



Sea Horse Times

July 2021

Hi Everyone, apologies for the late edition this month. I had some unplanned leave and didn't write the report in time for Di - Sorry Residents & families and Sorry Di.

Well what a crazy time we are living in – COVID is really not going away any time soon.

For us here at Ardrossan we really don't have to change too many of our practices because we have over 90% of our Residents vaccinated against COVID. Lock downs occur if you have 70% or under not vaccinated, (please note changes occur daily).

In relation to staff having the COVID vaccine - it will be compulsory for all staff who work at ACH (including the Health Centre) to be vaccinated, and the first dose by Mid September. Already we have many staff that are fully vaccinated.

If anything changes with COVID we will inform you either face to face or by the Sea Horse times and we also inform your family and friends by Message Media or FaceBook.

Please rest assure, that at any time there are changes that effect your daily activities we will inform you immediately.

I am pleased to say that everyone has now had their Flu vaccine - what a difference this has made to everyone not getting affected as much this Flu Season.

It was sad to say good bye to Rikki Watson last month - what a wonderful lady she was. We will definitely miss her sense of humour and especially the visists from her Great Grand Children.

Last month the hospital had the Acute audit - for us to fully pass we needed to get 100%, we missed out by 1 – 83/84. We have almost fixed this one issue (which was developing a more robust way in communicating with doctors).

I would like to personally say thank you to all staff - this audit was such a team effort and everyone played a part in us achieving this result. A special thanks goes to Don Waters for his involvement as the Consumer Rep – your input has been invaluable – remember you can speak to Don Waters or Annette Aldridge if you don't feel you can speak to staff about ways of improving our home.

Keep warm everyone, winter is definitely here, very wet and very cold.

Jodie XX

FOR YOUR INFORMATION



Reminders:

Valuables: It is a facility recommendation that all personal items are to be labelled. We encourage families to keep your loved one's valuable items at your home.

Electrical items: All electrical equipment that is brought into the facility needs to be tagged and tested. Please give the equipment to the staff, they will contact maintenance for this to be arranged. It is essential for safety reasons that any electrical items are checked before they are placed in the rooms.

Clothing Labelling: It is very important to ensure all items of clothing entering the facility are labelled correctly.

We have a clothing labelling machine. There is a cost relating to the labelling.

Please speak to staff.

Social Distancing: Just reminding all that everyone must respect the social distancing and Hand Hygiene rules. The residents are classed as a family so they can come within the 1.5 m distancing of each other.

Visiting Hours: 11.00am – 4.00pm. To visit the aged care section, you must have had a flu shot and our Admin office must have verification of this. There are only 2 visitors per visit allowed.

Activities room: Families can book this room for a family lunch, coffee or just a chat. Please speak to staff to book a table. COVID rules apply.

Ways to keep in touch with your loved ones.

- Write a letter - We will sit and read it to the resident and send a reply.
- Phone calls—Call the hospital on 88 373 021 and the phone will be taken to the resident for a chat.
- Send an email to lwatson@ardrossanhospital.com.au or dpedersen@ardrossanhospital.com.au include photos, drawings from the grandchildren, stories from your family or any community news.
This will be printed and handed on to the resident.
- Zoom meeting – speak to staff to get the meeting organised.

Please stay in touch as best you can.

We hope you all understand and please do not hesitate to call us if we can help

Quote of the Day

Not all those who wander are lost.

– J.R.R. Tolkien



Resident Report



This article was written by a resident – Don Waters

Do we have an aluminium elephant in our rooms?

Now in my 80's, I live in a Nursing Home.

It's a very good Nursing home, and yes, they do exist.

Back in my 30's I spent a few years as a saucepan maker. Someone has to make our saucepans and I had just had a nervous breakdown. Are these two items connected? Well, yes, they are.

In my younger days when you got married you often scored at least one set of brand new saucepans, sometimes more.

They were made of aluminium, and so were the lids and they lasted for many years.

Aluminium is one of the best conductors of heat and electricity, so it is ideal for saucepans.

Also, it is cheap and can be easily extruded.

Now there are various theories of how our brains work but a common element is the existence of synapses which work on electricity. They allow complex channels to carry our thoughts.

You see where good conductors of electricity like aluminium come into it. We could easily over load these circuits.

Also, all sorts of chemical and electrical changes can alter the way that aluminium works especially with acids.

Vinegar is an acid, and with aluminium saucepans the effect is complicated but it is believed that it is our brains which suffer.

And what happens when you use the saucepans year after year, after year?

And there may be cumulative effects!

When I was at the saucepan factory, we were flat out retooling the plant. Instead of aluminium we were using stainless steel, we were in a hurry. Suppose our friends in the legal profession got wind of it. Stainless steel is not as good a conductor as aluminium, and it is also more expensive, but the stakes were so high that there was a whole shift in how saucepans were to be made?

It was a no-brainer which way to go. We don't want to mess up the bio-chemist of the nervous system. Recent advances in medical science mean that we are living longer. Our brains are being expected to perform often for many extra years. Brains are the most complex thing we know of, and we still have a lot to learn. While stainless steel is believed to be better than aluminium for our brains, for some of us the improvement is too late.

Let us be kind and understanding to our nursing home residents suffering from dementia.

They are affected by things beyond their control.

And meanwhile we wouldn't do things with aluminium and carbonic acids these days, would we? and pump them into our system?

Think of all the millions of 'tinnies' we produce. Cheers

Dinham High Tea

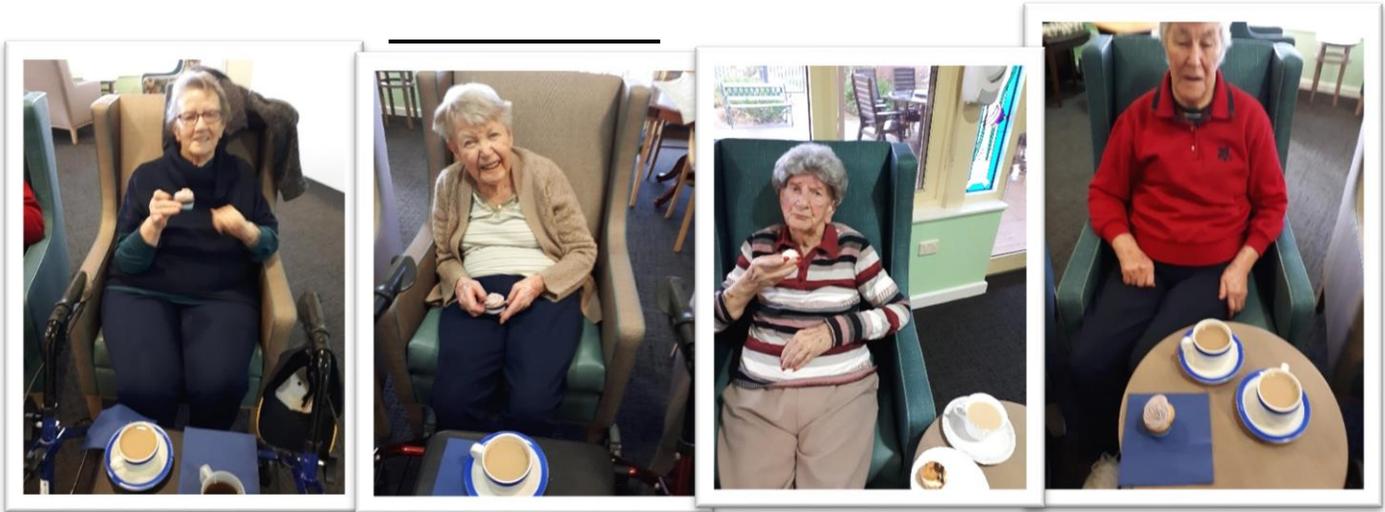


GIRLFRIEND WISDOM

What happens
around the
Tea Pot;
Stays around
the Tea Pot.



World Elder Abuse Awareness Day – (WEAAD)



We celebrated WEAAD with purple iced cupcakes for morning tea and a talk/discussion about elder abuse.

Scone time @ Price



Dawn, Michelle (Volunteer) Heather, Margaret and Val

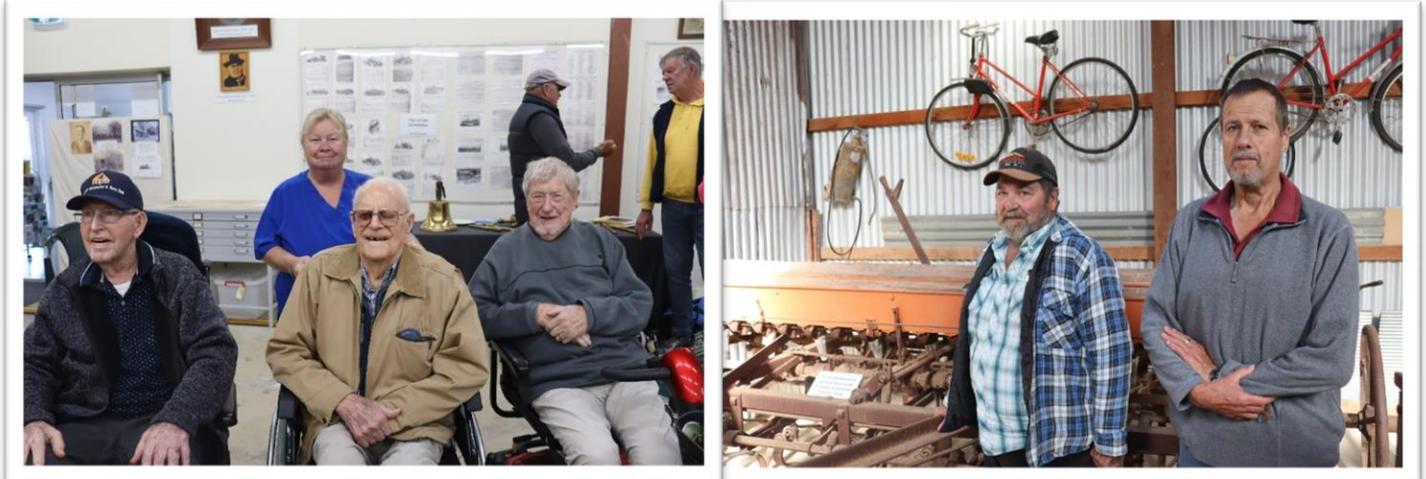


Rosemarie, Pam, Bette, Brenda and Brian Brooks (bus driver)

The Price Soliders Memorial Hall Committee are raising funds to update the hall. We enjoyed a morning with the Price Community chatting, eating scones and drinking tea.

Ardrossan Museum Visit

- Neville Grovemann's Zanoni Talk



Malcolm, Linda, Dennis, Don, David and Wayne, all enjoyed the talk from Neville Grovemann (in the background) Neville Grovemann and his team dived on the Zanoni, off the coast of Ardrossan, when it was first discovered in 1983.

Zanoni

The 338-ton composite barque *Zanoni* was built in Liverpool in 1865 and was 139 feet (44 metres) in length. It was built by W.H. Potter & Co and owned by Thomas Royden & Son and intended for the East India trade.

On 11 February 1867 under the command of Captain Summers and with a crew of 13, and two stevedores, the *Zanoni* set off on a return trip to Port Adelaide to obtain clearance to London. The vessel was now laden with bark and 4025 bags of wheat.

While crossing the Gulf in initially fine weather, *Zanoni* was hit by a sudden violent and short-lived squall. The ship capsized and sank within five minutes. All sixteen on board were rescued.

The shipwreck site was discovered in 1983 by abalone divers who reported the discovery. The wreck site of the *Zanoni* comprises one of the most complete remains of a vessel of its types and age to be located in South Australia and possibly Australia.

The shipwreck site is in 18 metres of water lying on a barren sea bed. Numerous types of fish inhabit the wreck site which is covered by sponges.

Zanoni is part of the [Ardrossan Ships Graveyard](#).

Protected Zone - The *Zanoni* was declared as an historic shipwreck under the *Historic Shipwrecks Act 1981* on 12 May 1983 and a 550-metre radius Protected Zone was declared.

The *Zanoni* is a shipwreck which is approximately 10 nautical miles south east of Ardrossan. Many of the artifacts retrieved from the wreck can now be viewed at the Ardrossan Museum.

Upcoming Events



- 1st July – Jeopardy and Happy Hour
- 9th July – 11.00am RSL lunch
- 14th July – 1.30pm – Joking with Judy
- 16th July – 1.30pm – Steve Nettle
- 14th July – 9.00am Podiatrist
- 29th July – 1.30pm Coffee and Cake
- 28th July – Dinham Olympics

Monday – Friday 9.00am Beauty Salon open

(Activities may be changed at the last minute - subject to COVID restrictions)

Regular Events

- Monday - 10.15am Craft
- Monday - 1.30pm Singalong
- Tuesday - 10.15am Stepping Out
- Tuesday - 1:00pm Hairdresser
- Tuesday - 1.30pm Bingo
- Wednesday – 10.00am Sea Horse Trolley
- Wednesday- 10.30am Keep Fit
- Wednesday- 1.30pm Cooking or Joking with Judy (Fortnightly)
- Wednesday – 1.30pm Hands and Nails (Fortnightly)
- Thursday – 10.30am Stepping Out
- Thursday – 1.30pm Woodwork – (Monthly)
- Friday – 10.30am Church service
- Friday – 1.30pm Entertainment



**Don's Rainfall
June: 64 mm**



July Birthdays

In July, we celebrate birthdays with a Resident:

- **6th Tony Purcell**

Please join us in wishing them all a 'happy Birthday'
We hope your day is everything you want it to be.



Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

Princess Diana, 1st of July 1961
Olivia De Havilland, Actress, 1st July 1916
Tom Cruise, Actor, 3rd July 1962
Ringo Starr, Musician, 7th July 1940
Tom Hanks, Actor, 9th July 1956
Harrison Ford, Actor, 13th July 1942
Stanley Kubrick, 26th July 1928
Mick Jagger, 26th July 1943
Arnold Schwarzenegger, Actor, 30th July 1947

WOW!

Product Birthday Spotlight: Monopoly

The Monopoly board game was copyright registered in July 1933. Charles Darrow, the inventor, became the first millionaire game designer after he sold his patent to Parker Brothers.



Olympics



A R C H E R Y A G O L D I J I X V F Q T
 T R I A T H L O N K W D R K I E B H T R
 S S Q C P Z X E P R R M N J P D D I T A
 N X N F E Q X O V O L L E Y B A L L P M
 T I P E J U D O T U A T V O S D W P P P
 J F M P C N N B R H Y L T I A Q D C U O
 Z B A R N S H J I Y Y U R W I B B T Y L
 R J W R J A Q H A N D B A L L A O E V I
 V C C R U D K Z E F X S Y J I D E N A N
 X N E N A A V O Q K U H C N N M F N T E
 N S B W O S Z B U Q D M P A G I G I H D
 I K F E D B H T E S W I M M I N G S L T
 W F O W S M V W S E T C R D J T U C E B
 V C O I K S L Z T U B O Z T R O A R T D
 H Z T Y D O S P R O U D I V I N G U I K
 V Z B U D I G S I W U D M Z A I N G C Y
 J Z A J F J M H A F E N C I N G E B S K
 O X L G R L M C N S H O O T I N G Y P T
 Z R L H X T A E K W O N D O U P M K J V
 C A V B A S K E T B A L L O O Y V D J S

Football
 Taekwondo
 Handball
 Basketball
 Triathlon

Tennis
 Rugby
 Archery
 Badminton
 Diving

Trampoline
 Sailing
 Athletics
 Equestrian
 Judo

Volleyball
 Shooting
 Fencing
 Gold
 Swimming

Spotlight on a staff member

My name is: Sarah Luke

Family: Mum -Jodie (EO/DON), Dad -Thomas, Older sister – Emma, younger brother -Jack.
Nephew – William



Position at the Hospital: Clinical Nurse

Past Occupations: Dental Nurse

Favourite: Food: Thai

Favourite drink: Champagne

Best Holiday: All holidays are my best holiday. Loved England

Have you travelled overseas? Yes, Europe/England x 2 plus part of America, Bali and Thailand

Interests: Playing A grade netball and coaching B grade for Maitland Cougars
Playing with my nephew William

Sport played: Netball and Basketball

Instruments played: Saxophone in primary school

Favourite song: Anything from the 90's

Are you a Crows or Power supporter? Power

Why I work in Aged Care: The residents.

Sarah has joined the Dinham Aged Care team as a Clinical Nurse.
Welcome Sarah.



Quality Information

PHARMACY CHAT – Tim Gross Residents Meeting 16th of June.

Tim talked about Natural Medications such as Vitamins and Herbs, how they could effect and change the action of prescribed medications. Tim stated that it is very important to inform Nursing and Medical staff if you are taking these medications as in some cases the natural medication mixed with Prescribed Medication can be life threatening.

QUALITY DATA.

The month of June there was an increase of Bladder and Urinary Tract Infections.

It is very important to drink water (cups of tea is not enough). We know that it is harder to drink water in the colder months, but it really makes a difference.

It is also very important to have good personal hygiene. We are currently trialing a cleaning wipe from Tena, which has proven to be very successful in other facilities in decreasing Bladder & Urinary Infections. When increased fluid and personal Hygiene does not resolve the infection antibiotics are the next option, but please note:

*We shouldn't take **antibiotics just in case?** If you **take antibiotics** when you **do not need them**, they **may not work** when you **do need them**. Each time you **take antibiotics**, you are more likely to have some bacteria that the medicine **does not kill**. These bacteria **can change (mutate)** so they are harder to kill.*

SKIN INTEGRITY/WEIGHT LOSS & RESTRAINT

Each month we have to report on wound care, if there has been a change in weight by 3kg (loss/gain) and restraint. We record this data in the Safety and Quality Report and we discuss this at a Clinical Advisory Meeting with the doctors and at Board level. Also, every 3 months we have to report this information to the Commonwealth.

We have seen some residents fluctuate with weight which has mainly been because of a decline in health, we have also involved the Speech Pathologist Lauren and discussed with the dietitian recommendations.

Restraint is another area of reporting and at ACH the main restraint that we use is chemical restraint. Which is medications that many of you have been taking for long periods of time. All the medications are reviewed monthly on the Safety and Quality Report.

*For your information in Aged Care there are **three types of restraints**: physical, chemical and environmental. Physical **restraints** limit a patient's movement. Chemical **restraints** are any form of psychoactive medication used not to treat illness, but to intentionally inhibit a particular behavior or movement.*

Notice board



COVID INFORMATION

Latest updates from SA Health

1. Visiting Hours for Dinham: 11am – 4pm, 7 days a week.
2. Only 2 visitors in the Resident's room at one time. No exemptions.
3. Anyone visiting Dinham must have their temperature taken.
4. No visitors to go into common areas.
5. No visitors are allowed in the Residents Dining room at meal times.

For more information go to the SA Health website.

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Nurses station. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated! Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in or email your articles to Dianne Pedersen -

dpedersen@ardrossanhospital.com.au

Linda Watson –

lwatson@ardrossanhospital.com.au

'POSTMAN PAT' CAR!

We have a wheelchair access car that is available for resident's transportation.

Please book with Admin 88373021.

DINHAM OLYMPICS

28th July. 4 countries will compete.

Who will win Gold, Silver and Bronze?

Who will win the wooden spoon?

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 10.30 Craft 1.30 Singalong	29 10.30 Step Out 1.30 Bingo	30 10.30 Keep Fit 1.30 Hands and Nails	1  10.30 Stepping Out 1.30 Jeopardy and Happy Hour	2 10.30 Church 1.30 Golden Oldies	Movie Day	3  Family Day
5 10.30 Craft 1.30 Singalong	6 10.30 Step Out 1.30 Bingo	7  10.30 Keep Fit 1.30 Hands and Nails	8 10.30 Stepping Out 1.30 Games, puzzles & fun	9 11.00 RSL Lunch	Movie Day	10 Family Day
12 10.30 Craft 1.30 Singalong	13 10.30 Step Out 1.30 Bingo	14  10.30 Keep Fit 1.30 Joking with Judy	15 10.30 Stepping Out 1.30 Coffee & Cake	16 10.30 Church 1.30 Steve Nettle	Movie Day	17 Family Day
19 10.30 Craft 1.30 Singalong	20 10.30 Step Out 1.30 Bingo	21 10.30 Keep Fit 1.30 Hands and Nails	22 10.30 Stepping Out 1.30 Woodwork	23  10.30 Church 1.30 Music afternoon	Movie Day	24 Family Day
26 10.30 Craft 1.30 Singalong	27 10.30 Step Out 1.30 Bingo	28 10.30 Dinham Olympics	29 10.30 Stepping Out 1.30 Coffee & cake	30	Movie Day	31
2	3	Notes July's birthday : 6th - Tony Purcell				
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