

DECEMBER 2020

WHARPARILLA LODGE NEWSLETTER

CEO REPORT

Hello from the CEO

This festive season is unlike any other I have experienced, to cap off a year unlike any other.

Throughout the upcoming Christmas and (hopefully better New Year), I wish you and your family and friends moments of peace amid the difficulties we all face in a COVID-19 world.

Hopefully you will all be able to connect with family and friends even if that cannot be in person, I am sure that memories of past festive seasons will give us all a reminder of the joy that still lives under the surface of Christmas and New Year.

Clinical Care Manager

It is with great pleasure that I announce that Katie Dax (Cummins) has accepted the role of Clinical Care Manager (Director of Care) and will be starting with us on 4 January 2021.

Katie leaves Southern Cross Care, Moama as their facility manager to join us and has over 11 years combined nursing and management experience in aged care.

I also wish to acknowledge Jenny Putna's contribution as Director of Care over the past two years. Jenny left us on the 10 December 2020 and we will be sadly missed by us all.

Celeste Kenna and Caitlin Ford will share the acting Clinical Manager role during until Katie commences with us.

Wishing you and your loved ones a very happy Christmas and a safe and healthy New Year.

John Dean

CONTENTS

CEO REPORT.....1

**DIRECTOR OF CARE
SERVICES.....2**

LIFESTYLE REPORT4

**GENERAL
INFORMATION.....7**



Hi everyone,

Well, what an interesting year 2020 was!

I think many of us will be glad to see the end of 2020 and will welcome 2021 with open arms.

This year we all faced many challenges related to COVID-19, many that we could never have imagined.

One of the biggest challenges being our residents not being able to see their families throughout the stages of lockdown.

Thankfully by having these lockdowns our residents and staff have remained safe throughout this pandemic and have enabled everyone to now have more freedom.

We are incredibly proud of the resilience our residents, their families and our staff have shown throughout this year, it certainly hasn't been easy.

Now that restrictions have eased in time for the festive season, cherish the time you have with your loved ones and make some everlasting memories.

We wish you all a safe and happy Christmas and New Year.

Thank you,
Caitlin and Celeste



SMOKING POLICY

All Cunningham Downs is a 100% SMOKE FREE environment

PODIATRIST VISITS 2021

Date	List
22 January	D
29 January	A
5 February	B
19 February	C

List	Rooms
A	25 – 47
B	2 – 24
C	48 – 63
D	64 – 93

Reminder

**Please continue with Hand Hygiene.
Basins in all corridors & Hand Sanitiser outside each room.**



November was a busy month at Wharparilla Lodge with Melbourne Cup day, sweeps and fashions on the field held congratulations to all the lucky winners on the day. Wednesday November 11, the Remembrance Day service was held in the Engelbert Hall with a special thanks to John Hollowood for conducting the service.

Normally this time of year we have had many outings to various places and locations one in particular that is always a favourite for everyone is a visit to the ice cream parlor, unfortunately due to the Covid 19 pandemic all outings had to be canceled. However, never fear if the Lifestyle Team cannot take you to the ice cream then they will bring the Ice cream to you with a special visit from the Mr. Whippy Van. Staff and residents all enjoyed a lovely afternoon sitting outside enjoying a beautiful choc dipped ice cream.



Another favourite place to visit would have to be the Factory and Fields Waffles in Cohuna, once again the Lifestyle Team stepped up to the challenge and produced their very own Wharparilla Lodge Waffle Day, mixed berry waffles, bananas and cream waffles and chocolate waffles. Rumor has it around the building that they were better even than the ones from Cohuna.

At the start of December we saw Christmas trees and decorations going up throughout the building. The lifestyle team put together a special Christmas photo shoot for residents to come and have a photo taken and printed out to be able to send to families and friends. Christmas cheer was spread through special events, Christmas Treats, Eggnog Tasting, Deconstructed Christmas Cake, Christmas Art & Craft and many more Christmas activities held throughout the month.

This year with the help of Julie and Louise we saw this year's Major Christmas performance change a little instead of the normal choir this year. Julie and Louise worked with residents to include a play on the birth of Jesus Christ, well done to everyone that had a special role in the play you all did a fantastic job and certainly looked the part.

The major Christmas performance was a big hit with everyone singing along together and enjoying a visit from Santa! With a little help from Santa, the Lifestyle Team performed a special dance at the concert we do hope you all enjoyed it.



As this year ends, I would like to take this time to thank each and every one of you for your patience and understanding throughout the year. It certainly has been a year that we would all like to forget and one I can look back on in many years to come and tell my grandchildren about the year we ran out of toilet paper!

Let us hope that 2021 will be a different and better year than 2020, a year that we can get out and enjoy what this beautiful world has to offer.

Wishing everyone a Very Merry Christmas and a safe and Happy New Year from the Lifestyle Team!



Mel Mundie
Lifestyle Co-Ordinator

Wellness Program

Here at Wharparilla Lodge we have a wellness wall for our staff that is updated weekly with helpful tips, quotes and ideas. We are sharing just a few of these with you, as now more than ever, we need to be looking after ourselves and each other.



December Birth Flower - Poinsettia



The poinsettia (is a commercially important plant species of the diverse spurge family (Euphorbiaceae). Indigenous to Central America, it was described as a new species in 1834. It is particularly well known for its red and green foliage and is widely used in Christmas floral displays.

Holly

As the December birth flower (or berry, or drupe, or whatever you want to call it), the holly is full of symbolism. In Christianity, the berries were believed to be white, but stained red by Christ's blood, while the spiky leaves represented the crown of thorns. Today, it is associated with happiness and optimism.



December Birthstone – Turquoise

December birthdays have claim to three gemstones; Zircon, Tanzanite and Turquoise. Each of these gemstones carries a unique blue tone making it a perfect birthstone for Minnesota's frigid December winters. Zircon can be found in a variety of colours, but blue is the overwhelming favourite.



Christmas Day Planning

Many residents spend time on Christmas Day in the community with their family. Please contact reception on 54805000 or email to info@echucaca.com.au once your plans are known and inform staff if you will be away for one or both meals on Christmas Day.



Christmas Office Hours

The Administration Office will be open during the public holidays 10am-12pm and 1pm-4pm to manage visiting hours.



FACTS & BIRTHDAYS

December Dates:

Dec 25 Christmas Day

Dec 26 Boxing Day



December & January Birthdays



❖	3 Dec	Ron Crosman
❖	6 Dec	Bernice McCluskey
❖	9 Dec	Ron Gray
❖	16 Dec	Elva Edgar
❖	23 Dec	Dianne Egan
❖	13 Jan	Mary Wallace
❖	29 Jan	Frank Hazelman



Welcome

TO OUR NEW PERMANENT RESIDENTS
And to our visitors who are here for a short while

Our Mission

“To provide and maintain the highest possible standard of care for our residents and clients”

CHRISTMAS WORD FIND

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

CHRISTMAS	STOCKING
HOLLY	JOY
ORNAMENT	MERRY
MISTLETOE	CARD
GREEN	PRESENT
RED	BOW
SILVER	SNOWFLAKE
BELLS	TREE
JINGLE	GINGERBREAD
HOOHOO	WREATH
STAR	SNOWMAN
SANTA	CANDLE
HOLIDAY	



The new Echuca/Moama Bridge construction:

Echuca in Victoria and Moama in New South Wales are connected by a single Murray River Bridge that was opened in 1878.

A new bridge is being built to connect the Murray Valley Highway and Warren Street at Echuca with the Cobb Highway at Perricoota Road in Moama.

The project is being built in four stages:

- Stage 1: Upgrade of the Murray Valley Highway and Warren Street intersection - completed in mid-2018
- Stage 2: Warren Street upgrade - completed November 2019
- Stage 3: Construction of new bridges over the Campaspe and Murray rivers - major works started in March 2020
- Stage 4: Intersection upgrades to the Cobb Highway, Meninya Street and Perricoota Road intersection (to be delivered by Transport for NSW) – works started in March 2020.

The project is due for completion in mid-2022.

Stage 1 and Stage 2 have been completed. Stage 3 of the project includes new bridges over the Murray and Campaspe rivers, two additional flood relief bridges and a shared walking and cycling path along the length of the crossing. Stage 3 is progressing well, with the new bridge over the Campaspe River really beginning to take shape.

They have finished building all the pile caps and the bridge piers, and around two dozen concrete Super-Tee beams have been installed since 20 October.

The beams, which weigh up to 80 tonnes and are 35 metres long, are being craned into place.

All 125 concrete Super-Tee beams which will form the majority of the decks of the new bridges over the Campaspe and Murray Rivers and the two flood relief bridges were manufactured locally in Kilmore by NVC Precast.



Construction of the bridge is taking place on both the Echuca and Moama side of the river and with a continuous span meeting in the middle.



Echuca Lawn Tennins Club will have a new view from the courts as the road leading to the bridge runs along the fence line of the remaining 11 courts.



Gates to the site of Echuca High School where the road now travels through.



Victoria Park Boat Ramp, Echuca