

A Message from the Chairman

The Federal Government's response to the Royal Commission into Aged Care Quality and Safety has occurred and we welcome it as a start in the response to a better aged care system that puts "senior Australians and their needs front and centre, partnering with the aged care sector and workforce". The investment of \$17.7 billion over 5 years will help in moving towards the governments 5 pillars of reform.

These can be found at <https://www.health.gov.au/initiatives-and-programs/aged-care-reforms/five-pillars-to-support-aged-care-reform>

Further investment in future years will be necessary.

As more details become available from the government about the changes that will occur, in residential care, home care, quality and safety, a better skilled workforce and aged care system governance and how this affects the services that Westmont provides to you, we will keep you informed.

Andrew Brown—Chairman

A Message from the CEO

The challenges of the COVID pandemic continue to present themselves each week. Visiting restrictions on/visiting restrictions off/some activities on/some activities off, but we remain flexible and resilient as all this goes on.

Our Resident and Staff vaccinations continue (at the time of writing)

- Over 90% of Residents fully vaccinated
- Over 90% of Community Staff 1st vaccination
- Over 75% of Residential Staff 1st vaccination

This gives everyone more assurance that we can be safer as we move through this pandemic.

Thank you for continuing to support Westmont as we continue to strive to provide the full range of aged care services that our community deserves.

Peter de Koeyer—CEO
Ph 02 6043 9999

Apartment and Village Voices

As we all know a full Victorian lockdown is easy to follow, every aspect closed and anything social cancelled. This year however is being governed week by week by the Victorian restrictions. This makes it very difficult for our Community to plan and enjoy social occasions. Hopefully the COVID-19 restrictions will continue to relax and allow much needed social events to restart. We ask that all our Residents are patient with these restrictions which are set by the Victorian government for the health and wellbeing of all who live and work here and those in the broader community.

Two GP clinics, Podiatry and Physiotherapy have continued to hold consultation days on-site exclusively for Residents of the Apartments and Village.

Testimonial from a new Villa Resident: *"Just wanted everyone to know how safe I feel and how lovely everyone has been including the Maintenance boys, Admin team and for the beautiful Welcome card and potted plant"*.

Our website www.westmont.org.au will soon be revamped. Watch out for information on Westmont's newest project - the Seniors Lifestyle project. The "Services" tab provides Frequently Asked Questions pages for all aspects of the ageing in place process.

You are welcome to contact me on 6043 9832 for further information on the independent Villas, Assisted Living Apartments, and the Seniors Lifestyle project.

Chris Boyer—Apartments and Village Manager
Ph 02 6043 9832



Residential Care Happenings

Life was slowly getting back to normal for our Residents at Westmont, until the latest lockdown. We understand how frustrating it was for you not to be able to visit the Homestead and we appreciated your cooperation. Families took the opportunity to make contact with their loved ones by calling or using Skype. Families were however able to take their loved ones out into the community.

Church services had resumed, Resident meetings have re-started and Volunteers are returning to help both Residents and Activity Staff.

Reminder for all visitors to the Homestead and Cottages; please ensure admin have a copy of your 2021 Flu Vaccination, it is compulsory to be vaccinated to visit any Aged Care Facility. The COVID vaccination has not been made compulsory by the Government, if you have had the COVID vaccination, it is a good idea to let staff in administration take a copy for our records.

Respite and permanent admissions continue to keep us busy. Belvoir is working well as the respite area in the Homestead. It is not as busy as the other areas in the Homestead, enabling staff to focus on that person's needs whilst in respite care. The number of respite beds increased to 10 in January this year, 5 are specifically for residents with a dementia diagnosis.

The Cottages have been a great asset for Westmont Residents and the Community, and all four Cottages were opened by the beginning of March. The new model of care for people with dementia is already working well and making the Resident's lives more meaningful.

Physiotherapists working at the Cottages have also created a walking group for the Residents and they can often be seen heading up to the café.

We are currently preparing for a visit from the Aged Care Quality and Safety Commission. This will be our first accreditation against the new care Standards and is our first visit in nearly 3 years. We are expecting the visit to be different from previous visits, interviewing Residents and Families will be the centre of the assessment to ensure Westmont continues to meet the needs of our Residents and meet the new Standards.

Finally, as we head into the official "flu season" just a reminder for everyone, if you are ill and have symptoms of a cold, flu or gastro please do not visit the Homestead. Please pass this message on to other relatives and friends who may plan to visit your loved one.

We will continue to monitor all visitor's temperature and health information in case it is required for tracking an outbreak.

Everyone has been fantastic with the COVID restrictions and we thank you for your cooperation. Please continue with regular hand washing and sanitising when visiting either the Homestead or Cottages. This is the most important thing to prevent infection entering our facility and affecting your loved ones.

We are very grateful for the effort you have made to keep your loved ones and Westmont safe.

Angela McInnes—Director of Care and Clinical Services

Ph 02 6043 9845



Community Care -Volunteers

Earlier in the year I attended the Volunteer Strategy Framework Forum in Wangaratta. This interactive Forum focused on our volunteering experiences, local challenges and opportunities, and captured the participants ideas to support and strengthen volunteering.

The feedback and experience of volunteers and volunteer managers will provide insight into the development of the volunteer strategy.

Key points from the Forum included:

- Volunteering is purposeful and rewarding
- Volunteers are resilient, supported and empowered
- Volunteering provides pathways
- Volunteering is recognised and celebrated
- Volunteering is flexible, diverse, inclusive and accessible

Kristene Gardner – Community Care Volunteer Coordinator
Ph 02 6043 9867



Community Care

Nursing Care - Westmont can now provide you with Community Home Nursing. Our Registered Nurses are available to visit you at home and provide nursing care. These services are available to Home Care Package, Department of Veterans Affairs and Brokerage clients. Talk to your Care Manager or DVA Assessment agency for referral for these services.

Home Care Packages – The benefits of having Westmont Community Care look after your HCP are that we can be your 'One Stop Shop' for care management, home care services and nursing in your home. You can choose another provider for your services, or we can provide them for you.

Social Connections – The winter chill has not stopped the Walking Group at Sumsion Gardens, the Men's Group is meeting on Thursday afternoons and bus trips, movie nights and regular groups offer a variety of activities. If you would like to get out of the house in a safe, supportive, friendly environment and experience some new activities, contact The Willows on 02 6043 9771 and talk to Belinda. An open day is planned for September to visit The Willows and get a feel for the type of activities and groups that are on offer for people aged from 40 to 100.

If you would like to speak to someone about your home care or know more about what Westmont can provide for you in your home, call our friendly staff on 02 6043 9867.

Christine Odewahn— Director of Community Care
Ph 02 6043 9867

Women's Workshop

New Members Welcome!

9am to 11am

Mondays

For further information

call Bob on 02 6043 9989 or Craig on 02 6043 9517

Baranduda Men's Shed

New Members Welcome!

9am to 11am

Tuesdays & Fridays

For further information

call Bob on 02 6043 9989 or Craig on 02 6043 9517



FOR INFORMATION OR ADVICE

1300 22 4636

www.beyondblue.org.au

We have been living in challenging times and it can take a heavy toll. If you feel you need support share the load with Beyond Blue. Call 1300 22 4636 or Email or chat online beyondblue.org.au/getsupport

Homestead and Cottages Activities

Daily living are two words that we keep in our thoughts when delivering activities to the Residents in the newly opened Cottages. Gardening, housekeeping, feeding the birds, news reading, games and puzzles, jokes and reminiscing, floral arranging, arts and crafts, exercise, music, sing-alongs and dance, Tovertafel time, socialising at BBQs, bus trips and cooking are just some of the activities the Residents can participate in as individuals or groups.

Homestead and Cottage Residents spent an afternoon together with DJ Bernie, dancing, singing, and enjoying listening to the music. Some of the people at both residences were happy to see familiar faces and reconnect. This connection will be ongoing in the future.

Knitting group is growing in strength with a large group of residents knitting as well as others joining in, becoming a social event. Dot painting was embraced by residents to create instillations in the Homestead for Reconciliation week and Pyjama Day was a fun event with Staff coming to work in their PJs with lots of conversation and smiles throughout the day from the Residents.

We are so happy to have new team members working in activities at Westmont and it's so heart-warming to see some of our volunteers back at Westmont. Welcome to you all with this little quote, "Only by giving are you able to receive more than you already have." *Jim Rohn*

Are there any wonderful (of course we are all wonderful) family members out there who have a special skill or something interesting to talk about, a passion, or can entertain, whether it be music or arts so that you may share this with the Residents at Westmont??? You can contact the Activity team : cpollard@westmont.org.au. Looking forward to hearing from you.

Cheryl Pollard—Activities Officer
Ph 02 6043 9999



Hotel Services

Current restrictions have now eased enough for the Ray Snell Centre to be operational again. The Village Residents have since had increased numbers for their monthly BBQs and sausage sizzles on Thursday nights. We will see some normality finally returning to Westmont. Once again, many have taken this new sense of normality and started booking family functions with Residents from the Homestead, Apartments, and the Village beginning to plan for future activities and gatherings.

In the coming months, the Central Lounge will see a refurbishment of its furniture at the Homestead. Delivery was expected in June 2021 but is now expected in July. Once again, the current pandemic is causing manufacturing and delivery issues. The existing furniture will be reused in Belvior as part of the current refurbishment in that area. From July 2021, we will continue with some refurbishment of Resident's bedrooms and other areas that may need a spruce up. As a part of our current refurbishment program, the Apartment dining area will also see some new dining tables and chairs soon.

Peter Ward—Hotel Services Manager
Ph 02 6043 9851