

# Neighbourhood news

*Our latest news and favourite moments*

PresCare  
AGED CARE COMMUNITIES

Groundwater Lodge  
Yaralla Place

July 2023

## From the Manager

Rozina Hegarty



*Thank you to everyone who has supported me as I've transitioned from Care Manager to Residential Service Manager of PresCare Maryborough.*

I'm very excited about building on the real sense of community and care that Judy Fisher was so instrumental in fostering at Yaralla Place and Groundwater Lodge.

It's been an exciting time for both PresCare and the Apollo Care Alliance, as our communities continue to benefit from Apollo's investments, innovations and quality systems that are all designed to make aged care better for residents and staff. You can read about Apollo's recent global award win on page 2.

Our brand new cook-fresh kitchen is now complete and operational at Groundwater! Equipped with state-of-the-art equipment, this Apollo investment represents an important enhancement to both communities and residents have enjoyed being involved in the new menu design. I look forward to sharing more updates about PresCare's food service soon, including our new menu and some favourite recipes.



## Enjoying the outdoors

**We've been busy making our outdoor spaces at both communities even better over the last few months, and we have more additions planned as we look forward to Spring.**

**At Groundwater Lodge, residents have been potting seedlings in their own colourful planter boxes that sit outside their private suites, and the main garden beds are full of potted colour, like pansies and petunias.**

Our orange, lime, apple and nectarine trees are fruiting, and so is our mini mulberry bush, providing residents with delicious tastes as they spend time enjoying the gardens.

We're also growing lots of herbs, including chillies, parsley, basil, rosemary and thyme, and we're looking forward to using these in our cook-fresh kitchen soon. We also use the herbs in garden-related activities, like making ANZAC Day wreaths or potpourri bowls.

The sensory garden in our Dementia Support Household will soon have a new retaining wall with in-built seating and some interesting garden art. With new seasonal planting designed to maximise sensory stimulation, residents will be able to engage with nature through touch, smell, taste and sight.

At Yaralla Lodge, residents have been painting pots and planting them with flowers. The garden beds have been freshly mulched ready for new Spring planting, and we're also planning some new garden beds for the residents to grow veggies.

# Apollo Care Alliance wins Global Award for Innovation

*PresCare is proud to be part of the Apollo Care Alliance that beat a field of over 200 submissions from 15 countries at the 11th Asia Pacific Eldercare Innovation Awards 2023 in Singapore.*

Apollo Care won the global award for Innovation in Aged Care and was named Finalist in Operator of the Year - proof on an international scale that we are making aged care better for residents and staff.

Our two communities are benefiting from Apollo Care's investment in innovation, including a cutting-edge cloud-based IT system, new hand-held mobile devices for every care worker, and a progressive clinical governance system that has resulted in us achieving the maximum government accreditation. Resident suites, common spaces and gardens are also being upgraded.

Apollo Care is now one of Australia's fastest growing aged care providers, and is delivering choice for older Australians living in regional areas, like Maryborough, who want to stay connected to their local community where they feel they belong.



## Meet Pat: a Groundwater Lodge resident

*A proud Granville local, Pat has always loved playing the piano and would frequently play for social dances in her youth.*

At Groundwater Lodge, she's supported to continue her music, and when she sits at the piano now, all the old tunes come flooding back. Her two daughters, Mary and Sue, visit weekly and love hearing her play.

## Investment in technology enhancing resident experience



*Yaralla Place and Groundwater Lodge are amongst the first aged care communities in the region to introduce CareKeeper, an initiative that equips every care worker with a mobile device that enhances the delivery of care to residents.*

The innovation, developed by Telstra Health, allows every Nurse and Carer to access important information about each resident's care needs, including clinical information and lifestyle choices and preferences, on a mobile device in real time. Staff are able to quickly view, action and record care information or tasks while being at the resident's side.

Each resident's individual preferences, such as choice of daily routine or favourite activities, are also accessible giving staff more opportunities to engage meaningfully with residents to provide a truly holistic care experience. Staff are excited about the rollout of the technology saying it reduces paperwork and time spent at nurse's stations.

CareKeeper is part of Apollo Care's overall strategy to deliver efficiency, faster response times to resident calls and enhanced team collaboration.

## Feedback



*Feedback from residents and families is important to us because it helps us improve and make positive changes.*

We also love hearing when we are doing something well.

**You can provide feedback in these 3 ways:**

1. Tell us in person
2. Complete our feedback form and either place it into our feedback box or hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at [feedback@apollocare.com.au](mailto:feedback@apollocare.com.au)
4. Complete a short Care Rite survey about the wellbeing of residents by scanning the QR code above.

# Notice board

## A generous donation from OMU



Members of OMU present Manager, Rozina, and Lifestyle Team Leader, Ivy, with a \$1,000 donation.

*PresCare was thrilled to receive a \$1,000 donation from Older Men Unlimited (OMU) this month.*

OMU is a fabulous organisation in Maryborough and Hervey Bay that helps senior men in our region stay active and connected. They regularly visit residents at Yaralla Place and Groundwater Lodge, providing friendship and lots of laughs.

OMU also helps us run our Bunnings sausage sizzles that are raising money for a coffee shop to be set up at Yaralla. This donation will be put towards the purchase of a coffee machine for all residents and their visitors to enjoy. Thank you, OMU!

## Become a volunteer!



*We're looking for more volunteers to join our team and make a real difference to residents' wellbeing.*

You can nominate your preferred activities and availability. For more info, talk to our Lifestyle Team: call (07) 4120 5800 or email [jobsMB@prescare.org.au](mailto:jobsMB@prescare.org.au)

## Special events

**Thurs 31st Aug**

Daffodil Day

**Sun 3rd Sept**

Fathers' Day

**Sun 10th Sep**

Grandparents' Day

**Fri 6th Oct**

Rock 'n Roll Day for Seniors' Month

## Birthday wishes!

*Happy birthday to residents who celebrated their special day during April, May, June and July:*

Val, Jessie, James, Lillian, Jan, Lorraine, Alexander, Gary, Dorothy, Peter, Michael, Buchholz, Muriel, Bronwyn, Shirley, Robyn, Irene, Betty, Pearl, Glen, June, Millie, Myra, Alma, Bethel, Joan, Mary, Ronald, Keven Brigitte, June, Kathleen, Ernest, Patricia, Mavis, Derek, Marie, Val, Ken, Alison, Keith, Leon, Warren, Shirley, Anthony, Pam, Debra & Raani.

## More community stories



*Like to know more about daily life at Yaralla Place and Groundwater Lodge?*

Visit our website and follow our Facebook page to read more stories like the ones in our Newsletter.

Find out what residents have been enjoying and how staff are supporting them to live their way.

## Favourite moments



Celebrating indigenous culture



Gardening in the sunshine



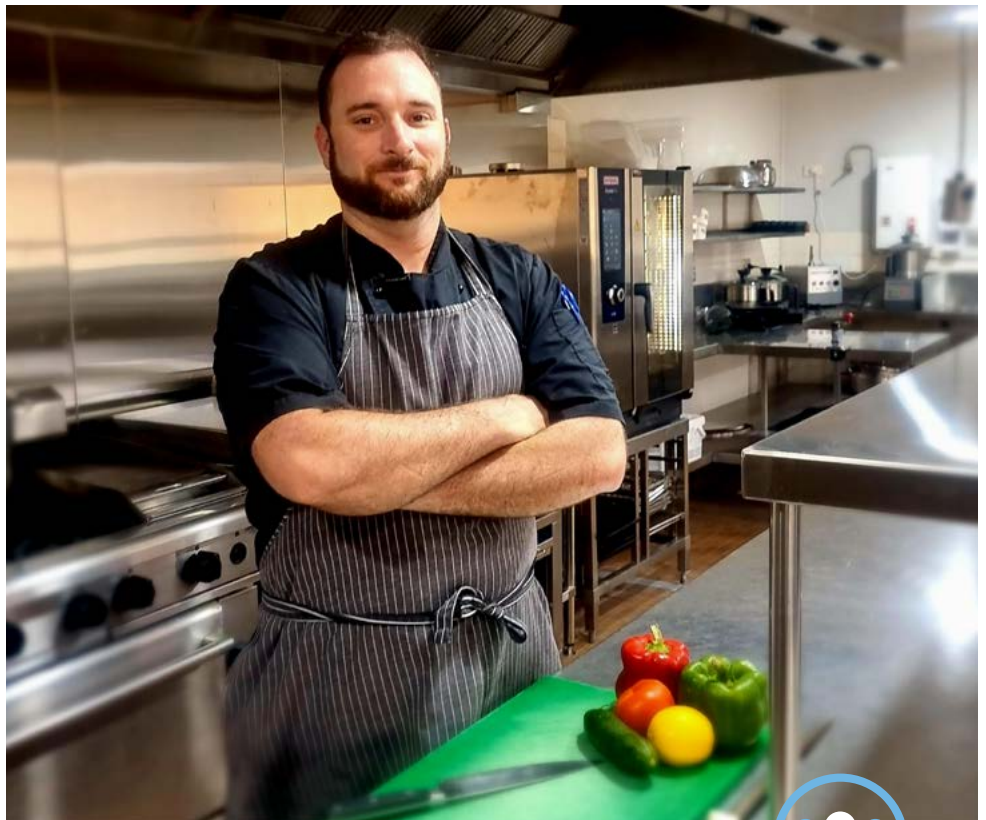
Happy Birthday Lillian!



Making ANZAC Day wreaths



St Patrick's Day



## Staff profile



### Meet Mathew, our Hospitality Supervisor who's passionate about home-made food

Maryborough local, Mathew Bayley, is a seasoned professional who's worked as Head Chef in Brisbane and Hervey Bay restaurants. He jumped at the opportunity to use his skills to help older Australians at our two PresCare communities.

#### *What's the best part about your role here?*

Good food is essential to a good life at any age. At PresCare, I can use my chef skills to enhance meal times for residents through beautiful ingredients and a great combination of country-style and modern dishes.

#### *How is this role different from working in restaurants?*

The biggest difference is that I'm able to build friendships with residents. I love sitting and having a cuppa and a yarn with them, and I really value their suggestions and input into the menu design.

#### *What are you most excited about with the opening of the new kitchen?*

We can now offer residents more variety, freshness and flexibility, and our team can really use our own flair to make the food service extra special. We're excited about our new Winter menu that offers family favourites like Roast Lamb and Baked Fish with Hollandaise sauce, and dessert options like Caramel Tartlets and Butterscotch Self-saucing Pudding.

#### *How would you describe your approach to food service?*

I believe that food is one of the most important ways to bring people together. We work closely with the Lifestyle Team to ensure food is part of special calendar days, but we also work hard to make each meal something to look forward to. That's how we help create a sense of home for residents.