marshall leaves her green carer's shirt at home and becomes our foot care lady.

Residents line up in droves to be pampered by Cheryl. Residents enjoy a massage, foot soak, followed by a toenail trim and clean then finish with a foot massage. Residents feel, like they are walking on clouds after being treated at the foot clinic.

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understand and exercise  
your aged care rights**

OPAN can help. Call us today.

**1800 700 600**

 **OPAN** Older Persons  
Advocacy Network





## Fly Wheelers outing

Well it's always good to know the right people here at Murray Haven have some great contacts. A whisper in Christine Adam's ear gave a gateway to her sweet talking Padge (Chris' husband) into opening the Border Flywheelers just for us.

Christine having just received her life membership for her tireless work at the Flywheelers gave us our own private tour guide.

Firstly, we were completely surprised by the number of collectables that has been gathered/donated over the

years. It was a real step back in time. When we arrived the most beautiful black and white cat (which resides inside) made itself comfortable on Barb's walker and Barb had a friend for the duration of our visit.

Geoff Hollingworth found his Dad's old vertical steam engine that was used to pump the water on his family's market garden. Edna reminisced of the days at the Border Packing Shed with Wendy with an old packing machine set up like it used to be at Border Packers.

We all found something from the past that brought back wonderful memories.

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*Geoff Hollingworth found his Dad's old vertical steam engine*

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## Craft fun

The McConnel Wing residents have been having a ball (mind the pun) making pom poms in football colours.

Reminiscing about teaching their children how to make them. One problem was Pat made a Collingwood pom pom and they could not seem to give it away. Ha Ha Ha.



## Murray Haven update

Murray Haven Homes is home to 52 wonderful residents. They live here in the knowledge of being cared for, safe and being able to expect excellent care and attention.

From a Board and Management perspective it has been extremely disheartening to see reports of poor treatment in Aged Care Homes. Some of these were highlighted during the Royal Commission into Aged Care (which is continuing) and now under the current COVID-19 pandemic.

Stories about a lack of care and a lack of contact to loved ones have been hard to read. On this point I do understand some frustration with making calls to Murray Haven in relation to our current phone system. We are working on this and are putting new technology in place. COVID has made this a little more difficult but progress is being made. I do apologise for this inconvenience. A combination of old phone system, new extension, NBN and COVID have all contributed to this.

Murray Haven want to share with families, and the wider community what initiatives we have been taking. Someone recently said to me that we have been lucky that there has not been an outbreak in this area. I do not put it down good luck, but a good management regime that has been committed to by all staff.

There has been comment that staff at Murray Haven are able to mix in the local community. Whilst this is true, each staff member does commit to coming directly from home to work at the commencement of each shift and they do not leave until the end of a shift. All staff at Murray Haven have been amazing right through this pandemic and the dedication and commitment shown is something we, as a community, should be proud of.

Each staff member, visitor or contractor that enters Murray Haven is screened and has their temperature taken. Every staff member has had a current flu vaccination. They complete a questionnaire and make a declaration on their health. This has been in place since this pandemic began. No staff member is permitted to work in two locations which has come at

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a cost to these people, both economic and socially. Staff who need to test for COVID are not permitted to be at work until they receive their results back, again for some this comes at a financial cost.

We have lost in excess of 50 shifts as staff wait for results. There have not been any positive results and staff are been committed to having tests done under the current guidelines. They are all to be congratulated for this.

Murray Haven have been subject to an audit on our current infection control processes and our compliance with the visitor guidelines and in both instances, we were highly commended for the controls and access in place.

For the information of readers, the border communities on the Victorian / New South Wales border are now declared high risk zones by NSW health. This has resulted in Murray Haven having to limit visits, and not allowing any Victorian to enter the centre to visit. And this is supported by the border pass system. Whilst I understand the frustration this causes it is viewed as a measure to assist in keeping our residents and staff safe and stopping COVID into the community.

Murray Haven receives daily updates on what processes need to be addressed and any changes to Government Directions which we must follow. The COVID folder on my desk grows by the day.

The next change that we have been directed to make is the mandatory wearing of face masks. I have placed an order with Department of Health, and these will be here this week. It is anticipated that we will go through about 180 per day plus we have staff who are making them as well. Whilst we know this will be disconcerting for some in the community, including our residents we will involve them where possible and have mask parades and other novelty events. Note that the wearing of masks does not extend to residents, and nor are there any lock down orders.

It is also important to note that as of midnight on Sunday face masks are now mandatory to wear throughout all of Victoria.

There is no easy fix and certainly no definitive end date as to when we might be “back to normal”, whatever that may look like, but we are committed to following the rules and maintaining the good regime that has been established.

We appreciate the support of the community and do look forward to the day when families and volunteers can be part of Murray Haven once again.

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*All staff at Murray Haven have been amazing right through this pandemic*

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## Christmas in July



Well we finished off July with our traditional Christmas in July celebration.

Jo set the tables and decorated the room all while Christmas music played in the background and the smell of a hot roast lunch cooking away in the kitchen.

The day was made complete with Father Neale playing all our Christmas favourites through the window.

It has been wonderful to live in this loving community during the COVID crisis, although we dearly miss our volunteers face to face visits. We cannot believe how truly adaptable the volunteers and residents have been.





June/July birthdays

Murray Haven celebrated a number of birthdays during June and July. Each birthday is celebrated with a cake at afternoon tea-time and we sing Happy Birthday.



Alison Guerra  
1 June



Rita Morwell  
7 June



Lindsay Harrington  
8 June



June Trewin  
20 June



Elaine Harman  
27 June



Fran Grenfill  
7 July



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*Birthday celebrations  
and cake for all our  
birthday ladies and  
gents*

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Dot Street  
9 July



Dorothy Radcliffe  
9 July



Lyn Walker  
13 July



Bob Bartlett  
23 July

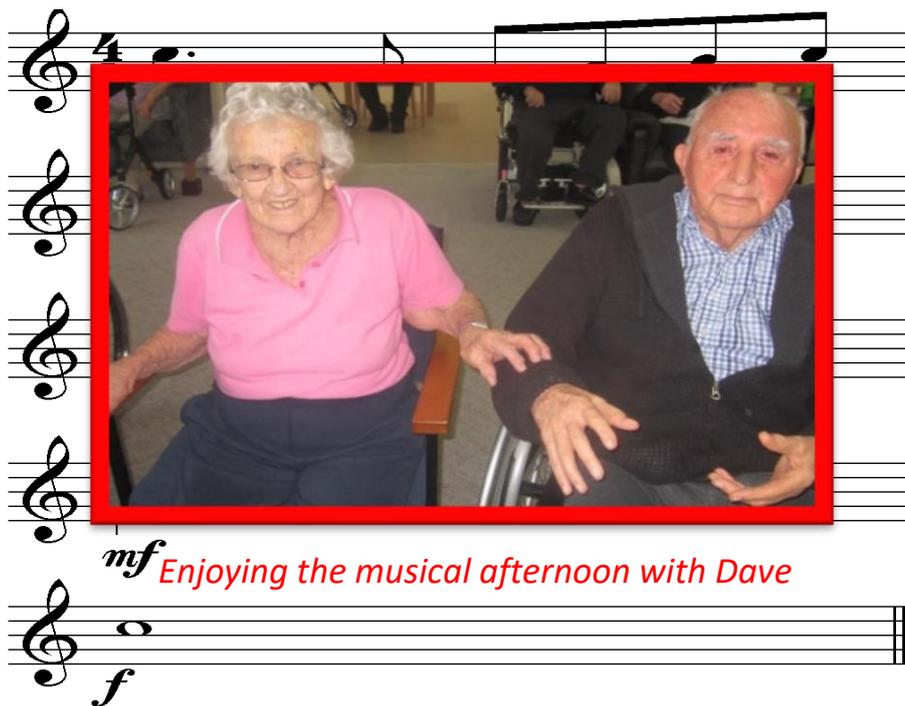


Betty Derksen  
24 July



Shirley Routley  
27 July

# MHH Photo gallery



# MHH Photo gallery



# MHH Photo gallery





Put into your diary, MHH annual general meeting is Wednesday, 21 October 2020.

With COVID 19, this year's AGM will be a Zoom meeting.

More information will be given later.

## Upcoming events

- ❖ Fish and chip night – 7 August
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- ❖ Aged Care Employee Day – 7 August
- ❖ Activity – making cupcakes – 18 August
- ❖ National Cupcake Day – 19 August
- ❖ Residents meeting - 3 September at 1:30pm
- ❖ Father's Day – 6 September
- ❖ World Gratitude Day – 21 September

## Don't forget

- ❖ As residents receive new clothing and their care needs change can residents and family be mindful to re-organise and move items that no longer fit or are not practical for comfort anymore.
- ❖ All new items are to be named and handed to the laundry for tagging.
- ❖ If you want to stay in touch with a resident, feel free to phone them or, if a resident has an electronic device that enables video calling, please keep in touch with them through their device. Should one of our staff be required to assist them with the video call, we would be only too happy to help. Please contact Murray Haven Homes to coordinate this.
- ❖ All family and friends, if you would like to be on the mailing list at Murray Haven could you please provide us with a current email address. This will allow you to receive a bimonthly newsletter plus any other relevant events that may be happening throughout the year.
- ❖ Anything for sale? Please advise Murray Haven so your item can be put into the newsletter.

National Dementia Helpline  **1800 100 500**

 Free information kit  Helpline webchat  Email support

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