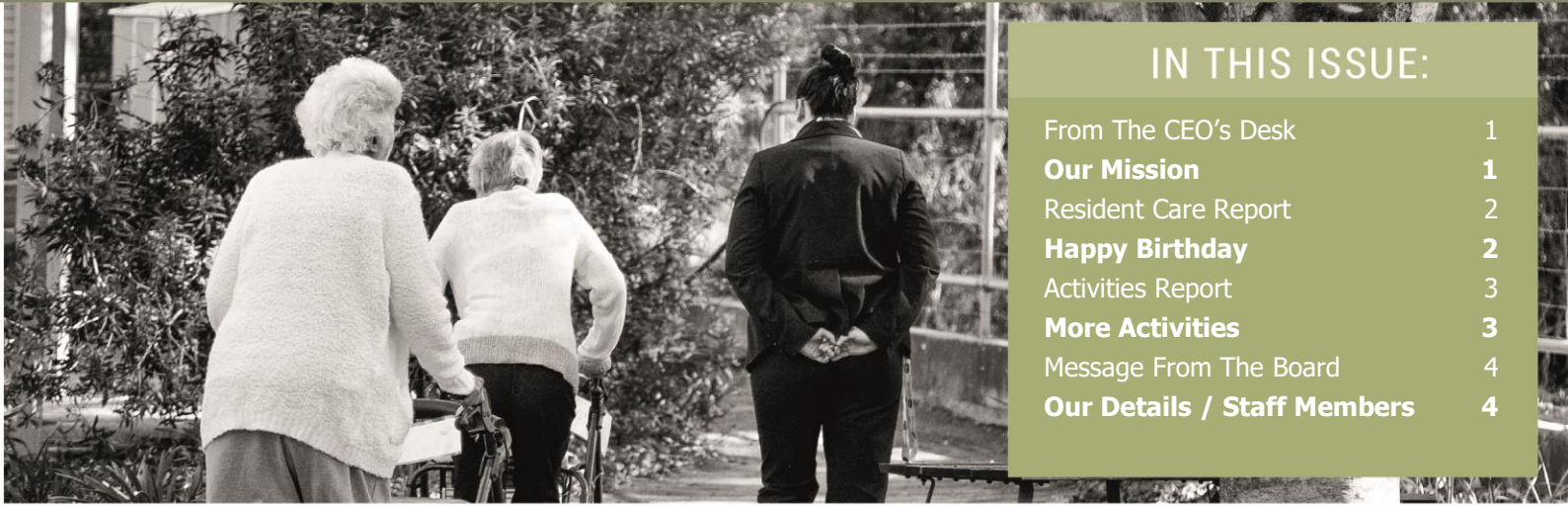


# KOONAMBIL NEWS

SEPTEMBER 2017



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## FROM THE CEO'S DESK

Welcome to our new look newsletter. We have recently **refreshed our brand** to ensure the look and feel of all Koonambil communications have a consistent and recognisable professional standard. We hope you like it as much as we do!

### *Our Mission*

Provide high quality care and services in a range of accommodation settings

Another recent development of which I am particularly proud is Koonambil's participation as a founding member of the Northern Inland Aged and Community Care (NIACC) alliance.

The **NIACC Alliance** is a group of independent, like minded, not-for profit aged care facilities like ours. Together, we have increased buying power and more opportunities to boost our income. Alone, Koonambil is a 30 bed facility, but as part of the NIACC Alliance, we can negotiate as part of a 500 bed collective.

The Alliance will also help protect members from being vulnerable to takeovers, and ultimately maintain our future viability.

So far, NIACC has procured suppliers of insurance, continence aids, wound care and medical supplies. By calling for tenders as a group, members such as Koonambil can access cost savings that weren't previously available. Shortly, NIACC will engage a specialist to help members make effective claims for government funding. This will ensure income of our facilities is maximised so that we can provide the most appropriate care for our residents.

**Cath Bush | CEO**

## RECRUITING NOW

Koonambil is looking for staff to join our team as we continue to provide a high quality of care, and increase our offering. If you know a fabulous Registered Nurse, or a go-getter with admin/project management skills, please send them our way.



# RESIDENT CARE REPORT

Recently, we farewelled Margaret Finn, June Strudwick, Neville Firth and Jim Maher. This was a very sad time for other residents and staff, and we send **condolences** to their families.

Residents love **physio services** which are offered four days each month. Since the beginning of the year, Rob Martinez has been helping residents manage pain, maintain mobility, flexibility and dexterity. All residents have recently taken part in the **Berge Balance Scale and Fitness Test**. We do this every six months to make sure the benefits of exercise are maximised for residents' balance and fitness. This also gives staff an opportunity to reassess residents and their abilities.

A new **care chair** is giving comfort to incapacitated residents by preventing pressure areas, reducing agitation and most importantly, reducing isolation by helping residents remain integrated in the Koonambil community by taking part in daily activities such as garden walks. Another piece of **new equipment** is a height adjustable commode chair which is making a big difference for care delivery.

Our chef Allison recently attended the aged-care specific **Flavour Creations** catering course where she learnt to prepare pureed foods with a shape and texture that provides an authentic dining experience. Residents are very appreciative of her passion to learn and cater for all individual needs and conditions like dysphagia.

In the last few months we welcomed **new residents** Marjorie Finn, Phillip Ayoub, Muriel Phillips and Leonie Burtenshaw.

**Lynne Waterford | Care Manager**



## HAPPY BIRTHDAY

*Clockwise from above:* Gwenda and Bill Shanahan; Joan Harris and Donna O'Malley; Jenise Thomas, Kaye Cook and Allison Pawley; Gill Roworth, Joan Firth and Lynne Waterford.







## ACTIVITIES REPORT

### 01

In **July**, residents visited Vicki Murray's photographic display at Outback Arts. On the way home, the bus went via the wheat silos where racehorses were swimming in the dam and the bus was weighed on the weighbridge.

On another excursion, a coffee and milkshake in town was followed by a tour of the Carinda Road, Ottendorf Lane and Walgett Road with Paul Lefebvre acting as tour guide.

Ball games, Alphy and Bingo remain popular with great competition for prizes including balls of wool.

### 02

**August** bus tours included the Loma Road, Vatua Lane and Willow Downs Road, from where Esmá Robinson hails. At Koonambil, residents were entertained by a visit from Coonamble Children's Services, and took part in a specialised Zumba class, tailored to residents and their mobility.

There was great excitement when Jackpot Bingo was won, and Val Hooper and Phil Ayoub's Old Time Rock n Roll dance routine brought home a prize from the 'Coonamble's Got Talent' competition.

### 03

Each month, residents have a BBQ lunch, and the start of spring provided an opportunity to move the BBQ outside and make the most of the warmer weather.

Bus tours during **September** have included trips to the Combara Road and Killara Lane. Residents continue to enjoy looking at the country out of town, despite the ongoing dry conditions.

Father's Day cooking activities were very popular.

**Jane Haycock & Raquel Millstead | Activities**





## CENTENARIAN: ESMA

*Above:* A modified Zumba class was a great hit with residents.

*Below:* Resident Esma Robinson celebrated her 100<sup>th</sup> birthday on 23 August. It's a wonderful achievement and she provides plenty of inspiration to many of us at Koonambil. Congratulations and happy birthday Esma!



## MESSAGE FROM THE BOARD

Recently we have had a significant focus on governance and leadership. In July, Joan Leonard and Cath Bush attended the Better Boards conference. The Koonambil Board is currently undertaking an assessment process which will consider the performance of the Board and provide recommendations for improvement.

The Koonambil Strategic Plan 2017-2020 and Annual Business Plan 2017-2018 have recently been adopted. Both documents can be viewed at the Koonambil office.

All community members are invited to our AGM at 6pm, Tuesday 17 October at Koonambil. Financial members have voting rights. Annual membership is \$11 and can be arranged at the Koonambil office.

**David Ryan | Chair**

## OUR DETAILS

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**Board of Management 2016-2017**

Chair: David Ryan

Deputy Chair: Tim Stratton

Treasurer: Dianne Smith

Directors: Beverley Davidson, Eric Fisher, Marianne Lampe, Joan Leonard, Colin Readford

## STAFF MEMBERS

**CEO** Cath Bush

**Finance Manager** Helen Rackham

**Care Manager** Lynne Waterford

**Registered Nurse** Janie Johnston

**Clinical Care** Donna O'Malley, Grace Andrews

**Care Staff** Diane Molloy, Laura Finn, Rick Kennedy, Gill Roworth, Deanne Towns, Leonie Jones, Cameron Forbes, Bre Elms, Marie McLellan, Jessica Vine, Jeremy Hooper, Dianne Gregory-Hunt

**Hotel Services** Rhonda Ingram, Allison Pawley, Jenise Thomas, Mandy Jerrett, Cherie White, Tammy Haycock, Natalie Kenny, Fiona O'Malley, Gail Day, Wendy Geale, Jess Canham, Tori Canham

**Activities** Raquel Millstead, Jane Haycock, Jess Canham

**Maintenance & Gardens** Mick Murray, John Robinson