

Ottrey Homes Newsflash



Autumn

Edition

March - May



Bus Drives

Ottrey Homes bus takes residents on a drive around the countryside. It is a great opportunity to have a look at the scenery and enjoy the fresh air and sunshine. If you would like to attend please see a staff member to express your interest.

Bingo

Every Tuesday afternoon bingo is held in the multi-purpose room. Kim, Heather and Audrey are here to have an enjoyable afternoon with the residents.

Exercise Program

We now have a care staff member whom conducts a daily walk in the gardens along with an exercise program daily in the e wing lounge. Residents are more than welcome to take part in this.

Residents Leaving the Facility with Family Members

It is very important that we know the whereabouts of all residents at all times. We would greatly appreciate it if relatives, who are taking residents away from the Facility to attend an outing, appointment etc, would notify a staff member. In Addition, when residents are leaving the Facility, the Register entitled "Residents Leaving the Premises" must be filled in.

Have you had a look at our new books in the Library at Ottrey?

Ottrey Homes have received a huge range of books that were kindly donated from some volunteers and residents families. Please feel free to take a book to read at any time. You are more than welcome.



Hairdressing services

Just a reminder to all residents that Ottrey Homes hair salon is open every Thursday to cater for all residents hair care needs. If you would like an appointment please speak to a member of staff.

Football Tipping Competition

We have commenced our AFL football tipping competition which started on Thursday the 23rd of March. Residents are required to complete their cards no later than 4:00pm Fridays, Failure to complete tipping cards result in the tipper scoring a 0 for the round.

The Importance of Socializing in the home

Socializing ranks right up there with diet and exercise on the “aging ladder” of importance. It’s been proven that those age 55+ who enjoy an active social life can extend their lives by years.

Sometimes an individual must make the effort to become involved rather than waiting for someone to come to them. Getting involved in the community or joining a group can mean the difference in being depressed or enjoying a healthy mix of friendships and outside activities.

Being around people who have the same interests especially help those age 55+ enjoy life even more. Laughing and creating new memories are the best medicine to keep from thinking and focusing on the negatives in life. Joining an activity that’s new or something challenging, is especially beneficial.

Meal Times at Ottrey Homes

Please be advised that Meal times at Ottrey Homes are as Follows:

Breakfast @ 7:30am

Lunch @ 12:00pm

Dinner @5:00pm



You are more than welcome to attend the

Dining room before these times but please be

Advised that care staff will not start service until the above times as they are attending to all residents care needs.

Kitchen staff are also still preparing meals for service during these times and will not be ready for service until all hands are on deck at the above times. We thank you for your cooperation.

Care Staff Offices

Residents please be advised that due to privacy and Confidentiality regulations residents are not permitted to enter the care staff office unless in attendance of a care staff member. If you require assistance please Speak with a staff member or press your call buzzer. Thank You for your cooperation



Autumn Quotes

There are only two ways to live your life.

One is as though nothing is a miracle.
The other is as though everything is a miracle.

Albert Einstein

All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.

Brian Tracy

The ideals which have always shone before me and filled me with the joy of living are goodness, beauty and truth. To make a goal of comfort or happiness has never appealed to me; a system of ethics built on this basis would be sufficient only for a herd of cattle.

Albert Einstein

In all the work we do, our most valuable asset can be the attitude of self-examination. It is forgivable to make mistakes, but to stand fast behind a wall of self-righteousness and make the same mistake twice is not forgivable.

Dale E. Turner

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

The generosity of your time is the most valuable gift you can give.

Sara Henderson

Progress is impossible without change; and those who cannot change their minds cannot change anything.

George Bernard Shaw

You see things; and you say, "Why?"

But I dream things that never were; and I say, "Why not?"

George Bernard Shaw

And in the end it's not the years in your life that count.

It's the life in your years.

Abraham Lincoln



Care for your eyes

Poor eyesight is not inevitable with age. Some physical changes occur during the normal ageing process which can cause a gradual decline in vision, but many people maintain good eyesight into their 80s and beyond.

Older people may need brighter light for such tasks as reading or cooking.

Certain eye disorders and diseases occur more frequently in old age but a great deal can be done to prevent or correct these conditions.

Suggestions to help you protect your eyes

1. Have regular health check-ups to detect such treatable diseases as high blood pressure and diabetes, both of which may cause eye problems.
2. Have a complete eye examination every 2 or 3 years, since many eye diseases have no early noticeable symptoms. The examination should include a vision (and glasses) evaluation, eye muscle check, a check for glaucoma and thorough internal and external eye health examination
3. Seek more frequent eye health care if you have diabetes or a family history of eye disease. Some diseases such as glaucoma run in families. Make arrangements for care immediately if you experience signs such as loss or dimness in vision, eye pain, excessive discharge from the eye, double vision, or redness or swelling of the eye or eyelid





What makes up a healthy diet?

Eat most: bread and cereals; particularly wholemeal and mixed grain, rolled oats and ready-to-eat wholegrain breakfast cereals rice, pasta and barley. Also good are breads such as bagels, pita bread, focaccia, fruit loaf, crumpets, pikelets and scones.

Eat most: vegetables and fruits; these are low in fat and high in fibre. Frozen and canned vegetables and fruits may be substitutes for fresh produce. When using canned fruit use those packed in their natural juice, rather than those in syrup. Enjoy a variety of fruits and vegetables with all your meals and between meal snacks. For a wide variety of important nutrients choose a wide variety of different types of seasonal fruit and vegetables. Two serves of fruit and five serves of vegetables per day are recommended. A serve of fruit could be a medium sized apple or orange or a cup of berries or tinned fruit or a half a cup of juice or a tablespoon of dried fruit. Whole fresh fruit is the best choice. A serve of vegetable could be 1 potato, a cup of salad vegetables, or a half a cup of cooked vegetables or legumes.

Eat moderately: lean meat, chicken, fish, eggs and nuts. One serve a day is adequate for most people. These foods are rich in protein. A serve of meat is about 100g, or what will fit into the palm of your hand. Legumes such as dried peas, beans, lentils and baked beans, are low in fat, high in fibre and rich in protein. They make a good substitute for meat. Eat lean animal proteins such as meat and chicken by removing the fat and skin.

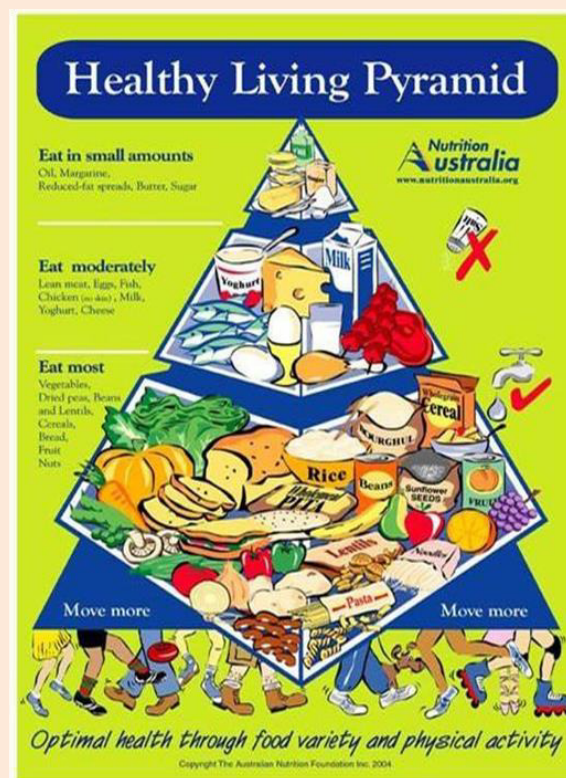
Eat moderately: milk, yoghurt and cheese. Two or three serves of these calcium rich foods should be included in the diet every day. Women are advised to have three servings because of their higher risk of developing osteoporosis. One serving equals: One 250ml glass of milk or calcium rich soy beverage, one 200gm tub of yoghurt, 40gm cheddar cheese. Reduced fat varieties are also good choices. Other calcium rich foods include nuts, bony fish such as salmon and sardines, some dried fruit such as apricots and figs, tofu, muscles, prawns, spinach, broccoli, oranges and parsley.

Eat in small amounts: sugary foods. Table sugar contains no vitamins or minerals; starch or dietary fibre. The nutrients in raw and brown sugar are in very small quantities and are nutritionally insignificant. White, raw and brown sugar, glucose, maltose and lactose are all sugars. Honey is about 80% sugar. Many foods are made with added sugar as a major ingredient while other foods such as fruit and milk contain natural sugars. For example, jam (65%), lollies (45-75%), sweet biscuits (20-40%), sugar sweetened soft drinks (10%). If these foods are making up a large part of your diet then replace some of them with foods such as fruit, vegetable, breads and cereals. Sugar and foods containing sugar should be eaten only in small amounts.

Drink plenty of water: As we age we don't always feel thirsty when our body needs water. Water is the best drink, have it regularly throughout the day and aim for at least six glasses a day. Other drinks can include water with a squeeze of lemon or lime, tea, coffee, plain mineral water, soda water, fruit juice or milk.

Fluid is also added to the diet with serves of juicy fruit such as watermelon, custard, jelly, yoghurt and low-salt soups. If dehydration is a problem, remember to include these foods too.

Eat well and enjoy what you eat. Good nutrition is the basis of healthy ageing.





Welcome one and all to what looks like is going to be a warm autumn still reaching temps in the 30s. The lifestyle activities are in full swing in both the lodge and Tatjana. Staff have introduced many new activities over the past month with residents enjoying the large 300 piece puzzles which is set up in the e wing lounge

and during the course of the day many residents are contributing to this which is fantastic to see. The move to an aged care home does not mean you have to give up your lifestyle or your passions. Whatever your hobbies, we will do our best to embrace them in Ottrey Homes. We are committed to providing activities and opportunities that enable you to pursue your hobbies and interests as we understand that each of our residents is unique. We actively encourage the involvement of family, friends and the broader community in our homes. We believe it's important for you to maintain your personal friendships as well as create new ones. Ongoing support and the involvement of family and friends goes a long way to supporting the social and emotional needs of our residents. Family and friends are always welcome and are invited to continue their caring as much as they possibly can. They are welcome to visit Ottrey Homes at any time. We have many new faces whom have entered the Lodge along with many ILU residents whom attend for meals also. We encourage residents to get to know one another as it is very important to get to know those around us you never know you may make a new friend or two. If you would like to suggest an activity or idea for an outing please feel free to speak to one of our lifestyle workers and we will be sure to try and accommodate you.



Spending time with Ottrey Homes residents can be a beautifully rewarding experience and play a vital role in enhancing their lives.

Support by Volunteers is a vital part of quality services for Aged Care residents. Without Volunteers, many of the additional services provided in the Residential Aged Care setting would be impossible.

We encourage our volunteers to share their time or an activity that they love doing. It's these little moments of companionship that often lead to beautiful friendships and lasting memories. Volunteering at one our residence is a great way to stay social, learn and become part of your community.

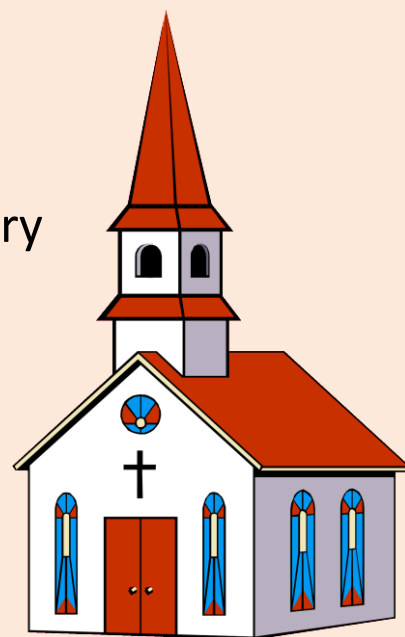
You may even have a hobby or skill that you would like to have added to our lifestyle and wellbeing programs! Feel free to let us know.

If you are interested in volunteering with Ottrey Homes or you would like to have a look at our Volunteering brochure, please contact our Lifestyle coordinator on 5871 9124 or email Eily.Nunn@ottreyhomes.com.au

Important Dates to Remember

Catholic Church is held on the 1st Friday of every month

Uniting Church is held on the 4th Wednesday of every month



Bingo

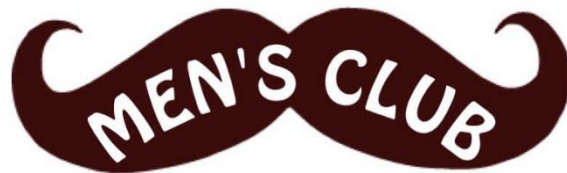


Every Tuesday at 1:00pm

Happy Hour
Every Friday at 3:30pm



Men's Club
Every Thursday at 3:00pm



Cheryl's Kitchen Talk

H Everyone,

We have had a few concerns about some of the meals and we will endeavor to fix these.

The new winter menu will be starting in a couple of weeks by advice from the dietician.

I have gone around and interviewed a few residents just to make sure the changes that will occur they are happy with.

Please if anyone has any concerns or wish to add something to the menu please feel free to come and see me.

Irene will be on holidays for a week then followed by Cheryl for two weeks she will be turning 50 while away then Erin will be away for two weeks and she will be turning 40.

Bon Appetite Catering Supervisor Cheryl Eddy

Kristy's Quality Corner



Hello Everyone,

Finally an end to all of this hot weather I hope!!
Make sure to get outside and enjoy the lovely weather.

We have recently become a smoke free facility, so this means that no staff are permitted to smoke on the premises, only existing residents can continue to smoke in their designated areas. We are hoping that this promotes a healthier home and workplace for all.

Please remember to either sign out in the book at the front door or tell staff if you are leaving or going outside for a bit. This helps save a lot of time spent looking for people and getting worried.

We have recently sent off the menu for review by a dietician including suggestions made by residents. We can't wait to see what you all think.

Please feel free to come by and see me or I can come see you if you have any concerns, feedback or suggestions on how you think we can improve the home.

Kind Regards

Kristy Tanner

Continuous Improvement Coordinator

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