



**Chairman
Chris Bazley**

Goodday Readers,
The CCHS AGM is over for another year and the auditors commented that our financial management was

okay in a tough year and we ended up with a positive result.

Acknowledgement of our retiring directors Bernie, Marilyn and Rob was important and welcoming John and Haydn to the CCHS board heralds a new era.

The low key opening of Sunflower Lodge was a lovely event between the showers and being able to see the welcoming and homely environment that surrounds this facility set the perfect scene for this activity. We haven't given up on obtaining our own bus and we have

Inside this issue:

Chairman Report	1
General Manager	2
Lifestyle Department	3
Rob Imhoff	4
Lifestyle Calendar	5
Event Notice	6
Facebook Page	7
	8

a few new avenues for funding to check out.

The rain has been very nice and I feel very fortunate that we have missed all the bad storms. A lot of thought being given to how Christmas is to be celebrated in 2020 as it is one of the main times when you hope all your family can meet together.

CCHS is updating its IT capabilities as our current technology is not keeping up with what is required now to do business, keep records and communicate on so many issues.

The Aged Care Royal Commission has wound up with a large number of recommendations. It will be interesting to see if they are accepted and what benefits they will bring to CCHS residents and CCHS itself.

It's good to see Victoria getting on top of Covid-19 as these lock downs have such negative effects on the population and all of us need to keep up with the required protocols so it doesn't get a go on again in other localities.

Stay safe, enjoy your gardens and let's hope for a good summer for the farmers.

Regards,
Chris.

General Manager-Brad Jones



To our valued Residents, Patients, families, representatives, and friends.

I hope, like me, you realise how lucky we are to live in Queensland, Australia. We have been

continually tracking the situation in other states and overseas and whilst not minimising the sickness, deaths and upheaval that have been experienced here, it is but a fraction of that being experienced elsewhere and we take this opportunity to thank everyone who continues to play a part in this extraordinary situation. Some more relaxations in Covid-19 requirements are effective early this month with Qld opening the Border to NSW to all but the Greater Sydney area. The Border to Victoria remains closed. All of our other entry conditions remain in place. As a reminder these include;

As a small organization with limited resources we ask you to please phone ahead to discuss the details of your visit. Visiting is still via the main hospital entry (please use the phone to the right of the entry door) or via the main Nirvana Hostel Entrance (please use the call bell to the right of the door)

Visitors should:

- visit a resident in the resident's room, outdoors or a specified area in the aged care facility

- avoid communal spaces

- make sure the resident has no more than two visitors at a time, including doctors

- wash your hands before entering and leaving the facility

- stay 1.5 metres away from residents where possible

- stay away when unwell

Work with us and the resident and patient's cohort on reasonable visiting times.

Visitors should not be anyone who:

- is unwell

- has returned from overseas in the last 14 days

- has had contact with a person with COVID-19 in the last 14 days

- has travelled to a COVID-19 hot spot in the last 14 days

- has a fever (37.5 degrees or more)

- has a cough, runny nose, sore throat, breathing difficulties, loss of taste and/or loss of smell.

Has not had the 2020 flu vaccination and provided proof to us.

Whether you are a visitor, worker or volunteer, if you have visited a [COVID-19 hotspot](#) in the last 14 days, you must be in quarantine, so you must not enter an aged care facility.

Please continue to work with us to risk manage external resident outings for approved reasons, these were further relaxed during late October.

Excursions are back on and we can dance again. Qld Health met last week, and we await their advice on Christmas parties.

Please download the Covid-Safe App and please make sure you are providing your updated contact details to assist with contact tracing if required.

Communication is the Key and things continue to change rapidly. Please contact us to discuss your individual circumstances and as we always do, we will work with you and your loved ones to see what can be achieved.

Thank you, thank you, thank you, for the cooperative way you have continued to work with us and please know that your understanding and patience is greatly appreciated by us all. If you are unwell, please arrange to be tested immediately and isolate until test results are known. This is even more important with the relaxing of Border entry restrictions.

Thank you to those who attended a different offsite AGM this year, a difficult year financially as well. We remain hopeful that the Federal Government will introduce more permanent increased funding arrangements to ensure the long-term sustainability of Aged Care Services in Australia.

Be kind to each other and together we will continue to make a difference.

Regards Brad

Lifestyle Coordinator— Jade Gilchrist



Lifestyle & Volunteer
Coordinator—Jade Gilchrist

Hi everyone,

We have welcomed lots of rain this month and the grass at Pratten is nice and green now. My visiting parrots have turned up soggy and hungry and new babies for our magpie families should be visiting us soon as I can hear them calling in the nest. Christmas parties are still up in the air as we are trying to understand the COVID Restrictions and how we can manage this and run a party.

We are waiting to hear from the department of health on the best way to proceed with planning this event while upholding social distancing and infection control. We will keep you posted as we

understand how to manage this over the Christmas period.

Melbourne cup event will be an afternoon affair with live entertainment from Tillberry Green followed by afternoon tea to watch the race finishing up with sweeps and prizes for best dressed man and woman.

Keep an eye out for staff that will be joining in with their own hat competition. Staff will be coming to cheer on the race and join us for afternoon tea too.

Casey will be running some pre event games in the DT building for those wanting to make it a full day event.

Kind Regards,

Jade

November Birthdays

Ruth from
Sunflower 1st
Lodge



Thinking about becoming a
volunteer
Call Jade 4697 3499

Lifestyle Award WINNER

The winner of the Lifestyle Award
for November is Sharee.



Recognised for Dignity, Teamwork, Care and
Advocacy

Sharee's levels of care displayed to the residents is outstanding. The resident is put first and nothing is too much trouble for her to make their day.

Rest in Peace



Joy C
From
Nursing Home



Hello everybody,

The pull to return to Clifton, where I was born and bred, brought me home in the late 1970s after two years working my way around Australia. Marriage and family followed and I began to join various community group committees, primarily once our three boys started school.

It was this love of community involvement and the chance to give something back, which led me to join the fundraising committee for Nirvana Hostel and in 1993 I was invited to join the board after the passing of board member, Mr Vince Flynn.

Clifton Co- op Hospital consisted of the existing hospital and the green wing of

the nursing home, eight independent living units and the doctor's surgery in those days and has grown immensely since in line with the community's needs.

We were always conscious of the land at the rear of the existing complex not having access and were able to purchase a block off Kate St and later off Alden St to improve this. Later, the RSL was purchased and the current medical practice was built on the land.

I have been proud to be part of a team of board members, which has seen many changes and witnessed the growth of this wonderful community complex, and I give credit to our former board of directors who purchased this parcel of land, still leaving plenty of room for future expansion.

I served as chairman for five years and have been on all committees – most recently chairman of the medical committee – and I pay tribute to management, doctors and nursing staff who work with pride and dedication that make this complex the tremendous community resource it is. The move away from a one doctor practice to the modern Clifton Community Health Centre has been significant.

I'd like to wish the board every success in the future.

Thankyou,
Rob Imhoff

Christmas party plans may change according to recommendations from the Department of Health.

We appreciate your patience while we are waiting for further information before finalizing our Christmas party plans.



Morning Tea 10:00am
Activities

10:30am-11:30am



November 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 2 Crossword Bingo 	 3 Melbourne Cup 	 4 Lynelle Plays 	 5 Flute with Jade 	 6 1pm Happy Hour 	 7 	 1 
9 9:00am Catholic Church Service 	10 	11 	12 Holtz's Plays 	13 	14 	8 
16 9:40am Tai Chi 10:40am Celebration of Life 	17 	18 Armchair Travel 	19 Grace Plays 	20 1pm Happy hour 	21 	22 
23 10:30am Anglican Church Services 	24 	25 Residents Meeting 	26 Ken Plays 	27 	28 	29 
30 						Birthdays Ruth 1st Michelle 1st 

Program is subject to change without notice



Melbourne Cup Day

12:30am Race day event commence in DT building

12:45pm Live entertainment with Tillberry Green

1:45pm Afternoon tea

2:00pm the Race on TV

2:15pm Prizes and sweeps

2:30pm Event finishes



10:30am Race day games with Casey in the DT Building (Optional extra)



Clifton Community Health Services

October 22 at 1:20 PM · 🌐

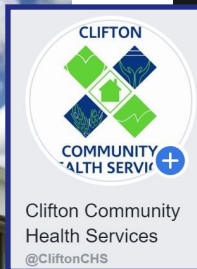
Great to welcome Pat Weir to Clifton yesterday for our official opening of Sunflower Lodge and to thank all the people who contributed to the project and made it happen.



Clifton Community Health Services

October 16 at 2:59 PM · 🌐

This arrived yesterday. What is it? some work to do before we can unveil and make the big announcement. It will have its own opening ceremony to thank those that have donated and contributed to making it happen for Clifton.



Clifton Community Health Services

October 22 at 11:57 AM · 🌐

Happy Birthday James



Clifton Community Health Services

October 16 at 5:52 PM · 🌐

It's been a big week, with two of the new observation machines that we had on backorder, also arriving.



Clifton Community Health Services

October 16 at 4:23 PM · 🌐

Another Great Training Session this week building on previous sessions and reinforcing the latest recommendations for the process of Donning and Doffing PPE (putting on and taking off Personal Protective Equipment) for all of the team in the event of an outbreak. Thank you to the Darling Downs Hospital and Health Service AGES team for facilitating.



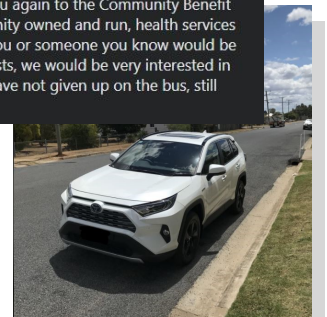
Clifton Community Health Services

October 20 at 10:03 AM · 🌐

Followers and supporters will be aware that over the last five years we have initiated and completed a large number of projects to lighten our footprint on the environment. Health Services generate a lot of waste and Covid-19 health requirements have not assisted in this regard. We will continue to work on all aspects.

These projects have included the installation of two large solar systems, the addition of hundreds of thousands of litres of tank water storage (when it rains), replacement of old air conditioning units with more efficient models, replacing lighting with LED solutions, choosing more energy efficient models in every device that we replace, incorporating smart design options within new constructions to reduce reliance on air conditioning, participation in a Qld Government Energy and Waste audit program, working on our gardens to cool our immediate surrounds, a container recycling program, running a hybrid powered vehicle and to add to this we have now welcomed a new energy efficient hybrid to the CCHS organisation, funded by a grant received from the Gambling community benefit fund.

Waiting on the signage for the new vehicle and hoping to be able to expand upon community medical transport options. Thank you again to the Community Benefit Fund for the grant funding. For a small Community owned and run, health services cooperative, we are kicking some big goals, if you or someone you know would be interested in sponsoring our vehicle running costs, we would be very interested in talking to you. (For those that have asked, we have not given up on the bus, still working on obtaining the funding)



KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **[health.gov.au](https://www.health.gov.au)**

