

SUMMER 2021

WHARPARILLA LODGE NEWSLETTER

CEO REPORT

Hello to our residents, families and friends and welcome to those who are reading our newsletter for the first time.

2021 has been a difficult year and I do not think many of us will want to repeat the unexpected experiences it brought.

Thankfully, we are reaching many milestones, hitting vaccination targets, borders reopening and families able to reunite that indicate the worst of the Coronavirus pandemic is hopefully behind us.

As we enter the Festive Season our thoughts naturally turn to our loved ones and this year many of us will be enjoying the blessing of having our families around us again.

I would also like to pass my utmost gratitude to all our staff and volunteers for their amazing job throughout the year. They have done a great job, working with such dedication, patience, and teamwork.

All their efforts have been instrumental and significant in keeping the residents safe and emotionally/psychologically supported throughout a very difficult time.

I also wish to acknowledge you all for maintaining compliance to current visitation restrictions guided by Victorian Health advice and send my warmest wishes for safe and joyful celebrations with your families and friends.

Happy holidays!

John Dean
CEO



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We have commenced booster vaccines for all eligible residents. To be eligible you have to have had your second dose of either AstraZeneca or Pfizer six months ago. We have had the majority of our residents who received their second dose of either of the vaccines in June 2021, receive their booster vaccine on 2 December 2021.

Thank you to all of you who rolled up your sleeves to get this done. A booster shot will ensure extra protection from the Covid19 virus.

We currently do not have any other clinics scheduled to visit in the near future, however we are working on this. If you are due for your booster vaccine in January, February or March and your G.P. is able to give this to you, please do not hesitate to consult with your G.P. and have this done. You will need a consent form, which can be accessed at the front reception or through Vik Linke (IPCL). If any clinics do come up for January, February and March 2022, you will all be advised.

Facemasks are still mandated in all health care settings therefore all staff and visitors are still required to wear a facemask when in attendance of any residents.

Just remember to stay hydrated during this warmer weather. Staying hydrated also reduces bladder related infections.

Vik Linke
Acting Clinical Care Manager



RESIDENT & RELATIVE MEETING

Residents and relatives are all warmly invited to the next meeting on Monday 17 January at 11.00am.

This is a great opportunity to increase your involvement at Wharparilla Lodge.

CARERS SUPPORT GROUP

Carers Support Group is for family members supporting someone with dementia and connected to the Echuca Community for the Aged. All in a friendly and relaxed environment coordinated by Ruth Turpin.

We have a range of activities that include guest speakers (Pharmacist, Dementia Australia, Support agencies, Enterprise and Wharparilla Lodge updates)

Next meeting: Thursday 13 January at 1.30pm at the ILU Community Centre, Cunningham Downs Village, Echuca.

New members and enquiries are welcome Contact Lynn Hopson at ECA on 54805000

PODIATRIST VISITS 2022

Date	List
21 January	B
28 January	C
4 February	A
11 February	D

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

Our Mission

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

At Wharparilla Lodge we have been celebrating the holiday season all month. The building is festively decorated with Christmas trees and plenty of tinsel, Christmas music has been playing and residents have enjoyed a wide variety of Christmas themed activities. We have also been pleased to finally welcome back the local churches for services. This year, we have three special Christmas Services – an Anointing service, a Christingle Service and a Christmas Carol Service.

However, Christmas can be a strange and difficult time of the year. We often assume that everyone is busy doing something with family and friends, enjoying themselves and having a good time. Expectations of perfect, happy families enjoying amazing celebrations and gifts are an ideal that many of us are unable to live up to. The reality is that it can be a lonely time, when 'lost things' are remembered – loss of time with family (memories of the past), the loss of a loved one, the loss of personal, family or religious traditions and rituals that were significant in the past. Christmas can intensify our feelings of grief and sadness. With the additional uncertainty and constant changes due to Covid 19, many of us are exhausted, perhaps anxious and feeling the effects of so much accumulated stress.

I invite you all to be kind to yourselves this Christmas.

- When you are feeling overwhelmed or stressed, slow down, focus on your breathing. Have self-compassion, acknowledging and accepting how you are feeling. Confide in someone you trust.
- Engage in some physical activity – a walk, a swim, something you enjoy doing. Eat and drink healthily (while allowing yourself some indulgent treats!). Engage all your senses – sight, sound, smell, taste and touch – notice what soothes you, what makes you feel good, or the things that bring back good memories.
- Focus on the important things that give the most meaning to your life. When and where possible, spend time with the people you love (in person, via video and telephone) and tell them how important they are to you.
- Spend some time outside – perhaps sitting in the garden, camping, fishing, hiking or somewhere where you feel at peace and can charge your inner being.

- Enjoy creativity – escape into a book, listen to music, or find time for a hobby that you enjoy
- Take time to connect with something bigger. For some of you it may be your faith, a belief in God or some higher power. For others it may be your connection to the world, to the universe, the spark of life that connects each of us to the other, and to the cosmos.

Wherever you are, and whatever you are doing this Christmas, may you have a safe and peaceful holiday season.

Louise Ross

Pastoral Care



What a busy last few months of the year we have had.
Congratulations to the 2021 Footy tipping winners:

Overall Winner – Betty Moore 132

ETONA	1 st Betty Moore 132
	2 nd Judy Kelly 127
ADELAIDE	1 st Maureen Carr 129
	2 nd John Webster 127
PEVENSEY	1 st Essie Nisbet 130
	2 nd Glennis Swalling 106
CANBERRA	1 st Gwen Ash 121
	2 nd Trish Simpson 120
ALEXANDER	1 st Ada Werner 108
	2 nd Marg Hanna 105 2 nd Alison Mitchell 105
ENTERPRISE	1 st Neil Harrington 104
	2 nd Jean Kemnitz 101





Congratulations to those that backed a winner in the 2021 Emirates Melbourne Cup and the Fashion on the Field winners.



We enjoyed a lovely visit from the Mr. Whippy Ice Cream van. Unfortunately, Mother Nature was not the happiest this year with her weather, but the ice cream was still good. Residents and staff enjoyed a lovely choc dipped Ice cream.



Christmas cheer was spread throughout special events, Christmas light tours, Christmas craft, Christmas baking and the giving and receiving of gifts and time well spent with families and friends. Wharparilla Lodge residents were on the receiving end of generosity as they were delivered gifts from St. Vincent de Paul and Echuca Community for the Aged Board Members





Christmas light tours were back on the planner this year with residents enjoying a lovely ice cream from the Echuca Ice Creamery followed by an extensive tour throughout Echuca Moama discovering all the wonderful Christmas lights on display. Thank you to our volunteers that assisted on the nights.

We have a Christmas raffle displayed at reception; tickets are \$2.00 each or 3 for \$5.00. All money raised will be put back into activities and special outings throughout next year. Raffle will be drawn at happy hour on Christmas Eve.

The activities planner is forever adjusting to our resident's needs and choices. Each year we look forward to receiving feedback through multiple focus groups, resident meetings and resident surveys. Your feedback and suggestions are the most important way for us to improve our services. As planning for 2022 takes shape please do not hesitate to make suggestions on places you would like to go and events and activities you would like to do.

It was a sad day when we said goodbye to Karen Anderson, the place has never been so quiet without her running around the hallways causing a havoc.

We also want to wish Faye well in her retirement, Faye has been a huge part of the Lifestyle team for almost 16 years and will be sadly missed by all. Faye's last day with us will be Friday 31 December.

As another year comes to a close, it is with great pleasure that I pass on best wishes for a Merry Christmas and a happy and safe New Year from the Lifestyle Team.

Mel Mundie

Lifestyle Co-ordinator



Christmas



Holly

Holly symbolises a wish for domestic happiness. Although some animals and birds enjoy holly berries, they are semi-toxic to humans.

Christmas Wreath

Christmas wreaths are circular in shape representing God, with no beginning and no end. They are normally made from evergreens however this one is made to eat!!



Candy Canes

Candy canes allegedly first came about to keep kids quiet, so if you still use them that way, you have history on your side. In 1670, a choirmaster at the Cathedral of Cologne couldn't keep the choir members from talking during rehearsal for an upcoming live Nativity Scene presentation, so he wanted to hand out peppermint sticks (a popular treat at the time) to keep them busy. He asked a local candy-maker to bend them into the shape of a shepherd's hook, to remind the children that Jesus is the "good shepherd" who keeps his flock safe.



Christmas Day Planning

Many residents spend time on Christmas Day in the community with their family. Please contact reception on 5480 5000 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.

Merry  
Christmas



FACTS & BIRTHDAYS

December Dates:

25 th	Christmas Day
26 th	Boxing Day
31 st	New Years Eve



Welcome

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

Birthday greetings to all residents who have recently celebrated their birthdays.



SMOKING POLICY

All Cunningham Downs is a 100% SMOKE FREE environment

Christmas Funnies

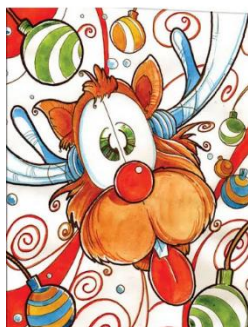


What did the stamp say to the Christmas card?
Stick with me and we'll go places!



How is Christmas exactly like your job?
You do all the work and some fat guy in a suit gets all the credit.

Why did no one bid for Rudolph and Blitzen on eBay?
Because they were two deer!



What do you call a scary looking reindeer?
A cari-boo.

Why don't you ever see Santa in the hospital?
Because he has private elf care!

