



Remembrance Day

NOVEMBER TWENTY TWENTY ONE EDITION

103-year-old resident David Napper was one of our respected veterans commemorating Remembrance Day at our special service.



CEO's Message

To all our residents, families, visitors, staff and friends of Illawarra Diggers

This edition of our periodic newsletter comes as we have just celebrated Remembrance Day, as we reflect on another year of restrictions and separations, and also as we look forward to Christmas and, hopefully, a better 2022.

Illawarra Diggers has always marked both ANZAC Day and Remembrance Day as significant events in our calendar.

In less restricted times we have encouraged families, the RSL community and our local cadets to join us on these special days. For the last two years we have had to be much more self-sufficient but it has not diminished our observance of these days nor their significance to our local and broader Australian community. Hopefully, in 2022, we will again welcome everyone back to share these events with our residents.

Several years ago we started to broaden our celebration on Remembrance Day. At its core, Remembrance Day commemorates those that have died in wars, conflicts and peacekeeping operations on behalf of our nation. We also like to celebrate Remembrance

Day in the memory of our residents who have died in the last 12 months. Whether as military service people, mothers and fathers, brothers and sisters, employees or employers, all of our residents have served their communities and families throughout their lives. So on the 11th of the 11th each year, at the end of the Remembrance Day service, we read out the names of those of our Illawarra Diggers family who we have lost since the 11th of the 11th last year, and reflect on their lives and their contributions to our community.

This year was especially meaningful and special as we have had two residents who passed away without any family other than our Diggers family. Jock had been here with us for 25 years and Alan for six years. We gained permission to bury their ashes under the big turpentine tree between the Caringbah and Woonona Wings. We did this on Remembrance Day and we have placed nice brass plaques in place so that they will always be remembered as part of our community.

With the recent easing of community restriction in the Illawarra, it has been wonderful to welcome back families to our home. Due to the ongoing need for screening all staff and visitors, we will continue to allow visitors 7 days per week but, except in agreed circumstances, only for entry between 8.30 and 4pm. We are on Zoom meetings every week with the local health district and local aged care operators as well as other meetings with NSW Health and Australian Health Dept hosted by Aged Care Services Australia. Through these meetings we are able to keep up to date with current and emerging issues with the COVID-19 response. NSW Health have advised that they hope to have new visitor and staff guidelines for aged care homes out in early December. While this will be welcome, at this stage the collective wisdom is that homes will not be able to welcome families and visitors to Christmas lunches or functions again this year. Visitors are currently only recommended to visit in-room and must wear masks throughout the home. It would not be possible to host families and guests to our Christmas events with these restrictions so, sadly, we will focus on just making the Christmas season wonderful for our residents.

Residents are allowed to go out with families without restriction at the moment so families are encouraged, where possible, to take residents out for Christmas celebrations, even for a short time. Our Lifestyle team will be organizing a pre-Christmas lunch and will also be on hand on Christmas Day to ensure those residents who are here with us have a special Christmas.

Take Care

Peter Whittall - CEO Peter Whittall



A Message from the Lifestyle Manager

Hello from Lifestyle,

It's been some time since our last quarterly magazine. 2021 has been challenging to say the least. We hope everyone got through the year safe and well.

A big thank you to all our residents for their ongoing show of support to the lifestyle team and faithfully turning up to events, activities, resident meetings, scenic drives no matter how repetitive some things were this year. Mostly, thank you for understanding of all the program changes and short notice when planned events couldn't go ahead.

As we find ourselves moving from lockdown and social restrictions, we have never been more aware of the importance family and friends and staying in touch with those we love. It is fantastic seeing residents' faces light up after seeing their families for the first time in months. Face time and zoom have been a big part of the lifestyle program throughout 2021 and 2020 for that matter. The service has been an enormous support to some residents and families and will continue to be offered regularly as requested. Contact lifestyle to organize a time. lifestyle@illawarradigger.com.au

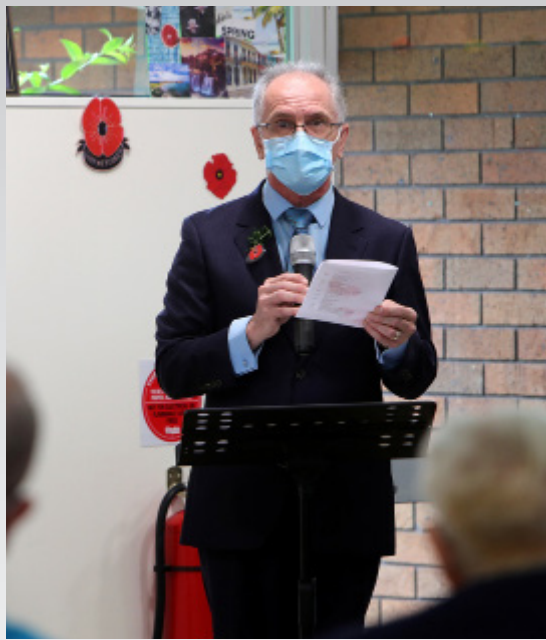
There is a new member to the lifestyle team, Will Chalker (Engagement and Wellbeing Coordinator) who will provide resident support, 1:1 time and assist with assessments and life story building. As the year starts to wind up, planning has started for our Christmas functions. We have been hopeful that we may be able to welcome families back for the Christmas lunch this year but advice from NSW Health indicates that that will not be possible again. We will write to families specifically on this. Bus trips are getting a little more exciting, getting off to enjoy the fresh air, visiting parks, beaches and picnic areas for morning or afternoon tea. With the New Year just around the corner programming for 2022 will start at the end of December and should be a bigger and better year for outings and special events. As always, we welcome suggestions and all consideration will be given to suitable venues and places of interest.

Best wishes

Vikki, Deb, Mel and Wil.









Remembrance Day Burial

Remembrance Day was especially meaningful and special as we have had two residents who passed away without any family other than our Diggers family. Jock had been here with us for 25 years and Alan for six years. We buried their ashes under the big turpentine tree between the Caringbah and Woonona wings and placed nice brass plaques in place so that they will always be remembered as part of our community.





Welcome

Welcome to some of our new staff who were part of our Remembrance Day ceremony (left to right) Carer Usha Bidari, Registered Nurse Chiedza Mugumbate, Diane Roeder, Enrolled Nurse and Team Leader Aarati Karki.



Staff Profile

William Chalker

WELL-BEING AND
ENGAGEMENT CO-ORDINATOR

Hi everyone.

My name is William (Will) Chalker. I am working in a new role, as the Well-being and Engagement Co-ordinator. I come from a background of running churches for the Salvation Army, helping people with mental health illness move into employment, working in disabilities and assisting homeless people find homes.

I love mixing with people, listening to life stories and getting to know them. My role here will involve doing these things.

I have a loving wife, 3 children and 2 grandchildren. I am looking forward to being a part of the Diggers Family.

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