

June 2011

QUALITY AGED CARE

"The Art of Ageing Gracefully"



"Nothing in the world can take the place of persistence. Talent will not, nothing is more common than unsuccessful men with talent. Genius will not, unrewarded genius is almost a proverb. Education will not, the world is full of educated derelicts. Persistence and determination alone are omnipotent." **Calvin Coolidge**

It's been a while since our last Newsletter, but we have been very busy here at Ardmillan Place with Accreditation, new residents and constructions. Here is the Newsletter, at long last, we hope you enjoy it!

Accreditation

As you would all be aware Ardmillan Place had an Accreditation visit on 7th and 8th June. We had 3 accreditors here who gave excellent feedback on our facility to management and staff. We achieved full compliance with all 4 standards and 44 expected outcomes and accreditation for the next three years. In the meantime, we will continue to have unannounced visits from the Accreditation Agency from time to time, in accordance with industry practice.

Thankyou to all the staff, residents and relatives who participated over the two days. We are very pleased with the result.

Devonshire Tea

Devonshire Tea is served every Thursday in the Cafe from 2.30pm to 4.00pm.

Cost \$7.00

All Welcome



Exercise

Older people should do some form of physical activity, no matter their age, weight, health problems or abilities.

Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.

Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all days.

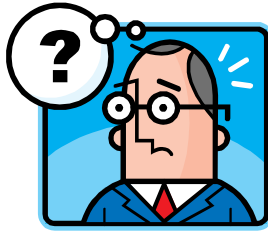
Older people who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.

Older people who continue to enjoy a lifetime of vigorous physical activity should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

Recommendations from Aged Care Association of Australia



Australian Trivia



1. How many countries are larger than Australia?
2. Who designed the Sydney Opera House?
3. How many albums did the late Slim Dusty record?
4. What animal is on the Western Australian flag?
5. How many ships were in the first fleet?
6. Who invented the bionic ear?
7. What year was decimal currency introduced?
8. Name Australia's western most point.

Answers

1. Five (Russia, Canada, China, USA, Brazil)
2. Joern Utzon
3. 103
4. Black Swan
5. Eleven
6. Professor Graeme Clark
7. 1966
8. Steep point (Shark Bay)

Construction News

Derby Villas construction is well under way. An additional 3 villa units are due for completion in July 2011, plus 6 villa units to be completed in September 2011.

The shell has been completed for the level 5 East aged care apartments and the internal fit out works have commenced. Once the apartments have been completed, residents will be given the opportunity to view this addition to our facility.



We wish a very **HAPPY BIRTHDAY** to our residents who celebrated their birthdays in recent months.

On these special days, the birthday boy or girl, was joined by their Ardmillan friends in the dining room where they enjoyed a delicious piece of birthday cake for afternoon tea.



Just a reminder ... for residents to always sign out whenever they leave the premises and to sign back in upon returning.

Guests should sign in and out at the books available at reception on each level.

Ardmillan Activities....

Ardmillan Residents have enjoyed the following activities:

Niddrie Senior Cards

(bus leaves foyer at

11.15am every Monday) .



Music time mornings residents listen to music from their era and some enjoy dancing.

Morning Melodies at the Clock Tower in Moonee Ponds.

Mothers Day afternoon tea was enjoyed by many mums as they celebrated the day with lots of visitors and were presented with a lovely rose.



Easter was celebrated by making Easter Baskets and enjoying the chocolates they received.

A ladies discussion group has started with Anne O'Brien and Pam Carrig. This has proved to be lots of fun as residents share stories about their interesting lives with each other.

Students from Essendon Penleigh Grammar, St Kevin's and St Bernard's come weekly for community service and teach residents how to use computers, and enjoy speaking to them.

Computers are available for residents' use free of charge and lessons are also given.



ANZAC Day was commemorated with a BBQ on the terrace.

Daily activities such as cards, bingo, craft, sensory activities, and movies

Art classes are held every Wednesday on Level 2.



Music Afternoons continue to keep Ardmillan Place resonating with old time favourites and sing-a-longs. Special thanks to Rowland for making them such a lively occasion!

Marta and Anne continue to bring their expertise to the Tuesday afternoon **Craft group** for residents to unleash the creativity within.



Exercise Program - Stretch your legs with us every morning for an hour. Commences at 11 am on Levels 4 and 5.

