

WELCOME AUTUMN!

Special Event:

Autumn

Luncheon



"Love the meal and the company!"

- Kynan



**SEE PAGES 8 - 9
FOR MORE PHOTOS!**

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Message from the Director of Nursing Residential Aged Care (DON RAC) Katrina Sparrow

Hello All,

This newsletter is jam packed with information, celebrations and updates to keep you busy as the cooler months begin to settle in. Autumn is a beautiful time of year to enjoy the changing colours of nature all around us.

Across the country the star rating system for aged care has commenced and has had a few bumps to get going. Dhelkaya Health - Castlemaine site currently is not showing in the public domain. This is something we are unable to control and will wait for My Aged Care to rectify. The first star rating for Quality was just 1 star, due to an issue with transmitting the information from Victoria. Lets just sayit is a work in progress and as soon as we get an accurate result we will share with you.

It is also very pleasing to see the exercise services commenced by our allied health team. This service will help people stay as fit as possible and relieve pain by keeping joints mobile whilst improving balance. We aim to make them fun as well as healthy and it is great to see people attending. We are commencing a few sessions and as interest and enthusiasm increases so will these sessions. We really encourage you to try them out and keep as healthy as possible!

Stay well,
Katrina

Dhelkaya Health would like to acknowledge and extend our appreciation for the Dja Dja Wurrung People, the Traditional Owners of the land that we are standing on today. Dhelkaya Health would like to acknowledge traditional owners Uncle Rick Nelson & Auntie Kerri Douglas and thank them for their continued guidance to Dhelkaya Health.



Image courtesy of Djaara (Dja Dja Wurrung
Clans Aboriginal Corporation)
<https://djadjawurrung.com.au>

Castlemaine CHATTER

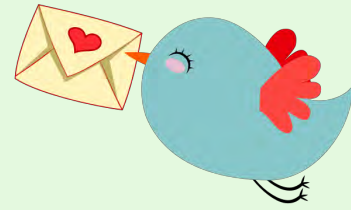


February 2023

4th - Lindsay P
7th - Robert C
10th - Carmen C
19th - Beryl P
20th - Margaret S
25th - Peter H
28th - Joy C
28th - Frances S

March 2023

13th - Graham I
12th - Josephine V
14th - Jill R
31st - Josephine E
31st - Carrie J



Are you interested in giving back and keeping in contact with a resident? If so, you can sign up to our amazing Residents Pen Pal program!

There are no limitations as to whether you are young or old; as long as you like to keep in touch and form a friendship with your penmanship!

Send your details in to Michelle & Ella in our RAC team we'll ensure our Leisure and Wellbeing team match you up with a resident as a pen pal.

You can send blow section via post to 'RAC, Castlemaine Health, PO Box 50 Castlemaine Vic 3450' or via email:

rac@castlemainehealth.org.au

Name:

Email:

Hairdresser Dates - March

Thompson - Thursday 16th
Penhall - Wednesday 1st & 22nd
Ellery - Thursday 9th & 30th

* Dates subject to change,
bookings can be made
with your ward clerk

Would you like to receive our newsletter electronically via email each month?



Scan the QR code and fill in your details to be added to our email list for Castlemaine Chatter, your Family & Friends can subscribe too!

To opt out from receiving the emailed newsletter please advise RAC office via email - rac@castlemainehealth.org.au



Castlemaine CHATTER



Calling all Pianists!

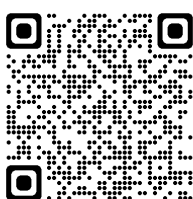
Do you or does
someone you know
LOVE to play piano?

Piano's are located in
Penhall, Thompson
and Ellery

When visiting, if you
would like to play a
song for everyone, you
are welcome!



Eddie and his son Peter enjoying time
spent by the piano together
in Ellery House.



At Dhelkaya Health, we welcome all types
of feedback, Complaints, Suggestions
and Compliments. Feedback forms are
available at the ward clerk desk in
each house, alternatively scan the
QR code to leave feedback.



WELCOME GUNJAN!

~

**Nurse Unit Manager
of Ellery House**

Welcome to **Gunjan Sharma!** The latest addition to the Ellery House team.

Gunjan has been busy meeting all the residents, families, friends and staff within Ellery House and Dhelkaya Health.

With Gunjan's green thumb, Ellery house has recently received plants, to create green spaces within Ellery. A reading nook is now set up for all to enjoy! (Pictured above).

"I have grown very fond of our Ellery House Staff members and Residents. Everyone has been very warm and welcoming. It made my transition really smooth"

STAFF SPOTLIGHT

Name: Caitlin Evans

Title: Nurse Unit Manager

Location: Penhall



Q: What do you like most about what you do?

A: I get to work with really interesting people who have some amazing life experiences. Working in Penhall as a Nurse Unit Manager is a privilege, I get to advocate for and support the whole unit.

Q: What's your favourite part of working with your team?

A: Everyone brings different set of skills & experiences, this synergy brings about a sense of experience that can be described as a type of "family". The team are committed to their respective crafts and I am very proud to lead them. Our team is multidisciplinary & consists of the residents, care staff, food and hotel services, ward clerks, residential admin, doctors, activities team, allied health, engineering, supply dep't, volunteers and families; everyone is crucial.

Q: What inspires you about the residents you care for/ support?

A: What's not inspiring?! Everybody has a treasure trove of stories & a wealth of knowledge to share. Some of their personal battles/journeys are in themselves inspiring. In my career I have been brought to tears through sadness and also laughed with happiness until my sides ached. Every resident I have cared for has helped to build on my own qualities such as compassion, patience and empathy; they inspire me every day.

Q: How do you help someone to live a more comfortable or fulfilling life?

A: Listen to their wants and needs. Just listening, providing emotional support, helping them to maintain their sense of identity by promoting and advocating their choices... Sometimes just giving a cuddle or some reassuring words can make all the difference.

Q: Why is Dhelkaya Health a great place to work?

A: It is a small organisation that feels like a little community within itself. This allows each department to have a strong rapport with each other.

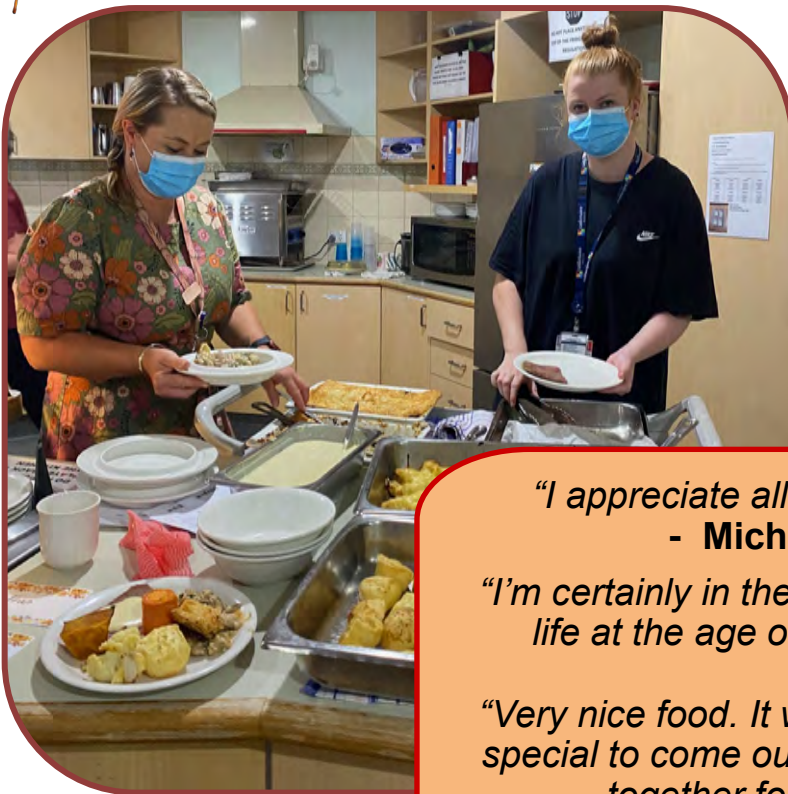
Q: Why is working in aged care important to you?

A: It's one of the most rewarding and amazing experiences when it's done well. I have been a nurse for almost 20 years and worked in aged care for about 16 of them, every person in health care has a passion that is ignited in certain streams, mine is Aged Care. There's no greater honour than to be trusted with a person's wellbeing. Being able to make even a small difference to someone in a positive way, is important to me.

Q: What is an interesting fact about yourself to share with the staff/residents/families

A: I have 3 children. My hobbies include reading fiction, and binge watching true crime documentaries, with a block of Turkish delight chocolate. I love spicy food! I also have a passion for wound care and have completed a graduate diploma in wound management.

AUTUMN LUNCHEON!



"I appreciate all the efforts"
- Michael

*"I'm certainly in the autumn of my
life at the age of 96"* - Enid

*"Very nice food. It was something
special to come out to have meal
together for"* - Pat



Castlemaine CHATTER



"Really good, best meal I've had here"
- **Graham**

"I may be skinny, but I like to eat" - Shirley

"Delicious from start to finish. A lovely surprise today" - **Margaret**

"The decorations and the way the table is set up is lovely. All my thanks to them for setting it up and being so cheerful. It's wonderful to walk in and see this just for us"
- **Dorothy**



"Very good, if you don't feel like coming to the dining room, they will bring it to you!. Lovely to enjoy in good company"
- **Anne**

"Good Meal, they're always good here. I'm never late for lunch"
- **Ray**



National Aged Care Mandatory Quality Indicator Program

As of 1 April 2023, the Australian Government will be **updating** the “National Aged Care Mandatory Quality Indicator Program” (QI Program)

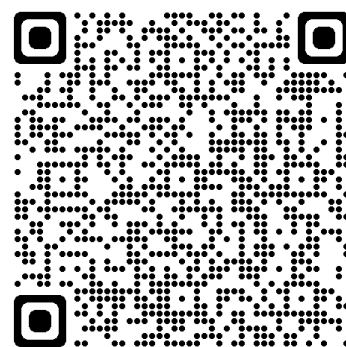
What are the quality indicators?

Services need to collect data and report on:

- pressure injuries
- physical restraint
- unplanned weight loss
- falls and major injury
- medication management including polypharmacy and anti-psychotics.

From 1 April 2023, these services will also be required to collect data and report on:

**For more
information
Scan the below QR
code:**



Activities of daily living

Percentage of care recipients who experienced a decline in activities of daily living.



Incontinence care

Percentage of care recipients who experienced incontinence associated dermatitis.



Hospitalisation

Percentage of care recipients who had one or more emergency department presentations.



Workforce

Percentage of staff turnover.



Consumer experience

Percentage of care recipients who report 'good' or 'excellent' experience of the service.



Quality of life

Percentage of care recipients who report 'good' or 'excellent' quality of life.

QCE - ACC: WHAT IS IT ?

The QCE-ACC can be used to measure the quality of care experience of those accessing aged care services in the community and in residential aged care. The QCE-ACC is comprised of six questions focused on the following six key attributes of quality of care experience:

- Respect and dignity
- Supported decision-making
- Skills of aged care staff
- Impact on health and wellbeing
- Social relationships and community connection
- Confidence in lodging complaints

Quarterly Surveys:

You will be asked each quarter how you would like to participate in the survey.

Resident's have 4 options to complete the survey:

- Completed by you
- Completed with a staff member
- Completed by your NOK
- Decline to complete survey for the quarter or future surveys

Please note: You can opt in to complete the survey at any time

QR Codes and How To Use Them



1. Open the camera or the QR reader application on your smartphone.
2. Point your camera at the QR code to scan the QR code.
3. A notification in a box will pop-up on screen.
4. Click on the notification to open the website link to access the website.

Please note, if the QR code is directing you to a website, you will need to ensure your mobile phone internet data is switched on to access the website.



Food and Dining Experience Project Update

What has been happening?

Thank you to the families/carers that completed our survey on food & dining experience within Residential Aged Care Facilities and to those Residents that we had the pleasure to speak with. Our survey is now closed and our Project team are working through the responses. We have also concluded audits at each facility and we will be using survey results and feedback from audits to help inform continuous opportunities for improvement.

What is next?

The Mobile Café Experience is coming!

A trial will be held in Ellery, Friday 17th March for morning tea from 1000 —1145am. It will then be in Ellery House Tuesdays and Thursdays between 1000— 1145am. We will be rolling out similar experiences in Thompson, Penhall and Maldon Hospital in the near future.

Please keep your eyes peeled for more information, there will also be regular updates that your Resident & Relative meetings.



AFL Footy Tipping is back!

Madi from Leisure & Wellbeing is running this years AFL footy tipping competition, there will be a separate competition running in Ellery House, Penhall and Thompson House communities.

Speak with a Leisure & Wellbeing staff member for further information or to join up to the footy tipping competition.



FREE WiFi

NBN works completed February 2023

Residents and Visitors can now connect and stream via the
Guest Wifi

Please speak to staff to request our IT department come
and assist to set up any smart TV's or *iPads

**Or any other device that has streaming capabilities*



Rob's Riddle

I started a new business –
A Chicken Dating Site
....It didn't last, as I couldn't make
HENS meet!



Thank you Wendy!

Local MP Lisa Chester's visited Penhall (at the request of Wendy) to present Penhall with their own Aboriginal flag to display at the entrance to Penhall.

A flag raising ceremony was held at Penhall. Many thanks to Bec, Madi and Ellecia from Leisure & Wellbeing for their efforts at the BBQ. It was a great day with lots of great feedback from residents of Penhall, a great turn out, residents gathered at tables out the back, they had lovely weather, a glass of bubbles and lots of conversation and music!!



UPCOMING LOCAL EVENTS

Harcourt Applefest: Saturday 11th March

Taradale Mineral Springs Festival: Sunday 12th March

Castlemaine Fringe Festival: 17th March - 2nd April

Castlemaine State Festival: 24th March - 9th April

Find out more local events:

www.bendigoregion.com.au/visit-castlemaine-maldon

RESIDENT & RELATIVE MEETINGS

Ellery: Thursday 9th of March

Penhall: Thursday 23rd of March

Thompson House: Monday 27th of March

Check with your ward clerk for more details or to register to attend the Resident and Relative meeting

Getting Out & About

We encourage you to enjoy spending time together, come and pick your loved ones up to go on outings in the community such as:



- Home for lunch
- To a friend or family members house for a meal
- A walk in the gardens
- Go out for coffee and cake
- Take a drive around the area and take in the scenery
- Visit family and friends and stay connected



Talk to your Nurse Unit Managers to discuss what options are suitable for you, if any medical or mobility requirements to be arranged prior

VISITOR RESTRICTIONS

LATEST UPDATE 17th March 2023

| Campus/ Location |  Surgical mask |  P2/N95 respirator | Vaccination evidence for 12+ | Rapid Antigen Test (RAT) | Screening questions/ declaration | Sticker/s |
|---|--|---|------------------------------------|--|--|---|
| Castlemaine Health Residential Aged Care | ✓ All visitors aged 8-12 wear surgical mask No mask required if younger than 8 years | ✓ All visitors aged 12+ to wear N95 | ✗ | ✓ All visitors aged 12+ to provide evidence of negative RAT taken on same day | ✓ | ✗ Required only if the visitor has a mask exemption |

Product Feature of the Month

Activity Cushions

Anyone with fidgety fingers will love this comfy cushion with an assortment of sensory attachments to stroke, thread, twist, move and twiddle with.

For those that love to fiddle and keep their hands busy

Please note: This must be used UNDER SUPERVISION AT ALL TIMES

**product is not endorsed by Dhelkaya Health*



Castlemaine CHATTER

Management, staff and co-residents of Dhelkaya Health take this opportunity to pass on our Sincerest Condolences to family and friends of the residents that have passed away.

IN LOVING MEMORY

Judith C - 6th Jan

Andy B - 8th Jan

David O - 17th Jan

Nell G - 23rd Jan

Betty K - 30th Jan

Colleen O - 3rd Feb

Bob B - 5th Feb

Joe H - 12th Feb

Kim B - 13th Feb

Betty H - 15th Feb

Robbie H - 23rd Feb

Bob S - 26th Feb

Pastoral Care Worker Update

Danni Moore will be on long service leave till August 2023. **Kynan (Kee-nan) Sutherland (He/Him)** will be filling this role while Danni is away. Kynan will be introducing himself to our residents during February and March. If you would like to meet with Kynan, please speak with staff who will send request through to Kynan direct, or contact Kynan direct on the below:

Ph: (03) 5471 3542

E: ksutherland@castlemainehealth.org.au



Castlemaine CHATTER

Word Search

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

AMBER AUTUMN BROWN COZY FOGGY FOOTBALL FORAGING
GOLDEN HARVEST HAYSTACK HIBERNATING LEAVES SOGGY
VEGETABLES WALNUT

Dhelkaya Health

HIDDEN MEANING BRAIN TEASER

Take a look at all these numbers:

66, 22, 99, 33, 44, 55.

What number greater than 1 can
be divided into all these numbers
without leaving a remainder?

Answer in the next edition of Chatter

March 2023

Welcome Autumn

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
| <p>5</p> | <p>6</p> <p>Teri A/L</p> <p>11.15-11.45am Balance Exercise class</p> <p>1.30pm Bingo - Tahlia</p> | <p>7</p> <p>1:1 visit - Ellecia</p> <p>11.15-11.45am Upper Limb exercise class</p> <p>Teri A/L</p> | <p>8</p> <p>Women's Day</p> <p>10.30am Quiz/word games - Jac</p> <p>1-2.30pm St. Mary's Grade 6 student visit</p> <p>2.30pm You Tube Music - Jac</p> | <p>9</p> <p>Emma Hairdresser</p> <p>10.30am Active Games - Ellecia</p> <p>10.30am Fri lan church service</p> <p>2pm Resident and Relative meeting</p> <p>3pm Green Thumbs - Peter</p> | <p>10</p> <p>11.15-11.45am Lower limb exercises</p> <p>1.30pm Carpet Bowls and Fresh Fruit Friday - Ellecia</p> | <p>11</p> |
| <p>12</p> | <p>13</p> <p>Labour Day</p> <p>Public holiday</p> | <p>14</p> <p>1: 1 visit - Teri</p> <p>11.15-11.45am Upper Limb exercise class</p> <p>1.30pm Cooking - Teri</p> | <p>15</p> <p>Madi Footy Tipping</p> <p>10.30am Quiz/word games - Jac</p> <p>1-2.30pm St. Mary's Grade 6 student visit</p> <p>2.30pm You Tube Music - Jac</p> | <p>16</p> <p>Richmond v Carlton</p> <p>10.30am Bingo - Ellecia</p> <p>10.30am Active games - Madi</p> <p>1.30pm Green Thumbs - Peter</p> | <p>17</p> <p>St Patrick's Day</p> <p>Geelong v Collingwood</p> <p>11.15-11.45am Lower limb exercises</p> <p>1.30pm Carpet Bowls and Fresh Fruit Friday - Ellecia</p> | <p>18</p> <p>North v WCE</p> <p>Port V Lions</p> <p>Melbourne V Bulldogs</p> <p>Gold Coast Suns V Swans</p> |
| <p>19</p> <p>GWS Giants V Crows</p> <p>Hawks V Essendon</p> <p>St. Kilda V Fremantle</p> | <p>20</p> <p>International Day of Happiness</p> <p>Madi Footy Tipping</p> <p>11-11.45am Balance Exercise class</p> <p>1.30pm Bingo - Tahlia</p> | <p>21</p> <p>Harmony Day</p> <p>1:1 visit - Ellecia</p> <p>11.15-11.45am Upper Limb exercise class</p> | <p>22</p> <p>Madi Footy Tipping</p> <p>10.30am Quiz/word games - Jac</p> <p>1-2.30pm St. Mary's Grade 6 student visit</p> <p>2.30pm You Tube Music - Jac</p> | <p>23</p> <p>Carlton V Geelong</p> <p>10.30am Active Games - Ellecia</p> <p>1.30pm Green Thumbs - Peter</p> | <p>24</p> <p>Lions V Melbourne</p> <p>11.15-11.45am Lower limb exercises</p> <p>1.30pm Carpet Bowls and Fresh Fruit Friday - Ellecia</p> | <p>25</p> <p>Earth Hour</p> <p>Collingwood v Port</p> <p>Crows v Richmond</p> <p>Bulldogs v St. Kilda</p> <p>Fremantle V North</p> |
| <p>26</p> <p>Swans V Hawks</p> <p>Essendon V Suns</p> <p>WCE v Giants</p> | <p>27</p> <p>Madi Footy Tipping</p> <p>11-11.45am Balance Exercise class</p> <p>1.30pm Bingo - Tahlia</p> | <p>28</p> <p>1:1 visit - Teri</p> <p>11.15-11.45am Upper Limb exercise class</p> <p>1.30pm Cooking - Teri</p> | <p>29</p> <p>Madi Footy Tipping</p> <p>10.30am Quiz/word games - Jac</p> <p>1-2.30pm St. Mary's Grade 6 student visit</p> <p>2.30pm You Tube Music - Jac</p> | <p>30</p> <p>Bulldogs v Lions</p> <p>Emma Hairdresser</p> <p>10.30am Bingo - Ellecia</p> <p>10.30am Active games - Madi</p> <p>1.30pm Green Thumbs - Peter</p> | <p>31</p> <p>Collingwood V Richmond</p> <p>11.15-11.45am Lower limb exercises</p> <p>1.30pm Carpet Bowls and Fresh Fruit Friday - Ellecia</p> | <p>Ellery</p> |

March 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Welcome Autumn

| | | | | | | | | | |
|--|---|---|--|--|--|--|--|--|--|
| 19 GWS Giants V Crows Hawks V Essendon St. Kilda V Fremantle. | 18 North v WCE Port V Lions Melbourne V Bulldogs Gold Coast Suns V Swans | 17 St Patrick's Day Geelong v Collingwood 10-10.45am Balance exercise 10.45am Storying telling / creative writing - Peter 1.30pm Word games / Quiz 3pm Happy Hour | 16 Richmond v Carlton 10-10.45am Upper Limb Exercise 1.15-2pm Lower Limb exercises 2pm Music - Ellecia | 15 Madli Footy Tipping 1-2.30pm St. Mary's Grade 6 student visit 2.30pm Movie / Documentary - Ellecia | 14 Balance 10-10.45am Exercise 11am Tennis 1.30pm Word games / Quiz 3pm Happy Hour - Ellecia | 13 Labour Day Public holiday | 12 | 5 | 4 |
| 26 Swans V Hawks Essendon V Suns WCE v Giants | 25 Earth Hour Collingwood v Port Crows v Richmond Bulldogs v St. Kilda Fremantle V North | 24 Lions V Melbourne 10-10.45am Balance exercise 10.45am Storying telling / creative writing - Peter 1.30pm Word games / Quiz 3pm Happy Hour | 23 Carlton V Geelong 2pm Resident and Relative Meeting - Dining room 3pm YouTube Music- Ellecia | 22 10-10.45am Upper Limb Exercise Madli Footy Tipping 1-2.30pm St. Mary's Grade 6 student visit 3pm Movie / Documentary | 21 Harmony Day 10-10.45am Exercise 11am Tennis 1.30pm Word games / Quiz 3pm Happy Hour - Ellecia | 20 International Day of Happiness 10-10.45am Upper Limb Exercises 10.30am Library visit 11am Active Games Madli Footy Tipping 1.30pm Bingo, Pen pals/Life stories /time capsules | 19 10-10.45am Upper Limb Exercises 10.30am Library visit 11am Active Games 1.30pm Word games / Quiz 3pm Happy Hour - Ellecia | 18 Balance 10-10.45am Exercise Seasonal Luncheon 1.30pm Word games / Quiz 3pm Happy Hour - Ellecia | 17 World Day of Prayer 10.30am Storying telling / creative writing - Peter 1.30pm Music - Maggie 3pm Happy Hour |
| 31 Collingwood V Richmond 10.30am Storying telling / creative writing - Peter 1.30pm Word games / Quiz 3pm Happy Hour | 30 Bulldogs v Lions 10-10.45am Upper Limb Exercise 1.15-2pm Lower Limb exercises 2pm Music- Ellecia | 29 Madli Footy Tipping 1-2.30pm St. Mary's Grade 6 student visit 2.30pm Movie / Documentary - Ellecia | 28 Balance 10-10.45am Exercise 11am Tennis 1.30pm Word games / Quiz 3pm Happy Hour - Ellecia | 27 Limb 10-10.45am Upper Limb Exercises 10.30am Library visit 11am Active Games Madli Footy Tipping 1.30pm Bingo, Pen pals/Life stories /time capsules | 26 10-10.45am Exercise 11am Tennis 1.30pm Word games / Quiz 3pm Happy Hour - Ellecia | 25 10-10.45am Upper Limb Exercise 1.15-2pm Lower Limb exercises 2pm YouTube - Ellecia | 24 Popcom Lover's Day 10-10.45am Upper Limb Exercise 1.15-2pm Lower Limb exercises 2pm YouTube - Ellecia | 23 Dr. Seuss' Birthday 1.30pm YouTube - Ellecia | 22 World Compliment Day Emma - Hairdresser 1.30pm Movie / Documentary - Ellecia |
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Penhall

March 2023

Welcome Autumn

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | | | | | |
|----|---|----|---|----|---|----|---|----|---|----|
| 5 | Teri A/L 1:1 Pamper Session – Tahlia 2.15-3pm- Upper Limb exercises | 6 | Teri A/L 10.30am Craft with Tahlia 2.30-3pm Balance exercise | 7 | Women's Day 10.30am Word Game – Ellecia | 8 | Dr. Seuss' Birthday 10am Cat in the Hat – Storytelling/Creative writing – Peter 2.30-3pm Lower Limb exercises | 9 | World Day of Prayer 10.30am Bingo Ellecia Afternoon Music with Peter. | 4 |
| 12 | Labour Day Public Holiday | 13 | 10.30am Craft with Tahlia 1:1 visit – Ellecia 2.30-3pm Balance exercise | 14 | Madi Footy Tipping 10.30am Word Game – Ellecia | 15 | Richmond v Carlton Emma Hairdresser 10am Storytelling/Creative writing – Peter 2.30-3pm Lower Limb exercises | 16 | St Patrick's Day Geelong v Collingwood 10.30am Bingo Ellecia Afternoon Music with Peter. | 18 |
| 19 | GWS Giants v Crows Hawks v Essendon St. Kilda v Fremantle. | 20 | International Day of Happiness Madi Footy Tipping 10.30am Bingo – Teri 1.30pm Cooking – Teri 2.15-3pm- Upper Limb exercises | 21 | Harmony Day Seasonal Luncheon | 22 | Carlton v Geelong 10am Storytelling/Creative writing – Peter 2.30-3pm Lower Limb exercises | 23 | Lions v Melbourne 10.30am Bingo Ellecia Afternoon Music with Peter. | 25 |
| 26 | Swans v Hawks Essendon v Suns WCE v Giants | 27 | Madi Footy Tipping 10.30am Bingo - Teri 2pm Resident and Relatives Meeting 2.15-3pm- Upper Limb exercises | 28 | Green Thumbs - Tahlia 1:1 visit – Ellecia 2.30-3pm Balance exercise | 29 | Madi Footy Tipping 10.30am Word Game – Ellecia | 30 | Collingwood v Richmond 10.30am Bingo Ellecia Afternoon Music with Peter. | |

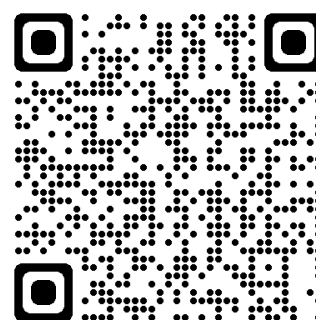
Thompson



Send a Resident a Message!

On the Dhelkaya Health website we now have a function where you can send a message direct to a resident. Messages will be delivered electronically to Michelle & Ella in the RAC office, then printed and delivered to the resident directly to their house.

Scan the QR code to start sending personalized messages to your loved ones today!



This is a great way for grandchildren to use their mobile phones!

Hairdressing Services

Ask your Ward Clerk to book you in to see Emma, our lovely hairdresser.

\$20 for Cut, blow wave or beard trim!



Castlemaine CHATTER

PRE-CUT SEASONAL FRUIT

Tuesdays and Thursdays

Please feel free to enjoy for morning or afternoon tea

Pair it with yogurt for a yummy snack!

Reminder: Fresh fruit always available any day, please ask the staff

Fit, Fun and Fantastic!

The new bubble machine is a hit during the group activities.
Providing exercise and fun!



dheikayahealth.org.au

Handy Contacts

Residential Care Coordinator & Editors of the Castlemaine Chatter

Michelle 5471 3475
or Ella 5471 3468
rac@castlemainehealth.org.au
Located in main hospital building,
Ground floor.



Contact Us



Thompson House

NUM - Raquel 5471 3622
ANUM - 5471 3215
Ward Clerk - 5471 3589

Ellery House

NUM - Gunjan - 5471 3652
ANUM - 5471 3654
Ward Clerk - 5471 3651

Penhall

NUM - Caitlin/Michelle 5471 3688
ANUM - 5471 3636 or 5471 3690
Ward Clerk - 5471 3261

Submit your story - poetry - artwork - photograph

Do you have an interesting story to share? A piece of poetry? A Drawing, or some artwork you have created?

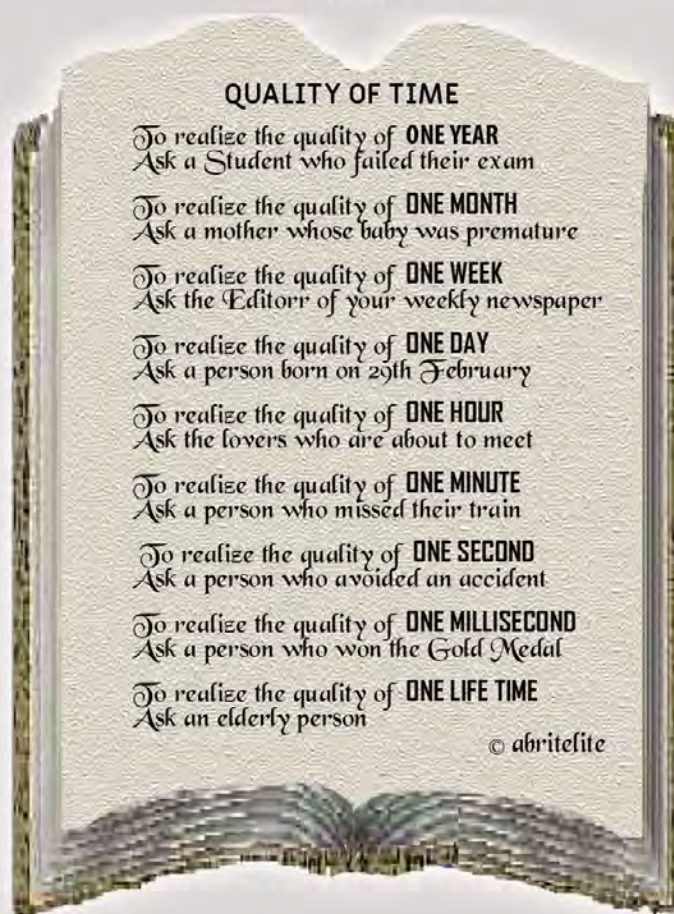
Would you like to be featured as the Resident of the Month in our Resident Reflection section?

If the answer is yes. talk to your ward clerk or reach out to Ella and Michelle in the RAC office on the contact details above and we'll be in touch so you can be featured in a future edition of Castlemaine Chatter.



Dhelkaya Health

Poetry by abritelite

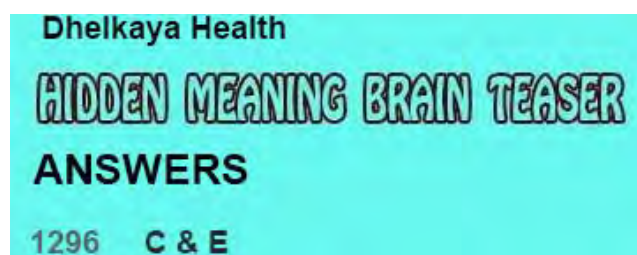


Word Search Answers



AMBER AUTUMN BROWN COZY FOGGY FOOTBALL FORAGING
GOLDEN HARVEST HAYSTACK HIBERNATING LEAVES SOGGY
VEGETABLES WALNUT

Brain Teaser Answers from JAN edition



Castlemaine CHATTER

Colouring Fun for Everyone!

