

## Influenza update

Boandik is very pleased to advise that residents at both the Lake Terrace and Crouch Street sites have recovered from the flu. The restrictions on visiting and the transmission based precautions have now been lifted.

A huge thank you to residents, families and the community for your co-operation, without this we may not have cleared the infection within this timeframe.

To our amazing staff, thank you for everything you have done to ensure quality care for our residents, everyone has been very supportive in working additional shifts and supporting each other.

We greatly appreciate the support we have received from the medical clinics which has ensured timely and effective medical interventions for residents.

There is still influenza in the general community so we request that you please don't visit if you have any flu like symptoms. We will continue to monitor all residents and implement additional precautions if necessary.



## Annual General Meeting

A reminder that the Boandik annual general meeting will be held on Monday 16<sup>th</sup> October at 5.00pm at Boandik Crouch Street in the activities room. A light meal will follow the meeting.

During the annual general meeting there will be an election of five members of the Board of Directors.

Whilst the meeting is open to the public only members of Boandik are eligible to vote if an election is required. To qualify for membership it is necessary to have donated a sum of not less than \$25.00 to Boandik during the year ended 30<sup>th</sup> June 2017.

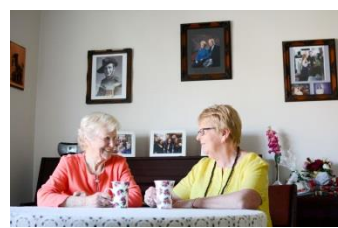
The annual financial reports will be presented at the meeting and amendments to the Constitution will be recommended for approval at the annual general meeting.

There are a large number of staff and volunteers receiving long service awards and the quality improvement award winners will also be announced. We hope you can join us.

## You could be a part of Boandik's new marketing materials

If you would like to have your photograph taken by a professional photographer to be included in Boandik publications and marketing material then we need you. We already have some stars but we do need more.

Photos can include family members or a group activity or whatever you would like. You will be given copies of the photos to keep. If you are interested please speak to Karen, Sharon or Jodie in reception. Some of the photos currently used in publications are shown below.



Tune in to ABC Radio on Tuesday 17<sup>th</sup> October at 10:10am. The discussion for this month will be 'Retirement Living' – What is it? What is provided? How long can I stay? How much does it cost?

Calls can be taken to answer any questions that may arise during the segment. If you have missed any of the previous segments the links are available on the Boandik website [www.boandik.org.au](http://www.boandik.org.au)

## October community events in Mount Gambier

- 🌀 Farmers market every Saturday in Cave Gardens from 8am-12noon
- 🌀 Rotary market every Saturday behind Harvey Norman 8am-1pm
- 🌀 Molonys market and arts centre every Sunday in old Molonys building from 10am-2pm
- 🌀 Friday 6<sup>th</sup> October – Leukaemia foundation light the night
- 🌀 Saturday 7<sup>th</sup> October – Mil LeI show
- 🌀 Friday 13<sup>th</sup> October – Chamber of Commerce outstanding business awards at the Barn
- 🌀 Sunday 15<sup>th</sup> October – Fidler and Webb 150 years of history exhibition
- 🌀 Friday 20<sup>th</sup> and Saturday 21<sup>st</sup> – Mount Gambier Spring Show
- 🌀 Friday 27<sup>th</sup> October - Limestone Coast Coral and Vocal showcase – Quiz Night

## Farewell and welcome for staff at Lake Terrace

On the 25<sup>th</sup> September we said goodbye and good luck to Wendy Jude, Lake Terrace director of care. Board members, staff, residents and volunteers gathered at a lovely morning tea celebration in honour of Wendy to wish her well in her new venture. Wendy had been a part of the Boandik community since September 1998. Wendy worked as a personal care assistant, registered nurse, training officer and director of care at Lake Terrace.

The diversity of these roles combined with her experience in other organisations gave Wendy a breadth of knowledge and skills that have been instrumental in driving change and improvements, not just at Lake terrace but throughout the organization.

Wendy had a very strong commitment to ensuring that all people can live a meaningful and engaged life. For residents this has meant a focus on each person's individual needs, thinking outside the square to implement innovative ideas and solutions. For staff it translated to a very supportive workplace where flexibility and worklife balance is always considered. There have been many instances when Wendy has offered extensive counsel and assistance to staff during challenging life events.



Wendy was a perfect fit for Boandik, having a strong commitment to ensuring aged people receive high quality care and services to meet their needs. She was a fierce advocate for residents.

We also take the opportunity to welcome Rebecca Turner and Dot Golubic to their new roles at Lake Terrace. Rebecca's role is executive residential manager and Dot is the Lake Terrace residential manager.

Both are happy to help if you have any questions or queries you would like to discuss. We wish them both well in their new roles.

## 5 Brain exercises that work

- **Test your recall.** Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.
- **Do math in your head.** Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time.
- **Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
- **Challenge your taste buds.** When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
- **Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.

## Crouch Street lifestyle news

The Bookwell Program group visited “The Main” Corner to an exhibition “Women at Work.” Beautiful hand-made kimonos by Chiaki Owen, paintings by Di Wiseman and Kerri Stratford and magnificent lace work by Jo Fife were appreciated by the group.



What a surprise when staff arrived at work one Friday morning and found that the Glencoe Kindergarten had left a sign telling them they had been “flocked.”

It was a fundraiser for the Kindergarten and if you wanted to send the birds to greener pastures it cost \$20. For an extra \$10 you could find out who the nice people were who suggested we have the flamingos in the first place.

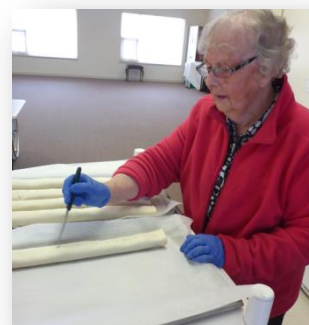


## St Mary's lifestyle news

St Mary's annual month of fundraising for the South East Animal Welfare League has come to an end. The cooking group did a wonderful effort in making homemade treats to sell and raise money for this wonderful cause.



A total of \$297.50 was raised and Residents would like to thank everyone who purchased goods, making this another success.



## Lake Terrace lifestyle news

Residents are enjoying the large scrabble game that was kindly donated by the Royal Society for the Blind. Residents commented, “This is great, it's making me think about spelling. Young people should give it a go!”



## Family/representative contact details

In an effort for us to reach as many family, friends and representatives of our residents as possible, we are asking that you check to see if the information provided for your contacts on entry to residential care are still correct. If you have someone who does not currently receive this publication but who would like to in the future then please ask them to provide their details to Michelle by email at [admin@boandik.org.au](mailto:admin@boandik.org.au) or alternatively by calling 8725 7377.

It is important that contact details are always kept up to date, with such busy lives it is sometimes easy to overlook notifying everyone of any change in postal, phone or email details.

This is also a great way to provide you with information far quicker than by mail. Also if you see any photos published of family members that you may like copies of we can email a copy to you.

Thank you for your assistance.

## Spring Allergies

Spring is in the air, and so are billions of tiny pollens that trigger allergy symptoms in millions of people. This condition is called seasonal allergic rhinitis, commonly referred to as hay fever. Hay fever can affect your quality of life. It can lead to sinus infections, can disrupt your sleep and affect your ability to learn at school or be productive at work.

*Symptoms include:*

- Itching in the nose, roof of the mouth, throat, eyes
- Sneezing
- Stuffy nose (congestion)
- Runny nose
- Tearing eyes
- Dark circles under the eyes



*Depending on where you live, there are generally three pollen seasons. The start and end dates of these seasons, as well as the specific plants, vary based on the climate.*

- Trees generally pollinate in the spring. Birch, cedar, cottonwood and pine are big allergy triggers.
- Grass releases its pollen in the summer.
- Weeds cause hay fever in autumn

*Avoiding your allergy triggers is the best way to reduce symptoms:*

- Limit outdoor activities during days with high pollen counts
- Keep windows closed (at home or in the car) to keep pollens out
- Take a shower after coming indoors. Otherwise, pollen in your hair may bother you all night

*Hay fever symptoms will generally end as soon as exposure to the allergen ends.*

- Hay fever cannot be diagnosed by history alone specific triggers usually cause this.
- If you have hay fever, keep track of pollen counts in your
- Allergy shots (immunotherapy) have been proven to provide long-term relief of allergic rhinitis symptoms.

Test your skill with the 'Spring wordsearch'

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

BIRDS  
FLOWERS  
MELT  
WARM

BLOSSOM  
GROW  
PICNIC

DAFFODIL  
HATCH  
PLANT