

Chairman – Chris Bazley



Dear readers,

2020 has started much more positively on the rain front than 2019. Water going into our CCHS tanks and our farm looking green for a

change.

I hope you all enjoyed some relaxation in January with family and friends and maybe had a swim or two.

Our refurbishments in a number of our CCHS buildings and rooms have really livened up the outlook.

If you are a new reader of our newsletter you may consider seeing Jade about becoming a volunteer at our facility. We love having new people join our current volunteer team and the feedback I get is that our volunteers enjoy what they do and get a lot of personal satisfaction from it.

With state and council elections not far away your board is making sure that everyone whom may end up in a position of influence knows who CCHS is, what it stands for and its benefit to a broad section of our community.

Centralisation of health and aged care services is not the way to go. Supporting rural towns like Clifton keeps services in the bush and allows families to stay together and be close to lifelong friends. The CCHS board is focusing on any suitable grants from governments or private donors as we have plans for a number of upgrades.

Brad continues to apply for any areas of financial support applicable to our long term goals. The CCHS board love questions – please either contact us directly or send your questions to Jade and we will make sure we follow up on them.

One thing with the rain is that it makes weeds grow and our maintenance and gardening team of Neil and Terry do a great job around our large site. They have also been invaluable, moving things around in our refurbishment, under the watchful eye of Kym.

If you have any questions, please ask me. I just want to finish with a compliment to all the CCHS staff and volunteers for their dedication and care and friendship to our residents which I see in action every day.

Regards

Chris

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Complaints/Compliments and Feedback



We are seeking a new resident representative and any interested residents are most welcome to let the staff know if they are happy to provide us with any feedback. The feedback from the Australia day BBQ was positive as many residents enjoyed a traditional BBQ lunch and pavlova. We played Aussie themed bingo and Marianne read out some Australian poetry to celebrate our event.

General Manager-Brad Jones



Hello all, one month of 2020 is in the rear vision mirror.

So, the stories of January were the new year, ongoing funding constraints, novel coronavirus, Australia Day, Australia day awards, our

new resident cats, 100th year anniversary of the Pilton Hall, the new Allora community bus (servicing Clifton), some milestone birthdays, recruiting for new team members, accreditation compliance work and much more. Throughout the month your dedicated team at Clifton Community Health Services continues to strive to deliver outstanding levels of care and attention and this continues to be reinforced to me by the receipt of several more wonderful letters, cards and instances of positive verbal feedback.

Clifton is still having its entire water supply trucked in daily (over 14 loads per day), and we remain on high water restrictions. We have had some rain, that, although not drought breaking, has lifted spirits.

We did not win the 2020 Australia Day award. Congratulations to the fantastic Clifton Lions Club who took out the community group award and to team member Maryann who took out the Citizen award.

Some very sad news in the last week of January, with Director and Deputy Chairman, Andrew Douglas, losing his 18-year-old son to a tragic accident. We have passed on the thoughts and prayers from all of us at Clifton Community Health Services to Andrew and his family at this very sad time.

The Royal Commission into Aged Care Quality and Safety will reopen their hearings this month and have released some information papers to inform discussion over the design of the Aged Care system of the future. I recently wrote to all residents and their families or representatives to update them on this important process.

We are trying to put in place the first steps of the strategic plan for our Information Technology future, we have run into a few early hurdles with the quality of our internet connection, working through possible solutions.

Our telephones are mostly behaving themselves following the challenges of the switchover late last year.

In March this year the ACAR (Aged Care Approval Round) program, which is the current method by which aged care places and capital funding are allocated is opening. The Board are working on information to inform the content of our application.

A long-term donor and supporter has again contributed to the Clifton Nursing Home, this donation has been used towards part of the cost of two new Floatation/Air Chairs for the benefit of the residents.

The Nirvana Hostel renovations are progressing with the courtyard now open. More work under the grant is planned for the northern garden area of Nirvana Hostel. Photos to follow.

Did you know that as a Registered Charity and Deductible Gift Recipient any donation you make to Clifton Co-Op Hospital Ltd over \$2 is tax deductible? Consider making a donation today.

Please "Like" our Clifton Community Health Services Facebook Page.

Remember, a community working together with a common purpose can achieve anything.

"Together we will continue to make a difference"

Regards
Brad





Lifestyle & Volunteer
Coordinator—Jade Gilchrist

Hi everyone,

This month we have the arrival of two small furry residents into Nirvana. Tabby and Mickey are calling Nirvana home and receiving plenty of

cuddles from the residents and staff. We are also on the look out for more volunteers especially on Thursday to help out with bringing residents to the DT building and serving morning tea.

Here are some good reasons to become a volunteer.

- It can make you happier and healthier
- Volunteers gain valid experience
- It creates new networks and friends

Lifestyle Coordinator— Jade Gilchrist

- It promotes personal growth
- It strengthens communities
- It's a way to explore your interests
- You get a chance to give something back
- When you volunteer you make a difference

Our volunteers are a big part of what makes our services great. We are also happy to have guest speakers, people to show and tell their talents, entertainers, craft demonstrations or performances. Please give me a call if you can offer any of these to our residents.

Kind regards, Jade

Thinking about becoming a
volunteer?
Give Jade a call 0400 404 490

February Birthdays

Sheila 11th

Barbara 12th



Welcome new residents

Ron, Dudley, Monya and Herb

Rest in Peace

***Lexi from Sunflower
Evelyn and Therese
from the Nursing
Home***



Lifestyle Award WINNER



The winner of the Lifestyle Award for
January Maureen under the category
of Excellence in Team Work

Congratulations Maureen



Day 2 of incarceration in our new prison and my captors have arranged protective custody for my brother and me... They hold us by day and night in an elevated cell, but feel we are safe, for now..... But have my doubts for our future.

We are continually lifted from our cells and taken to strange rooms which I can only assume are some kind of testing facility. These testing rooms contain very comfortable bedding and a number of objects I have identified for a later date that need to be investigated and possibly pushed to the floor.

Day 3 I watch on as my tormentors continue to assemble at what appears to be some kind of ritual where they gather at the same time, in the same cathedral multiple times a day where they're waited on by other human slaves. They dine on luxurious meats, grass and other forms of sustenance... I must continue my plan of escape to acquire their fine meats and wears.

Day 5 Plans of escape have been postponed in order to analyse why the human slaves

Tabby's Thoughts

continue attempts to steal my poop with their tiny shovel like implements...

I have contemplated hostile retribution of the guard's feet, but feel I should reserve such actions in order to obtain their fine meats should the opportunity arise.

Day 07... Possibly day 6 As time slips away from me and the days melt into night, I struggle to sleep... My brother Micky's mouth breathing continues to aggravate me and I fight every primal urge to bite his tail and kick him repeatedly in the stomach. I am only calmed by my continued observations, or lack thereof, of the humans licking themselves... They do not smell, so this leads me to believe they have some kind of cleaning room in which they perform their acts in private. Or do they have other human slaves that clean them? Further investigation is a must.

I feel for now the humans mean us no harm but we may be taken and relocated at any time. If this occurs, I hope these entries are useful for the next round of captives.

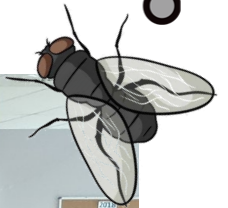
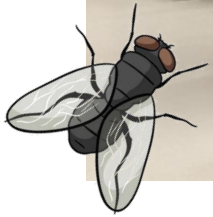
Tabby...



Australia Day BBQ 2020







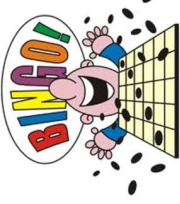







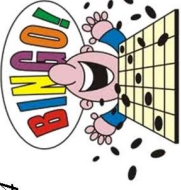






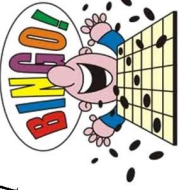




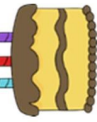



Australia Day BBQ 2020



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



February 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3 Movie 	4 Games 	5 Lynelle Plays 	6 Residents pick 	7 	1  2 10.30am Presbyterian Service 	9 
10 9:00am Catholic Church Service 	11 	12 Trivia 	13 Holtz's Plays 	14 	15 	16 
17 9:40am Tai Chi 10:40am Hymns with Kath 	18 Games 	19 Armchair Travel 	20 Grace Plays 	21 	22 	23 
24 10:30am Anglican Church Services 	25 	26 Birthdays residents meeting 	27 Ken Plays 	28 2pm Happy Hour 	29 	

Program is subject to change without notice



Clifton Community Health Services

Published by Brad Clifton [?] · January 9 at 3:03 PM · 🌐

A big thank you to our new supporters, Nu-Pure Beverages. Early in the New Year we were visited by Water Manager, Brendan, with a large donation of water for the residents and patients of your locally owned and operated, health services cooperative. Brendan is seen here with Neil and Chris from CCHS taking delivery of the donation. THANK YOU



Clifton Community Health Services

@CliftonCHS



Clifton Community Health Services

Published by Brad Clifton [?] · January 13 at 12:21 PM · 🌐

The World Health Organisation has designated 2020 as the International Year of the Nurse and Midwife.



Clifton Community Health Services

Published by Brad Clifton [?] · January 16 at 9:31 AM · 🌐

Happy Birthday to Myra, 103 this week.



Clifton Community Health Services

Published by Brad Clifton [?] · December 17, 2019 · 🌐

Excited that we have been nominated for a 2020 Australia Day Award.



Clifton Community Australia Day Committee 2020

Clifton Co-Op Hospital Ltd- Clifton Community Health Services
20 Norman Street
CLIFTON QLD 4361

December 5, 2019

To Whom It May Concern,

I am pleased to advise that you have been *nominated* for an Australia Day Award.

All nominees are invited to attend the Australia Day Ceremony at the FE Logan Hall, Meara Place on Sunday January 26, 2020.

The event will commence at 7.00am with the raising of the flag followed by a Great Aussie Breakfast cooked by the Clifton Lions Club and entertainment.

The winner of each category will be announced and presented with an award by our local Ambassador and Cr Glasheen Toowoomba Regional Council at this ceremony.



Novel coronavirus (2019-nCoV)

What you need to know

Health authorities have identified coronavirus cases in Australia in January 2020. The virus originated in Wuhan, Hubei Province, China, and the majority of cases are there. The only clear evidence of person-to-person transmission is in the Hubei province.

Currently in Australia, people most at risk of contracting the virus are those who have been in Hubei Province recently, or have been in close contact with someone who is a confirmed case of coronavirus. If this applies to you, this fact sheet will let you know what to do.

What is this coronavirus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus originating in Hubei Province, China, is called 'novel' because it is new. It had not been detected before this outbreak.

How is the coronavirus spread?

The coronavirus is most likely to spread from person-to-person through:

- Direct close contact with a person whilst they are infectious;
- Close contact with a person with a confirmed infection coughs or sneezes; or
- Touching objects or surfaces (such as door knobs or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

Most infections are only transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath.

There is now some evidence that people could be contagious before showing symptoms. This means anyone who has been in Hubei Province recently or been in close contact with someone who is a confirmed case of coronavirus, must take the following additional precautions, even if they don't feel unwell.

Travellers from Hubei Province within 14 days

If you have travelled to Hubei Province, China within the past 14 days, you must isolate yourself in your home for 14 days after leaving Hubei Province.

Close contact of a confirmed case of Coronavirus

If you think you may have been a close contact of a confirmed case of novel coronavirus while you were in Hubei Province, you must isolate yourself in your home for 14 days after last contact with the confirmed case.

What does isolate in your home mean?

People who are recommended to be isolated should not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home. Do not allow visitors into the home. There is no need to wear masks in the home. Where possible, get others such as friends or family, who are not required to be isolated to get food or other necessities for you. If you must leave the home, such as to seek medical care, wear a surgical mask if you have one.

What do I do if I develop symptoms?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of returning from Hubei Province, or within 14 days of last contact of a confirmed case, you should arrange to see your usual doctor for urgent assessment. You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you may have been in contact with a potential case of novel coronavirus. You must then remain isolated either in your home or a healthcare setting until Public Health authorities inform you it is safe for you to return to your usual activities.

Travellers from mainland China and other countries

If you have travelled to mainland China in general but not Hubei Province, we do not currently recommend self-isolation. The development of cases outside of Hubei Province is being closely monitored and this advice will be updated if necessary.

Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly.

From previous experience with other coronaviruses, the people at most risk of serious infection are:

- people with compromised immune systems, such as people with cancer
- elderly people
- Aboriginal and Torres Strait Islander people
- very young children and babies, and
- people with diagnosed chronic medical conditions.

How is the virus treated?

There is no specific treatment for coronaviruses. Antibiotics are not effective against viruses. Most of the symptoms can be treated with supportive medical care.

How can we help prevent the spread of the virus?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others (including touching, kissing, hugging, and other intimate contact); and
- cough and sneeze into your elbow.

Should I wear a face mask?

Face masks are not recommended. A face mask will not protect you against becoming infected. While the use of face masks can help to prevent transmission of disease from infected patients to others, **face masks are not currently recommended for use by healthy members of the public for the prevention of infections like novel coronavirus.**

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au.

Call the Public Health Information Line on 1800 004 599.

Talk to your general doctor if you have concerns.