

NEWSLETTER



Murray Haven Homes

Contents

Father's Day	2
Aged Care Employee Day	2
International Gratitude Day	3
Bob's infamous Breakfasts	4
Happy Haven International Cupcake Day	4
Bus adventures	5
The 4 Bellas	5
Exciting new menu changes	5
New website	6
Donations	6
Birthdays	7
Fish and chips	8
Goodbye Dave	8
MHH Photo gallery	9
Upcoming events	14
Don't forget	14

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

Hi all

Whilst it only seems like yesterday since the last newsletter there has been plenty happening at Murray Haven. Whilst we still ponder the finish line of the COVID-19 pandemic there does appear to be some light at the end of the tunnel. Whilst the journey has been trying for all there have been some encouraging signs since the last newsletter update.

The most significant of these has been the lower numbers in Victoria and the relaxing of the resident visitor rules. It is pleasing that families from Victoria, or specifically the border region, are now able to visit. The rules are now aligned with the ability to acquire a permit. That is, if you can acquire a permit you can visit your loved ones in Murray Haven. Whilst still not perfect it is a significant step forward.

Other matters of interest are the fact that Murray Haven has made it to the final four in the Prime Super NSW Aged Care awards. This reflects our employment policies and staff development opportunities, and especially the partnership introduced to offer traineeships. We recognised that we needed to develop our own ways to ensure future staffing needs were met and this introduction of onsite training has been part of this. For all staff who have been part of the mentoring of the trainees my personal thanks goes out to you.

Finally, COVID-19 has caused some delays with developments, but I am pleased to report that the installation of the new phone and nurse call system is well on track. Everyone involved at Murray Haven knows that the phones have been a cause of constant frustration. To ensure that we can continue to grow and remove risks we have also been successful in securing a grant to assist in the replacement of carpet in the Edwards and Niemur passageways which staff are looking forward to. Funding was also allocated to assist with installation of air conditioning in the McConnell wing resident bedrooms which I hope to have in place by summer.

As with all newsletter I cannot thank the staff enough for their dedication and I am proud of the effort and dedication shown, especially in the last six months. We have lost so many days that have needed replacement, often at short notice we have been able to maintain the levels of care that are expected by the community.

Thank you all.

Gary Kairn



Father's Day

On Sunday 6 September the gods were surely shining down on us with the most glorious of spring days as we gathered together to celebrate Father's Day. These special occasions have a different feel with all the recent COVID restrictions, but this couldn't dampen the spirits of the Murray Haven residents who have marched on through

drought, war, depression and many more challenges.

The day started with a small gift for each of the gents and continued on throughout the afternoon with a BBQ lunch out the back. We all toasted with beer, wine and soft drink, all the while the dulcet tones of the infamous Dave Shannon drifted to us from the carpark as we sang along to our favourites.

Aged Care Employee Day

On 7 August Murray Haven celebrated Aged care Employee Day. The day started with management greeting staff with a badge and a chocolate.

The Ladies Auxiliary supplied the staff with some delicious handmade treats lasting several days ensuring everyone was able to partake in their efforts. Then the Ladies Auxiliary provided each staff member with what they called a warm and fuzzy bag, this consisted of a handmade bag with a beautiful note expressing their

gratitude on the wonderful care given to the residents by the staff and more chocolates.

The piece of resistance are the hands made by the residents that you can see displayed on the wall near the visitors entry in these master pieces each staff member was recognized by the residents for their efforts in all aspects of care including environmental, maintenance, administration, care manager, management, carers, students, RNs, ENs and lifestyle.



The piece of resistance are the hands made by the residents ...

International Gratitude Day

For the first time Murray Haven Homes celebrated international gratitude day on 21 September.

The original idea came to fruition back in 1965 in Hawaii when it was decided it would be a great idea to formally express gratitude and appreciation for the many wonderful things found in the world.

At these present times we would have to agree what a wonderful concept, it's funny you know when speaking with the residents about this every single person was grateful for something that was free. Taking the advice from the older generation in the community, let's remember to love your family, value and nurture your friendships and be kind to one another.



Update to Gratitude Day

One of our wonderful residents with her updated gratitude message ... no family pressure applied at all!!



See more photos in the Murray Haven gallery

Supporting you to understand and exercise your aged care rights

OPAN can help. Call us today.

1800 700 600



Older Persons Advocacy Network





Bob's infamous breakfasts

Bob's breakfast have become a looked forward to tradition here at Murray Haven with the infamous Bob Bartlett cooking up a hearty breakfast of bacon and eggs 3 mornings a week with Jo as his side kick taking orders from the comical Scotsman.

It constantly amazes me how Bob has the capacity to remember the likings of so many residents with Bob whipping up to 30 breakfasts in a morning and then he turns around and backs it up by doing all the dishes and cleaning up, you are an absolute champ Bob we love you.

Happy Haven International Cupcake Day

On the morning of Tuesday 18 August several residents along with Jo gathered in the Wakool kitchen to bake cupcakes for afternoon tea.

Well what a hoot was had by all with Betty offering banter for the morning not leaving a minute silence, all the while Barb and Edna continues with beating, whipping, pouring and

baking like a couple of old pros and the finished product WELL WELL WELL splendiferous..... You would not find a better example of baking in the finest of the worlds bakeries as you can imagine the afternoon tea was enjoyed by all and we look forward to getting these ladies back into the kitchen.



Bus adventures

Over recent weeks we have continued to enjoy many bus trips around Barham town looking at all the changes and sounding the bus horn at everyone out and about. During this time, we have a couple of trips to the Avocado farm, on one occasion we were lucky enough to grab a few avos from the honesty box. Wendy and Barb put them to good use with them both whipping up a guacamole that was enjoyed by all the residents at happy hour , it sure was finger licking good.



The 4 Bellas



Well it was with much delight that we welcomed the '4 Bellas' to entertain us on Friday 28 August. With the sun shining Angie Jones, Cathy Mitchell and Julia and Veronica Martens took us on a trip down memory lane with a large array of tunes from the 40s through to the 70s with our toes tapping and our hands clapping as we all enjoyed 2 hours of music.

All the while our own in house artist Gwen Joyce quietly sat up the back with pen and paper in hand slowly producing another one of her masterpieces with an impromptu sketch of all four ladies . Gwen then presented her artwork to the ladies who were thrilled to pieces and very grateful for all Gwen's efforts.

Exciting new menu changes

During the last few months, the residents completed their annual meal surveys, with the usual positive outcomes, residents are happy with the choices available and at time times have trouble picking between the two offerings that they are presented with.

There are always a few new suggestions and this time an old favourite has been added back on the menu 'Lemon meringue Pie' there was also a suggestion for party pie tea, pizza night and sav night all have been added to the menu for the residents enjoyment.





New website

A major milestone for Murray Haven is the launch of the new www.mhh.org.au website. Just over twelve months ago we received a grant to construct a new website. Whilst the funding provided the 'back end' for the website we still needed to add all the content and design the front-end pages. To make the website dream come true, Linda Adams from the environment team volunteered her time and expertise. Working long into many nights Linda has produced an amazing result. Whilst there is still some work to do, I encourage everyone to look at the new site.

President Pam Waldron took pleasure in presenting a very surprised Linda with a certificate of appreciation.

A major milestone for Murray Haven is the launch of the new www.mhh.org.au website

Donations

Murray Haven have been fortunate to receive many donations throughout the last year. After a meeting with the Clinical and Allied Health teams a decision was made to purchase new princess chairs. These chairs are not funded as part of normal funding and with a price tag of approximately \$3,000 each they are an expensive item. The beauty of a princess chair is it allows for residents to be much more comfortable and to take part in the many activities that Murray Haven offers for residents.

All donations received go to a specific project or asset and we thank all benefactors for their generosity. No donation goes into operating revenue.

Other projects that we have recently completed with donated funds include an overhaul of the central courtyard, mulching and drought tolerant plants in the laundry yard area and we are planning for a new outdoor area with funds already received.





August/September birthdays

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



Wilma Hare
3 August



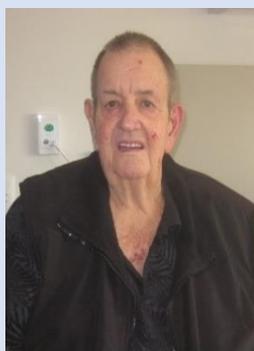
Dawn Plant
20 August



Shirley Trewin
22 August



Lesley Calvert
11 September



Yotty Hollingworth
29 September

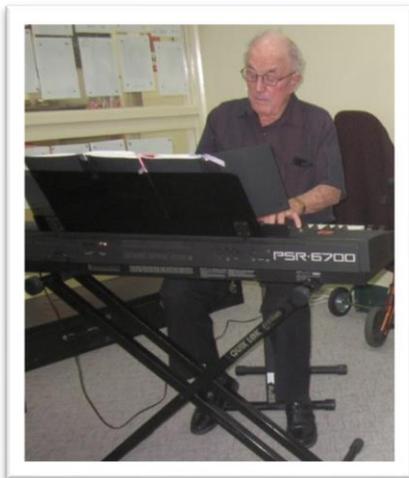
Fish and chip night

On the evening of Friday 7 August, the Ladies Auxiliary once again out did themselves by shouting all the residents and staff fish and chips from the café for dinner.

What a delicious treat for that was everyone, the residents took their time choosing their meal carefully, making sure to get their favourites, a huge shout out to the café for cooking and wrapping 61 hot dinners it was greatly appreciated.



Goodbye Dave!!!!!!



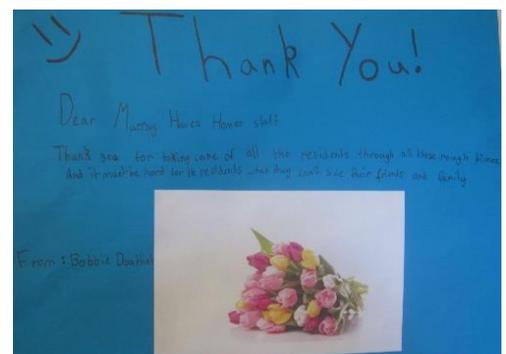
Well it was with much sadness that Dave Shannon returned home after a couple of weeks respite. Murray Haven has lost its in house musician, but you can be assured that while he was here we sweet talked him into entertaining us a couple of times.

With the lounge room rocking June Trewin couldn't resist urge to put on her dancing shoes and boogie around the floor to everyone's delight and before we knew Brian Drummond was cutting the rug with Lea from the environmental team leaving everyone in stitches, then before our laughing eyes Claus whipped up Lesley Calvert and swung her around the floor as they glided around like a couple of dancing instructors applause broke out with the laughter..

Thanks Dave we will miss you.

A Surprise for Murray Haven

On a bright sunny day a couple of weeks ago Murray Haven Homes had the greatest surprise anyone could wish for, a group of enthusiastic youngsters from the local Barham Primary School here to present a beautiful handmade poster to thank the staff for all their efforts in caring for the elderly in the community, Thanks BPS your efforts are greatly appreciated and we have the poster on display in the entry foyer for all to see.



MHH Photo gallery

International Gratitude Day



A Surprise for Murray Haven



MHH Photo gallery

Bob's infamous Breakfasts



The 4 Bellas



MHH Photo gallery

Aged Care Employee Day



MHH Photo gallery

Father's Day



MHH Photo gallery

Goodbye Dave!!





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

- ❖ International day of the older person – 1 October
- ❖ World smile day – 2 October
- ❖ Pizza night – 23 October
- ❖ AFL grand final – 24 October
- ❖ Melbourne Cup – 3 November
- ❖ Residents meeting – 5 November at 1.30pm
- ❖ Kindness day – 13 November

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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