

Chairman – Chris Bazley



Goodday Readers,

What a difference a few weeks makes with everything green and our lawns growing wildly. The CCHS gardens and lawns look

a picture with lots of colour. I know our new ride on mower is earning its keep now!

I was in the big smoke of Brisbane during February visiting a medical specialist – fortunately it coincided with a rugby match as well and guess what? The Doctor asked me all about CCHS as he had heard such great reports about the health care and community spirit from one of his colleagues who had a family member being cared for by CCHS. The Doctor knew all about us as he had checked out our website. I felt very proud of all our team at CCHS.

We have several Government grant proposals on the go at the moment with our strategy of building refurbishment a key priority – we just need some funding help.

A number of us from your CCHS board met with Pat Weir a couple of weeks back about support for CCHS if there is a change in State Government at the elections later in the year.

Any potential volunteers out there? We are still looking to add new volunteers to our team. We really appreciate the efforts of every volunteer for the assistance they give our staff but also the support and company they show to our residents.

I haven't had any questions for a month or two. If you have anything you want to have a yarn about, as long as it is not health advice (best to see our professionals) please catch up with myself or any of our board members.

A sincere thank you to all those individuals and families who have been making donations to CCHS, your money will be spent wisely and assist many.

See you all next month.

Chris.

Inside this issue:

Chairman Report	1
Complaints/Compliments	1
General Manager	2
Lifestyle Department	3
Photos	4
Activities Calendar	5
Facebook Page	6
Other Updates	7-8
Medical Practice	8

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 last residents meeting was positive, the residents are looking forward to another year of arm chair travel activity. Nirvana residents are enjoying having the kittens, Tabatha and Mickey as part of their family.

General Manager-Brad Jones



A unique month of February in 2020 with 29 days in this leap year and now welcome to March.

Some great training was held in February with more planned for March. The first of several manual handling

sessions, two sessions on handling aggression, several sessions on recognising the signs of heart attack and a webinar from the Continence Foundation of Australia. Additionally, a big effort from many of the team to overcome the challenges of navigating our online training platform and commence, progress or complete several additional modules of mandatory yearly training. We also celebrated the Heart Foundation wear red day with a fundraising morning tea.

As Novel Coronavirus (Covid-19) continues its journey around the world, please follow the information provided in last months newsletter and continue to act in accordance with Federal and Qld Department of Health advice.

In the next few months it will be time to turn our attention to protection from Influenza and I encourage everyone to book in for the vaccination clinics when they are announced by the Clifton Medical Practice.

A month has made a huge difference to the landscape and we are now struggling to keep up with the mowing. We have saved our pennies and have purchased a replacement ride on mower to make the job a little easier for the team.

In March we will welcome the Qld Health, Private Hospitals regulation team for a regular routine visit to check on our operations. And moving into late March/April we will submit our application for the full reaccreditation of Nirvana Hostel under the jurisdiction of the Aged Care Quality Standards, as administered by the Aged Care Quality and Safety Commission.

The Royal Commission into Aged Care Quality and Safety reopened in Adelaide with a series of Workshops, some ideas about possible funding models and then commenced hearings on the future of the aged care workforce. On the 4th March they will be commencing hearings on future aged care program redesign.

For those who follow our Facebook page, you would have seen several articles about the financial pressure that residential aged care organisations are under, particularly those like us, that operate in rural and regional areas.

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.

The final paperwork for the Nirvana Hostel grants funded renovations has been submitted, there is still some tidy up to occur, but the courtyard is now open, and the carpet, painting and security upgrades are complete. More photos to follow in next issue.

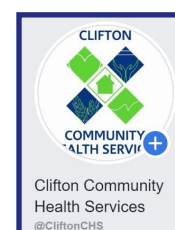
Did you know that as a Registered Charity and Deductible Gift Recipient any donation you make to Clifton Co-Op Hospital Ltd over \$2 is tax deductible? Consider making a donation today.

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,

March already!! This month my daughter turns 12 and fast growing up. As you know I have been playing flute most weeks here for the residents and have started a course in music therapy to see what new skills this can teach me. Music has been an important part of our programme and we are very lucky to have entertainers most Thursdays.

Ken Gilliam has ben playing here for many years on his accordion. We have Grace on piano and Lynelle on accordion also that come each month and of course the Holtz's

Lifestyle Coordinator— Jade Gilchrist

on keyboard and accordion as well. Along with some talented local we have visits from the Darling Downs Men and Sunny Side Up. Music brings memories and take us away from our troubles.

We also welcome any new people who would like to bring their talents to us regardless of the type. If you have something to show us please give me a call.

Kind Regards,

Jade

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

March Birthdays

Gloria 25th

Shirley 9th

Eric 26th



Welcome new residents

Robyn and Monya

Rest in Peace

Herb from the nursing home



Lifestyle Award WINNER



The winner of the Lifestyle Award for February Sharron under the category of Excellence in Care

Congratulations Sharron

Hi!

My name is Tabatha. I live in Nirvana Hostel with my brother Mickie.

We have lived in Nirvana for some time now and have settled in well.

We love our breakfast of a morning. After breakfast we go outside into the courtyard for our daily fun and activities.

We have toys, a scratching pole to keep our claws clean and some green grass to frolic in.

Friendly and kind staff clean our enclosure where we sleep at night to keep us safe and comfortable. We enjoy being mischievous and playful together. We have a comfortable bed outside with us so we can have a cat nap.

- Other human residents live here who love to give us cuddles and affection, along with the caring staff who work here.

- Visitors come on a daily basis and spend time with us. We show our love by purring very loudly.



While we are outdoors we have plenty of fresh clean water to drink and yummy biscuits which we munch on at our leisure.

After an exhausting day of fun and play we happily go into our enclosure for a restful quiet night's sleep on our comfortable beds. We love being together for company and to feel safe.

Thank you for loving us so much, caring for us and making us part of your family.

Tabatha




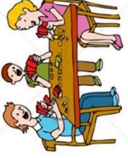
**Fresh new look
for Nirvana**



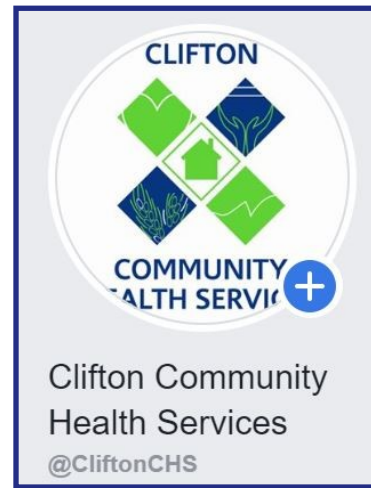
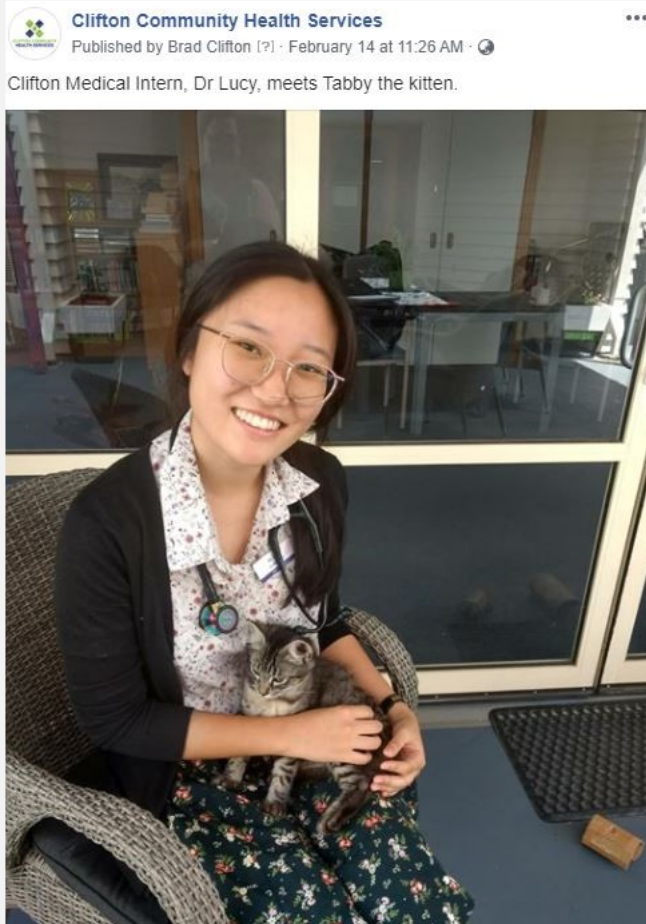
Morning Tea 10:00am
Activities
10:30am-11:30am



March 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						 1 10.30am Presbyterian Service
2 9:40am Tai Chi Sunny Side Up 	3 Games 	4 Lynelle Plays 	5 Heritage Highlanders 	6  13 2pm Happy Hour 	7 	8 
9 9:00am Catholic Church 9:40am Tai Chi 	10 	11 Trivia 	12 Holtz's Plays 	13  20pm Happy Hour 	14 Three Angels Singers 	15 
16 9:40am Tai Chi 10:40am Hymns with Kath 	17 Games/St Pats 	18 Armchair Travel 	19 Grace Plays 	20  27pm Happy Hour 	21 	22 
23 9:40am Tai Chi 10:30am Anglican Church 	24 	25 Birthdays Residents meeting 	26 Toowoomba Show Public Holiday	27  24pm Happy Hour 	28 	29 
30 9:40am Tai Chi Residents Pick 	31 Games 					Shirley 9th Gloria 25th Eric 26th 

Program is subject to change without notice



Pat Weir MP
February 12 at 12:55 PM ·

[Like Page](#)

I attended the general meeting of the Clifton Community Health Services at the Clifton Co-operative Hospital on Monday, 10th February and toured the hospital facilities. Pictured with Chris Bazley, Chairperson and Board Member, Rob Imhoff.



Clifton Community Health Services added 7 new photos to the album: Clifton Show Display February 2020 — at Clifton Show Society.
Published by Brad Clifton [?] · February 14 at 12:49 PM ·

Clifton Community Health Services Show Display, Clifton Show, February 2020.
Come to the Clifton Show this weekend and check out our display in the pavillion.





Information for residents of residential aged care services, their family members and visitors

There is an outbreak of novel coronavirus (COVID-19) in mainland China.

If residents, their family members or visitors have travelled from mainland China or think they may have been a close contact of a confirmed case of coronavirus, special restrictions apply. They must isolate themselves in their home or accommodation, which means not attending public places, in particular work, school, university or public gatherings.

This information sheet should be read in conjunction with the 'What you need to know' and 'Isolation guidance' information sheets at www.health.gov.au

Who needs to isolate?

To help limit the spread of coronavirus, you must isolate yourself in the following circumstances:

- If you have left, or transited through, mainland China in the last 14 days you must isolate yourself for 14 days from the date of leaving mainland China.
- If you have been in close contact with a confirmed case of coronavirus, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

Residential aged care services

Residents of aged care facilities are advised that if any family members or visitors meet the restrictions, residents will not be able to have these visitors. These visitors will need to be isolated in their own homes.

Residential aged care facilities have been advised to have appropriate precautions in place to ensure residents continue to remain safe from coronavirus. These precautions include monitoring for coronavirus, assessment, testing and having space and resources prepared in the unlikely event a resident needs to be isolated.

At this stage, there is a low likelihood that residential aged care facilities will be affected by coronavirus and these measures are purely precautionary.

What does it mean to be isolated?

If you are a resident and need to be isolated, you will be placed in a single room away from other residents and will not be allowed to see visitors. Health care and residential care workers will continue to provide support and care while you are isolated. If you need to leave your room, such as to seek medical care, you will be required to wear a surgical mask, which will be provided by health care workers. There is no need for any healthy resident to wear a mask.

If you are a family member or visitor who needs to be isolated, refer to advice in the 'Isolation guidance' information sheet at www.health.gov.au

How can we help prevent the spread of coronavirus?

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

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus.

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to a doctor.

Greetings, as another month ticks over for the Medical Practice.

It has been an exciting and busy month for the staff.

This month we welcome our Registrar Dr Vlad from 2 days a week to full-time in the practice. The shortage of GP's this month has been tough on the community and the extended wait times for appointments are at an all time high. We are working on getting things back on track and reducing the time patients are having to wait to see our GP's. Please don't let this discourage you from calling our lovely reception staff to book an appointment. If you have concerns, please call the practice and ask to speak with me directly.

We also introduce Dr Lucy, our new Intern who will be with us until the end of March, so be sure to have a chat if you see her about the facility.

Some baby news Dr Desiree and Dr Andrew welcome their second daughter to the family. Baby Maeve was born on the 21st of February and Mum and baby are healthy and happy. Dr Andrew will be away for a few weeks to help out and will be back on board shortly.

We will be asking patients over the next few weeks to update and check their details.

On some medical issues, the flu season is hitting

us early this year with some nasty bugs and germs getting around. If you do come over to the Medical Practice, or the Hospital you will see some hand washing/sanitiser stations set up around the entry points. Please ensure to use these stations as hand hygiene is the first line of defence against stopping nasty bugs.

Hopefully everyone has a healthy and happy month.

Be Sun Smart

SLIP on clothes that cover your arms and legs.

SLOP on broad spectrum SPF 30+ sunscreen.

SLAP on a broad brimmed hat

SEEK shade.

SLIDE on some sunglasses.

