

## **Gillian signing off.....**

The 13<sup>th</sup> May will be my last day at Boandik after 23 years. I have loved coming to work each day as I get to chat with the residents and families, I hear firsthand about living at Boandik and how things can be improved. Being able to focus on the quality of life of the residents and clients is what has made my time at Boandik so enjoyable.

I have had the pleasure of working with fantastic staff and volunteers over the years. The care, dedication and commitment to quality services for the residents and clients is exceptional. Thank you everyone for your contribution.



Thank you to the current and past Boards for the support over the past 23 years. Boandik and the Mount Gambier community is fortunate to have community members so committed to ensuring older people and people with a disability have access to the services they need.

I am looking forward to my next chapter, close to family and enjoying the views of the Murray River. I will miss you all.

## **Going forward**

The Chief Executive Officer's position has been advertised. An interim Chief Executive Officer has been appointed whilst this recruitment is occurring.

Glenn Rappensberg will join Boandik as interim CEO on Tuesday 10<sup>th</sup> May 2022. Glenn has extensive leadership experience.

The Board and Executive Team of Sandra Parsons, Trish Patzel and Rebecca Turner will work closely with Glenn to ensure that Boandik continues to meet the needs of the community.

***Gillian McGinty***

## Farewell to Lindsay Pexton

A volunteer who has spent nearly 20 years with Boandik will soon step down as a bus driver. The man at the wheel of the Boandik bus, Lindsay Pexton has been responsible for taking residents on journeys across the Southeast since 2003. "I enjoy helping people and the experiences you have with them [Boandik's residents]," Lindsay says. "There's a wealth of knowledge out there with older adults—you drive, and they'll talk to you ... and tell you about their lives."



A well-known face at Boandik Lake Terrace and St Mary's, Lindsay's efforts have been integral to Boandik's ability to enrich the lives of residents with bus outings. "Most of my memories have been pretty good," he says. "It's changed a lot over the years, of course, because in the very early days ... another driver and I used to make home brewed beer for them [Boandik's residents] and things like that. "You wouldn't get away with that now," he says, adding: "We'd have a luncheon every couple of weeks, and they'd try the beer or the stout, whichever we had made. That fell away a long time ago."

Lindsay explained that his volunteer role with Boandik, which has seen him drive residents at Lake Terrace and St Mary's over the years, was coming to a halt as he prepares for an operation. Boandik is now looking for new volunteers to provide an excellent bus driving service, just as Lindsay has over his almost 20 years with Boandik.

## Isolation Rules

You may have heard that the isolation rules for people who are close contacts of someone positive for COVID 19 are changing as at 12.01am on 30<sup>th</sup> April 2022.

These new rules do not apply for high-risk settings which includes residential aged care. The requirement for 7 days isolation for all close contacts remains in place for all Boandik aged care homes.

If you have any questions regarding this change please contact Boandik.

Thank you for complying with the rules that apply at Boandik for visiting. We appreciate everyone's efforts to keep the residents safe.

## Flu season

In preparing for the flu season it is important to practice healthy habits. Receiving a flu vaccination protects you from viruses that are common for this year. Other ways to stay well this winter include:-

- Regularly wash your hand or use an alcohol-based hand-sanitizer
- Keeping a healthy immune system will help you fight off winter illnesses. Also, managing stress will increase your immune function.
- The symptoms of the flu are easily spread and therefore, it is important to stay away from close contact with those who are sick.
- If you do get sick, the first course of action is to rest and drink a lot of fluids
- See your doctor if you need to

## A dream becomes reality

Boandik fundraisers and donors have secured two wish-listed 'Magic Table' projectors, which have been a dream for Boandik since 2019.

Very soon, Boandik will take delivery of two Tovertafel (in Dutch, 'Magic Table') projectors for our residents living with dementia at Boandik Lake Terrace and Boandik St Mary's.

The Tovertafel is a projector designed for play therapy in aged care settings.

Research by the company behind the Tovertafel, Tover, has shown that playing interactive games can be extremely helpful and effective for patients with early- to late-stage dementia.

"Play can cut through apathy and boost social contact and satisfaction while reducing frustration, anxiety and sadness," the company states on its website.



This is an exciting moment for our Moore Court and Hakea residents that has been made possible because of the efforts of Boandik staff, volunteers, and residents and their families, who fundraised for these items.

We are also extremely grateful to those of you who donated towards the purchase of the Tovertafel, which will be bought for \$16,000 each.

Collectively, our fundraisers and donors raised enough to purchase two Tovertafel projectors, one for Boandik Moore Court and another for Boandik Hakea.

## Volunteers wanted

We're on the lookout for new volunteers to join our fantastic team of people devoting their spare time to our residents and our clients. At Boandik, our volunteers provide an exceptional and valued service to our organisation, assisting our lifestyle staff and those for whom we provide care and support.

As a volunteer, you'll assist with many different services, some of which are small yet very meaningful for our residents. Volunteering at Boandik may include one-on-one time spent with residents—going for walks through the gardens, reading, chatting, or completing a jigsaw puzzle. It's as easy as having a cuppa and sitting and talking together about the news of the day.

Other areas of volunteering can include group activity assistance, bus driving, taking residents to and from appointments, cooking, and gardening.

The services volunteers provide can make our residents' days, and our volunteers find their contributions extremely rewarding.

If you or someone you know can help, email our volunteer coordinator, Claire Thompson, at: [cthompson@boandik.org.au](mailto:cthompson@boandik.org.au)

## Boandik Bytes May 2022

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

Find the following words in the puzzle.

Words are hidden     and .

ACTIVITIES	CLOCK	GAMES	LEAVES	POOL
ANZAC	COUNTING	GARDENING	LIFESTYLE	PUZZLES
AUTUMN	COVID	GENERATIONS	LIGHTENING	RADIO
BOANDIK	CRAFTS	GREVILLEA	MATHEMATICS	RAIN
BUS	DINING	HAPPINESS	MEASUREMENT	ROUGHANA
CARING	ENTERTAINMENT	HEALTHY	MOTHERS DAY	TELEVISION
CELEBRATIONS	FAMILY	HYDROTHERAPY	PAINTING	THUNDER
CLEANING	FLOWERS	LAUNDRY	PIONEER	VOLUNTEERS