

Ballarat Health Services

Residential Services



Ballarat Health Services
Putting your health first

SUMMER NEWSLETTER

January 2013



James Thomas Court *Melbourne Zoo Trip* 15 November 2012

Eight residents, staff and volunteers enjoyed a fun day at the Melbourne Zoo. A few residents had not been to the zoo for many years.

Residents were able to see many of the main attractions – including the reptile enclosure.

Rose said “Oh! I’m glad they can’t get out of there!”

Other residents commented...

Bev was really pleased to see everything with Robyn Mann (volunteer). Bev’s favourite animals are wombats and the meerkats.

Bill said “he liked seeing the elephants”.

Lyn commented that she had fun and that she liked seeing all the animals.

Joan thought the tigers were beautiful!

Elsie said “I liked the lot. It was very interesting.”

Brian said “My favourite were the monkeys.”

Michael shared the zoo trip with his wife Marcia and said “it was really good spending time together.”

Another trip to the zoo may be planned later in the year as all the residents thoroughly enjoyed the day.



BHS staff and residents joined members of the BHS-QEC Ladies Auxiliary to celebrate the auxiliary’s 90th anniversary. The occasion was marked with a luncheon at Lederman Hall on November 20, 2012.

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INSIDE STORY



Jason Cartledge

Residential Services Support Officer

DESCRIBE YOUR ROLE:

The role is to help standardise throughout the residential sites, including OH&S, fire and emergency, chemicals and maintenance.

WHAT DO YOU LIKE ABOUT YOUR JOB? The variety, meeting new people.

WHAT WAS YOUR PREVIOUS ROLE? Patient Services Assistant.

IF YOU COULD GO ANYWHERE

WHAT FAVOURITE MEAL WOULD YOUR ORDER? Italian.

WHAT WAS YOUR FAVOURITE HOLIDAY EXPERIENCE? Trip to Bali.

WHAT WAS THE MOST MEMORABLE MOMENT YOU HAVE HAD WORKING IN AGED CARE? Taking residents of James Thomas Court to the zoo.

YOU'RE PASSIONATE ABOUT... my standards of work.

IN SIX WORDS I AM... very happy working in aged care.

New Lifestyle Staff

Welcome to Vicki Evans who has joined the lifestyle team at PS Hobson. Vicki is an Enrolled Nurse and is currently studying

for her Certificate IV in Leisure and Health. The residents have been happy to see such a bright and happy face join the team!

the Spark of Life

at Bill Crawford Lodge



The Spark of Life approach grows a culture of love, appreciation, enthusiasm and optimism, creating the best context for supporting people with dementia to thrive emotionally beyond their diagnosis.



Spark of Life is not a cure, but a gentle, practical and celebratory approach to human relationships and communication, dedicated to uplifting the spirit of people with dementia.



The Spark of Life approach is a practical implementation of the essence of person-centred care.

The Spark of Life approach is underpinned by three core principles, each supported by

three practical strategies to make it simple to implement the approach:

Shift your focus - emphasise the positive not the negative

- see the 'angel in the stone'
- take action to build strengths
- boost self-esteem

Share your heart - connect with your loving side and share it in how you think, speak and act

- be loving and genuinely interested
- engage compassion
- forgive yourself and the other person

Shine your light - be and show the best you can be

- activate your patience
- use descriptive appreciation
- be playful and have fun

FIVE MINUTES WITH...



Corrie Van Raaphorst

*Information provided by M Atkinson
(Corrie's daughter)*

IN WHAT YEAR (AND HOW) DID YOU COME TO AUSTRALIA?

I came to Australia in 1956 from Holland by ship with my husband and seven children. We settled in Ballarat and then I had two more children.

HOW LONG HAVE YOU BEEN AT JAMES THOMAS COURT?

I came to live here in June 2002... so about 11 years.

WHAT WAS YOUR OCCUPATION?

I had a full time job at home being a wife and mother.

HOBBIES AND INTERESTS:

When I got my license, I had a few trips to Queensland with my husband and two trips back to Holland. I liked doing the garden when I was at home.

WHAT ORGANIZATIONS WERE YOU INVOLVED IN?

I was a volunteer for St Vincent De Paul. I was involved in my children's schools and I was involved in the Catholic Church.

HOW MANY GRAND CHILDREN DO YOU HAVE?

I have 28 grand children.

HOW MANY GREAT GRAND CHILDREN DO YOU HAVE?

I have 38!

Last December, I turned 90. I had a big party with 80 guests out in the church hall with my family and friends. I also had an afternoon tea with residents and staff at the Ethel Lowe Day Centre.



Halloween Party

PS Hobson Nursing Home celebrated Halloween with a party where residents dressed up as witches and ate chocolate ripple cake decorated with spiders. The Unit was decorated with a carved pumpkin, spiders and balloons.

The mood in the home was one full of fun and lots of laughter. Damascus College students volunteered as part of the Christian Personal Development Education program and followed up their visit with a letter stating they really enjoyed being a part of the Halloween Party day.



Melbourne Cup Celebrations

And they're off! Melbourne Cup celebrations saw residents take part in a sweep and enjoy a Devonshire afternoon tea with a glass of bubbly while watching the race. A good day was had by all!



PS Hobson Show Day by Brendan Cowley, student nurse

As a student nurse I was more than happy to work with the Diversional Therapists to bring the show day to PS Hobson Nursing Home. It was great to see the smiles and laughs of the residents with the show day giving them an opportunity to come together and have fun. Residents participated in games and the spinning wheel. Working at PS Hobson I was amazed to see how engaged and stimulated residents with dementia were by the activity.



James Thomas Court Christmas Party



The James Thomas Court Residents, Relatives, Family and Friends Christmas Afternoon Tea Party was held at the Ethel Lowe Day Centre. Everyone really enjoyed getting together with a visit from "Santa" and lots of photos were taken for display. Special thanks was given to staff member Kaye Edwards for playing the Christmas Carols and thanks again to the amazing staff and volunteers for the wonderful event.

I found having the show day gave the residents a way to have some fun and to mix around with each other and get to see who they are living with!

It was a great success and many laughs were shared! What a great way to interact with the residents!

Thank you to the Ladies Auxiliary for the donation of the clown costumes.

