

For Your Diary

- Lunar New Year Celebrations – 12th February
- Shrove Tuesday – 16th February
- Resident and Families Meeting – 16th February (7:15pm)
- Labour Day – 8th March
- St Patrick's Day Residents' Lunch – 17th March
- Greek National Day – 25th March
- Easter Residents' Lunch – 1st April

Zoom Details:

Meeting ID: 249 859 9541

Passcode: family

WHAT'S BEEN HAPPENING AT EVA TILLEY?



From the CEO – Sharelle

We are all in the swing of 2021 and I am personally pleased to hear the COVID-19 (Pfizer/BioNTech) vaccine has been provisionally approved by the Therapeutic Goods Association (TGA) for the 16 years and over group. The Government have released some basic information in relation to the rollout of the approved vaccine and the priority groups.

Residential aged care meaning residents and workers in aged care will be part of phase 1A. It is my understanding that the immunisation process may commence in the next few weeks.



We will keep you all updated via our emails but I ask that you all consider and think about the likelihood of being offered the vaccine this month.

At this stage the Federal Government are not mandating compulsory vaccination but they are promoting that the vaccine **will reduce the number of people becoming severely ill or dying from the virus.**

It is most likely that vaccination teams will be in contact with us to coordinate immunisation based on their advice and individuals consent.

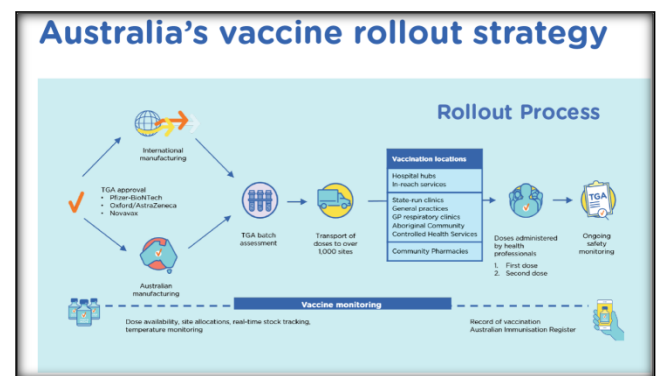
For people who are unable to consent then their appointed decision maker will document consent/decline on their behalf.

The rollout of safe and effective vaccines will be guided by Australia's COVID-19 Vaccination Policy. The Vaccination Policy sets out the roles and responsibilities of the Australian Government and state and territory governments to implement a COVID-19 vaccine program in Australia.

The vaccine is two doses given at an interval of 3 or 4 weeks apart.

I have included some images in relation to the rollout and suggest accessing the following website for further reading and updates:

www.health.gov.au/covid19vaccines



Eva Tilley COVID Updates

A link to supporting documents and Slideshows is available from our Website. evatilley.com.au/news/covid-19/

If you wish to be on our mailing list, contact Reception.

Welcome New Residents and their families

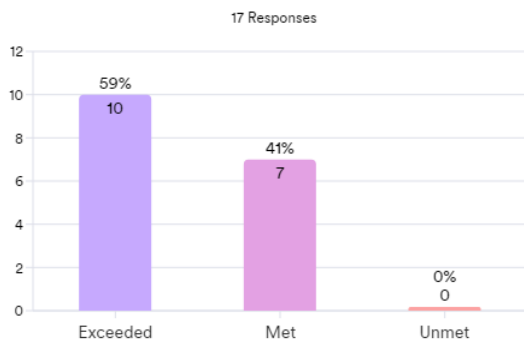


Dorothy, David, Richard, Anne-Marie, Mary, Irene, Bev, Alexandra, Jim, Archie, Kim, Sonia, June, Betty and Jan.

Spring Family Picnic Festivals

Due to not being able to host our Annual Christmas Lunch, we decided to organise high-tea style picnics. This was an opportunity for families and friends to connect to their loved ones. A total of 49 participated in this wonderful opportunity.

4. Did you enjoy the food and beverages provided and did it meet your expectations?



Data	Response	%
Exceeded	10	59%
Met	7	41%
Unmet	0	0%

- “Staff were hugely attentive and Matt was always close by, tending to our needs”
- “A big Thankyou to ET for conception of the idea, and the very successful implementation of it.”
- “Great for the 2 grandchildren to be able to see Pa”
- “Wonderful way to ease back into normality...”



Hairdressing Services

Every Tuesday Afternoon and Saturdays (Gina) and Friday (Shella)
 This includes: sets, blow waves or Bring Your Own colour.
 Book by contacting Reception!

VOLUNTEERING AT EVA TILLEY

Our doors are again open to volunteers and the Lifestyle Team are always seeking people to assist and enrich the lives of our residents by facilitating or assisting with activities. The opportunities are many and could include driving the bus or assisting on outings, bringing your pet in for meet and greet or assisting with one of our Greek, Italian or Chinese Cultural Social Groups.

Volunteers willing to visit individual residents providing conversation and companionship are also sought.

If you are unable to make a longer term commitment we are particularly interested in volunteers who could run a weekly project based activity for a limited time for example an art or music project over -8 weeks.

One off contributions, with no ongoing commitment particularly in providing live music and/or singing are always greatly valued and enjoyed by our residents.

For further information please contact Kate or Luisa in Lifestyle.

Life Stories Project – Kate

Two years ago in conjunction with Swinburne University, Eva Tilley embarked on a Life Stories Project. Three residents agreed to be involved and each was assigned a volunteer who visited them weekly and documented their stories. Resident's photos were collated into a slide show accompanied by the volunteer narrating the stories. These stories were presented at a very moving morning tea with many residents, family and staff present. Again we were reminded of the very rich lives residents

have led and the benefits they experience from being able to tell their stories.

This work has continued and over the past months Elisabeth from Lifestyle has been working with individual residents and their families collecting snippets from their life and collating this information. Residents choose what happens with their finished story. Following are segments of stories from Christine and Len both who have chosen to have their stories displayed on their doors for all to read.

Christine



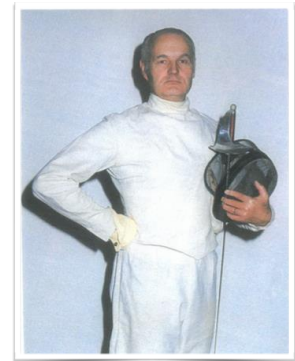
- Enjoyed horse riding when she was 16
- Is a trained Infant Teacher
- Travelled to the other side of the world on a ship at the age of 21
- Worked two years in Europe on Flower Farms and as a mother's helper
- Came to Eva Tilley for a trial month in 1988 but never left



Len



Len, an under-age refugee from Poland, arrived in Australia via Switzerland. He learned English to intermediate level in record time. In about his third year at university he represented the University of Melbourne in fencing. Len became a Solicitor, then a Barrister and finally a Country Court Judge. His Honour was an outstanding appointment to this Court, especially in the civil jurisdiction, where he added strength and standing to the Court. Leonard has always been proudly Polish, serving as patron of the Polish Constitution Commemorative Committee Dinner in Melbourne.



Director of Care – Sonia



It was lovely to see an abundance of families and friends visit over the festive season, as we opened our doors post COVID restrictions. I applaud our staff in assisting with the large number of residents who enjoyed going out during Christmas. As the pandemic hit we had to prepare for a surge of new staff. They have settled in and become part of the Eva Tilley family. In 2021 some of our current and new staff will up skill, commencing a Certificate IV in Ageing Support & Disability, onsite at Eva Tilley. In the past few months we have celebrated a number of staff extending their family with the expectancy of a baby. We would like to wish them all health and happiness.

New Staff Appointments

Welcome to the following staff to our Eva Tilley Team!

- **Direct Care:** Aian
- **Catering:** Roshan and Shehara

Dolly our trusted physiotherapist has commenced maternity leave. We wish her all the best. We have welcomed **Nirali** to our physiotherapist team.

Swinburne Telehealth

Offering Telehealth Counselling for Health and Wellbeing during this challenging time. Available for Residents, Families and Staff.

Staff Wellbeing – Sam

Upcoming Events:

- Staff Christmas and Gala Night (February)
- Harmony Week (March)
- International Nurse's Day (May)
- Aged Care Employee Day (August)
- R U OK? Day (October)

Our primary focus for 2020 was to ensure that our own personal health was not forgotten; targeting Social, Mental and Physical wellbeing.

Catering – Martine

Our Chefs provide our residents with freshly cooked meals daily;

Offering our residents choice from a variety of nutritiously home style meals according to preferences and dietary needs

Our six week rotating summer menu is planned

by Chefs with residents input then reviewed by our dietician;

You can request a copy of our six week menu at reception or check it out on our website.

Your feedback and suggestions for our winter menu is welcome.



Maintenance Services



Do you need something fixed in your room? Does it require a patch or service? Inform Reception and we will endeavour to fix it as soon as possible.

Maintenance available: Monday to Friday at 7:00am to 2:30pm.

Nutrition and Hydration

Issues identified with the Resident Dietary Profile Form having too much information making it difficult to read. The Resident Dietary Profile was updated and a new Breakfast and Beverage Preference Form was introduced to ensure dietary needs and food choices were clearly documented on resident admission. The Chef Manager commenced meeting with residents to discuss their meal, drink and dining preference and the Food Safety Program shortly after admission. After a 4 week trial and consideration of very positive resident, family and staff feedback the forms and process were implemented. Change to the supplement drinks schedule because residents were either not drinking their supplement at meal times or not eating their meal because feeling full after their supplement drink. A mid meal supplement drink round was commenced twice a day resulting in stable weights with no weight loss for residents and positive resident feedback.

PCOC at Eva Tilley

The Australian Health Service Research Institute and University of Wollongong were able to obtain funding to look at the “Improving end of life choice for aged care residents: Delivering the right care, at the right time, in the right place and by the right person”. The PCOC program which was currently being provided in specialised palliative care settings (hospital or home care) was selected. Since November 2019, Eva Tilley has been one of only two aged care facilities in Australia (NSW and VIC), participating in the pilot program PCOC. Eva Tilley has submitted two periods of data collection and the

feedback has been exceptional – well done to all staff!!

PCOC uses five clinical assessment tools to rate pain and symptoms a person experiences at the end stages of life. We have embedded this program into our practices and procedures, with the personal carers/ registered nurses using the assessment tools to assist in providing a very high standard of palliative care to our residents’ and representatives, while working in conjunction with medical professionals and specialised palliative services. The holistic needs for each individual and their representatives can be identified and actioned. All data is collected, de-identified and submitted to the research team at The University of Wollongong. We receive benchmarking reports which assists in highlighting the strengths, the weaknesses and areas for improvement in relation to utilising the evidence based assessment tools. As a pilot site we have been exposed to researchers and palliative specialist to further benefit our skills and knowledge which has encouraged other aged care facilities around Australia to implement this very worthy program. If you would like to learn more about PCOC at Eva Tilley, contact Karen Moll or Sally Li.



FRIENDLY REMINDER

- Read our Food Safety brought in Policy available at Reception
- All Food must be signed in at Food Safety Register
- All Food must be consumed at the time.
- Eva Tilley Staff are not responsible for storing and reheating

Vale Judith Lahey



Judith Lahey passed away peacefully on Tuesday, 22nd December at the Arcare Portarlington Aged Care facility.

She had been a Board member of Eva Tilley from 1998 to 2007 and Chair from 1999 to 2001. Judy was awarded Life Membership in 2008.

A number of “firsts” can be attributed to Judith, and on reflection she is an example of how much things have changed over the last 30 years. She was the first woman manager of a major bank branch in Melbourne and the first woman member of the Rotary Club of Balwyn (Rotary did not admit women till about 1988; 33 years ago and after decades of argument) Judith was a member of RC Balwyn for 26 years, and served energetically in many capacities, always with inputs that were clear, logical, and sometimes blunt. She was socially active and a keen member of a wine and dining appreciation group.

In her later years as her health declined she became the terror of the Rotary weekly admissions desk, continually reminding members that they needed to indicate attendance or absence so that the caterers could be advised of numbers, which she could estimate anyway with uncanny accuracy. She also keenly supported the RC Balwyn monthly lunches with the residents of “Servants” Carrical Boarding House in Kew, and her miniature poodle dog was a great hit with the residents there.

Judith will be remembered by her many friends and colleagues as a strong minded and forthright person who contributed immensely to her community. She is survived by her brother.

In Loving Memory

**Antonio D-L ~ Norma K ~ Rae O ~
Pat O ~ Owen R ~ Jon D ~ Param T~
Angelo V ~ Dot S ~ Marie W ~
George M ~ Vasiliki G**

We pay our respects and remember our treasured residents who have passed away in the past few months. Our thoughts and condolences to their families and friends.

They will be sadly missed, fondly remembered.