Glenview Grapevine

November 2022

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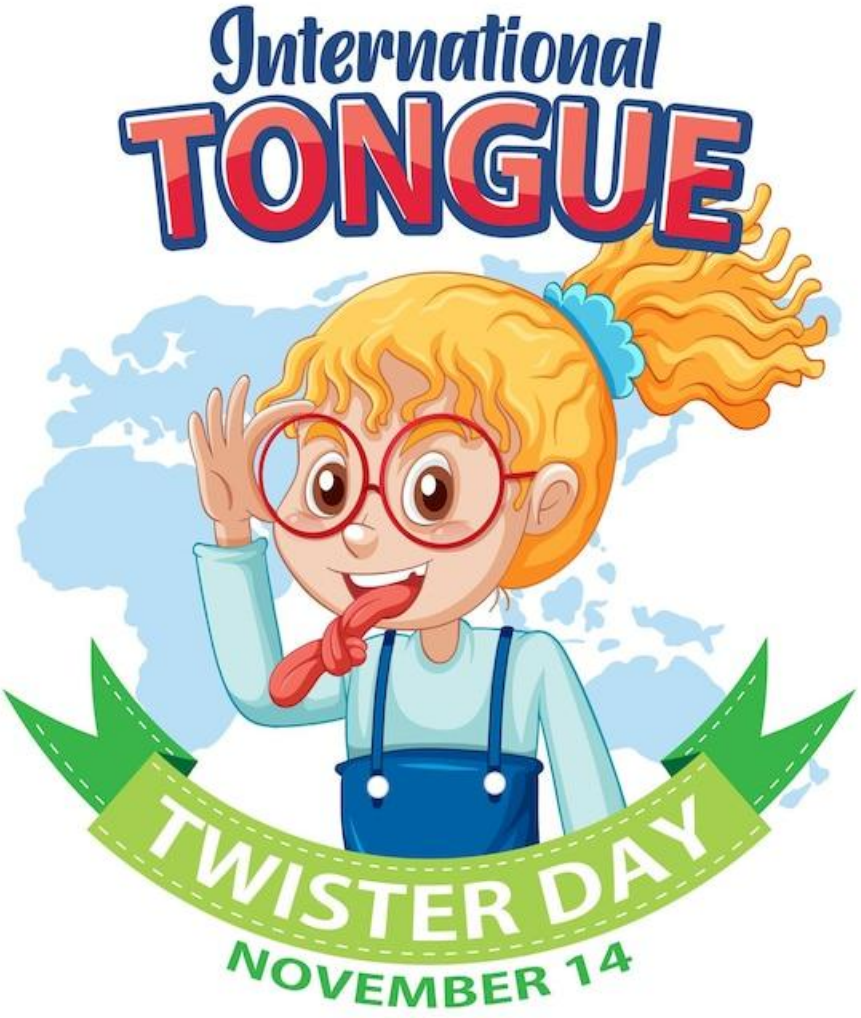
Indigo North Health



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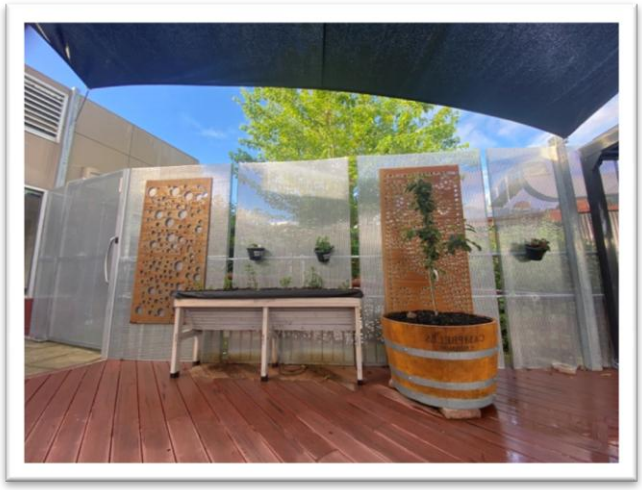
October in Review

"Finding Elvis" live performance

The Finding Elvis live performance, enjoyed by many was a highlight for the month. Residents danced, sang, tapped and clap during the whole performance. Many members of the Rutherglen community attended which also provided an opportunity to catch up with family and friends!

October in Review
Enjoying the new garden area!



Consumer Advisory Committee Agenda

Date held: Friday, November 4 - Residents and Representatives Meeting

1.0 In attendance: Fred Cooper, Beryl Cooper, Helena Eales, Edna Eaton, Ron Eggleston, Leonie Featonby, Patricia Griffith, Pauline Hawke, Douglas Hyslop, Terrence Jepson, Mick Lee, Peter Lewis, Cheryl Lister, Les Mann, Claire McInerney, Denise Meyer (via Facetime for Marie Meyer), Campbell Murdoch, Betty Nash, Henry Niederegger, Barbara Russell, Joan Smith, Lorna Smith, Penny Bingham, Shane Kirk, Adrian Ridley, Kerrie Thompson, Eva Pettersson,

2.0 Apologies:
Toni Chubb, Annette Nuck, Kerry Foyne, Janet Briggs, Kevin Eade, Graeme Fraser, Thomas Grantham, Mavis Kelly, Dorothy Weir

3.0 Minutes of previous meeting:

- Update on the community billboard provided. Board is in storage awaiting a visit from the Minister to be installed.
- Carpet bowls – implemented and enjoyed by residents
- Length of pool cues – cues can be screwed to be adjusted to required length.
- $1500 from the Easter raffle used to purchase Bluetooth headphones, which residents may request to use.
- Shane provided an overview of the planning for the new facility, including artist's impressions of what that will look like.
  Planning was completed in November 2021. Tender for the construction to be announced in December 2022. Construction scheduled to commence March 2023.Completion time estimated to be 18 months.
  The facility will be divided into 4 X 15 bed households, each with private rooms with ensuite; direct access to outdoors; a communal kitchen/dining area; internal courtyard. The households will be linked by a "main street", featuring library, café, pub, spa room, art and craft room; reflective space, dining room for families, family suite for families needing to stay overnight with a resident.
  Other features include a modern reception area, hair salon, space for community groups, alfresco dining areas, undercover parking at entrance.
  The comprehensive overview was welcomed by the residents.

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4.0 Correspondence:
N/A

5.0 Compliments / Comments:
Leonie expressed appreciation for the professionalism and care provided by clinical and L&L staff especially being short staffed.

6.0 Catering Services

- Garden on the new outdoor area is now completed and its operation handed over to residents with the assistance of L&L staff and volunteers.
- Produce from the garden will be utilised by catering staff in preparation of residents' meals.
- The work of Maggie Lawson and Yvonne in establishing the garden and engaging residents in the project was acknowledged.
- Food safety audit scheduled for week commencing November 11. Private provider to conduct audit against the food safety standards over the course of a day.
- New menu to be offered from the first week in December.

7.0 Environmental Services Report:

- Adrian, Environmental Services Manager, introduced himself for the benefit of residents who had not yet met him. Briefly explained his role and reminded residents to alert him or maintenance staff of any maintenance requirements.
- Adrian has supplied name badges with clear font, for all staff, to assist residents in identifying staff members.

8.0 Infection Prevention and Control Report

- Mary Sweeting, Infection Control and Prevention Officer, emphasised the need for meticulous hand washing particularly after toileting and before meals, as a preventative measure against infection control.
- Mary also reminded residents of the requirement for visitors to wear a mask when they are inside the facility.

9.0 NUM Report and Care Related Information - Apologies

10.0 Leisure and Lifestyle Report/Outline

- Alcohol ink tiles painted by residents in August are to be mounted and displayed in the new outdoor area.
- Excess tomatoes grown by garden club residents to be made into relish to be sold as a fund raiser.
- With covid restrictions easing, the intergenerational program planned with the kindergarten in 2020, is finally able to be implemented. Penny will liaise with the kindergarten teacher with a view to planning some shared Christmas activities and launching the program more comprehensively in 2023.
  Kerrie will arrange a viewing of the ABC's *Old People's Home for 4 Year Olds* to give residents a snapshot of how the intergenerational may evolve.

Upcoming Events

Melbourne Cup Day
Tuesday 1st November 3.00pm, Main Lounge

Wheel of Fortune – Virtual competition
Friday 4th November 11.00am, Training Room

Resident's Meeting
Friday 4th November 1.15pm, Main Lounge

Men's Shed - Chiltern
Monday 7th and 28th November 10:30am, Dining Room

Cooking - Chiltern
Thursday 17th of November 10.00am, Chiltern INH

Picnics
Wednesday 9th & 23rd of November 11.00am, (weather permitting).

Remembrance Day (11th November)
Thursday 10th November 11.00am – Remembrance Service with RSL Rutherglen in Dining Room

Regular Events

- Happy Hour every Saturday 2:15pm
- Gardening Club Mondays 9.30am
- Knitting and Crochet Group Mondays 11.00am
- Social Club – Tuesdays 11.00am
- Carpet Bowls 2.00pm Thursdays
- Bingo! Tuesdays and Fridays from 2.45pm

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 World Vegan Day All Saints Day Melbourne Cup	2 * November Anytime *	3 Sandwich Day	4	5 Guy Fawkes Night	6 Adolphe Sax's Birthday
7	8 Tongue Twister Day	9 Inventors' Day	10	11 Veterans Day Remembrance Day	12	13 World Kindness Day
14 Claude Monet's Birthday	15	16	17 World Philosophy Day	18	19 International Men's Day	20
21 World TV Day World Hello Day	22	23	24 Henri Toulouse-Lautrec's Birthday Thanksgiving	25	26	27 Advent
28 Today in history: Crossing the Pacific	29	30 Mark Twain's Birthday St. Andrew's Day				

November Trivia

As part of the seasonal calendar, November is the time of the 'Snow Moon' according to Pagan beliefs.
Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

You only life once but if you do it right, once is enough.
-- Mae West

November Birthdays

In November, we celebrate birthdays with:

- **Mick Lee – 1st November**
- **Edna Eaton – 3rd November**
- **Roger Dixon – 21st November**
- **Barbara Russell – 25th November**

Please join us in the dining room for morning tea and birthday cake in November to celebrate!

Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)
Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)
Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Product Birthday Spotlight: Trivial Pursuit
In November 1981, the board game Trivial Pursuit was copyright registered. The game was created by Canadians Chris Haney and Scott Abbott. After finding pieces of their Scrabble game missing, they decided to create their own game.

Poem to Share

There Will Come Soft Rain

Sara Teasdale

There will come soft rain and the smell of the ground,
And swallows circling with their shimmering sound;
And frogs in the pools singing at night,
And wild plum trees in tremulous white;

Robins will wear their feathery fire,
Whistling their whims on a low fence-wire;
And not one will know of the war, not one
Will care at last when it is done.

Not one would mind, neither bird nor tree,
If mankind perished utterly;
And Spring herself, when she woke at dawn

Would scarcely know that we were gone.

Noticeboard

NEW RESIDENTS

A very warm welcome to:

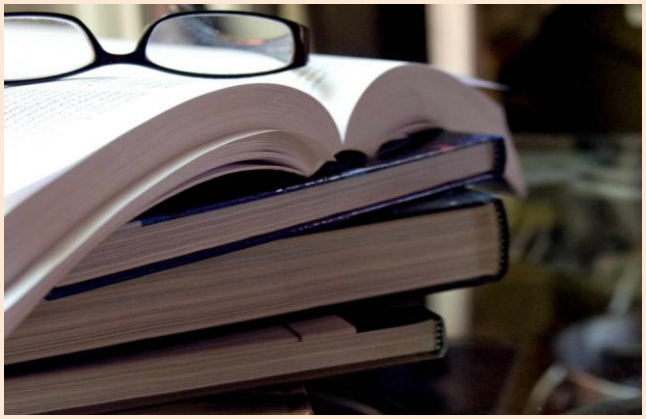
- **Mrs Helen Eales**

We hope that you enjoy your time here!

LIBRARY SERVICE

We have a number of books available in the Main Lounge for residents to read. Please help yourself to any book and return to the shelves once finished.

If you are an avid reader and wish to join the Rutherglen Library, please ask Leisure and Lifestyle staff to assist.



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 Recreation Room. 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.

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Mr Alan "Ewart" Henderson**

Noticeboard

HAIRDRESSER

Hairdresser Kellie will be available for resident appointments Tuesday 8th and 22nd November.

Barber Tim will be available for resident appointments Monday 14th November. To make a booking, please speak with staff.

CULTURAL CELEBRATION

- This month we will celebrate Melbourne Cup on Tuesday 1st November.
- Remembrance Day will be held Friday 11th November. A memorial service will be presented by Craig from Rutherglen RSL on Thursday 10th November at 11am.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

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. We would also like to encourage you to share your historic pictures and knowledge of Rutherglen and surrounds.

Please hand in your submission to reception, or email us anytime at k.thompson@inh.org.au

Thank you!

Laughing Matters

A child asked his father, "How were people born?" So his father said,
"Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

Teacher: “Who can make a sentence with the word ‘detail’?”

Little Johnny puts his hand up and goes to the front of the classroom.

He said: “When de rabbit jumps over de fence, de head goes before detail”

A husband is reading a newspaper article to his wife.
"Women use about 30,000 words to a man 's 15,000 " he reads.
"That's because we have to repeat everything we say to men," she replies.
Her husband puts down the paper and says "WHAT?"

Son: “Dad, will you help me find the lowest common denominator in this math problem?”

Dad: “Don’t tell me that still hasn’t been found, they’ve been looking for it since I was in school!”

Tongue Twisters

Try saying each of these phrases at least 3 times as fast as possible. It won't take long before your tongue becomes twisted!

Red leather, yellow leather

Mother Mingle makes wax matches

At Mr. Smith's fresh fish shop, she's welcoming him in

She sells sea shells on the sea shore
the shells she sells are sea shells I'm sure!

I went into a felt shop
and bought a piece of felt
the piece of felt I felt
doesn't feel like any piece of felt I felt before

Fuzzy wuzzy was a bear
Fuzzy wuzzy had no hair
Fuzzy wuzzy wasn't fuzzy was he?

1 1 was one racehorse.
and 2 2 was one too
1 1 won one race and
and 2 2 won one too