



**CLIFTON COMMUNITY
HEALTH SERVICES**



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● **Page 1—3 Letter from Brad with
update regarding Clifton Community
Health Services**

Page 4—Launch of Community Services

Page 5—Letter from DT Department

Page 6—Birthday and RIP notices

**Page 7-10 DT updates regarding fund
raising results, and community groups
assistance to CCHS DT Department.**

**Page 11—Invitation to celebrate
International Friendship Day at CCHS
with our residents**

Page 12—June Calendar

Newsletter

April, May, June 2022

Hello everyone,

We had to put a few newsletter issues on hold as we dealt with our own Covid-19 outbreak, however we are back with this June 2022 issue.

A big Thank you to all the team, residents, family, staff for the outbreak response, everyone worked together utilising all the learnings and planning from the last two and a half years and brought Covid-19 under control within the centre in what I consider to be a remarkable period of time. THANK YOU.

That said, Covid-19 continues to circulate widely within our community and it will perhaps be only a matter of time before we will see additional cases within the centre again.

Vaccination remains very important, please get your 2022 influenza vaccination as soon as possible and your Covid-19 booster & Winter dose (4th) if you are eligible. We have run two successful internal clinics and all resident who we willing and eligible have received their vaccinations.

As Covid-19 continues to circulate within the community we will be keeping up all our entry protocols including the daily rapid tests, which we implemented at the start of the most recent outbreak.

After many years of Govt underfunding, 2022/2023 is crunch year for health/aged care providers, in particular for your rural stand-alone providers such as Clifton.

Necessary industry reforms are on the way however are not yet matched with appropriate levels of associated funding.

It was only in March/April 2022, with a proposed new funding model due to launch on 1st October that we received more detailed information on the proposed funding levels per classification, and whilst it appears to be an improvement it delivers only a partial component of what is required.

We are continuing to maintain our high standards at ever increasing cost against the backdrop of long-standing chronic underfunding and the very real pressures of Covid-19, however, are in the process of an extensive internal review. Clifton's overall financial position is deteriorating.

There is some time to address this (as we have been doing) but not years. Because of the efforts of generations of Clintonites we are in a better position than many of our peers, but make no mistake, we are hurting, as are all our counterparts in small towns across Australia.

What can you do to assist? Be open to the idea that to fix this for all Australians then we might all have to pay more for our Aged Care & Health Services.

Be supportive of the necessary changes that we will have to make, spread the word that Rural Health care matters, Older Australians Matter, Aged Care Matters, we are all on the trajectory to becoming one of the elders of our community.

Be open to discussion on alternative business structures and finally Donate, Donate, Donate. The run up to the end of the financial year on 30th June is an ideal time to donate, as a fully registered charity, with deductible gift recipient status, everything that is donated over \$2 can be claimed as a tax deduction,

Alternatively please consider creating a bequest to us within your will estate instructions.

Update regarding the Medical Centre

Yes, we are operating with reduced numbers of doctors, yes, appointment wait times are longer, yes, we are conducting a nationwide recruitment process. However, this is against the backdrop of an Australia wide shortage of doctors.

Please be kind and respectful to the team as they do their utmost to assist you, please come to the source for your information and do not buy into the rumours that are unfortunately being spread by some in our community.

We have an interim consultant practice manager in place pending an upcoming recruitment process whom you can talk to, or you can talk to me.

Clifton Meals on Wheels

Thank you to Clifton Meals on Wheels who donated the funds to allow us to replace and update the gas oven in the main kitchen. Thank you to the Clifton Hospital Auxiliary who are in the process of donating further funds to assist us with equipment upgrades.

Thank you to CEFN, Clifton Ladies Golf Group, Clifton Jockey Club, CWA and Signarama Toowoomba who have also contributed over the last few months.

Thank you to all of our current volunteers and if you have been thinking about volunteering, now is the time to put your hand up and get involved.

Hospital Re-Accreditation Update

We have just undergone the first stage of the Clifton Hospital reaccreditation process and from the interim report, we have a large number of policy and process-based items to work on, and some upgrades required to our aging building.

We await the full report which should be available in early June and in the meantime have engaged an external consultant to assist us with the review of policy and process that is required.

We will shortly welcome our external financial auditors for their regular yearly interim audit visit ahead of their full visit which is usually in August of each year.

- Many of you would have had the opportunity to participate in a short
- community consultation survey that was
- distributed by us electronically in May, if not then there will be further opportunities coming up including some focus group meetings if you wish to get involved.

We are in the six-month reaccreditation window for Clifton Nursing Home and hopefully you have read the letters that were distributed to residents or seen the signs on the noticeboards advising of this process.

A reminder that there is always opportunity to participate and play a regular active part in your individual care-planning process and I look forward to you being actively involved in this ongoing process as a collaborative approach delivers the best care outcomes.

We have continued our system improvements over the first part of 2022 and so far, have gone live with

electronic systems, clinical management, message management and medication management across Nirvana Hostel and Clifton Nursing Home, this will shortly be followed by a resident management module that will further improve our systems.

Finally, Flooding, Flooding, Flooding

Whilst dealing with everything else we have also dealt with several flooding events and whilst we were not affected by inundation, we had widespread access disruption across the entire service, having to close the medical centre on a few occasions and operating the hospital and residential care with staff sleeping over and working additional shifts to ensure that operations keep running,
Thank you all.

A community working together with a common goal can achieve anything.

Brad



In-home care now available for older residents

Hi, my name is Sharon Cruickshank and as the coordinator of In-home Care I would like to announce that the In-home care services for older residents are now available from Clifton Community Health Services. The local organisation has been approved as a Home Care Package provider as part of the Australian Government Aged Care subsidised scheme. This means that residents who are approved to receive a Home Care Package now or in the future can choose Clifton Community Health Services to provide the support and services they need to live well in their own homes. “We have been serving the local community for more than 70 years so we are very pleased to expand our services to include in-home care for anyone living in Clifton, Allora and surrounds,” General Manager Brad Jones said. “As people get older, living independently at home can become more difficult, but help is available,” Mr. Jones said. “Help at home looks different for different people and that is why the Home Care Package scheme is good because people can tailor the services and support to suit their needs,” he said. “It might include getting

help with shopping and cooking or it could be receiving personal care to bath and dress. It may even mean getting modifications to improve the safety and movement around the house.” Clifton Community Health Services has appointed a dedicated Home Care Coordinator who will help clients understand what they are eligible for and how to organise services and support. Home Care Package recipients can choose from a range of services and support such as meals and food preparation, nursing care, bathing and grooming, cleaning and household chores, home or garden maintenance and modifications, and transport to social outings, shopping and appointments. “All home care providers deliver their services differently and charge different amounts.

It is important that people look around and compare providers before making a decision,” Mr. Jones said. “There are three main things that people should consider when selecting a provider and they are: choose a provider that meets your needs, make sure you receive a good standard of care, and know what you will need to pay,” he said.

Anyone who wants more information about a Home Care Package is welcome to contact the Clifton Community Health Services Home Care Coordinator, Sharon Cruickshank directly on: Ph: 4697 3735 or Mb: 0484 597 396 or email: homecare@cliftonhospital.org
MEDIA CONTACT: Brad Jones Mb: 0419 767 468, manager@cliftonhospital.org or Heather Smith, 0403 462 686 heather@wishbone.com.au

News from the DT Team

Hi everyone!

We trust you are well. We will touch briefly on those stories here but please do keep an eye out on the Facebook page where we hope to share photos and stories in full with you online soon.

Firstly the DT department would like to announce the purchase of a Brother ScanNCut machine for the purpose of craft for the residents. Monies raised for this were through the Christmas Raffle and a very much welcomed private donation. It has made a tremendous change to our ability to decorate the room for themed events and we look forward to sharing with you further benefits from this machine for future events and craft sessions with the residents.

We would also like to announce that the Clifton Women's Auxiliary have kindly offered to donate funds towards materials required to keep the Craft side of DT up and running of the ScanNCut machine. This is very much a welcomed offer which has been accepted by CCHS. Thankyou to the wonderful women who make up the Clifton Women's Auxiliary and the wonderful work that you do for the Clifton community.

On the 12th of May we were able to say Thankyou to our nurses at CCHS for their continued efforts. We had a good turn out of nurses coming and going for a catered lunch to celebrate International Nurses Appreciation Day and hope to do the same again next year.

Call for Volunteers to help the DT Department !

Having someone come and sit with residents to talk about the weather, how the farmers are fairing, what is happening locally, can make a world of difference.

If you like to have a yarn and a laugh, please do consider volunteering your time to come and visit those who might otherwise not receive a lot of social interaction.

We also would like to put a call out to those who are perhaps not feeling up to pushing wheelchairs and the like but who are just happy to sit next to and help a resident with a game of Bingo or Hoy. Some of our lovely residents struggle with sight and or hearing and would appreciate someone who can help match up a card or a number that is on their boards when called.

If this is you and even if you have never volunteered, just considered volunteering, or have volunteered in the past with us or elsewhere, please do contact us.

We will state that for the protection of our residents, that you will need to wear a mask, do a RAT test (provided by the hospital) on arrival (allow for 10-15mins to process), have a record of your 2x covid shots, 1x booster and a 2022 flu shot. CCHS will pay for your police check to have on file for our records if you don't already have a current one. We appreciate your understanding with these requirements at this time.

Thank you for your support of CCHS as a community and we trust we are doing our part to give back to those you have entrusted with us.

Please contact Casey or Marianne on: 4697 3377 extension #64 (Open 08:30-14:30).



Selwyn 4th April (76)

Angela 20th April (89)

Robyn 23rd April (74)

Joffre 27th April (102)

Tammy 9th May 92)

Sondra 15th May (76)

Marie L 17th May (96)

Merv 25th May (86)

Paul 28th May (73)

Pam 30th May(79)

Barbara H 25th May (81)

Paul 28th May (73)

Pam 30th May (79)

Phillip 2nd June (99)

Brian 12th June (90)

Kathleen 13th June (87)

Rest in Peace

2021

John Oliver

Gabriel Weidman

Donald Breeze

Marjorie Suchting

Les Wilson



2022

Frank Fiechtner

Sylvia Knecht

Neville Kirkland

Lenore Muller

Darrel Skaines

Gloria Forster

Shelia Wilson

Nora Logan

Barbara Hanson



St Patrick Day



On Saint Patrick's Day Residents, Volunteers and Staff had a great morning!

We enjoyed some home made Irish Stew with freshly made potato cakes and bread sticks with green cake on the side.

The morning saw us listening to some Irish music, Trivia/Quizzes as well as some Folklore stories from times of old.

To finish the morning we watched some Irish Dancing and got lots of photo's which we look forward to sharing with you soon on Facebook.



We had an awesome Easter which we celebrated with the residents at CCHS. We started off with a lovely morning tea provided by Sandra that was plated up by Staff and Volunteers.

The residents enjoyed a morning of Trivia as well as historical information about how the celebration of Easter came to be and how it came to include Rabbits and Easter Eggs. We agreed that Rabbits certainly don't lay eggs and Rabbits don't come from eggs. If you have proof they do, please do drop us a line and let us know. We would be keen to hear your theory.

There was then round of discussion about Easter and what it means personally to each person, be it personal faith or the faith of their parents. We had some interesting and in-depth responses.

That afternoon after lunch, the cutest Easter Bunny you ever saw arrived to surprise the residents in their rooms and common areas with very large Easter Eggs. There were lots of smiles, thank yous, and chuckles at waking up from their naps to the Easter Bunny sneaking in with helper in tow to gift them with a wonderful sugar fix. One resident got so excited when he got a hug, he almost popped the Bunny's head off. Please keep an eye out for more photos to come and Facebook.

Anzac Day 2022



Anzac Day saw us remember the soldiers that fought for Australia, our freedoms and in doing so we enjoy that life that we have today.

We took time to talk about the men who joined what was called the March of the Dungarees who marched from Warwick to Brisbane in 1915. We specifically remembered and talked about the men from local districts such as Warwick, Allora, Clifton, Nobby, Greenmount,

Cambooya, to further connect with those that served in the war. It took five days to march from Warwick to Drayton arriving on 15-20th of November 1915 and arriving in Brisbane on the 30th of December 1915.

For our Anzac Day Ceremony, resident James (a retired serviceman having served with 3x units as an experienced paratrooper) attended in his full army uniform, beret and medals with his daughter Carol by his side. We appreciate that Carol does her best to come every year to support her Dad. She assisted him in laying a wreath on behalf of the residents.

Joffre our 102yr old resident is also a retired serviceman who headed off in a helicopter that morning for a wonderful service and event down at his old school in Southport. Links to story provided on Facebook in April to find out more.

We would also like to take this moment to honor Les Wilson who is a past retired serviceman for his services to our country. He unfortunately is no longer with us but he will be remembered and not forgotten.



Firstly, we would like to introduce you to the Green Large Print Song Books that have been a work in progress these past few years with the idea brought forward by Lynelle Fenner who provides an array of music to the Clifton Community as well as here at CCHS.

Lynelle wanted to have on hand a music book that contained newer songs that reflected more of her era of music. While war time songs are great for those that remember them fondly, Lynelle wanted something that she also could relate to.

A collaboration was put into place between herself, Graeme Pope of Aged Car Music Resources, Jade Gilchrist and Samantha Campbell (A well-known star, singer and entertainer of the 60's). Monies for a grant were applied for through the Community Grants Hub and in January 2022 this granted to CCHS.

The monies were used to purchase 25x books and at Graeme's suggestion we purchased the Lower Key Supplement which allows residents and entertainers to play and sing songs in a lower key. Such a help!

Lynelle and Tim who play and sing for us once a month came to play shortly after the books arrived and it was lovely to hand the books out for a round of singing.

We have not heard residents voices as a group singing as loudly as they were with smiles on their faces as they heard and recognized the songs. Thanks again to those who collaborated on this project, to Graeme Pope for his generosity of time and effort, Brad Jones and CCHS who applied for the grant to purchase and Lynelle who pushed for this end result of the Green Music Book.

If interested in ordering these books, please contact Graeme Pope on the details listed [————>](#) **Aged Care Music Resources—Graeme Pope**
P: 1300 971 647 M: 0430 760 556

Happy International Friendship Day!

Dear friends of the Clifton Community Health Services

Casey and Marianne would like to invite you to a Friendship high tea Fundraiser, to celebrate Friendship Day.



Theme: Come dressed wearing White and Yellow

Venue: Diversional Therapy Room,

When: Tuesday the 2nd of August

Time: Doors open at 10am with the celebration ending at 1pm

Requirements: RAT test which takes 10-15mins to process. Please arrive early to allow for yourself and others to be processed. We will provide masks on arrival and please wait to be seated.

RSVP: 18/07/2022 as seats are limited




Parking: Please Park on Kates Street or Norman Street

Enter via: Diversional Therapy Room via the back doors. This is accessed through the medical centre carpark. Please walk through the gates, follow the path up to the side ramp of the Diversional Therapy room where you will find the entrance.



JUNE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6 Queensland day 9:30 Tai Chi 10am Morning Tea 10:30 Crossword Bingo	Phillip 2nd (99) Brian 12th (90) Kathleen 13th (87)	1 10am Morning Tea 10:30 Lynelle Plays 1pm Pool in DT room	2 10am Morning Tea 10:30 Judith Plays	3 10am Morning Tea 10:30 Bingo	4	5
13 9:30 Tai Chi 10am Morning Tea 10:30 Armchair Travel	14 10am Morning Tea 10:30 Hoy	8 NO ACTIVITIES	9 10am Morning Tea 10:30 Holz Play	10 10am Morning Tea 10:30 Bingo	11	12
20 9:30 Tai Chi 10am Morning Tea 10:30 Residents Meeting	21 10am Morning Tea 10:30 Hoy	22 10am Morning Tea 10:30 Word Games 1pm Pool in DT room	16 International Domestic workers Day 23 10am Morning Tea 10:30 Ken Plays	17 10am Morning Tea 10:30 Bingo	18	19
27 9:30 Tai Chi 10am Morning Tea 10:30 Anglican Church	28 10am Morning Tea 10:30 Hoy	29 10am Morning Tea 10:30 Visit from a Farmer (Chris Bazley?) 1pm Pool in DT room	30 10am Morning Tea 10:30 Movie	 	25	26