



**CLIFTON COMMUNITY
HEALTH SERVICES**

Newsletter

July 2020

Chairman – Chris Bazley



Goodday readers,
Another financial year done and dusted. This year to date has been one of the toughest that the CCHS board, management, staff and volunteers has had to

endure during the life of CCHS. Severe drought, a small flood, government tightening down on funding for health and aged care facilities and throw in a pandemic to top it off. But CCHS has survived and come out even stronger I believe that a lot of that courage, positivity and willingness to get in and do it comes from YOU!

Each and every individual who has anything to do with CCHS makes the TEAM that delivers our success and ultimate sustainability.

The CCHS board have worn out a few chairs at our latest strategic meetings from which you will see a number of innovative ideas blossom into reality and some significant upgrades of our facilities and technology.

One of our community patients sent in a great idea for these meetings and our management group are working on its implementation.

I feel especially healthy this winter and I am sure it comes from social distancing and being able to keep away from anyone who is crook.

What a cracker of a frost we had up on our hill at Mount Molar in the last few days of June – a long time since I have seen everything so white and crunchy in the morning.

Lots of our farmers have enjoyed the rain and our gardens at CCHS look a picture – lets hope for continued good rainfall so the crops can produce to their potential.

I do want to acknowledge the Federal Government for the assistance they have given to businesses like ours during the Covid-19 pandemic as without it we would have had to dig into our limited savings.

The days are getting longer now which I always enjoy.

Stay safe and look after yourselves

Regards,
Chris Bazley

Complaints/Compliments and Feedback

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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. June was a challenging month as we continued with the usual COVID

routines with the exception of starting activities back in the DT building again. We will slowly be seeing our volunteers return as they will return slowly over the coming weeks. This months calendar will now be back in print and a copy dropped to your room.

General Manager-Brad Jones



Hello everyone, please remember that **COVID-19 has not gone away**, Qld is doing a great job, however please keep up the vigilance and protection measures across all aspects of your lives and particularly with your interactions with our local Health and Aged Care

services.

Across the Hospital and Residential Aged Care our patients and residents are a group of people who are particularly susceptible to the COVID-19 virus, measures remain in place to reduce risk of infection.

- ◆ You must have had the 2020 influenza vaccination and provided proof to us
- ◆ Visitors under 16 years of age are now allowed with proof of influenza vaccination.
- ◆ To allow us to make best use of our limited resources we would request you to please phone ahead to arrange your visit
- ◆ Depending on who you are visiting access to the complex is via the phone at the main Hospital entrance or via the call bell at the main door of Nirvana Hostel.
- ◆ On each visiting occasion we will double check your influenza vaccination status, complete some paperwork, ask some basic health questions, enforce hand hygiene measures, take your temperature and ask you to go straight to visit your loved one in their room or agreed outdoor location.
- ◆ Visit duration restrictions have been removed however still no more than two people at a time. (except in specially approved circumstances please conclude your visit by 8pm) Social Distancing measures should continue to be observed during your visit.
- ◆ If you are not an immediate family member, we would encourage you to talk to the relevant resident, patient, or their representative family member in relation to them being aware of your visit.
- ◆ We thank you for your ongoing understanding and patience

Qld restrictions have been eased and residents have commenced venturing out under a greater range of circumstances, and we have

commenced a planned gradual return of our volunteers. **Mutual obligations still exist to risk manage resident outings and we ask for your ongoing cooperation in this regard.**

The Clifton Medical Practice remains open with additional protection measures in place. It is not too late to book in for your Flu vaccination. Rural GP's will continue to play a vital role in the next stage of this pandemic, identifying possible cases and referring patients for testing where symptoms indicate. Remember, if you are unwell, please get tested.

We have lost some Clifton stalwarts over the last month and the following quote resonated with me.



There are only two days with fewer than twenty-four hours in each lifetime, sitting like bookmarks astride our lives; one is celebrated every year, yet it is the other that makes us see living as precious.

Dr Kathryn Mannix

@pallmeded

The situation continues to change rapidly, we are monitoring developments in Victoria and will continue to monitor all the advice from Darling Downs Health, Qld Health, and the Federal Department of Health. We will continue to stay in contact and keep you updated as things change. **As in all aspects of our community organisation we are keen to talk to you re your individual circumstances and how we may be able to assist.**

Please remember that we are a full charity and donations over \$2 are tax deductible. Donations can be made at any time of year and I take this opportunity to thank the generous people who have donated money and goods over the last month. **THANK YOU.**

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

Continue to support each other, be kind and "together we will continue to make a difference"

Regards

Brad



Lifestyle & Volunteer
Coordinator—Jade Gilchrist

Hi everyone,

This month I have celebrated the second year here in CCHS as Lifestyle & Volunteer Coordinator. I can't believe time had passed so fast. My renovations at home and slowing down and I have found a little more free time in my weekends to paint again. I will do some show and tell when I have enough for an exhibition. My daughter Lian is also a very good artist and I hope to have a mother daughter exhibition some time this year. Lifestyle is finally ready to welcome our volunteers back although we have a few not

Lifestyle Coordinator— Jade Gilchrist

returning for various reasons. If you know anyone looking to volunteer please send them our way.

Lifestyle activities have also returned to the DT Building with social distancing between the wings. Morning tea will be served as well however we may be a little slower while waiting for all our volunteers to return to help us with serving.

See you all again as we welcome our entertainers and community visitors as they return this month back into the program.

Kind Regards,

Jade

Thinking about becoming a
volunteer
Call Jade 46973499

July Birthdays

| | |
|---------|------|
| Joyce | 5th |
| Doreen | 9th |
| Graham | 15th |
| Stanley | 15th |



Rest in Peace



Lloyd of
Sunflower
Lodge
Tommy of
Nirvana

Lifestyle Award WINNER



The winner of the Lifestyle Award for
May is Gail R under the category of
Excellence in Team work

Thank you

Congratulations Gail

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



July 2020

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|--|---|---|---|
| 5 10.30am Presbyterian Service | Joyce 5th Doreen 9th Graham 15th Stanley 15th | 1 Lynelle Plays Pool 1pm 8 Trivia Pool 1pm 15 Armchair Travel Pool 1pm 22 Trivia Pool 1pm 29 Resident Meeting Pool 1pm | 2 Tillberry Green 9 Holtz's Plays 16 9:40am Tai Chi Grace Plays 23 Ken Plays 30 | 3 Men's Choir 1pm Happy Hour | 4 11 18 25 31 Men's Choir 1pm Happy Hour | 5 10.30am Presbyterian Service 12 19 26 27 10:30am Anglican Church Services |
| 6 Movie Flute in Sunflower 1pm Mondays 7 14 21 9:40am Tai Chi 28 | 13 9:00am Catholic Church Service 20 10:40am Celebration of Life Service 27 10:30am Anglican Church Services | | | | | |

Program is subject to change without notice



Clifton Community Health Services
Published by Brad Clifton [?] · June 19 at 3:57 PM · 🌐

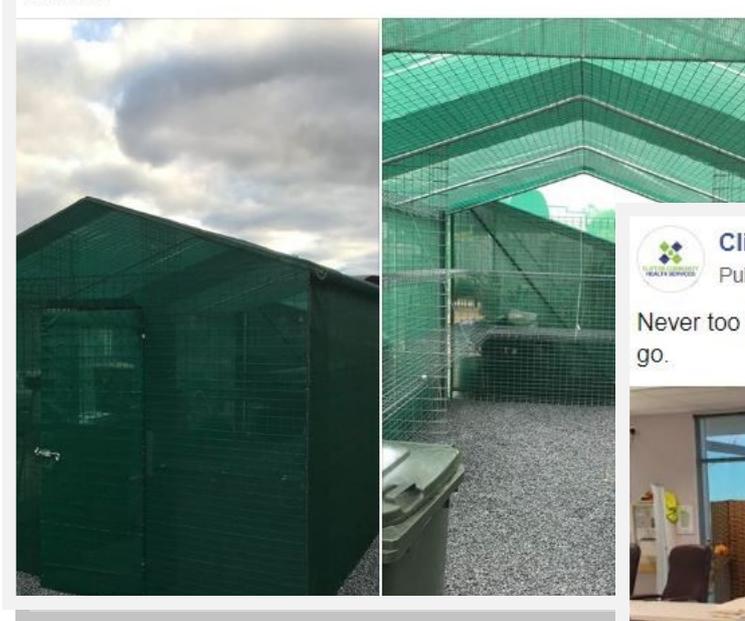
Many of you will be aware of our long association with the dedicated team at Clifton Meals on Wheels. The Clifton Co-Op Hospital kitchen cooks and provides the meals for a fantastic team of volunteers to deliver.

Throughout the COVID-19 pandemic this amazing group of people have continued to deliver meals to our community, and extended their service to a delivery of toilet paper, delivery of hand sanitiser and delivering boredom busting packs to Meal recipients who were isol... [See More](#)



Clifton Community Health Services
Published by Brad Clifton [?] · June 19 at 4:17 PM · 🌐

One of our Covid-19 Lockdown Projects has been the construction of two shadehouses to allow the propagation and raising of plants to enhance our extensive gardens. We would appreciate the donation of any seeds, seedlings, plants, cuttings, potting mix, manure, mulch, fertiliser etc from all those keen gardeners or businesses out there to help us to continually improve our surrounds for the benefit all who utilise the services of the amazing Community Health Cooperative that is Clifton Community Health Services.



Clifton Community Health Services
Published by Jade Gilchrist [?] · 1 min · 🌐

Never too late to learn something new. This times its the ladies having a go.





Jade Gilchrist shared a collaborative post.
Founding Members · June 8 at 10:52 AM

A special day 😊



Clifton Community Health Services
Published by Jade Gilchrist (?) · June 16 at 9:37 AM · 🌐

Happy Birthday Kathleen



Friends of CCHS
Facebook Group
Helping families stay
connected



Denise Kaye Oliver
June 13 at 6:35 PM

Visits with the dadda



Jade Gilchrist shared a collaborative post.
Founding Members · June 15 at 11:04 AM

Hangman for some mental stimulation this morning. 😊

