

Aino

LIVING

KILLARNEY COURT

Aino Living Advocate

October 2024



From the Manager's Desk

Welcome residents and representatives to our October newsletter.

ELDAC

End of Life Direction for Aged Care (ELDAC) is a national specialist palliative care and advance care planning advisory service. ELDAC provides information, guidance and resources to health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians. The project is funded by the Australian Government Department of Health and Aged Care and is delivered by a consortium of three universities and four national peak bodies from aged care, palliative care and primary care.

I am happy to inform you that Killarney Court has been participating in the ELDAC Service Development Program. This program provides a dedicated ELDAC facilitator to partner with the Aged Care facility to help build our service level capability around end of life and palliative care.

Killarney Court is 8 months into the 12-month program and during this time we have focused on providing quality end of life and palliative care.

We have implemented processes that help us recognise who is entering their end of life and palliative care journey and identify when to have these conversations with the GP, resident and their loved ones.

We are now looking for input from our residents and their loved ones about what would be important to you during your end of life and palliative care to ensure we can support you in a way that is important to you.


Please reach out to provide feedback or if you have any questions. This can be done in person, via email, phone call or feedback forms located throughout the facility.

ET Students

Alino Living has continued to partner with ET Australia who facilitate Certificate III in Individual Support. The students attend Killarney Court on Tuesday and Thursday evenings for their theory components of the course and then they will carry out their practical skills on placement at one of the Alino Living facilities.

We have had the pleasure of having 7 students commence placement with us in September and feedback has been very positive. They have





engaged in all areas of care and have enjoyed getting to know our Killarney Court family. Thank you for helping make them all feel welcome.

Intergenerational activities program

I am excited to announce that the Activities team and I are working on implementing an intergenerational activities program at Killarney Court. We will be connecting with the community to bring new and exciting opportunities for engagement with our residents and other generations.

Intergenerational programs provide learning opportunities, care and social support for children and older people in the same setting, at the same time. These can benefit wellbeing across generations as children and older adults interact and exchange knowledge and skills. The aim is to increase contact and understanding, to create meaningful relationships and to foster emotional and social growth.

Our first activity to kick off our intergenerational program will be

held on the 4th of October 2024 at 10.30 – 11.30am. We will be hosting an interactive messy play activity which will see our residents engage and guide children through sensory play. I would love to welcome your grandchildren to come along and join in on the fun.

To enquire please speak with myself, Kathy or Sam.

Summer menu

Ashley from Master Catering will be on site on the 2nd of October at 1.30pm to host our summer menu taste testing sessions, which provides us with an opportunity to sample some of the foods from Master Catering to help us with our menu design.

Our menu design meeting will be held on the 8th of October at 10.30am.

Thank you

Your Facility Manager

Amy Holton



Lifestyle Message

October Activities 2024

September has come and gone so quickly – it seems the year is flying by.

Residents enjoyed a busy month, starting off with a Father's Day Wild West Hoe down Party where our male residents sported their flannies and country hats while enjoying nibbles, drinks and country music to celebrate Father's Day. Staff also enjoyed dressing up on the day. Tom Symondson from the Aged Care and Community Care Association also popped in to enjoy a 'Welcome to Spring' morning tea with our residents.

Residents also enjoyed a morning tea outing at Toowoon Bay, club lunch outing at Bateau Bay Hotel and scenic outings to many places around the Central Coast.

Residents and staff celebrated R U OK? DAY with a morning of reminiscing and finished off the day with a 'Let's Get Together' afternoon tea.

The Gals Dancers and Greg Dymocks with his swag full of instruments entertained us all with wonderful concerts.

Residents also joined in on many fun and interesting activities throughout the month.

October

We will be keeping active at Killarney Court this month with Active October. Residents will participate in soccer, netball, basketball, putt putt golf, Kegeln (German bowling), ladder golf, bocce and croquet.

We will be celebrating Oktoberfest and are very excited to announce that Busy Little Bosses Messy Play will be visiting with their sensory play pop up session. Our staff and families will have the opportunity to bring in their young children to join in on this exciting activity while our residents will be joining in to interact with the children which is something they will really enjoy.



Families and friends have been invited to attend a Grandparent's Day afternoon tea. This was a great success last year and we are hoping to have many families and friends attend this year.

A special residents meeting will be held this month with staff attending to receive some special awards.

Harpiness and Steve Richards will entertain us during the month and all our regular activities will be on the activities calendar for everyone to enjoy.

On the last day of October, we will be celebrating Halloween with some frightful fun games to start off the day. The day will end with a Monster Mash Party and staff will be dressing in their scariest costumes for a Halloween best dressed contest, with our residents judging.

Looking ahead to November, our Melbourne Cup sweeps will take place on Monday the 4th of November. There will be \$1.00, \$2.00 and \$5.00 sweeps available. Sweeps will be on sale from 10.30am till 12.30pm and sweeps will be drawn at 2.00pm.

On Tuesday the 5th of November we will be celebrating Melbourne Cup with our own Killarney Cup, with fashion on the field and a Melbourne Cup Party.

Our staff will also be performing a country music karaoke show during November, with the date to be advised.

We hope you enjoy the month ahead and are enjoying the warmer weather.

Your activities team

**team Sam, Mitch, Sharon
and Jack**

Regular Events

Tuesdays, Wednesdays, Fridays

Exercise Group – 9.45am

Mondays and Thursdays

Interactive Word Games – 9.45am

Mondays and Thursdays

Exercise with Physio – 10.00am

Tuesday 8th, 15th and 22nd

Keno – 2.00pm

Thursday 3rd, 17th and 24th

Pick a Box Bingo – 2.00pm

Thursday 3rd

Global Quiz 11.00am

Monday 14th

Nail Care – 2.00pm

Monday 21st

Beats Movement and Music – 2.30pm

Wednesday 16th

Morning Tea Outing – 9.45am

Wednesday 9th and 23rd

Shopping Bus Outing – 9.45am

Wednesday 30th

BBQ Lunch Outing – 10.30am

Wednesday 9th, 16th, 23rd

Scenic Bus outings – 1.45pm

Monday 28th

Birthday Morning Tea – 10.45am

Tuesday 1st

Catholic Service – 11.00am

Thursday 3rd

Anglican Service – 11.00am

Thursday 17th

Ecumenical Service – 11.00am

October Birthdays

Tuesday

1st

Josephine McGrath

Tuesday

8th

Helene Ford

Tuesday

8th

Bede Wildey

Saturday

12th

Diane Papadelis

Tuesday

15th

Bernice Waring

Thursday

17th

Elaine Rogers

Saturday

19th

Sue Sindel

Wednesday

23rd

Kevin Baigent

Saturday

26th

Betty Kuschert

Special Events October

Tuesday 2nd

Oktoberfest

Kegeln German Bowling – 11.00am

Oktoberfest Party – 2.00pm

Friday 4th

Little Bosses Messy Play

Sensory Play Pop up session – 10.30am

Tuesday 15th

Active October

Putt Putt Golf – 11.00am

Thursday 10th

Entertainment

Harpiness Concert – 2.00pm

Friday 11th

Active October

Soccer – 11.00am

Monday 14th

Monthly BBQ Lunch

Morning Tea in the Courtyard – 10.30am

BBQ lunch – 12.30pm

Friday 18th

Active October

Basketball – 11.00am

Monday 21st

Active October

Croquet – 11.00am

Tuesday 22nd

Special Residents Meeting with Staff Award Presentations

Special Morning Tea – 10.30am

Friday 25th

Active October

Netball – 11.00am

Friday 25th

Entertainment

Steve Richards Concert – 2.00pm

Tuesday 29th

Grand Parents Day Afternoon Tea

Afternoon tea in the Courtyard – 2.00pm

Friday 31st

Halloween

Frightful fun – 11.00am

Monster Mash Halloween Party

Staff Halloween best costume competition with residents' judges – 2.00pm

Our September

LUNCH OUTING

This month we decided to stay a little closer to home enjoying a delicious lunch at the Bateau Bay Hotel.

Residents relished in the beautiful sunshine enjoying conversations, drinks while they had great food with friends.







THE GALS

Killarney Court residents enjoyed a fantastic afternoon being entertained with an array of dancing and singing by The Gals along with front man John. The beautiful costumes were made by The Gals themselves.





FATHERS DAY HOE DOWN

Killarney Court Gents had a fabulous afternoon at our Father's Day Wild Wild West Hoe Down Party, getting into the theme with their flannels and cowboy hats.

Nibbles, drinks, country music and conversation was enjoyed by all.

Staff also joined in on the day dressing up and getting into the cowboy theme.

Staff Profile



1. What is your name and nickname?

Maxine / Max

2. What is your role and what do you do on a daily basis?

My role is cleaning and laundry. I clean resident rooms and common areas, in general keeping the facility looking respectable.

3. How long have you worked at Alino Living?

I have worked at Killarney Court for 8 months.

4. What is the most memorable moment or experience from your time at Alino Living?

Seeing the residents enjoying themselves on days there is singing, dancing, staff concerts and dress up days.

5. What do you love about working at Alino living?

I love cleaning the resident's rooms. It gives me satisfaction to know they have a clean environment to live in.

6. What do you enjoy outside of work? (Hobbies, passions etc)

I enjoy keeping my lawns and garden looking smart, I love my NRL Footy with a passion GO THE MIGHTY EELS and spending time with my baby grandsons.

7. What is an interesting fact about you?

When I had my motorbike, it was great to go for a good ride to clear the head and have a bite to eat. I also loved going 4-wheel driving with friends.

8. Do you have a life motto?

Whatever will be will be

Family first



In early September, we were excited to host CEO Tom Symondson and member Relations Manager, Rebecca Campbell from the Aged and Community Care Providers Association (ACCPA) for a spring themed morning tea.

ACCPA is the National Industry Association for Aged Care Providers and exists to unite aged care providers under a shared vision to enhance the wellbeing of older Australians.

Alino is a proud member of the ACCPA. Our membership allows us to have an authoritative and comprehensive voice to government that allows for effective representation and collaboration. It was wonderful to be asked to host the morning tea at one of our Alino Homes.

After the morning tea, we were delighted to receive the email from Rebecca Campbell below.



"Good morning Greg and Justin,

I wanted to extend a heartfelt thank you for hosting the team and our CEO during last week's tour of Newcastle and the Central Coast region. Your hospitality and the engaging insights you shared made the visit both enjoyable and incredibly informative.

We have gained a much deeper understanding of the importance of specialised service delivery in your region and the remarkable work you all are doing. The dedication and excellence you bring to your roles truly stand out.

We've shared some of the highlights from our visit, including a few photos on LinkedIn and Facebook. We hope these images reflect our appreciation and the wonderful experiences we had.

Thank you once again for your exceptional hosting and for the invaluable perspectives you provided

*Warm regards,
NSW/ACT ACCPA Team"*



You Are Invited To



Afternoon Tea

OCTOBER

TUESDAY **29th** AT 2PM

Killarney Court Aged
Care Facility

Rsvp

Friday 18th October
slahiff@alinoliving.com.au

Please Include resident name and number of guests attending



Monday 4th November

**10.30am Sale of Melbourne Cup
Sweeps**

**\$1.00, \$2.00 and \$5.00 Sweeps
Available to Purchase**

**2.00pm Melbourne Cup Sweeps
Drawn**





Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

Y	C	Z	P	A	D	D	L	E	T	U	L	E
E	R	R	I	V	E	R	S	B	H	E	A	U
R	U	S	A	I	L	I	U	E	E	Z	K	I
O	D	N	R	E	T	S	O	H	N	A	E	C
H	D	C	E	M	S	N	W	L	G	I	M	R
S	E	K	Z	R	A	E	D	N	O	P	L	U
E	R	W	A	C	D	S	A	V	N	A	C	I
Z	S	O	S	I	G	H	T	S	W	X	A	S
E	E	B	T	D	S	V	W	A	D	N	H	E
G	A	P	O	B	N	T	T	W	C	N	S	J
L	T	C	O	E	O	E	E	H	E	D	I	R
I	K	D	T	R	R	A	O	E	Z	R	F	W
B	Z	S	O	N	G	R	T	X	R	M	C	R

ANCHOR

BEAM

BILGE

BOAT

BOW

CANOE

CANVAS

CREW

CRUISE

DOCK

FISH

KEEL

LAKE

LINES

MAST

NETS

OARS

PADDLE

POND

RIDE

RIVER

ROPE

RUDDER

SAIL

SEAT

SHORE

SIGHTS

STEER

STERN

TIDE

WATER

WHEEL

WIND

Word Pairs

Altering one letter at each stage to form a new word every time, change the word on the top line to the word on the bottom.

POSY

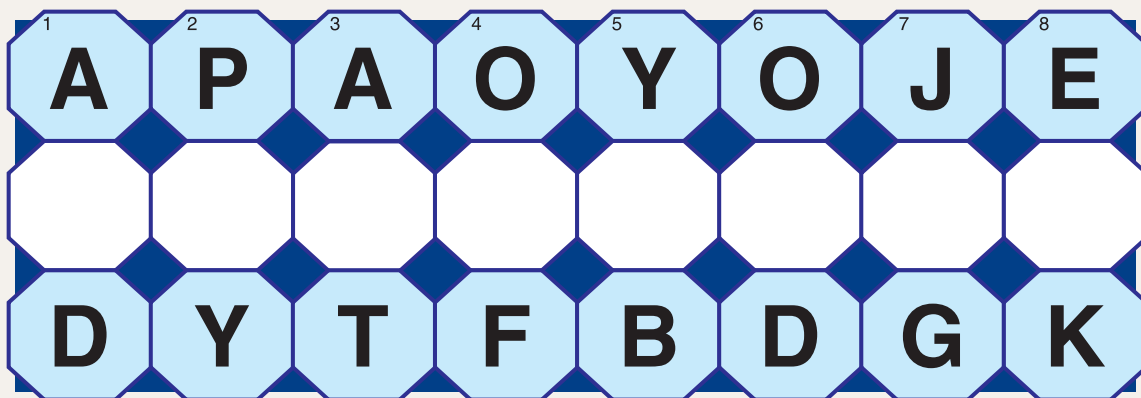
NINE

PUTT

© Lovatts Puzzles

Whats What

Complete the 3-letter words and the middle row across will reveal the solution.



© Lovatts Puzzles

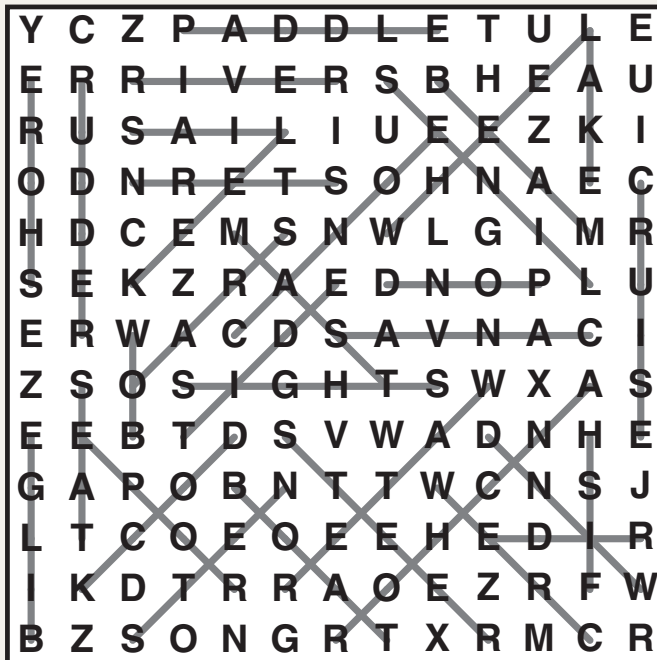
- 1. Tot up
- 2. Wages
- 3. Astern

- 4. Not on
- 5. Uncouth boy
- 6. Peculiar

- 7. Irish dance
- 8. Large deer

Wordsearch

Steps



Posy,
nosy,
nose,
none,
nine,
pine,
pint,
punt,
putt.

Whats What

Add,
pay,
aft,
off,
yob,
odd,
jig,
elk;

DAFFODIL.



KILLARNEY COURT

OCTOBER ACTIVITIES 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>HAIRDRESSER FROM 8.30 EACH TUESDAY BUS OUTINGS DEPENDANT ON WEATHER</p>	<p>ACTIVE OCTOBER</p>	<p>1 Oktoberfest 9.45 Exercise Group 10.00 Movement to Music 11.00 Kegeln German Bowling 11.00 Catholic Service 12.00 Oktoberfest</p>	<p>2 9.45 Exercise Group 10.00 Balloon Games 11.00 Ladder Golf 1.30 Movie Afternoon 1.45 Scenic Bus Outing</p>	<p>3 FOOTY THURSDAY 9.45 Interactive Word Games 10.00 Exercise with Physio 11.00 Global Quiz 2.00 Pick A Box Bingo</p>	<p>4 9.45 Exercise Group 10.00 Ball Exercise 10.30 Little Bosses Messy Play 11.00 Anglican Service 2.00 NRL Grand Final Happy Hour</p>	<p>5 10.00 Music Morning 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>
<p>6 10.00 Anglican TV Service 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>	<p>7 LABOUR DAY</p>	<p>8 9.45 Exercise Group 10.00 Movement to Music 11.00 Putt Putt Golf 2.00 Keno 2.00 Individual Activities</p>	<p>9 BUS DAY 9.45 Shopping Bus Outing 9.45 Exercise Group 11.00 Bocce 1.30 Movie Afternoon 1.45 Scenic Bus outing</p>	<p>10 9.45 Interactive Word Games 10.00 Exercise with Physio 11.00 White Board Games 2.00 Harpiness Concert</p>	<p>11 9.45 Exercise Group 10.00 Ball Exercise 11.00 Soccer 2.00 Gardening 3.30 Ice Cream Social</p>	<p>12 10.00 Music Morning 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>
<p>13 10.00 Catholic TV Service 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>	<p>14 9.45 Interactive Word Games 10.00 Exercise with Physio 10.45 Morning Tea in the Courtyard BBQ Lunch 2.00 Nail Care</p>	<p>15 9.45 Exercise Group 10.00 Movement to Music 11.00 Hop Scotch Toss 2.00 Keno 2.00 Individual Activities</p>	<p>16 BUS DAY 9.30 Music Morning 9.45 Morning Tea Bus Outing 1.30 Movie Afternoon 1.45 Scenic Bus Outing</p>	<p>17 9.45 Interactive Word Games 10.00 Exercise with Physio 11.00 Hang Man 11.00 Ecumenical Service 2.00 Pick A Box Bingo 2.00 Sensory Activities</p>	<p>18 9.45 Exercise Group 10.00 Ball Exercise 11.00 Basketball 2.00 Craft 3.30 Ice Cream Spiders</p>	<p>19 10.00 Music Morning 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>
<p>20 10.00 Anglican TV Service 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>	<p>21 9.45 Interactive word Games 10.00 Exercise with Physio 11.00 Croquet 2.00 Sing-along 2.30 Beats with Jo</p>	<p>22 10.00 Resident Meeting Staff Awards 10.30 Special Morning Tea 2.00 Keno 2.00 Individual Activities</p>	<p>23 BUS DAY 9.30 Music Morning 9.45 Shopping Bus Outing 1.30 Movie Afternoon 1.45 Scenic Bus Outing</p>	<p>24 9.45 Interactive Word Games 10.00 Exercise with Physio 11.00 Bonus Global Quiz 2.00 Pick A Box Bingo 2.00 Sensory Activities</p>	<p>25 9.45 Exercise Group 10.00 Ball Exercise 11.00 Netball 2.00 Steve Richards Concert 3.30 Ice Cream Social</p>	<p>26 10.00 Music Morning 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>
<p>27 10.00 Catholic TV Service 2.00 Movie Afternoon Puzzles and Board Games in the Activities Room</p>	<p>28 9.45 Interactive Word Games 10.00 Exercise With Physio 10.45 BirthDay Morning Tea 2.00 Cards</p>	<p>29 9.45 Exercise Group 10.00 Movement to Music 11.00 Sharing is Caring Hour 12.00 Grandparents Day Afternoon Tea</p>	<p>30 BUS DAY 9.45 Exercise Group 10.30 BBQ Lunch Outing Summerland Point 10.30 Music Morning 1.30 Movie Afternoon</p>	<p>31 9.45 Interactive Word Games 10.00 Exercise with Physio 11.00 Frightful Fun 2.00 Monster Mash Halloween Party/ Staff Halloween Dress Up Contest</p>	<p>HAPPY GRAND PARENTS DAY</p>	<p>HAPPY GRAND PARENTS DAY</p>