



**CLIFTON COMMUNITY
HEALTH SERVICES**

Newsletter

May 2020

Chairman – Chris Bazley



Goodday Readers,

I hope you are all keeping well and have found plenty of things to do to pass the time until we hear how far we can venture into the open.

Living on a farm isn't too bad as you have lots of space with birds, chooks, dogs, sheep and cattle to talk to and entertain us. Our dog, Gracie, has never had so many pats and runs around the yard, she now goes into her pen easily at night for a rest!

I am very proud of all our staff, patients and residents who have taken on change in how things are done at CCHS to maximise the safety of everyone.

CCHS volunteers and the general community have also done their bit from a distance with letters, drawings and other ways of communicating with residents. Well done to you all!

My family had their flu shots at the CCHS Medical Centre and it was a very professional process based around our back door. Who would have thought that our ambulance bay would become a waiting room for patients when it was first built?

CCHS is hoping to gain some financial assistance from the government support packages that have been announced but even with them our 2019/2020 profit is going to look a bit crook (to use a medical term)! The most important thing is that we are still very sound financially as in years gone by our boards and management have spent wisely and banked funds when good results have been the go.

Your support has been a key part in the sustainability of CCHS so it can keep going and deliver the advice and services required in our community when things get tough.

Stay safe.

PS – my mullet is slowly growing but not keen on the cold.

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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.

Residents have commemorated the Anzac day services on Monday 27th of April with lifestyle running three different services. Some were also fortunate to catch a glimpse of the horses marching the street parade on Monday for a 100th birthday celebration.

General Manager-Brad Jones



What a fantastic community we have, THANK YOU again for continuing to work with us in partnership as we continue to navigate these uncharted COVID-19 waters.

Because of the fantastic work that you, our local Clifton Community, the

wider Downs regions, the entire state of Qld and all of Australia have been doing in adhering to all the Covid-19 restrictions in place, we are in a much better position than could have been expected, even just a few weeks ago.

Effective from Tuesday 5th May 2020 we have been able to arrange additional Dr's available on site for face to face appointments at the Clifton Medical Practice, in addition to continuing with the very successful Telehealth consultation program.

Covid-19 has not gone away, so additional measures will still be in place. Additional hand hygiene measures will be enforced, along with all relevant social distancing protocols. If you have any form of Covid-19 symptoms or other respiratory symptoms, then please ring ahead to discuss arrangements with our helpful medical staff. Thank you all for your ongoing support, we have been here to support the health needs of our community since 1949 and look forward to hearing from you to book your next Clifton Medical Practice appointment on 4697 3097.

With our vulnerable older population, there were some initially unhelpful comments in the last weeks from our political leaders on visitation into hospitals and residential aged care. These have been tempered somewhat by positive comments over the past week on the fantastic work being carried out by dedicated teams such as ours, all over Australia. The actions that were taken early, across the entire aged care field have, in my opinion, substantially reduced the impact of Covid-19 in Australia. The last thing we want is to see the scenes that are being experienced in residential aged care in some other Australian States and overseas.

Our feedback from Residents, families and community continues to be in favour of the steps we have in place and we will continue to work with you all on an individual basis to facilitate access to loved ones, whilst reducing as much as possible the risks this entails. A big Thank You again for the collegial way you have all been

assisting us in this endeavour. We note the Consultation Draft on Aged Care Visitation Code that was released on Friday as a collaboration between the Federal Government and representatives of the Aged Care Community and look forward to seeing the final document when it is released on 11th May 2020.

Residential Aged Care in Australia, particularly in rural locations, is in a tough situation, with almost 60% of Approved Providers running at a loss and we are no exception. The funding announcement by the Federal Government on Friday was most welcome but is a fraction of what is needed. In the run up to 30th June, please remember that we are a full charity and donations over \$2 are tax deductible.

The situation continues to change rapidly, and whilst it is looking very positive at the moment, please don't become complacent, keep following all the advice from the Department of Health and **I encourage you all to download the Covid Safe App**. We will continue to stay in contact and keep you updated as things change.

Effective from the 1st May 2020 anyone coming into the premises of residential aged care must have a current Influenza vaccination.

When talking to us please be prepared to provide your proof of vaccination to facilitate easy access to approved visits. All residents, patients and staff members have had their vaccination.

Covid-19 has meant a change to our scheduled reaccreditation process for Nirvana Hostel. The Australian Aged Care Quality and Safety Commission have advised that they have accepted our re-accreditation application, however, due to Covid-19, will not be coming onsite at the moment. They will stay in contact and visit when the environment allows.

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



CLIFTON COMMUNITY HEALTH SERVICES MEDICAL CENTRE



We are very pleased to announce that our practise has opened its doors again, combining **Telehealth** and **face to face consultations** with **strict social distancing rules** in place

To arrange your preferred consultation with a doctor

T 4697 3097

MONDAY TO FRIDAY

From 8.30am - 1pm
& 2pm - 5.00pm

CLINICS FOR INFLUENZA VACCINATIONS AND ANY OTHER REQUIRED VACCINATIONS WILL STILL BE HELD, WITH APPROPRIATE PROTECTIONS IN PLACE.



Fever



Cough



Fatigue



Sore throat



Shortness of breath





Lifestyle & Volunteer
Coordinator—Jade Gilchrist

Hi everyone,
This month I had a chance to get away from all things COVID and took a week off work to move and renovate a house in Pratten. I am very excited to see the abundance of birdlife out there and can't wait to start feeding them and watching them.

So far I have seen King Parrots, Cockatoos, in addition to the usual suspects of Magpies, Noisy Minors, Currawongs, Kookaburras and Pied Butcher birds. My little bird Sugar is feeling a bit overwhelmed when they all come to the aviary to look at her. She is not

Lifestyle Coordinator— Jade Gilchrist

a native so they must be very confused wondering what breed she is. We also have some Lorikeets visiting as well so I am thinking to get some nectar for them too.

I hope this month we can continue to bring activities to each wing and provide comfort to those missing their visitors. I hope we can soon be relaxing some restrictions and get back to normal.

Kind Regards,
Jade

Thinking about becoming a Pen Pal and writing to our residents!
Drop your letter to the Jam Factory!

May Birthdays

Frank	9th
Cecilia	16th
Dorothea	20th
Val	27th



Lifestyle Award WINNER



The winner of the Lifestyle Award for April Neil under the category of Excellence in Care
Congratulations Neil



Clifton Community Health Services

Published by Brad Clifton [?] · April 23 at 11:04 AM · 🌐

Mavis and Eric enjoying one of their many window visits.



Clifton Community Health Services

Published by Brad Clifton [?] · April 24 at 11:08 PM · 🌐

Anzac Day 2020



CLIFTON
COMMUNITY HEALTH SERVICES
 @CliftonCHS



Clifton Community Health Services

Published by Brad Clifton [?] · April 23 at 12:17 PM · 🌐

Darling Downs Health

Wash your hands

Cover coughs and sneezes

Work from home where possible

Stay 1.5m away from others

Stay home and save lives

TO STOP THE SPREAD



Clifton Community Health Services

Published by Brad Clifton [?] · April 23 at 11:13 AM · 🌐

Maree and Kathleen are on the way to becoming Scrabble champions.





Marianne Barnes
April 20 at 1:52 PM

Happy Birthday Angela :0) And thankyou to her family for organising such a wonderful cake to share with her on this day :0)



5 likes Seen by 39



Brad Clifton shared a post.
Founding Member · April 23 at 11:07 AM



Clifton Community Health Services
Published by Brad Clifton [?] · April 23 at 10:53 AM

We are fortunate to have extensive outdoor spaces for residents to enjoy, such as the newly refurbished courtyard and outdoor garden areas of Nirvana Hostel.

Friends of CCHS Facebook Group Helping families stay connected

Marianne Barnes
April 22 at 2:34 PM

Nora was happy to receive a letter from family and enjoyed having it read out to her. I do enjoy seeing folk receive and hear good news from family. It makes their day. If anyone has been considering emailing or posting a letter to family or friends, please do :0) It certainly will be welcomed :0)



Brad Clifton and 6 others Seen by 38

Marianne Barnes and Carol Pitman commented on this photo.

Marianne Barnes
April 20 at 1:52 PM



2 likes 2 Comments Seen by 17

Like Comment

Carol Pitman What a beautiful cake
Like · Reply · 6d 3 likes

Marianne Barnes Yes and was enjoyed by all again today at morning tea :0) No more left sorry :0)
Like · Reply · 6d · Edited 1 like