



**Chairman
Chris Bazley**

Goodday Readers,
Summer has finally arrived, but La Nina still seems a way off as the dry weather continues.

When I took on the role of Chairman of CCHS I made it clear to the rest of the board and management that I would only take on the role for a maximum 3 years. That is if I was still voted in!! The time has come, and I stepped down as Chairman at our first board meeting after the AGM. I believe strongly in refreshing the Chair so the leadership of others can step up and bring new ideas and different ways to do things.

I am very pleased to announce that Andrew Douglas is the new chair of

the CCHS board after 3 years as Deputy Chairman and time as a board member before that.

Andrew brings excellent business skills to the table and a passion for doing things right and for the best interests of CCHS staff, patients and residents. Please get to know Andrew and welcome him to the role. I am staying on the CCHS board whilst our new board members settle into their roles and committee positions.

I want to thank each and every one of you for the support and encouragement you have given. Thinking back, CCHS has done a lot of good things over the last few years and faced some tough times head on and we are still here, as professional and giving as ever.

I haven't given up on our bus and will dedicate more of my time to this project – it is something we all want and can use.

Look after yourselves and keep healthy and safe. I am still always up for a yarn.

Regards,
Chris Bazley.

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General Manager-Brad Jones



Well, December is here, and what a year. As we reflect on the challenges of 2020 please look back with a sense of pride and achievement.

Together we have kept our Community and

those that we love and care for safe and well against tremendous obstacles.

It is not over yet and this genuine team effort must continue. I wish to again thank everyone for the part that they have played as our Community acted as one to ensure continuity of services and adapted to different rules and ways of operating. Additionally, I wish to express how proud I am of our dedicated team.

Time and time again I have witnessed random acts of kindness, from volunteers delivering puzzle packs, people making meals or tackling jobs for neighbours, people checking in on others, offering to do their shopping if they were isolating, picking up essentials or assisting others to get to urgent medical appointments. Clifton has always been a special place, let us not lose the additional bonds of friendship and community goodwill that have perhaps been an unexpected benefit of a global pandemic.

Christmas and New Year are a time of reflection and a time at which we also reflect on those that we have lost this year. If this is your first December without a significant person in your life, please reach out to your network and the wider community for support at this time.

Due to the Covid-19 requirements, Resident Christmas parties will not be able to include families this year as we normally do. Please make sure to visit at alternative times, following all the protections in place.

All of our previously advised entry conditions remain in place and this week will see the

borders to some other States opening more fully.

Communication is the key and things continue to change rapidly. Please contact us to discuss your individual circumstances and as we always do, we will work with you and your loved ones to see what can be achieved.

The ongoing funding landscape remains difficult; however, we remain hopeful that the Federal Government will introduce more permanent increased funding arrangements to ensure the long-term sustainability of Aged Care Services in Australia.

We look forward to the findings and recommendations of the Royal Commission when the report is handed down in February 2020.

With relaxations in some Covid-19 conditions across the country we can expect that the Aged Care Quality and Safety Commission will attend shortly to undertake the postponed full reaccreditation of Nirvana Hostel. We look forward to your participation in this process.

Be Kind to each other and Together we will continue to make a difference.

Regards Brad



Lifestyle Coordinator— Jade Gilchrist



Lifestyle & Volunteer
Coordinator—Jade Gilchrist

Hi everyone,

It is good to see some mowing happening as the grass is greening up with the rain, my place it is no exception and in need of a good tidy up. The butcher birds brought me their babies to feed which means the

mice I catch are being put to good use. Mice seem to be a bit of a problem lately and my nightly routine is setting traps now before bed and then feeding them to my magpies and butcherbirds in the morning.

We finally have the Christmas party plans finalized and the invitations have been given out to residents. My email is getting full of well

wishes from family to add to the slide show at the party.

It will be a bit different this year without family members but we hope you will all enjoy the party.

We will kick off at 11am with lunch to be served at 12, COVID restrictions means we will not have a buffet and will bring your lunch to you at the table.

I am still waiting to hear form the north pole if Santa will be allowed to travel to Clifton.

See you at the party.

Kind Regards,

Jade

December Birthdays

Ellie 28th
John 4th



Thinking about becoming a
volunteer
Call Jade 4697 3499

Lifestyle Award WINNER

The winner of the Lifestyle Award
for December is Pauline



Recognised for Education

Pauline has been fantastic with the nursing students educating them to the role and supporting them. She is an asset to the facility and the new nursing workforce.

Rest in Peace



Ron Worthy
Graham Stallman
Val Martin



In 1973 I moved to Clifton, raising two children and enjoyed becoming involved in the local community. My daughter Alicia was born at Clifton Co-Operative Hospital in 1977. From 1983 I became a foster Mother to newborn babies prior to their adoption. We welcomed 11 babies into our home including twins. I recently attended the wedding of one of my foster children which was a very special day.

I returned to work in 1989 as a Library Assistant in the Clifton Library and have continued to work there since, seeing many changes in local government over the years and meeting some of my dearest friends.

Over the years I have been involved in a number of organizations and boards in Clifton, the Local Ambulance Committee,

Girl Guiding movement and Clifton RSL Sub Branch to name a few. My Mother always said my second name was "meeting" not Mary.

In 1998 the Chairman of the Clifton Co-Operative Hospital Board, Mr Reg Murphy, asked me to join the Board. Hospitals and Aged Care form part of the heart of our communities and I felt that I had something to contribute. During the past 22 years I have seen many changes as healthcare and aged care have evolved and our services have grown to meet the needs of the community.

My parents John & Gladys were both cared for in the Nursing Home and Hospital and my family will always be thankful for the care they received.

Most importantly I recognise and commend the hardworking management, staff and dedicated group of volunteers that work tirelessly to provide exceptional care to our patients and residents.

Although it was a difficult decision to step down from the Board this year, I wish the incoming Board every success in the future and will continue to support their fundraising efforts.

For me, it is a very rewarding experience to be involved in the community, especially the Clifton community.

Regards,







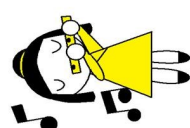


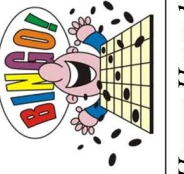








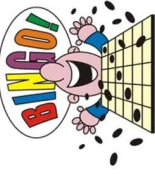










Bernadette (Bernie) Trimingham

Merry
Christmas

Morning Tea 10:00am
Activities
10:30am-11:30am



December 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun							
 1 	 8 	2 Lynelle Plays  9 Nursing Home  Hospital Party	3  10 Sunflower  Nirvana/Villas	4 Happy Hour 1pm  11 	5  12 	6 10.30am Presbyterian Service  13 	14 9:00am Catholic Church Service 9:40am Tai Chi  15 	16 Armchair Travel  17 Grace Plays  18 Happy Hour 1pm 	19  20 	21 9:40am Tai Chi 10:40am Celebration of Life Service  22 	23 Trivia  24 Ken Plays  25 Christmas Day Public Holiday	26  27  Birthdays John 4th Ellie 28nd 	28 Boxing Day Public Holiday 

Clifton Community Health Services are pleased to invite you 2020 Christmas party.

RESIDENT ONLY PARTY

WHERE: Diversional Therapy Room.

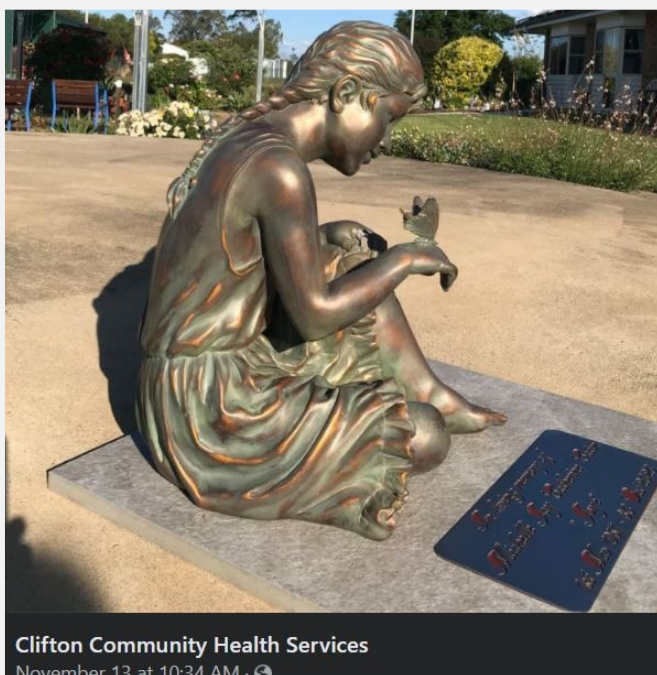
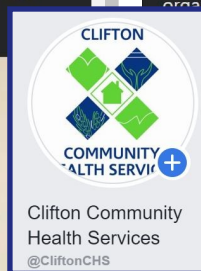
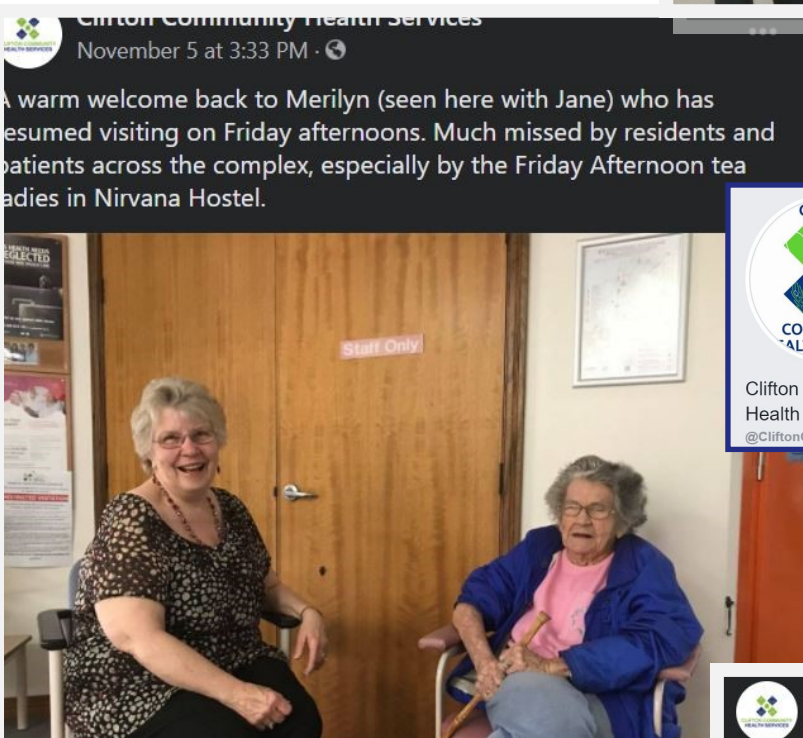
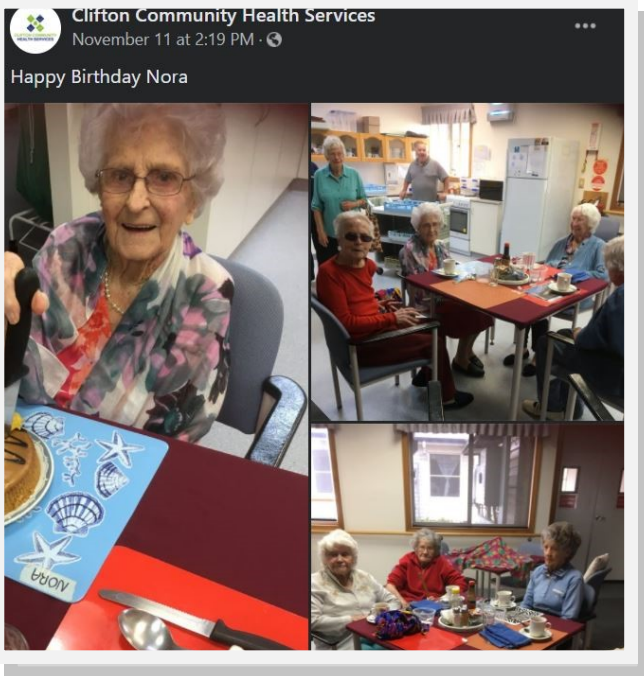
WHEN: Wednesday 9th December or
Thursday December 10th

(Check your invitation for your party date)

START: 11am with lunch at 12 noon

Raffle
tickets will
be for sale
at the
door \$2
each or 3
for \$5

Live entertainment provided by Tillberry Green



Clifton Medical Practice Christmas & New Year Opening Hours 2020

Thursday 24th Dec: 8:30am – 12:30pm

Friday 25th Dec: **CLOSED**

Monday 28th Dec: 8:30am – 5:00pm

Tuesday 29th Dec: 8:30am – 5:00pm

Wednesday 30th Jan: 8:30am – 5:00pm

Thursday 31st Jan: 8:30am - 12:30pm

Friday 1st Jan: **CLOSED**



