



WESTMONT NEWS

Winter Edition—Issue 27

A Message from the CEO

I am pleased to announce that we have completed our solar system as the roof of our caravan parking area. This 115kw system means Westmont is a large power generator in the Australian energy system. This new system adds to the 125kw's of systems we have on the Homestead, the Ray Snell Centre and Stage 1 and 2 in the Village.

Whilst I recognise the importance of reducing our carbon emissions etc, we are also wanting to save money on our increasingly large energy bills. Conservatively we estimate we save 25% of our existing Homestead, Apartments, Ray Snell Centre and Stages 1 and 2 Village electricity costs.

With the new system providing power to Stages 3, 4 and 5 of the Village and our new Cottages development, we also wish to save approximately 25-30% of our electricity costs in these areas.

The Royal Commission into Aged Care Quality and Safety is progressing with the preliminary report due on the 19th October 2019. It is hoped that the Federal Government will respond quickly to its recommendations with any funding commitments needing to go into the May 2020 Federal Budget. The 129,000 older Australians currently on the waiting list for a Home Care Package certainly cannot wait forever to have their needs met!

Peter De Koeyer—CEO
Ph 02 6043 9999

Apartment and Village Voices

Winter is well and truly here with the typical frosty and foggy mornings (and sometimes days) at Westmont. Westmont is looking 'snuggled-down' for the season with most deciduous trees and shrubs resting - but preparing to burst into colour for Spring.

All Villas are now established and occupied with only one remaining to be landscaped. Once this task is complete attention will be focused on beautifying the water catchment at the front of the precinct.

Apartments are fully occupied also and wait lists are being used to source prospective residents.

The Ray Snell Recreation Centre has become a hub for social events, group meetings and bookings made especially for family affairs and celebrations. Villa groups and individuals are organizing interesting activities and a social committee supports these financially. All residents and staff are benefitting daily from this central building and the facilities it offers.

Our website www.westmont.org.au is informative and provides prospective residents with additional information about Westmont, especially by clicking on the "Our Services" tab for frequently asked questions. You are welcome to contact me on 6043 9832 for further information and registration to the Wait Lists for both Apartments and Villas.

Chris Boyer—Apartments and Village Manager
Ph 02 6043 9832

Homestead Happenings

Westmont is extremely excited about building the Dementia Cottages in 2020. Equally exciting is the news that we are adopting the "Butterfly Model" of person - centered dementia care. This model of care focuses on a person's emotions and feelings. Staff will be trained to join people in their reality and engage with memories, rather than trying to bring them back to the present. Staff will also be trained to develop their own emotional intelligence. Rooms will be colourful and engaging, institutional features will not be used, staff will not wear uniforms, and they will eat meals with the people in the cottages. The cottages will become a small household living for people with dementia in a family -like environment. People will be grouped with others at the same stage of Dementia to give them the best chance for a sense of well - being and contentment.

Angela McInnes—Director- Care and Clinical Services
Ph: 02 6043 9845

Community Care

The Navigating Aged Care sessions held in May were well attended and the feedback we received was, "It was helpful to have someone to speak to about general information and individual questions". We will be holding these sessions again in September and will advise dates in advance. If you are experiencing 'flu like' symptoms, please phone to advise the office prior to your scheduled service. Our Community Carers visit many homes each day and infections are easily transferred if not managed properly. We need to protect all our clients and staff from contracting and spreading infectious diseases. In some instances, our carers can wear PPE and still provide services, but we need to ascertain the safety of each situation prior to them arriving if you are unwell. Keep warm and take extra care with heaters and electric blankets and ask about having your smoke alarm checked if you haven't already done so.

Christine Odewahn— Ph 02 6043 9867
Director of Community Care

Homestead Activities

Residents are just loving the simulated pets bought with funds donated by the family of the late Sheila Lefoe who was a long-time Resident at Westmont Homestead.

Our interactive cat and pup look, feel and sound like real pets. Of course, we have real pets visit us too but it's nice to have this version on hand.

In their interactions with the plush pets, residents find comfort, companionship and fun similar to that experienced with real companion animals.

They are a great addition to the Activities program.



Julie Hovey - Activities Coordinator
Ph 02 6043 9999

Hotel Services

As always, the Ray Snell Centre was the host to numerous functions which included Westmont training days, Probus, wine appreciation afternoons, Federal Election morning tea, multiple family gatherings, funeral services, wakes and resident BBQ's. Most of these functions were catered and staffed by the Westmont Catering team however, some families do choose to make use of the kitchen facilities at the function centre and self-cater their own gatherings.

If any family or residents would like to hire the Ray Snell Centre, please contact the Hotel Services Manager on 02 6043 9851.

Another Autumn, another audit. The catering department at the Homestead and The Willow's, had their annual third-party audit conducted by Food Hygiene Australia in March. Both establishments passed with flying colours with "Certificate of Audit" and "Certificate of Adequacy and Compliance" issued on the day. This is a testament to the staff who are responsible for correctly filling out documentation, following policies and procedures and keeping the kitchens clean. Well done to the staff and volunteers who put the time and effort in to achieve these outcomes.

Peter Ward—Hotel Services Manager
Ph 02 6043 9851

Volunteers

Do you have one hour to spare every week?

The Friendly Visiting Program is based around volunteers who visit with clients in their own home at a regular time each week for a chat, cup of tea, reading the newspaper together, playing games or reminiscing about the past. Almost any activity can fit into the Friendly Visiting Program. The program is designed for clients who are over 65, live independently, have less social contact with friends and family than they would like and feel isolated. You will be required to report feedback after each visit.

Alternatively, do you know of someone who may benefit from having a 'Friendly Visit' from a volunteer?

For further information on this volunteering opportunity please contact Westmont Community Care Volunteer Coordinator on 02 6043 9867 or email

kgardner@westmont.org.au

Kristene Gardner—Meals on Wheels Coordinator
Ph 02 6043 9867