



## CLIFTON COMMUNITY HEALTH SERVICES

# Newsletter

April 2019

### Chairman – Chris Bazley



Goodday everyone,  
Exciting times as the LA CASE donated by Graham and Dal Berry to the Sunflower Lodge was delivered last week. Thank you to Graham and Dal and the team of Bob Rohan, Neil and

and again a big thankyou as these funds help provide the extras that we may not have been able to fit into our expense budget.

As I write it is starting to shower at home and I can see the green lawn shoots growing already. The rain has been great for our on site water capture as the rain water certainly helps all our equipment last a lot longer and function much better.

Brad who helped put her in place. I arrived just in time for the photos!

We received a sizeable grant allowing us to give Nirvana a real freshen up. One this has been done we want to et everyone see what has been refreshed and changed– a good opportunity for readers who haven't seen these facilities to drop in and have a look. Keep a look out for when this is organized. Opening of Sunflower Lodge is proving hard for Brad to organize with elections on the horizon. It will happen and maybe we can cut a first birthday cake at the same time.

You will remember I asked for questions and I did received two that I will talk about today. The first was regarding our bus and I can say we have a few irons in the fire and are feeling positive that one may come to fruition– keep your fingers crossed. The other question was about donations to any part of the Clifton Community Health Services. Firstly we appreciate each and every donation big or small and also from our volunteers who give their time and energy– a big thankyou.

Keep your questions coming and appreciate your feedback.

All financial donations are tax deductible as we are a registered charity. You can nominate where your donation is to be spent

Regards, Chris Bazley

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### Complaints/Compliments and Feedback via the resident representative-Anne K



This is my second month representing the residents and I am pleased to report that so far no concerns have been raised with me. Residents are always welcome to find me in Room 9 in the Gold wing for a chat or to raise concerns. I will also pick a day to visit residents to have a chat before the end of next month.

## Finance Manager-Louise Shaw



As you are aware, the Government applies indexation to the residential care fees bi-annually. Last week the fees to apply from 20th March 2019 were released. Keep an eye out for a letter from me

detailing what this means for your account with us.

Our preferred method of sending out invoices is via email instead of standard post. If you aren't already receiving your invoice via email, and have an email address, could you please contact the office with those details.

disease, and stroke. Sleepy drivers are responsible for hundreds of deaths and thousands of road accidents. Common sleep disorders include obstructive sleep apnoea, narcolepsy, restless legs syndrome, and other disorders."

Dr. Noel said there are important signs that people should look out for, "If patients are acting out dreams, feeling tired, suffering insomnia, snoring, waking with dry mouth or headache, having irresistible urges to move their legs in the evening, kicking their legs while they sleep, having trouble sleeping, mixing up days and nights by sleeping in the day time or if they have any other concerns about their sleep, they should ask for help."

Liberty Health Care can offer free in home meetings with approved clients to discuss a range of health conditions that may be helped by a therapeutic sleep system.

"The first step is to ask for help, many of our clients are referred by their Occupational Therapist or mobile Caregiver" said Alan Martin, "but we take inquiries from private individuals too."



## Sleep essential in overall well-being.

"Sleep is essential in the overall well-being of people." Says Dr. Michelle Noel a Sleep centre Neurologist

Liberty Health Care manager Mr Alan Martin and Dr. Noel emphasize the importance of sleep for everyone, as it allows the brain to reset and perform at peak function. Lack of sleep can be caused by poor sleep habits or undiagnosed sleep disorders.

"We all know the effects of a poor night's sleep, such as irritability, lower performance, and difficulty concentrating, added Dr. Noel. "Long term lack of sleep can have serious effects on health such weight gain, heart

The goal is to get to find solutions to improve the patient's sleep and achieve the best possible health outcome. If you would like to talk to someone about what happens to you mind and body as you sleep and how you may be able to harness that to help you treat a wide range of health conditions call Alan Martin of Liberty Health Care on

1300 885 853 .



Find us on:  
**facebook®**

## CLIFTON COMMUNITY HEALTH SERVICES MEDICAL CENTRE

Introducing Dr Alan Veh (the one in the glasses)

Dr Marc Heggart

Alan is with us until 14th April and an Intern from the Toowoomba Hospital. Marc is with us till the end of May and a GP Registrar.

Interestingly Marc is starting his Doctor career as an Army Doctor! Defence doctors are all required to spend time in a Private GP to gain experience dealing with conditions they wouldn't normally be exposed to the Army.



Couple of reminders:

- We would like to remind all our patients to bring along their Medicare and Concessions cards to your appointments and also remember to update any changes of phone numbers and addresses.
- Remember to cancel your appointment if you cannot not make it, this helps us all when short on appointment availability.
- Once you have finished with the Doctor, please see the reception girls with any of your referrals or requests from the Doctor.



### Lifestyle Coordinator— Jade Gilchrist



Lifestyle & Volunteer Coordinator—Jade Gilchrist

Hi everyone,  
The rain has been lovely and lets hope it keeps on coming. This month saw the Lifestyle Department featured on page six of the Toowoomba Seniors magazine which was very nice. The lifestyle department has such a wonderful team with Casey and Helen, excellent and dedicated volunteers not to mention the nursing staff that are always helping residents come to activities. The lifestyle department is only one part of this wonderful complex and with the support, the managers and the community we will continue to do the best

we can. I have been secretly working on a project over the past few months and can't wait to show you all.

The arm chair travels took us to India this month and the residents got to sample some nann bread and mango chutney.

Our school visitors are back again this year to spend time with us as well as trying out a few new entertainers so keep a look out on the calendar for some new talent.

Keep well everyone.

Regards, Jade.

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

### March Birthdays

- Pat E 4th
- Selwyn 4th
- Tommy 15th
- Margaret B 28th
- Thelma 28th



### Welcome New Residents

Hazel, Bruce, Doreen and Cecily



*Rest in Peace*  
*Kevin*

### Lifestyle Award WINNER



The winner of the Lifestyle Award for March Trish, under the category of Excellence in Care  
Congratulations Trish



The Holz's,  
Sharing the love  
of music with  
students of St  
Francis


























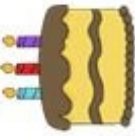




**10:00am**

**MORNING TEA  
ACTIVITIES START  
AROUND 10:30AM**

# April 2019



**CLIFTON  
COMMUNITY  
HEALTH  
SERVICES**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 	2 Cards & Games 	3 9:30am Exercise Lynelle Plays 	4 Heritage Highlanders 	5 Weekend Trolley 	6 	7 10:30am Presbyterian Service 
8 9:00am Catholic Church Service 	9 Cards & Games 	10 9:30am Exercise Visit and Trivia  	11 Holz's Plays 	12 Weekend Trolley 	13 Cent Sale 	14 
15 Easter activities 	16 Cards & Games 	17 9:30am Exercise Armchair Travel 	18 Grace Plays 	19 Good Friday 	20 	21 10:30am Hymns with Kath 
22 Easter Monday 	23 Cards & Games 	24 Birthdays 	25 Public holiday Anzac Day	26 Resident Meeting Anzac Day Service Happy Hour with Ken 	27 	28 
29 Sports 	30 Cards & Games 				RESIDENTS BIRTHDAYS Pat E 4th Selwyn 4th Tommy 15th	Margaret B 28th Thelma 28th 

PROGRAM IS SUBJECT TO CHANGES

Clifton Community Health Services are having a cent sale on 13th of April 2019 at 11am in the Diversional Therapy room via Kate St



Bring the whole family and try your luck and win some great prizes. We will have a **BBQ** selling sausage on bread and soft drinks.

Donations are accepted and greatly appreciated. Please drop off at the complex.

Any queries please phone 46973735



Please help us raise money in our cent sale by donating your unwanted new or near new items. Drop them into the complex



### Clifton Community Health Services

Published by Brad Clifton [?] · March 22 at 1:33 PM · 🌐

Another Milestone for Clifton Community Health Services and Sunflower Lodge as the tractor arrives to take up the place that has been carefully prepared for it.

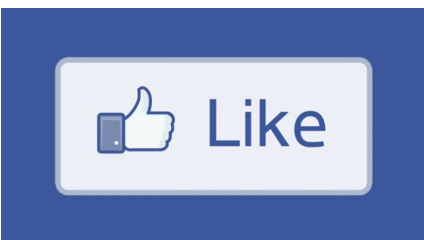
A big Thank You to Graham & Dal Berry for their generous donation. (The attached photo shows Chairman of the Board Chris Bazley with Graham and Dal in front of the donated LA Case)

Thanks also to Bob Malone from Steele Rudd Towing and Rowan Ruhle from Ruhle Developments for shepharding the donation to its new home.



## Clifton Community Health Services

@CliftonCHS



### Clifton Community Health Services

Published by Brad Clifton [?] · March 21 at 4:19 PM · 🌐

Finance Manager, Louise and General Manager, Brad, attended the launch of I Care for Aged Care.

