

OLOC STAFF NEWS

Our Lady of Consolation
Aged Care & Services

ISSUE 5

OCTOBER 2023



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Barry Wiggins

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Significant changes in next stage of St Clare and Assunta Refurbishment

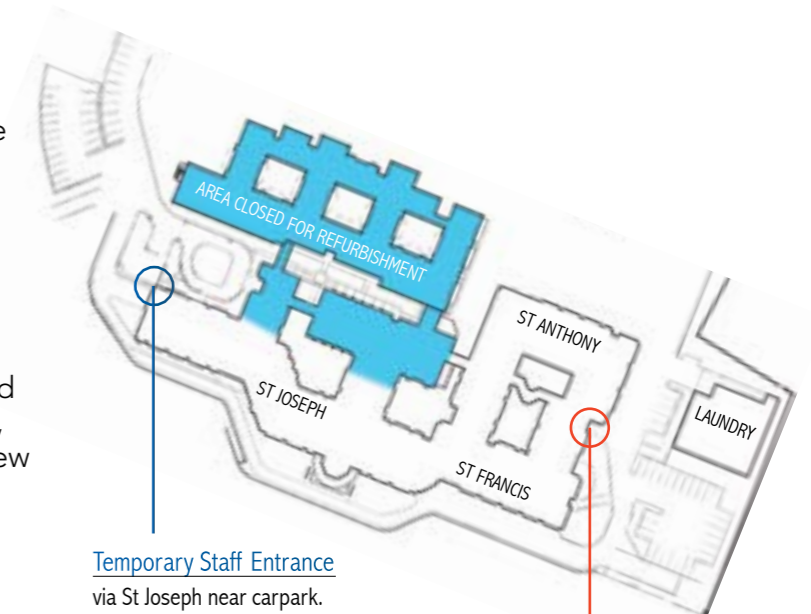
We are nearing completion of first stage of the St Clare and Assunta building project.

In the next stage, probably from the start of November, we will need to close off the existing entrance to the nursing home building to visitors and the entrance at the laundry end of the building will become the main entrance. The existing entrance through St Josephs will only be accessible to staff.

In this next stage, we will be building a spectacular roof top garden over the existing entrance to the nursing home, and we will also be rebuilding the existing hall, building a new resident gym area and a new hairdressing salon, so there is some major work to be done in that area. We hope it will be completed in just under a year, by September next year.

From early November, Maryann Peters and Michelle Crooke will move to office space near the nurses station in St Josephs, while

Robyn Dickens and Gemma Shorten will move to a new office next to the entrance at the laundry end of the building. We will get more detail to you soon.



Temporary Staff Entrance via St Joseph near carpark.

Temporary Visitors Entrance via St Francis near laundry.



A look at the new staff lunchroom

Staff Events

RU OK? Day



**OUR LADY OF CONSOLATION
CHRISTMAS PARTY 2023
SAVE THE DATE!**

Thursday 14th December
More information to follow in November

OLOC Christmas Hampers!

Hampers will be available for collection from the main kitchen

Monday 18th December
Tuesday 19th December
Wednesday 20th December
Thursday 21st December

Further information (including hamper options) to follow
We'll be in contact with Night Staff to arrange pickup closer to the date.

Get the Most from Walking

It's the world's easiest fitness fix, no gym required.

Unlike so many other forms of exercise walking is not about gear or expertise. It's cheap, easy and kind to the body. Walking for the sake of taking a walk is good for your emotional health, as well as your physical health, while walking for the sake of getting somewhere is cheaper and easier than driving. For whatever reason you find yourself walking, it's a great form of exercise.

However, if you're looking to get the most out of your walks, there are some simple ways that you can take your casual stroll to an effective workout.

Take a Walk Every Day

With a recommendation of 150 minutes of moderate intensity aerobic activity a week for adults, fulfil the quota by taking a brisk walk for at least 30 minutes a day.

Track Your Steps

A fitness tracking device or pedometer will show you how many steps you take each day. Keeping track of statistics works as a great motivation tool.

Learn to Love the Stairs

Forgo elevators and escalators, walk away from the car and walk your errands and short trips. Pick up speed by taking faster steps rather than long ones as extending your stride can add stress to your legs and feet.

Swing Those Arms

Vigorous arm pumping allows for a greater pace and provides a good workout for your upper body.

Switch Up the Pace

Try quickening the pace for a minute or two out of every five minutes and walking on varying surfaces to challenge your body.

Embrace Inclines

If you have hills nearby, add them to your otherwise flat walk. Walking up and down hills employs different muscles therefore maximising your workout.

Empower with Walking Poles

Enhance your upper body workout with walking poles. Just like cross country skiing without the skis, you'll be giving yourself a full body workout.

Get the Right Gear

The only real gear you need for a good walk is a pair of shoes that won't hurt you. You'll get the most out of your walk if you're comfortable!



Making Every Day R U OK? Day

A conversation guide for every day beyond R U OK? Day

Every year we are encouraged on R U OK? Day to reach out and check in on friends and family about their mental health. Australians are notorious for our 'she'll be right' attitude but dismissing mental distress can lead to a delay in seeking professional support when it is needed. While talking about mental health can be uncomfortable it is important that we continue to check in well after R U OK? Day has passed.

Knowing what to say and how to approach a friend or loved one through distress can be tough but here are some tips to help get the conversation started.

Getting Ready to Ask

1. **Be Ready** – Ask yourself if you're in a good headspace to help someone else and if you have the time to give to genuinely listen.
2. **Be Prepared** – Expect not to have all the answers and understand that listening is the one of the most important things you can do. Be ready for emotional responses, particularly if someone is talking about personal issues, it can be difficult and they might be embarrassed or upset.
3. **Pick Your Moment** – Choose somewhere private and informal, at a time that works for them. Ideally, try and put aside at least an hour so you have plenty of time to have a meaningful chat.



Starting A Conversation

Ask R U OK?

Help them open up by being relaxed, approachable and asking questions like 'how are you going' or 'what's been happening?'

Listen with an open mind

Take what they say seriously, encourage them to explain and let them know you're asking because you're concerned. Don't rush the conversation or take their emotional responses personally.

Encourage Action

Ask them how you can help, suggest other people for them to talk to such as friends, doctors or the Employee Assistance Program (EAP).

Check in

Remember to follow up and check in with the person in a few days' time. Understand that it could take a long time for someone to be ready to see a professional. Keep encouraging them and remind them that you're always available to them for a chat.

What to do if they don't want to talk to you

Try not to take it personally, as it may take time to process what you're saying and respond. Instead, suggest they talk to someone they can trust, like a family member or friend, but remind them that you are available if and when they want to talk.

Did you know OLOC has an Employee Assistance Program (EAP)?

They provide confidential, professional and free counselling for work related, family and personal problems. You can contact ACCESS to make a confidential appointment on 1800 818 728.

Celebrating the Diversity of our Staff

We'll be getting to know you in each edition of the OLOC Staff News. It would be great if you would keep the conversation going and get to know one another a little better.

THE QUESTIONS

1. What three words would you use to describe yourself?
2. Where did you grow up?
3. What does your average weekend look like?
4. Where is the best place you've ever travelled to?
5. What is your favourite family tradition?
6. What's on your bucket list?

Ruby
St Anthony CSE



1. Friendly, loving and prayerful.
2. I grew up in the Philippines not far from the city.
3. I am a grandmother so I spend time playing with my two grandsons. Other than that, I cook and clean.
4. Singapore; it's so clean and beautiful, even the airport is clean!
5. We celebrate Christmas. Family gathers together, we give gifts and cook traditional food like soup, sticky rice and lechon.
6. I would love to go to Europe to visit London and Paris.

Kiran
Allied Health



1. Very emotional, honest and punctual; I'm never late, always 5 minutes early but not late.
2. I grew up in Punjab on the North side of India. It's rich with culture and tradition.
3. I have two daughters who I take to sport and we do Bhangra (a traditional dance) together. We also go to the Sikh temple.
4. Perisher; I used to hate the cold and snow but when I went there I had so much fun, it changed my mind!
5. Gurpurab and Diwali. We clean the house, cook sweet food and share it with our neighbours. We also do donations when we can.
6. I have my Masters in Bio Technology and stopped working when I had my children. When they're older I'd like to go back to that and be a researcher.

Maria
St Josephs CSE



1. People's first impression is that I'm a snob, but I'm not. I have a good heart and I'm confident.
2. I grew up in Manila in the Philippines.
3. I go to church with my family. Every Saturday and Sunday my husband and I go out in the morning for breakfast before our kids wake up for some time alone!
4. Los Angeles and Disneyland.
5. Christmas and New Years, we always have a party and eat as soon as the clock strikes 12. We eat anything you can think of; pork, fruit salad, spring rolls, spaghetti...
6. To have holidays back home and spend time with family.

Yashoda
Servery



1. Good, intelligent and loving.
2. I grew up on the Western side of the Fiji Islands. It is a very peaceful place.
3. I garden, cook, clean and sew. I sew saree blouses for people.
4. Malaysia; great shopping, massages and beautiful food.
5. Diwali, we light candles, pray and cook. I cook around 14 types of savouries for the festival and then sweets on the day.
6. I'd love to visit India, particularly Kerala in the south, where my great-grandparents lived.

Senitiki
Alverna CSE



1. Always happy, patient and helpful.
2. I grew up in Nadi in Fiji.
3. Because I work all week, I catch up on sleep!
4. I've been to Perth and Canberra but Sydney is the best. It's busy but it's good; it's got everything!
5. Back home we celebrate all special occasions with family. We get together and have a big feast. We all get along really well, even with our elders and it's nice to see everyone together.
6. I'm currently studying and my goal is to become a registered nurse.

FUTURE EDITIONS

If you'd like to nominate somebody to be in the magazine, talk to your manager or coordinator.



TOONGABBIE
cafe perfecto
70 AURELIA STREET

Visit us to try our delicious new menu offering a variety of breakfast dishes, light and hot lunches, kids meals and signature shakes.

Open 5 days a week, serving great coffee, cakes, breakfast and lunches.

70 Aurelia Street, Toongabbie
Monday - Friday 7.00AM - 3.00PM
PH: 02 9832 5483



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DONATIONS NEEDED

OLOC
Christmas MARKET



While you start your Spring cleaning, instead of throwing away unused gifts from last Christmas, please consider sending them our way for our upcoming Christmas Market.

We are looking for donations of beauty products such as unused cosmetics, & fragrances as well as small home wares such as photo frames and decorations.

If you have any items you'd like to donate, please call Jo on 9832 5409.

Health and Hydration

Seeing as it is only Spring and we're already experiencing some record temperatures, what better time than to share some healthy facts about hydration.

Water is an important resource that we depend on for everything we do. Your body needs a regular supply of clean water to survive. The human body is made up of 50 to 75% water and every cell, tissue and organ needs water to work correctly.

The elderly are more susceptible to dehydration due to a weaker thirst response, and the decreasing amount of fluid in our bodies as we age. Many of us get into the habit of only drinking when we feel thirsty, which can become a problem later in life when our thirst response weakens. Feeling thirsty is your body's way of letting you know you need water; many older adults may not know that they need to drink and therefore don't.

Combine this with the decreasing amount of fluid in an aging body and you can see why it is common for elderly people to become dehydrated.

Common causes of dehydration

- after strenuous exercise, especially in hot weather
- after severe vomiting or diarrhoea
- with a fever
- after drinking too much alcohol
- while taking certain medicines such as diuretics
- as a complication of diabetes
- if they don't drink enough water.

Symptoms of Dehydration

The effects of dehydration are very similar for everyone, however older people are at a higher risk for complications such as constipation, electrolyte imbalances, kidney problems and loss of balance.

There are few easy to notice signs of dehydration that include:

- Fatigue
- Sunken eyes
- A decrease in urination
- Muscle weakness and cramps
- Cracked lips
- Headaches
- Dizziness
- Nausea
- Confusion
- Rapid breathing, increased heart rate or low blood pressure
- Dry or sticky mucus around and in the mouth
- Urinary Tract Infection

Serious signs that require immediate medical attention include:

- Trouble with movement and walking
- Fainting
- Diarrhoea or vomiting that lasts longer than 24 hours
- Delirium
- Seizures



Preventing Dehydration

Remind clients to drink water throughout the day, particularly during mealtimes and after exercise. Have water in places where it is easy to reach.

Stay away from caffeinated drinks and alcohol as they dehydrate you.

Encourage clients to eat water rich food. For example, cucumbers contain 96% water while tomato, spinach, broccoli and brussel sprouts are also good water rich options.



Contractures

Free movement of our limbs is a prerequisite of mobility and autonomy. It's something that most of us take for granted. However, as we age this freedom of movement can diminish and have significant consequences on our quality of life.

What is a contracture?

A contracture is a change in a person's ability to move their joints and limbs freely. This can lead to permanent deformity, disability and pain that has a significant effect on their care needs and everyday life.

Why do contractures develop?

- When people don't move or are not encouraged to move often enough
- When people remain stationary in their beds or chairs for long periods
- When someone is unable to move on their own
- Poor positioning or support in their bed and/or chair
- Pillows under knees – preventing the leg/knee from extending

What causes contracture in the elderly?

In the older population, the most common causes of contractures are immobility from illness, surgery, or neuromuscular diseases such as stroke, Parkinson's disease, and dementia.

Signs of a contracture

The classic manifestation of contractures is reduced ability in movement. Pain may or may not be present in contractures.

Since contractures affect the musculoskeletal system, movement difficulties may manifest on different parts of the body:

- Moving of hands
- Stretching of the lower limbs
- Straightening of fingers
- extending of another part of the body

Contractures can manifest on any part of the musculoskeletal system.

Muscles – the muscles would be shortened, thereby limiting movement.

Joints – range of motion will be limited on the affected joint/s, e.g. shoulder joint.

Skin – If there is injury in the skin (e.g. the arms), fibroid tissue replaces the skin, thereby limiting movement in the forearm.

Can you reverse a contracture?

Contracture of nervous and vascular structures may limit the ability to lengthen soft tissues after long-standing contracture. Contractures are most easily reversed when they have recently developed but can usually be substantially corrected after months and sometimes even after years.

Treatment

Treatment guidelines for contractures will depend on the cause of the deformity. The following are utilized in general:

- **Physical therapy and occupational therapy**
The most common treatment for contractures. Involves use of exercises (either passive or active) with the end goal of increasing the range of motion and regaining lost muscle strength from prolonged inactivity. Prolonged passive stretching applied with resident positioning.
- **Medical Devices**
Supportive devices such as splints and casts will be applied to stretch the tissues of the affected body part. Assisted devices, such as crutches or walkers, will be required for patients with contractures due to secondary injuries and conditions (e.g. osteoarthritis) to allow patients to ambulate around.
- **Medications**
Some causes of contractures are related to inflammatory processes (e.g. Osteoarthritis). Corticosteroids and NSAID's (non-steroidal anti-inflammatory drugs) will be beneficial for such conditions. Botulinum toxin injections has been proven to give benefits for patients with Cerebral palsy for it relaxes the muscle tensions and spasms associated with the disease.
- **Surgery**
Surgical intervention maybe warranted for some cases of contractures. In burn patients, wherein the fibroid covered skin inhibits movement, reconstructive surgery is done to release the contracture and to regain range of motion. In patients suffering from degenerative diseases of the joints (e.g. osteoarthritis), replacement surgery is done to regain mobility for activities of daily living.



Washing Procedure

When a new resident arrives, it is essential that the clothing is labelled before they make it into the wash.

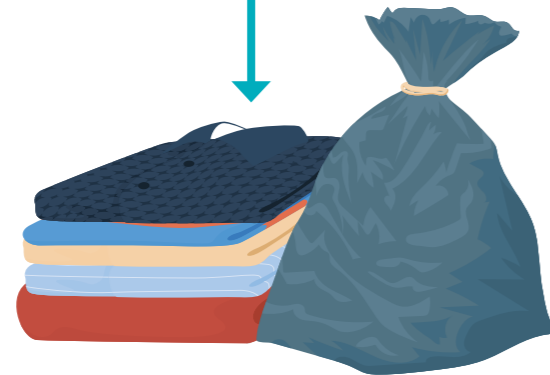
The procedure for washing is straightforward, but the first few days of unwashed, unlabelled clothes can be confusing. The following infographic illustrates the laundry procedure when a new resident arrives.



Resident arrives at OLOC (few outfits set aside, next day, night wear, spare).

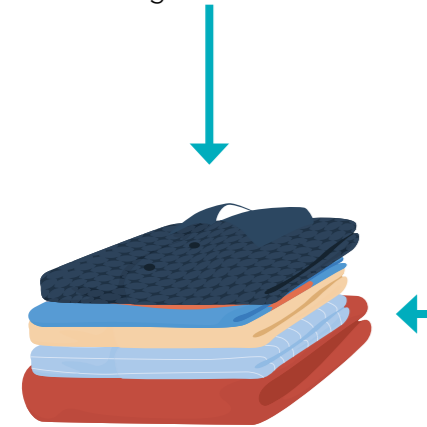


The rest of the resident's clothes are taken to the laundry for labelling.



Unlabelled Clothing

After use, clothing is placed into the bag inside the resident's closet, labelled with resident's name and given to the laundry to clean and label.



Labelled clothes are returned and put into circulation.



Items that cannot be laundered



Wools – delicate sweaters or cardigans, cashmere, velvets (if in doubt, check the label).

Wools must be separated to avoid shrinking.



Sanitary products and tissues – explode in the wash and leave everyone looking fluffy. Check pockets and garments for any additional items.



Miscellaneous items – always check pockets! Asthma puffers, glasses, hearing aids.

Keep an eye out for clothing without labels

If you see new clothing arrive, please encourage families or residents to drop them off at the nurses' stations to have them labelled before use.

CODE OF CONDUCT FOR AGED CARE

- A.** Act with respect for people's rights to freedom of expression, self-determination and decision making in accordance with applicable laws and conventions.
- B.** Act in a way that treats people with dignity and respect and values their diversity.
- C.** Act with respect for the privacy of people.
- D.** Provide care, supports and services in a safe and competent manner with care and skill.
- E.** Act with integrity, honesty and transparency.
- F.** Promptly take steps to raise and act on concerns about matters that may impact the quality and safety of care, supports and services.
- G.** Provide care, supports and services free from:
 - i. all forms of violence, discrimination, exploitation, neglect and abuse and
 - ii. sexual misconduct.
- H.** Take all reasonable steps to prevent and respond to:
 - i. all forms of violence, discrimination, exploitation, neglect and abuse and
 - ii. sexual misconduct.



NOVEMBER 2023

WEDNESDAY 8TH	St Anthony Staff Meeting St Helens Staff Meeting
FRIDAY 10TH	Fire Safety - Main Kitchen
TUESDAY 14TH	WMG Meeting
WEDNESDAY 15TH	St Francis Staff Meeting
TUESDAY 21ST	Alverna Staff Meeting Fire Safety - Administration
WEDNESDAY 22ND	St Josephs Staff Meeting
THURSDAY 23RD	Nursing Home RN Meeting
TUESDAY 28TH	WMG Meeting

DECEMBER 2023

TUESDAY 12TH	WMG Meeting
WEDNESDAY 13TH	St Anthony Staff Meeting St Helens Staff Meeting
TUESDAY 19TH	Alverna Staff Meeting
WEDNESDAY 20TH	St Francis Staff Meeting
TUESDAY 26TH	WMG Meeting
WEDNESDAY 27TH	St Joseph Staff Meeting
THURSDAY 28TH	Nursing Home RN Meeting

Notice Board

SUPPORT FMM SISTERS' PROJECTS IN INDONESIA AND ETHIOPIA

Please speak to your manager or payroll officer to complete a Fortnightly Payroll Deduction Form to assist the FMM Sisters in providing HIV/AIDS Education in Ethiopia.



CHARTER OF AGED CARE RIGHTS

I have the right to:

1. safe and high quality care and services
2. be treated with dignity and respect
3. have my identity, culture and diversity valued and supported
4. live without abuse and neglect
5. be informed about my care and services in a way I understand
6. access all information about myself, including information about my rights, care and services
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions
9. my independence
10. be listened to and understood
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly
13. personal privacy and to have my personal information protected
14. exercise my rights without it adversely affecting the way I am treated

CHARTER OF AGED CARE RIGHTS 1ST JULY 2019

EMPLOYEE ASSISTANCE PROGRAM (EAP)

ACCESS Programs have been engaged by OLOC to provide an Employee Assistance Program for staff members. They provide confidential, professional and free counselling for work related, family and personal problems. Through access to qualified counsellors, our staff have the opportunity to identify problems and find the best way to resolve them. You can contact ACCESS to make a confidential appointment on: **1800 818 728**.

PUBLIC HOLIDAYS NSW 2023/2024

Christmas Day

Monday 25th December 2023

Boxing Day

Tuesday 26th December 2023

New Years Day

Monday 1st January 2024

Australia Day

Friday 26th January 2024

Good Friday

Friday 29th March 2024

Easter Sunday

Sunday 31st March 2024

Easter Monday

Monday 1st April 2024

Anzac Day

Thursday 25th April 2024

King's Birthday

Monday 10th June 2024
