

### Chairman – Chris Bazley



Good day Readers,  
Not long now until our AGM – look forward to catching up with a lot of you then.

The board of CCHS had our insurance broker meet with us last

meeting so we could check that we had all our risks adequately covered. It's quite surprising the value of all the physical assets we have at CCHS, and then you add on the types of liability we have cover for. CCHS certainly does its bit for stimulating the local economy with the amount of money we spend. We are very pleased we can get so many of our goods and services right here in Clifton.

Great to see so many of our staff being acknowledged for the skills and research that they are doing – especially at the leading edge of aged care advancements.

I have been watching the ABC show on 4 year olds interacting with a group in an aged care facility. It seems to show benefits for both the youngsters and the older residents – lots of laughs and tears all round.

Spring has brought out the colours across all the CCHS gardens. A big thank you to our gardening team and all the residents and volunteers that I see out tending their patch. You can't beat a garden and a few chooks for brightening up your day!

We have a number of grants in the system at the moment – surely one of them will come good. When we get our bus (being positive here) we are keen for our residents and anyone in the local community to use it for excursions and trips down town for some shopping.

If animals are any indication, it must rain soon as at home we have in our garden, where it is a bit green and lots of plants flowering, baby hares, tiny wrens and finches nesting and a pair of plovers with 3 chicks.

Our latest grant is helping refurbish some of our residents areas across the site with the smell of fresh paint about and new floor coverings really brightening up the place.

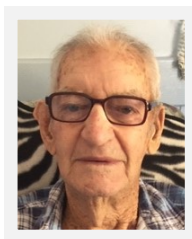
The board, management and staff along with all our volunteers at CCHS are very proud of the facilities, service and support offered to residents and customers. If you would like to know more about what CCHS has to offer, please ask for a look around or catch anyone from the board for a yarn.

Regards, Chris Bazley.

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### Complaints/Compliments and Feedback



will do my best. If you have any concerns or feedback please let me know. Max

With the passing of our former representative Anne I have been asked to take over the role. I am always happy for a chat and you can catch up with me in the garden most afternoons or better still over a beer. Anne was a great mate, it was a shock that she is no longer with us and she will be missed. I have big boots to fill but

## General Manager-Brad Jones



Well, October is here! Perhaps like me you feel the year is streaming by, perhaps it is just the pace of change and all the challenges and opportunities that we have ahead of us.

During the month a small team attended the Private Hospitals Association Safety and Quality Day. I also attended a session with Bentleys where we met with start-up companies that are attempting to develop products and services to improve all aspects of health and aged care services. This day also contained an informative presentation from Pat Sparrow, the national CEO of Aged and Community Services Australia.

The report that was compiled following our participation in the Grant Thornton and LASA CEO's workshop has been submitted to the Royal Commission.

Work continues on the Aged Care Quality Standards that replaced the old Standards and the team are continuing work on our own self-assessment document. The Board continue to review all our revised policies and additionally we have booked extra time with an external consultant specialist to assist us with the ongoing transition.

Thank you to those residents and representatives who have returned a signed copy of the Charter of Aged Care Rights and the CCHS Charter of Resident and Representative Responsibilities. Please make the time to review them and it would assist greatly if you could sign them and return when convenient.

This month we welcomed Luke Myers our new Clifton Medical Practice manager, please make him feel welcome and introduce yourselves when you see him around. You can learn a bit more about Luke in his article further on in the newsletter.

Upcoming in training, we are continuing with our mandatory training sessions via our

online training portal and have onsite sessions scheduled on CPR, First Aid, and Hand Hygiene, Responding to Fire and other emergencies and live fire extinguisher training.

Don't forget our AGM is coming up on Wednesday 16th October at 7pm, please RSVP to the office on 46973735 by Wednesday 9th October.

You will all have read or heard the news about the severity of the Flu Season. It is not too late to be vaccinated with the Flu vaccination, if you have not already done so please contact the Clifton Medical Practice or your preferred health care provider and book in. Also if you have been unwell with any flu like or gastro symptoms, please delay your visits until at least 48 hours after your symptoms have ceased.

Thank you to everyone who had their say on the colour choices for the Nirvana Hostel renovations, the votes are in, colours chosen and ordered and we are planning the order of works. You may have noticed that some preparations have already commenced in the Nirvana courtyard.

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.

Remember that the Toowoomba Triathlon Club have made us the charity beneficiary of their upcoming Clifton Country Classic Triathlon on Sunday 13th October 2019, please support the event.

Please "Like" our Clifton Community Health Services Facebook Page, we have gone past 615 likes for the page

Remember, a community working together with a common purpose can achieve anything.

"Together we will continue to make a difference" Regards Brad

## Finance Manager-Louise Shaw



It's been a busy time in the finance office with auditors in attendance for their year end review, and the preparation of the Annual Report ahead of next month's Annual General Meeting. The Government have indexed the Residential Daily Fee in September, so keep an eye out for your letter from me advising your new fortnightly fee amount. I have recently been on a short break with my family whale watching at Hervey Bay to celebrate a milestone birthday.



We had a whale of a time! (Sorry, couldn't help myself...😊😊😊).

## Medical Centre Manager-Luke Myers

I'd like to introduce myself, my name is Luke Myers and I have taken over from Tammy Dickeson as the new Practice Manager of the Medical Practice.

I was lucky enough to start the position 2 weeks ago, and I am loving what this position has to offer so far.

A little background on me.

I live close by in Wyreema with my wife, who grew up in Allora and went to school right here at Clifton High School. We have 3 children, two daughters aged 13 and 5 and we just welcomed our son about 5 weeks ago.

Prior to coming to beautiful Clifton, I ran a large Medical Practice in Toowoomba which I managed for 12 months. Prior to this I was studying my Bachelor of Business at the University of Southern Queensland as a fulltime student.

Whilst studying my wife and I ran a small in home pet sitting business that serviced Toowoomba and surrounds, but due to its growth we sold it at the end of 2016.

I spent just over 12 years in the Australian Army as both an Infantry Soldier and Medical Technician. My time in the defence force showed me almost all of Australia and a number of Deployments to East Timor, Solomon Islands, Iraq and Afghanistan.

Whilst on deployments I worked as a Combat Medic in multinational Hospitals working with allied countries such as American, Canadian and English soldiers to name a few.

I finished my Military career at Oakey Army Aviation centre as part of the Medical Management team. This is where my passion for medical management arose. I do have some Nursing and Paramedical experience behind me, but prefer to leave the Medical side of things to our fantastic Medical staff throughout the Co-Op Hospital.

While I get myself more familiar with this wonderful facility, if you see me walking around Nirvana, Sunflower Lodge or the Nursing home, please don't hesitate to stop and have a chat.

I look forward to meeting all the great staff and patients here in Clifton.







Lifestyle & Volunteer  
Coordinator—Jade Gilchrist

Hi everyone,

Today I can't believe I was planning our Christmas Parties. Melbourne Cup is just around the corner too. On a sad note we have

a new resident representative - Anne passed away on the 22nd of September and will be missed greatly. Max has kindly taken over this role which I am sure Anne would have loved.

I came back from a conference last week where I was able to present to 200 people. Therapy in Action co presenting with the Bow & Curtsy aged care music program which have been regulars here in our facility.

## Lifestyle Coordinator— Jade Gilchrist

I also presented *Advocacy and the diversional therapist* which was well received by the audience. More excitingly I finally launched my research paper and am hoping it will help shape the future of diversional therapy practice for the Baby Boomers that have started to come into facilities like ours.

Melbourne Cup is going to be a light lunch and live entertainment with the usual activities. So dust off your best outfit and come dressed to impress.

Kind regards, Jade

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

## October Birthdays



Jane	8th
Robert	20th
James	21st
Max	28th

## Rest In Peace

Archie G  
Anne K  
Clyde W  
John E  
Eunice B



*All welcome to attend the  
Celebration of Life Service 3rd  
Monday of each month 10:30am  
in the DT Building*

## Lifestyle Award WINNER



The winner of the Lifestyle Award for August! **Carol** under the category of Excellence in Teamwork

**Congratulations Carol**

10:00am

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

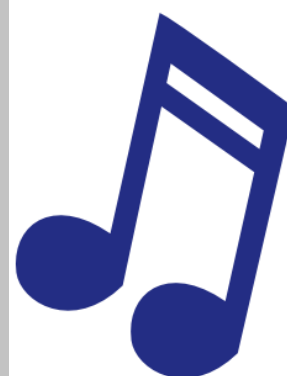
# October 2019



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Cards & Games 	2 Eleanor's Morning 	3 Heritage Highlanders 	4 Weekend Trolley 	5 	6 10.30am Presbyterian Service 
7 <b>Public Holiday</b> <b>Queens Birthday</b>	8 Cards & Games 	9 Visit 	10 Holtz Plays 	11 Weekend Trolley 	12 Three Angels Gospel 	13 
14 9:00am Catholic Church Service 9:40am Tai Chi	15 Cards & Games 	16 Armchair Travel 	17 Grace Plays 	18 Weekend Trolley 	19 	20 
21 9:40am Tai Chi 10:40am Celebration of Life Service	22 Cards & Games 	23 Country Week Activities 	24 Ken Plays 	25 Residents Meeting 	26 	27 
28 9:40am Tai Chi 10:30am Anglican Church	29 Cards & Games 	30 Birthdays 	31 Flute 			RESIDENTS BIRTHDAYS <b>Jan 8th</b> <b>James 21th</b> <b>Max 28th</b> 

PROGRAM IS SUBJECT TO CHANGES

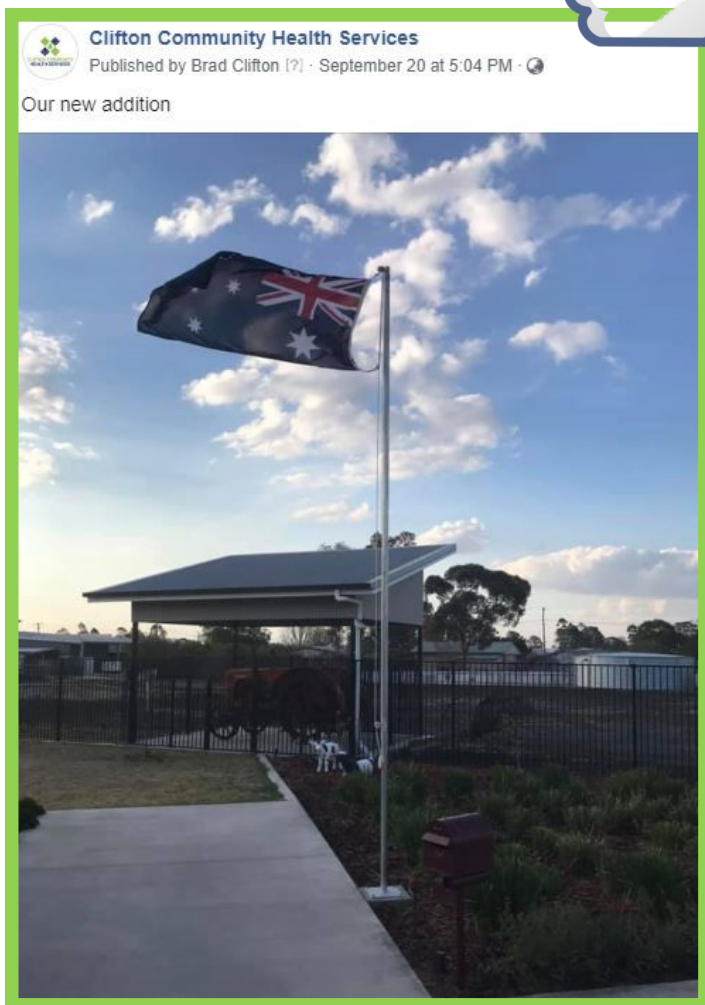
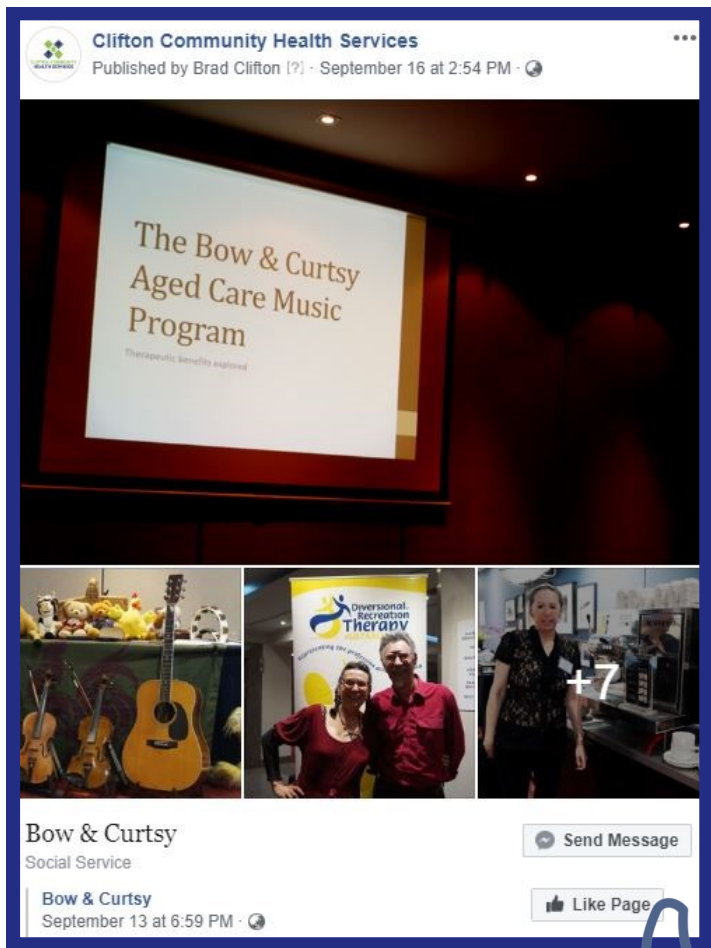




## Darling Downs Men's Group Visit









# Clifton Country Week

PROGRAMME



## FRIDAY 18TH OCTOBER

### Clifton Creative Exhibition

7pm Clifton Library. Art, photography, floral art and pottery. Wine & Cheese - gold coin entry. Info 0498 117 033.

## SATURDAY 19TH OCTOBER

### Street Markets

King St. 8am to 1pm. Bookings 0408 722 645.

### Clifton Tennis Club Games & Activities

8am - 12 noon. Tennis Courts King St.

### Clifton Creative Exhibition in the Library

10am - 12 noon.

### Musée in the Park

Behind Senior Citizens Hall from 10am - 1pm.

### Iris & Rose Show

Senior Citizens Hall. Entries accepted 8am - 10am, judging 10am to 12 noon. Open for public viewing from approx 12.30pm. gold coin entry. Info 4697 3102.

### Quilt Display

Supper Room F.E. Logan Hall. Gold coin entry.

### Hobby & Community Expo

F.E. Logan Hall. 9am - 3pm. Model Trains, Folk Art, Spinners & Weavers, Community Group displays & info.

### Car Show & Shine

St Francis School Oval. Tooth St. Entries 8am - 9.30am. \$10 per car. People's Choice. Open to the public. 10am. gold coin entry. BBQ on site info 0408 180 181.

### Train to Clifton

Departs Warwick 9am arriving Clifton 10.30am. Depart Clifton for Warwick about 2pm.

### Clifton to Greenmount Train trip

Leaves Clifton 11am returning 12.30pm. Bookings contact Southern Downs Steam Rail.

## SATURDAY 19TH OCTOBER

### Trivia Night

Clifton State School. 5.30pm Senior Citizens Hall. \$20 includes dinner. Tickets at school or door.

## SUNDAY 20TH OCTOBER

### Clifton & Nobby Garage Sale Trail

Flyer with map & addresses available at Railway Station Info Centre. Bookings & Info 0418 790 083.

### Quilt Display

Supper Room F.E. Logan Hall. Gold coin entry.

## MONDAY 21ST OCTOBER

### Clifton Dabblers Open Day 10am - 2pm.

## WEDNESDAY 23RD OCTOBER

### Passion For Fashion

1pm at Jam Factory. \$5 includes afternoon tea & door prize. Info 4697 3558.

## THURSDAY 24TH OCTOBER

### Mystery Bus Trip - 9am, \$20

Bookings essential. Landmark Harcourts Cooke 4612 3779.

### Night Bowls

Clifton Bowls Club. 6pm for 6.30pm start. Prizes & raffles.

## SATURDAY 26TH OCTOBER

### Clifton Race Day 11am Clifton Recreation Grounds.

Adults \$10 pp. Concession \$5 pp. Children under 15 Free.

### KIDS COLOURING COMPETITION

IN HOOD OF ORANGE SHIRTS WINDOW COMPETITION

# CLIFTON Country Week

19th October - 26th October 2019

Join us as we celebrate all that Clifton Country Week 2019 has to offer. This year's showcase has something for everyone ...



Featuring the Iris and Rose Show



and the Clifton Cup Race Day

For further event details email: [cliftonprogressassoc@gmail.com](mailto:cliftonprogressassoc@gmail.com)  
Like us on Facebook Clifton and District Progress Association