

MURRAY MALLEE AGED CARE GROUP INC.



Winter Issue



“Sharing the Care”



Welcome

We wish to extend a warm welcome to our new Clients that have recently joined us. Please know, that we are here to assist you in your care and feel free anytime to contact your Coordinator if you have a problem or if you are not sure about something.

We also welcome our new Contracted Care Workers who have recently commenced with MMACG. We hope that you will enjoy being a part of our team.

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From the C.E.O's Desk.....



I trust everyone is keeping warm and that you particularly enjoyed the warm August weather. As I am writing this article the

temperature is 26 degrees outside and already I have a feeling of Spring. However, I am seeing that we are again going to return to Winter within a few days, therefore, I sincerely hope you were able to get out and about or just potter in your gardens to make the most of the few lovely warm days.

In June, many MMACG clients came together for a great day at the Cameo Cinema in Murray Bridge to see the very interesting movie and true story of King George V1-The King's Speech. After the movie everyone then gathered at our Murray Bridge Kaleidescape social day venue for a home cooked 2 course lunch catered by the Taillem Bend Friends of the Hospital. They always provide a great meal and we thank them so much for their ongoing commitment to MMACG.

Over the past couple of weeks I have had the pleasure of attending along with Project Coordinator—Bernadette White and relevant Board Members, 4 windup luncheons for the participants of the Pilot Project for our research project —"**Linking Rural Older People to Community Through Technology**". The group windups were held in Waikerie, Berri, Murray Bridge and Pinnaroo. It was really lovely to meet so many of the 49 participants and hear from them stories about their learning journeys with their ipads and laptop computers.

I know I can also speak for our Board members who attended these various functions that we are all so impressed and proud to be hosting this very important research project. In particular, it was very evident from speaking with the participants that the research team managed by Dr. Helen Feist and ably assisted by Dr. Kelly Parker and Beth Keough that they have done a great job over the past 6 months in not only teaching the participants new technology skills but for also inspiring the majority to continue to use these skills into the future. The team have travelled thousands of kilometers throughout the pilot project's duration over an area covering 45,000 sq.kms. Well done to everyone concerned!

We are now very excited to soon commence the 2nd pilot where it will be the service providers turn to learn the new technologies to assist with our service delivery. This pilot will involve 3 service providers: MMACG, CHIPS in the Mid Murray Region and the Warrawee Retirement Village in Waikerie.

No doubt Bernadette White will keep everyone informed of the 2nd pilot's progress as we move forward into this exciting new phase.

In our last newsletter I spoke about our upcoming Quality Reporting Accreditation. A big thank-you to the carers and clients who gave their time to attend interviews. I am pleased to report that our organisation received the highest grading for our work. I am indeed, so very proud of our people and the commitment to our clients.

Until next time -*Keep Smiling!* **Kay**

MMACG CACP & EACH Coordinators



Di Graetz
Senior CACP's Coordinator

Southern Mallee District, Mid
Murray and Coorong District
areas.



Debbie Gower
CACP's Coordinator

Murray Bridge and
Mid Murray



Maxine Abraham
CACP's Coordinator

Murray Bridge



Vicki Cummings
Tumpinyeri CACP's Coordinator

Murray Bridge, Lameroo,
Karoonda, Meningie, Goolwa
& Victor Harbor



Joan Hogan
**Registered Nurse &
EACH Coordinator**



Introducing Our New CACP's Coordinator Maxine Abraham

Hello, some of you already know me but for those of you who don't, I look forward to getting to know you soon and working with you for your benefit.

I would like to take this opportunity to thank the staff and contractors for welcoming me as a Coordinator into a very warm, open and friendly atmosphere that is the MMACG.

I have lived in Murray Bridge for 8 years and I am married with 2 daughters and 2 grand children. I have been working in this industry for 15 years and I am very pleased to be a part of this amazing team.

Maxine Abraham.....

*"The important work of moving the world forward does not wait to be done by perfect men."
—George Eliot—*



Introducing Colleen Bird Quality Improvement Support Worker

Until recently I lived in Murray Bridge for 21 years and commenced working for MMACG 7 years ago. I like what MMACG stands for keeping the elderly in their own homes. 2 ½ years ago my husband passed away and I now live at Curnamont, via Mannum. I have 4 children, all living their own lives and 2 grown up grand- daughters.

Since working for MMACG in the Mannum region I have studied and gained my Certificate III and IV, in Home & Community Care.

I am also credentialed in Medication management and Manual Handling. **In** addition to my carer position, I recently accepted the contracted position of Quality Improvement Support Worker. This is an exciting new role that will see me visiting all clients in their homes over the coming months. The purpose being to ensure MMACG is offering quality services to it's clients. I will also be conducting phone interviews and organising small social outings for clients who are unable to attend normal

social days. MMACG is a wonderful organisation to work for and I am proud to be with them. They really care about all their clients and try to help them wherever possible. I would like to thank all the staff at MMACG and all the great people that I care for in helping me through the last 2 ½ years. Everyone has been so wonderful and caring and I hope that together we can assist our Clients' to remain in their own homes and to be happy and well.

Thank you all.....**Colleen.**



Mid Winter Social Day

Special thank you to all the Clients' who attended the Mid Winter Social Day. We hope that you all enjoyed the movie and lunch, and we shall endeavour to have similar events over the coming years and we trust that you will continue to support MMACG social days.

Introducing MMACG client—Daicie Groth



Daicie was born at Hindmarsh Island in 1915. Her father conjured her unusual name from his two sisters Daisy and Clarence. He took 3 letters from each and Daicie was named.

She grew up loving the outdoors and at 3 years old she could ride a horse and was also quite the little explorer and always wandering off with her collie dog “Lassie”. Daicie says that one day she was trying to mount her horse and fell into a horse-trough full of water. She then tried to sneak into the house to change her wet clothes but got “sprung”!!!! Daicie also milked cows as a child and rode her horse 3 kms to Ashbourne School. Recently she went back to visit her old school at Ashbourne and really enjoyed her visit.

Daicie went to live at Teal Flat via Mannum in 1922, aged 7 years. She has one sister and one brother. They all

attended Teal Flat school until it closed as only 7 students enrolled. The children then attended Purnong School. Daicie then went to Adelaide for secondary schooling. Both Daicie’s siblings are in their 90’s and like Daicie are still enjoying life.

Daicie returned back to the country when she was 18 years old and met Howard Groth, fell in love and married when she was 24 years old. Together they moved to a farm near Walker Flat where they remained all their married life.

Daicie and Howard had 2 sons, Ian, who still works the farm today and Ross, who lives in Victoria. They take very good care of their mother and love her dearly. Daicie has 5 grand children and 8 great grand children.

After Howard passed away 17 years ago Daicie remained on the farm for 12 months until she bought a lovely home in Mannum where she still resides today.

Daicie has been receiving services from Murray Mallee Aged Care for just 12 months.

Daicie remains very independent, looks after her garden and still drives her car when needed. It is also remarkable that Daicie doesn’t use any aides - not even a walking stick.

**Daicie is truly a lovely and inspiring
96 year old lady!!!!**



Bernadette White

Special Projects Officer

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Over the last few months I have been busy out in the community letting people know “who we are and what we do here” at Murray Mallee Aged Care Group. Our organisation, along with other aged care providers and services attended the Italian Community Club for a mini Information Session organised by Gary Sawyer the Project Officer with the Murray Bridge Council. Although there was not a huge number in attendance valuable information was shared and the attendees were made aware of all the services available to them in our area.

I have also attended the Taillem Bend Probus group as a guest speaker to promote MMACG and our current technology project, Joan Hogan (our registered nurse) spoke about asthma symptoms treatments and preventatives. MMACG was also invited to speak at a recent Southern Mallee District Council meeting which I attended along with the CEO Kay Cox. Kay and I also recently had the pleasure of addressing our Murray Bridge Kaleidescape group.

I and many of the staff here were fortunate to attend the official opening of the Tumake Yande house in Murray Bridge, a lovely building which along with other services provides a comfortable place for Aboriginal members of the community to drop in and

access information. Congratulations to all involved.

As you are aware MMACG now has its lovely little bus and you may have heard our ads on 5 MU over the last few weeks looking for volunteer drivers so that we can extend the use of our bus. We have had a good response and now have 2 new volunteer drivers; you should see them on the road soon.

Our Assistive Technology Project has completed Phase 3 and I have had a very enjoyable time travelling to such areas as Mt Mary (which I had never heard of), Waikerie, Berri, Lameroo and Pinnaroo. Congratulations to all the participants for completing the six month program, I was very impressed by your enthusiasm and recognise the success was also due to the very attentive and committed work by the University of Adelaide researchers. We are currently setting up for Phase 5 of our project and we are very pleased to be able to include CHIPS located in Mannum in this phase along with MMACG.

**Hope you are keeping warm
and well.**

Kaleidescape



Winter again, and the frosts have burnt all our most delicate flowers. But we have had a nice drop of rain which is only making the weeds grow faster.

The Kaleidescape program in all areas are at capacity numbers and is great to see so many attending the Activity Days. We have had some very interesting guest speakers over the past few months and as usual the entertainment has kept us all singing and toe tapping.

All groups have had major birthdays with many clients reaching milestone ages with a “0” on the end of it.

I hope you have enjoyed the outings that have been organised, and if there is a particular place that is not too far away please let us know.



A reminder to all clients that just because the swine flu has not been in the news of late, it is still active and all clients need to remember their flu shots.

I know it is winter but the intake of fluids (water) is still important for a persons’ healthy well being.

Thank you to all staff and volunteers for their continued support and also Helen, Kylie and Kelly from the Rural City of Murray Bridge for their well organised support in transport. Remember, this is your day and if you have any suggestions please present them to the staff or myself.



Sharron Cocker
HACC Coordinator
PH: 8532 2255



Birthdays

We wish a very Happy Birthday to all our Clients that have just celebrated or about to in the next coming months. May it be a special day for you.

Achievement Award

Congratulations
to
Belinda Smith, Leone Budarick, Sue Baxter and Julie Jacobs
for completing their
Certificate III
in
“Home and Community Care”
and also
Congratulations
to
Sharron Cocker
who has completed her
CERT IV
in
‘Training and Assessment’
Well Done!

Reminders and Handy Tips



Winter is upon us

Keep Warm & Keep Well

Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to **stay warm**. Keeping warm over the winter months can help prevent colds, flu or more serious health problems like pneumonia. Some simple things you can do to keep warm, stay healthy and make the best use of your heating at home.

Heating

Keep your home warm. Your main living room should be between around 18-21C and the rest of the house at a minimum of 16C. You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.

◆ Dress warmly

You can help keep warm by wearing plenty of thin layers, rather than one thick one putting on a coat, hat, scarf, gloves and warm shoes or boots when you go outside.

Wearing clothes made of wool, cotton or fleecy synthetic fibres, wearing bed socks and thermal underwear at night.

Stay healthy in winter

◆ Eat well

Eating regular meals will help keep your energy levels up during winter. Try to have plenty of hot food and drinks.

Plan your meals and keep your diet as varied as possible aim to include five portions of fruit and vegetables daily - this includes tinned and frozen fruit and vegetables.

Do not forget this:

- ◆ Get an annual **FLU** jab.



DON'T GET CAUGHT BY A SCAM

Tips to avoiding scams:

- ◆ Remember there's no such thing as a guaranteed get rich quick scheme
- ◆ Never agree to anything on the spot—do your own checks and get independent advice
- ◆ Always protect your identity. Never hand over money, personal or account details to someone you don't know and trust
- ◆ Instantly delete unsolicited e-mails or SMS messages and if you have accidentally opened a spam e-mail item don't follow any attachments
- ◆ Dismiss high pressure sales tactics and resist the personal touch—scammers often pose as someone you know, or pretend to know you through a mutual contact.
- ◆ Did you know that most crimes committed against the elderly are "transient crimes," meaning that many involve home repairs or diversions where a person requests to come into the home to use the bathroom or ask for a glass of water? Another such crime committed against the elderly is to "check out" an unreported problem. Elderly people sometimes forget all the important safety tips they learned **as a child**.

Des Jackson with his new Gopher



Just recently Des became the proud new owner of a gopher . These photos show Des proudly displaying his 'pride and joy' to MMACG staff on a recent visit to the office. **Happy journeys Des!**

JOKE OF THE MONTH

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect'. Your family must be really pleased that you can hear again. ' The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

Happy Employees = Happy Customers = Better Bottom Line



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