

# GREENGATE TIMES

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*Winter may be upon us, but that doesn't stop residents from enjoying the beautiful, warm sunshine on those clear days. Taking advantage of the outdoors is always a great way to spend the day, especially when it's with good company!*

## Richa's Column

I am thrilled to present the first edition of our quarterly newsletter as the new Executive Manager of Killara Gardens. In this edition, we have some exciting updates to share with you, including a warm welcome to new residents and family members, upcoming events and activities, valuable advice for the winter season, and heartfelt thanks for your ongoing feedback and support.

Firstly, a heartfelt welcome to all new residents and family members who have recently joined our community. At Killara Gardens, we strive to create an environment where everyone feels like a part of the family from the moment they arrive. Our dedicated team is committed to providing exceptional care, support and a nurturing atmosphere that fosters a sense of belonging. We look forward to getting to know each of you and making your time here enjoyable and fulfilling.

As we are in the winter season, it's essential to stay warm and take care of our health. We encourage everyone to dress appropriately for the cooler weather, ensuring you stay cosy and comfortable. Additionally, I want to emphasise the importance of getting vaccinated against the flu. As the winter months approach, flu viruses become more prevalent, and getting vaccinated is an effective way to protect yourself and others from the flu.

In the upcoming months, we have a calendar filled with exciting events and activities that will make your experience at Killara Gardens

even more enjoyable. Our new Lifestyle Coordinator has been working tirelessly to organise engaging programs tailored to your interests and preferences.

We believe that these events and activities will enrich your experience at Killara Gardens and provide opportunities for engagement, connection, and enjoyment.

Lastly, I want to express my deep appreciation for the valuable feedback we receive from residents, family members and friends. Your input helps us enhance the services we provide and ensures that we continually meet your needs and expectations. Your suggestions and comments are invaluable, and we encourage you to share your thoughts with us. Together, we can make Killara Gardens an even better place to call home.

Thank you for your continued support and participation in our community.

Until next time.

Kind regards,

Richa Baskota  
Executive Manager  
Pathways Killara Gardens

## A Message from the Managing Director

I am thrilled to present to you the Winter Edition of our Pathways Residences Newsletter.

In this edition, we have strived to curate content that reflects the diverse interests and needs of our residents. You will find articles that cover a wide range of topics, including wellness tips, reminiscence sessions, events, and profiles of some of our remarkable residents, staff, and volunteers who contribute to the vibrant tapestry of our community.

We acknowledge the significance of staying updated with the latest developments and ensuring transparency within our organisation. Therefore, this edition also includes updates on our ongoing initiatives, improvements made to our facilities, and upcoming events that are designed to enrich the lives of all residents and promote social engagement.

With winter upon us, it's a time to remain vigilant of our health and wellbeing, ensuring that we keep up to date with our vaccinations, staying warm and finding new and meaningful activities to do indoors for those cold and wet weather days.

It is also at this time that I would like to express my sincere gratitude to our dedicated team for their unwavering commitment in creating such a safe, warm and engaging environment. Their efforts in safeguarding the health and wellness of all residents are truly commendable, especially during times where influenza and COVID-19 are more prevalent in the wider community.

We understand that the winter season can pose unique challenges, particularly for our residents. In this edition, as a result, you will also find practical tips and expert advice on maintaining a healthy lifestyle, combating winter blues, and boosting our immunity to ward off common seasonal illnesses.

I encourage each and every one of you to dive into the pages of our newsletter, take part in the activities and events, and share your stories, thoughts, and suggestions.

Together, we can ensure that Pathways Residences remains a thriving and inclusive community, where each individual is valued, respected, and celebrated.

Stay warm this season and we hope you enjoy everything this edition has to offer.

Graeme Skerritt  
Managing Director  
Pathways Residences

## Your Feedback

We welcome feedback in all forms and remind you that our teams are always here to hear what you have to say. If there is opportunity for improvement or a service we can better tailor to your needs that will improve the quality of your time with us, we would like to hear from you.

At reception, feedback forms are available to complete which provides instruction on the feedback process and next steps. Furthermore, our Chief Operating Officer Esperanza Arias Calli is also contactable to hear your valued feedback.

We regularly take part in surveys from a platform known as CarePage, which gives you the opportunity to let us know your thoughts on particular programs and services within your home. This is completed at regular intervals and can be anonymous if you wish to not be identified.

We are committed to keeping you informed of communications regarding your feedback at every step of the way with the aim of speedy resolution with positive outcomes that are dealt with in a respectful way.

For more information on complaints, compliments and general feedback, contact your Executive Manager Richa or for more sensitive concerns you can contact Esperanza at [admin@pathways.com.au](mailto:admin@pathways.com.au).



## Have you booked your Hairdresser appointment?

Just because it's winter, doesn't mean we should forget about self care. Book your appointment with our Hairdresser to make yourself feel like the star you are.

Enquire and book at reception today!



## 5 Tips on Improving and Enhancing the Quality of Life in Older People

By Catherine Lyons - Lifestyle and Events (Pathways Cronulla Pines)

As humans, we are always seeking to better ourselves and improve our quality of life. Whether it be through curating strong friendships, getting involved with our community, becoming more active or learning something new, there are many endeavours that we can pursue, big and small, which can positively impact our lives. While sometimes it may feel difficult to make changes to our everyday routines, especially as we age, making even the smallest change can have a big impact. Here are some of the ways we improve the quality of life for Pathways residents.

### 1. Practice Regular Social Interaction

People of all ages benefit from regular social interaction. Older people in particular, may experience longer periods of isolation, which can have an effect on overall health. Here at Pathways we have engage residents in daily social activities such as bus trips, Coffee club, reading groups, knitting, cooking and many others all in which boosts new friendships.

### 2. Invest Time in Hobbies

To bond with a friend, or to simply enjoy peaceful time on your own, try picking up a hobby. Find a fun pastime that can keep you both happy and healthy. This can give you the opportunity to connect with others who enjoy the same activity or provide joy in those moments alone.

### 3. Stay Connected With Family and Friends

Whether it's meeting new people or connecting with old friends and family members, it's important to nurture personal relationships. We all require strong connections to lead happy and healthy lives. Scheduling regular visits and outings can be very beneficial. Can't meet in person? Plan a virtual meeting and connect online from the safety of your home. Another great way to stay connected is to write and send letters. Making an effort to spend more time with your family and friends can do wonders for health and quality of life for seniors.

### 4. Continue or Renew Physical Activities

Keeping active is instrumental to preserving and improving overall health, especially as we age. Regular physical activity has been linked to many health benefits, including stroke and heart disease prevention. There are many ways to remain active, to start pick activities that best fit your abilities and interests. Getting outdoors for a walk, taking a Tai Chi class or our regular exercises class with the physio are great examples of how we stay more active.

### 5. Engage In Mental Health Activities

Exercising our minds is just as important as exercising our bodies. Invest time in and prioritize mental activity by challenging yourself and taking part in the fun brain games we have on offer. Trivia, Scategories, Pictionary to name a few. Brain games are good for overall health and help improve cognitive functions. Other mentally stimulating activities can include reading, jigsaw puzzles, cooking or writing.

In conclusion, improving the quality of life for Pathways residents is a multifaceted endeavour that encompasses various aspects of well-being. By embracing regular social interaction, investing time in hobbies, staying connected with family and friends, continuing or renewing physical activities, and engaging in mental health activities, residents can experience significant positive changes. These efforts not only foster strong friendships, but also combat isolation, promote happiness, and enhance overall health.

Whether through the joy of pursuing shared interests, the comfort of meaningful connections, the benefits of physical exercise, or the stimulation of mental engagement, Pathways residents are empowered to lead fulfilling lives. By embracing these practices, we create an environment that supports and celebrates the pursuit of a higher quality of life, ensuring that each resident's journey is filled with purpose, growth, and contentment.

# A Note from our Executive Chef, Arthur Faulks...



Hi all,

As Executive Chef for Pathways, I have been organising many events for residents across all of our facilities with the assistance of the chefs, catering teams and lifestyle staff. There have been celebrations and events like Mother's Day, the Kings Coronation afternoon teas, resident BBQs, Food Focus meetings, "Lunch with the Chef" and our usual activities like high teas, birthday celebrations and weekly happy hours. There are many more upcoming events like Christmas in July, Father's Day and many more regular events.

This year we have decided to run regular Food Focus meetings, in consultation with residents and their representatives, separate from our normal residents meetings at all of our residences. This gives us more time to focus on residents' feedback. This has been extremely helpful in developing new menus, reviewing our services and identifying what we do well and areas where we may want to improve. If you see this meeting on your activity calendars please come along, as we would like to get as much feedback as we can.

I would like to introduce you to the Head Chef at your facility so that whenever you have an issue with your meals or you just want to give feedback you are most welcome to request that they come and see you or a family member to discuss and to have a friendly chat. If you reside at Sailors Bay your head chef is Brodie Steele, at Killara Gardens it is Nimesh Patel and at Cronulla Pines it is **Ashraf Nuhmaan**. They are experienced chefs who lead a team of dedicated staff and catering assistants to provide you with a positive dining experience.

If you would like to discuss the food, catering or any preferences you may have please feel free to request to see the Head Chef. Just ask a nurse, lifestyle staff member or catering assistant to let the chef know you would like to see them.

Pathways recognises the importance of providing a positive dining experience through the service we provide which is why we have also embarked on an extensive ongoing training program for all staff on how to deliver a positive "Dining Experience" for all of our residents. This has been a positive initiative and well received by staff and residents.

By the time you read this we will be using a new Winter Spring menu which has been put together with the assistance of resident feedback and ideas, input from staff and a dietitian's menu review. It is a four-week menu with a number of popular dishes repeated across the four-week period. It offers a wide variety of cooler weather style dishes to suit the season and a couple of new items to choose daily from the menu.

Although we have been experiencing relatively normal weather the un-seasonally cooler autumn has meant there is a little less variety of fresh quality produce available at the moment. To overcome this, Pathways uses very reputable suppliers who we work very closely with to deliver quality fruit, vegetables, meat and seafood products to us.

Keep an eye on the activities calendar at your facility for the Resident Food Focus meetings, events and regular activities for you to attend.

For this newsletter, I have included a classic winter soup, well known and enjoyed for many generations.

Hope to see you soon at a resident meeting, event or just around the facility. Please feel free to say hello.



## Pea and Ham Soup

A traditional winter-style soup, made to bring comfort and warmth to the soul.

### Ingredients:

1. 90g (1 1/3 cups) green split peas
2. 2 tbsp olive oil
3. 2 carrots, peeled, chopped
4. 2 sticks celery, trimmed, chopped
5. 1 brown onion, halved, chopped
6. 1 large potato, diced
7. 3 garlic cloves, crushed
8. 700g ham or ham hocks
9. 1.5 L (6 cups) cold water
10. Freshly ground salt and pepper to season
11. Crusty Bread (to serve)

### Method

**Step 1:** Rinse split peas under cold running water until water runs clear. Drain.

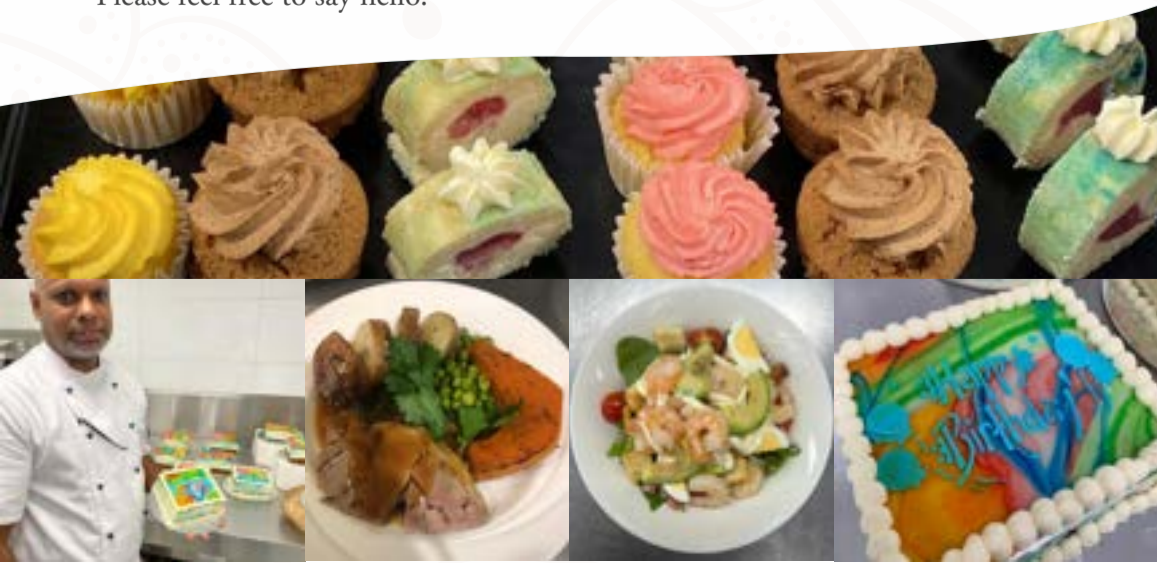
**Step 2:** Heat oil in a saucepan over medium heat. Add carrot, celery, onion, potato and garlic, and cook, stirring, for 5 minutes or until the onion softens.

**Step 3:** Add split peas, ham or hocks and water. Bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 2 to 2.5 hours or until ham hocks are tender and the meat is falling away from the bones. Set aside for 5 minutes to cool slightly. Remove ham or hocks from pan. Remove the meat from bones. Coarsely chop meat and set aside.

**Step 4:** Place one-quarter of the pea mixture in the bowl of a food processor and process until smooth. Return to pan with ham. Repeat with remaining pea mixture. Taste and season with salt and pepper. Stir over medium-high heat for 5 minutes or until hot.

**Step 5:** Ladle soup into bowls and serve immediately with crusty bread.

**Note:** This recipe can be cooked in a slow cooker as well as on the stove.



# The Power of Reminiscence Therapy

By Carina Johnson - Marketing and Communications



## What is Reminiscence Therapy?

Reminiscence therapy is a person-centred approach that harnesses the power of memories and personal experiences. Through guided conversations, sensory stimuli, and familiar objects, seniors are encouraged to recall and share their life stories. This therapy aims to stimulate cognitive functions, promote emotional well-being, and enhance social interactions.

## Benefits of Reminiscence Therapy:

### a. Cognitive Stimulation:

Recent research indicates that reminiscence therapy positively impacts cognitive function in seniors. Engaging in meaningful discussions about past events stimulates memory recall, attention, and problem-solving abilities. This cognitive stimulation can lead to improved mental agility and a sense of accomplishment among residents.

### b. Emotional Well-being:

Reminiscing about positive memories can evoke strong emotions and provide a sense of validation and self-worth for seniors. Reminiscence therapy has shown promising results in reducing symptoms of depression, anxiety, and loneliness. By tapping into pleasant memories, this therapy fosters a more positive emotional state and an improved overall sense of well-being.

### c. Social Interaction:

Residential aged care facilities often provide group reminiscence sessions, creating a platform for residents to connect and engage socially. By sharing stories, experiences, and common interests, seniors build connections with their peers, combating social isolation and loneliness. This social interaction enhances their sense of belonging and improves overall mental and emotional health.

### d. Quality of Life:

Reminiscence therapy plays a vital role in enhancing the quality of life for seniors. By engaging in meaningful conversations about their past, residents experience a renewed sense of purpose and self-identity. This therapy helps individuals find meaning in their life experiences and instills a sense of satisfaction, happiness, and fulfilment.

## Reminiscence Therapy in Residential Aged Care Settings in Australia

Aged care providers in Australia have recognized the value of reminiscence therapy and are integrating it into their care programs. Trained staff members facilitate structured reminiscence activities tailored to the individual needs and interests of residents. These activities may include photo discussions, music-based reminiscence, and sensory stimulation through objects and artifacts.

Pathways Residences have implemented a successful reminiscence therapy program. For instance, introducing weekly group reminiscence sessions, resulting in improved social engagement, memory recall, and emotional well-being among residents. Pathways Residences have also integrated reminiscence therapy into their dementia care program, leading to reduced agitation and increased social interactions.

Recent Australian research studies have provided substantial evidence supporting the effectiveness of reminiscence therapy in residential aged care settings. A study conducted by Smith et al. (2022) at the University of Melbourne demonstrated that regular reminiscence therapy sessions improved cognitive function, memory recall, and overall well-being among seniors in residential aged care facilities. The study recommended the integration of reminiscence therapy as a standard practice in aged care settings.

Another research study by Jones et al. (2021) at the University of Sydney examined the impact of reminiscence therapy on social interaction and emotional health among aged care residents in Queensland. The findings showed a significant increase in social engagement, reduced feelings of loneliness, and improved emotional well-being among participants who received regular reminiscence therapy sessions.

Experts in the field also emphasise the importance of ongoing evaluation and assessment of reminiscence therapy programs. This includes collecting feedback from residents, monitoring changes in cognitive and emotional functioning, and modifying the therapy to meet individual needs. Additionally, involving family members in the reminiscence process can enhance the effectiveness of the therapy and contribute to a more holistic approach to care.

Reminiscence therapy is a valuable tool for enhancing the lives of seniors in residential aged care facilities. Its cognitive, emotional, and social benefits make it an essential component of person-centred care. Through structured reminiscence activities and skilled facilitation, residents can experience improved cognitive function, increased emotional well-being, and enhanced social interactions.

As the demand for aged care services continues to grow, it is crucial for residential facilities to adopt evidence-based practices like reminiscence therapy. By recognising the power of past memories and supporting residents in sharing their life stories, aged care providers can promote a sense of purpose, identity, and connection among their residents. This, in turn, leads to a higher quality of life and well-being in the senior population.



# Aged Care Council of Elders

## A resource for aged care consumers

Older people have a formal voice to Government on ageing and aged care through the members of the Aged Care Council of Elders.

### The Role of the Aged Care Council of Elders

The Australian Government established the Aged Care Council of Elders as an advisory body to the aged care reforms.

The Council of Elders provide a direct voice to the Australian Government from older Australians. This voice is informed by their lived experiences and local networks.

The Council of Elders talk to older people about changes being made to aged care and listen to their experiences. The Council use this information to give independent advice to Government about the aged care system and ageing well. They consider views from older people across Australia when providing their advice.

To do this the council consults with older people on a range of matters including:

- aged care quality and safety
- the needs of older people and their families and carers
- the rights and dignity of older people.

Opportunities to engage with the council can be viewed by visiting the website [agedcareengagement.health.gov.au/get-involved/](https://agedcareengagement.health.gov.au/get-involved/)

The council reports on the diverse issues, views, and perspectives of older people to the:

- Minister for Health and Aged Care
- Minister for Aged Care
- Department of Health and Aged Care.

Council advice targets key issues related to the aged care reforms.

### The Aged Care Council of Elders' Latest Communique (21 & 22 June 2023)

**Dementia deep dive** – the Council of Elders and National Advisory Council for Aged Care extensively discussed the National Dementia Action Plan and its significance in reforming aged care. This was the first time that both councils looked at an issue in depth together. Both councils recognised that dementia affects individuals differently, and personalised care can enhance their quality of life. To enhance supports, services, and the well-being of people with dementia, the Councils identified reducing stigma and normalising the experience of dementia, culturally appropriate dementia care, establishing a human-rights based model of care, suitable respite for carers and enhancing the safety of individuals living with dementia are areas of priority consideration.

**Community engagement** – the Council talked about practical ways to improve their reach and speak to more people about its work. Opportunities identified include attending local events and creating content to use in local newsletters to get the message out about the Council to as many older people in Australia as possible.

**Reform roadmap** – the Council welcomed the public release of the reform roadmap and the progress made on implementing the Royal Commission recommendations. They acknowledged the scale and speed of the aged care reform work completed so far. The roadmap will be an important resource for the Council when engaging with local communities.

**New Aged Care Act - rights and regulatory model** – the Council discussed the proposed approach to defining rights and enforcing them in the New Aged Care Act, as well as the approach to regulation, complaints, and feedback. The Council is concerned that achieving the necessary cultural change in aged care requires a balanced approach between regulations, teaching and helping care providers improve their skills, and giving older people the power to have their concerns taken seriously and addressed.

The Council talked about how rights should be defined and enforced in the new aged care act including the approach to regulation, complaints and feedback. The regulatory model should be able to address breaches of rights that are not severe but still greatly affect the quality of life for older people. The Council shared ideas about how this could be done.

**Aged Care Taskforce** - the Council discussed how it can support the Aged Care Taskforce by assisting its Council members, Tom Calma AO, Margaret Walsh OAM and John McCallum. Council will discuss matters under review by the Taskforce and offer advice as appropriate.

**Home care support and disability** - the Council reviewed detailed information from the department about the supports provided through aged care for individuals living with disabilities, particularly aids and equipment. The Council is concerned about the inequitable support currently offered to older people in Australia with disability-related needs under the National Disability Insurance Scheme relative to the aged care system. The Council urges the government to guarantee that adequate supports are provided for disability related needs in aged care.

**Regional stewardship for aged care** – the Council discussed for regional stewardship means finding ways for local staff to engage with the community and discuss important reforms in aged care. The Council is improving its connection with state and territory offices of the Department of Health and Aged Care. This will increase awareness of concerns raised by older people in the local community and bring clarity to the roles and responsibilities with the department and the government as a whole. The Council is delighted about the opportunity to share our networks and build connections to improve our relationships. The next meeting of the Council of Elders will be held on 2 August 2023.



# Interesting Stories and Changing Attitudes

A collection of interesting facts, stories and information (past, present and future) sure to lift the spirits



## 1. Retired army captain raises millions

Captain Tom Moore, a 99-year-old British WWII veteran, wanted to help his country during the coronavirus pandemic. So, he set up a fundraiser for the U.K.'s National Health Service. He set himself the target of walking 25 meters around his garden 100 times before his 100th birthday. To the astonishment of the nation, Moore raised \$9 million - simply by walking with his walker in his backyard.



## 4. How Princess Diana changed attitudes to Aids

During the 1980s, a terrifying disease circled the globe — AIDs. People with AIDs were shunned by society, and many patients died lonely deaths.

Princess Diana changed perceptions of the disease when she visited a new AIDs ward at the Middlesex Hospital in London on April 9, 1987. There, she shook the hand of an AIDs patient on camera, dispelling the stereotype that it could be passed through casual contact. She showed in a single gesture that this was a condition needing compassion and understanding, not fear and ignorance.



## 7. The First Successful Human Heart Defibrillation

A defibrillator was used in 1947 for the first successful human heart defibrillation by Dr. Claude Beck on a 14-year-old boy. The 14-year-old patient suffered from ventricular fibrillation and was undergoing an open-chest surgery when Dr. Beck restarted his heart successfully.

## 2. The only animal POW of World War II

Judy, a pure-bred English Pointer and mascot for the Royal Navy saved many lives during World War II. She was able to hear incoming aircraft and provide early warning, and when their ship was sunk, she managed to find a freshwater source on a deserted island for the surviving crew.

When the crew became prisoners of war, Judy met pilot Frank Williams in a camp in Medan. They became lifelong companions. After bribing the drunk camp commandant with one of her puppies, Williams successfully registered Judy as a POW, to prevent the guards from killing her. She was the only dog to be registered as a prisoner of war during the Second World War.



## 5. Al Capone's Soup Kitchen during the Great Depression, 1931

Al Capone is best known as a ruthless gangster. However, when the stock market crashed and set off the Great Depression, Chicago's "Public Enemy No. 1" saw his chance to win back the public's favor. Capone opened a soup kitchen to help those affected by the devastated American economy. Capone's soup kitchen served breakfast, lunch, and dinner to an average of 2,200 Chicagoans every day.



## 8. The Woman Behind the First Black Hole Image

Katie Bouman led the development of an algorithm for imaging black holes, known as Continuous High-resolution Image Reconstruction using Patch priors (CHIRP), and was a member of the Event Horizon Telescope team that captured the first image of a black hole. "We're a melting pot of astronomers, physicists, mathematicians and engineers, and that's what it took to achieve something once thought impossible," Dr Bouman says.



## 3. Daryl Davis: the black musician who converts Ku Klux Klan members

Daryl Davis is a Blues musician by profession but has devoted a lifetime to reaching out to KKK members and starting a dialogue. Since he began the work in 1983, he has persuaded over 200 KKK members to leave the organization.



## 6. Malala Yousafzai fights for better education for women

Born in Pakistan, Malala Yousafzai learned early on about the importance of education from her father, a teacher at a girls' school. When the Taliban took control of her town in 2008, they prohibited girls from going to school. Yousafzai publicly spoke out against it and was shot on the left side of her head for standing up for what she believed in. After months of recovery and moving to the United Kingdom with her family, she refused to hide in fear, instead, using her voice to start the Malala Fund, a charity dedicated to ensuring every girl has the opportunity to go to school. At 17, she became the youngest person to ever receive the Nobel Peace Prize.



## 9. The Future Library, Oslo

Every year since 2014, Scottish artist Katie Paterson has invited a different author to submit a manuscript. The texts – kept secret to all but the writer – are to be sealed away, unread, until 2114. Margaret Atwood was the first to contribute. Paterson has also planted 1,000 Norwegian spruce trees in the Nordmarka forest near Oslo, which in 100 years will provide the paper for at least 3,000 anthologies of the 100 works.

"Future Library is a small project, but it has a message of hope and trust. It goes beyond us living now and reaches out, through words, to the children of our children," said Katie.

# “Let’s talk about death and dying”

By Elise Hartevelt from Aged Care Insite (<https://www.agedcareinsite.com.au>)

An aged care nurse has called for Australians to become more open in conversations about death and dying during National Palliative Care Week (back in May 2023).

Multi-award-winning palliative care nurse, Juliane Samara, highlighted the need for a cultural shift in society about mortality to better prepare people for the inevitable end.

Each year, the nation’s palliative care peak body, Palliative Care Australia, raises awareness and places ‘matters of life and death front and centre.’

*“We need to embrace death and dying as part of living,”* Ms Samara told Aged Care Insite.

*“Our culture has evolved to one where we hide death and dying behind closed doors in hospitals, healthcare facilities and aged care homes. We need to be more comfortable talking about it and having those conversations to be more prepared when the time comes.”*

Palliative care delivers healthcare and support to people with life-limiting illnesses by managing pain and maintaining the best quality of life possible as the disease progresses.

In 2021, nearly 60,000 people received palliative care through Australia’s 177 palliative care services.

Two in three cases had been diagnosed with cancer. Three in four patients passed away within 30 days, with 62 per cent ending in less than two weeks.

Between 2020-21, roughly 4,500 people living in residential facilities needed palliative care, representing nearly 2 per cent of Australians using aged care services.

For six years, Ms Samara has been delivering specialist care across 28 residential aged care homes across the ACT. Before that, she worked as a specialist oncologist nurse for 12 years, looking after people with malignant brain tumours and gynaecological cancers.

*“Palliative care has been a red thread throughout her career,”* she said. *“I was always destined to be a palliative care nurse practitioner.”*

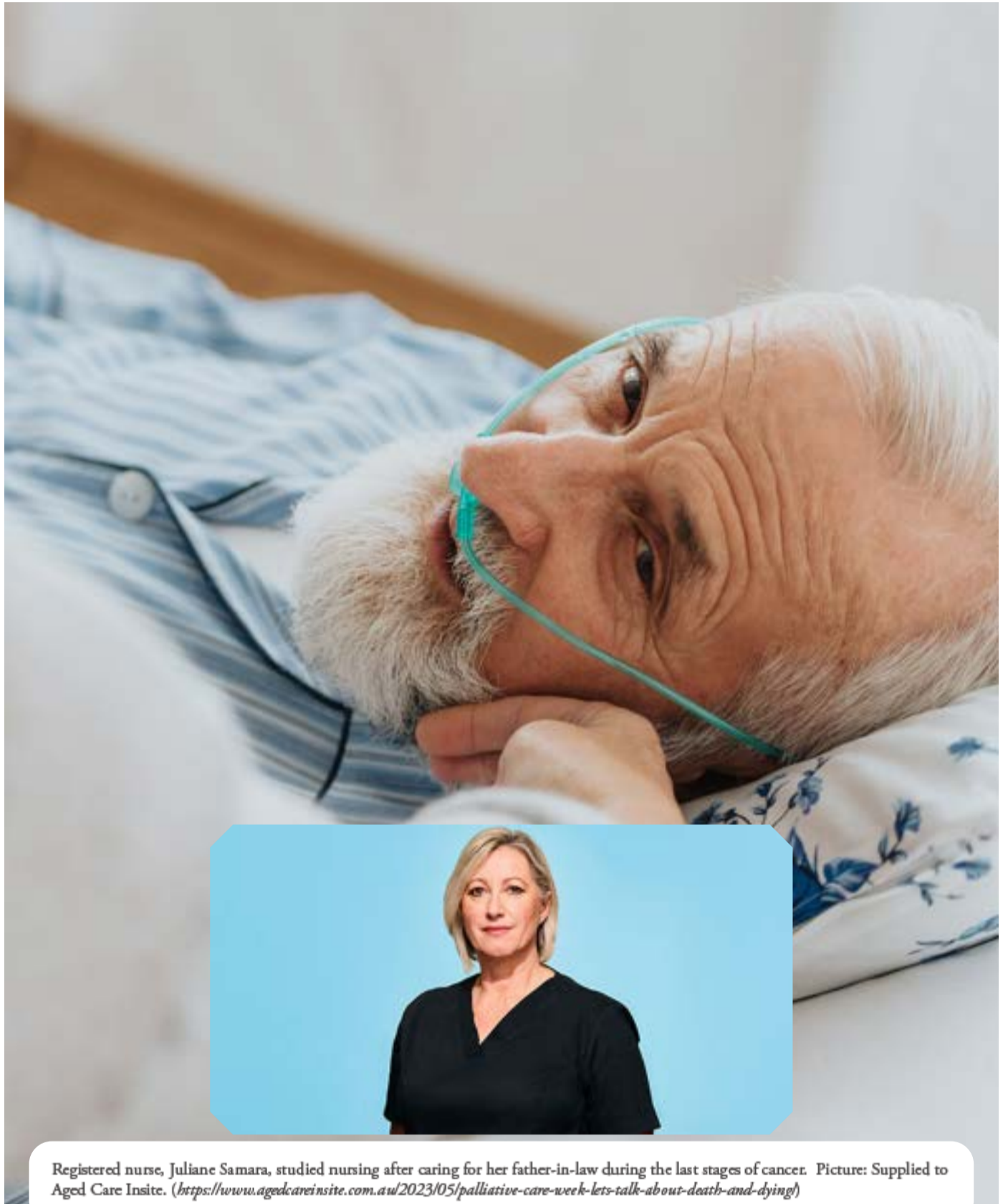
One of the reasons Ms Samara decided to study nursing was because of her father-in-law, who was in his final stages of cancer. She worked in aged care for three years as an undergraduate student and ‘loved working with older people.’

*“When this role came up, I thought that was a perfect fit.”*

Ms Samara said that changes in how society works, and lives have impacted our view on death and dying, exacerbating the stigma around it.

*“We’re taught that we can cure and that the job of medicine is to save lives,”* she said. *“So, we spent a lot of energy, time and money trying to save lives without honest conversations about the natural process of dying.”*

Ms Samara said society needed to start those talks before people are diagnosed, as early as primary school and at the dinner table. We need to be more open and positive about what the end will likely look like so it doesn’t come as a surprise when someone is sick, and all treatment options have failed, she said.



Registered nurse, Juliane Samara, studied nursing after caring for her father-in-law during the last stages of cancer. Picture: Supplied to Aged Care Insite. (<https://www.agedcareinsite.com.au/2023/05/palliative-care-week-lets-talk-about-death-and-dying/>)

*“Generations ago, people died at home and were cared for by their family.”*

Ms Samara said she watched her grandmother care for three brothers who had had strokes. Later, she nursed her mother at home until she passed away.

*“It was normal and part of life. We all chipped in and did our bit,”* she said. *“These days, everybody is working multiple jobs, trying to make ends meet – we’ve removed ourselves from that family and community environment where death is just part of life.”*

For Ms Samara, working in palliative care has made her realise how short life is and how quickly things can change.

*“I’ve witnessed people who were thriving in their careers, then one day, they’re diagnosed with a life-limiting illness, and everything suddenly changes. Working alongside and supporting people has made me truly value every day.”*

*“I’ve realised that people facing terminal or life-limiting illnesses can still experience a high quality of life, while others with many years ahead may endure a poor quality of life.”*

# Activities

## At Pathways Killara Gardens

- **Christmas in July:** Join us in celebrating the festive spirit of Christmas in the middle of the year. Enjoy delightful decorations, scrumptious meals, and special activities to bring the joy of the holiday season to our community.
- **Additional Bus Trips:** Explore new destinations and create lasting memories as we plan more bus trips for residents. Whether it's a local outing or a longer day trip, we aim to provide opportunities for you to discover new places and connect with fellow residents.
- **Petting Zoo:** We are thrilled to announce that we will be hosting a petting zoo event! This delightful activity will allow residents to interact with a variety of friendly animals. Get up close and personal with adorable creatures, and experience the joy and therapeutic benefits that come with animal companionship.
- **Drumming Therapy:** Discover the power of rhythm and music with our drumming therapy sessions. This activity promotes stress relief, improves coordination, and uplifts the spirit. Get ready to let loose, have fun, and feel the beat!

*Basking in the gorgeous sunshine, fun social activities such as bingo and scrabble and a few moments with friends having a wee chin wag here and there, there is always something to do and someone to share it with at Pathways Killara Gardens. If you're interested in what activities are on offer, speak with our Lifestyle team for more information.*





# Lighthouse Ghost Stories

## 4 Short Stories to Get You Talking

Lighthouses are beacons of light and safety, sometimes the only lifeline for seafarers lost in the dark of night or the chaos of a violent storm.

Dotted along rugged coastlines and harbor entrances around the world, lighthouses have long prevented disasters and saved lives at sea. However, lighthouses don't always work and many seafarers have died from coastal accidents, pirate attacks, or an inability to see the light of these coastal beacons. Additionally, the lighthouse keeper's job is one of isolation, fear and uncertainty in the face of massive responsibility.

Many believe lighthouses are haunted by unfortunate souls that linger long after their death.

### St. Simons Lighthouse

The St. Simons Lighthouse is located at the tip of St. Simons Island, Georgia, U.S. It was built in 1810 and then rebuilt in 1872 after it was destroyed by Confederate forces in 1862 to prevent it being used by Union troops during the U.S. Civil War. It is still an active lighthouse, guiding ships into St. Simons Sound and warning of the many sandbars in the area.

In 1880, Frederic Osborne, the first Lighthousekeeper in the newly constructed lighthouse, was slain by an employee. Decades later, a lighthouse keeper's wife was trying to work on the machinery while her husband was away. She was having trouble and couldn't get the lighting mechanism to work. In exasperation, she called out to the spirit of Osborne for help, and that's precisely what she got. Osborne appeared and began to work on the machinery. Upon seeing the faint figure working calmly on the mechanism, she did what any normal person would do: she fainted. When she came to, the lighting was functioning.

It seems that Frederic Osborne never left his former workplace. Ever since, people have seen his shadow and many have heard his footsteps when no one else was walking.

### Seguin Lighthouse

The Seguin Lighthouse, located off the southern coast of Georgetown, in Maine, U.S. was commissioned by George Washington in 1795. The tower was replaced by a stone structure in 1819 and later rebuilt once more with cut stones in 1857. That is the version we see today.

A Coast Guard who spent the night at the lighthouse when it was being decommissioned in 1985 was in the process of removing the furniture from the keeper's house. The spirit of a former keeper, dressed in old-fashioned oil skins, appeared in the night. The apparition said, "Don't take the furniture! Please, leave my home alone!". There was a mysterious accident the following day, and the boat full of furniture sank.

### Eilean Mor Lighthouse

On the 26th of December 1900, a small ship was making its way to the Flannan Islands in the remote Outer Hebrides, Scotland. The ship's destination was the lighthouse of Eilean Mor. In charge was Captain James Harvey and with him travelled Joseph Moore, a replacement Lighthouse Keeper.

As they arrived they were surprised no one was waiting for them. The captain blew his horn and sent up a warning flare, but there was still no response. Joseph Moore then rowed to the platform and climbed the steep set of stairs to the lighthouse. Once there, he immediately noticed something was wrong; the door to the lighthouse was unlocked and in the entrance hall two of the three oil skinned coats were missing. He continued onto the kitchen area where he found half eaten food and an overturned chair, almost as if someone had jumped from their seat in a hurry. To add to this peculiar scene, the kitchen clock had also stopped.

On the Lighthouse's log on Dec. 12, Thomas Marshall, the 2nd Assistant wrote. "Severe winds the likes of which I have never seen". He further indicated that the Principal Keeper was 'very quiet' and that the 3rd Assistant, William MaArthur,

was 'crying'. Why would three experienced Keepers be afraid when they were perfectly safe in the Lighthouse?

Further investigation found nothing over and above what the Captain had reported. The last entry in the Lighthouse's log on Dec. 15th was: "God is over all". Most peculiar was that there were no storms or wild winds on Dec. 12th, 13th, 14th or 15th. In fact the weather was calm. The Official Report concluded that the three men were attempting to retrieve some ropes strewn over the rocks and were taken by a rogue wave. But many were unconvinced.

Over the following decades, subsequent keepers at Eilean Mor heard strange voices in the wind, calling the names of the missing men. They were never seen again. Many are convinced they were abducted by aliens on that cold winter's night over 100 years ago.

### Tevennec Lighthouse

Tevennec Lighthouse, located on a rocky island off the coast of Brittany, France, has a dark past. Built in 1875, Tevennec is constantly battered by 70 foot waves and gale force winds. The first Keeper of Tevennec was stationed alone and began to hear voices telling him to go away. He quickly went mad. A Priest was called to exorcise the island after another three keepers died or disappeared suspiciously. The Lighthouse became known as La maison de l'Ankou - French for House of Demons.

In 1910 it was decided that Tevennec would become fully automated so that no one had to live there. Fast forward a century and in 2018, Frenchman Marc Pointud bravely decided to spend 69 days alone in the haunted Lighthouse. He had a laptop, internet connection, and telephone contact with the mainland just in case! This was in stark contrast to his predecessors who only had the elements and their own dark thoughts as company.

Marc returned unharmed, and he now hopes to raise money to renovate and turn Tevennec into an artist residency. If you were an artist would you live there?



# Your Health, Your Care - Promoting Skin Integrity and Wound Healing

By Esperanza Arias Calli BN, RN, MACN - Chief Operating Officer

It is common knowledge that skin is our largest organ. It covers 18 square feet and weighs approximately 12 pounds. Skin integrity is essential for good health and wellbeing, yet we don't always give it the attention it deserves.

As we grow older, our skin can become drier and more susceptible to breaks, tears and wounds, making it important that we take good care of our skin as we get older.

## Common Causes and Mechanisms of Skin Breakdown

Compromised skin integrity can have numerous causes. Aged related changes, friction, shear, moisture, pressure, and trauma are all causes of skin breakdown. These factors can work together or alone to damage and injure skin. Immobility, poor nutrition, incontinence, medications, hydration, impaired mental status, and loss of sensation are other risk factors and contributors to skin breakdown.

## Causes of skin tears in elderly

A skin tear is a break in the skin which can lead to "peeling back" of the skin. Most skin tears are seen on the extremities, usually the arms, dorsal aspect of the hands, and the lower limbs.

In some cases, the skin flap can be put back to where it belongs making the healing process quicker and more successful. In other cases, the skin flap is incomplete or completely gone which make the healing process much more difficult.

When skin tears occur in the elderly, often due to a fall, bump, or removal of an adhesive such as a band aid, it can be very serious, therefore, timely and good wound care is crucial to maintaining health and wellbeing.



## Promoting Skin integrity and preventing skin tears

Promoting skin integrity and preventing wounds including skin tears is key to maintaining overall health and wellbeing. There are a range of prevention measures that we can be taken to achieve this, hydrating the skin being the best thing that we can all do.

Moisturising your arms and legs twice a day, can protect more fragile areas of their skin and halve your chances of getting a skin tear. Where you cannot do it yourself, our staff are here to provide support and care.

In addition to this, we also promote the following:

- maintaining a balanced diet and good hydration,
- ensuring a safe and clutter-free living space to prevent falls and bumping onto obstacles,
- wearing longer sleeved clothing, trousers or limb protectors to add an additional layer of protection to the limbs for wound minimisation should any bump or fall occur,
- check skin daily and reporting any concerns to our nursing staff,
- individualised manual handling plans for each resident,
- training on manual handling to ensure staff are aware of how to prevent skin tears when assisting residents with mobility and transfers,
- timely reporting, assessment and treatment of skin tears and other skin integrity issues,
- referrals to external wound specialist where required,
- continence care and management,
- provision of oral nutritional supplements (where required) to promote wound healing.

In summary, as we all know prevention is better than cure and we encourage you all to continue partnering with us to put preventative measures in place to prevent skin integrity issues.

Our staff are responsible for assessing, monitoring and managing skin integrity and providing wound care when incidents occur. Please see one of our Registered Nurses or Care Managers if you wish to discuss your skin integrity concerns.

Alternatively, please request a Care Conference to discuss and review your current plan of care for maintaining healthy skin. Let's all work together to enable you to maintain good skin integrity and overall health and wellbeing!

## Care Conferencing

### How to get a copy of your care plan

As an aged care resident, you have the right to safe and quality care and to live under the Aged Care quality standards, Standard 2 specifies that "I am a partner in the ongoing assessment and planning that helps me get the care and services I need for my health and well-being."

At Pathways Residences we are committed to focusing on optimising your needs, preferences and goals and we do this in a few ways.

### Care conferencing:

Pathways Residences will ensure that all care and services will be developed and reviewed in conjunction with the resident or the person responsible and persons of their choosing.

### Care conferences are held with you:

- 4 – 6 weeks post-admission,
- Annually,
- As clinically indicated, and
- As requested by the resident or person responsible.

The care conference is an opportunity for all your care needs to be discussed and reviewed and provides the ongoing sharing of information. This is an approach that recognises that your decisions about your life are important to us. During the care conference you will also be provided with a copy of your current care plan.

If you would like to have a care conference to discuss and review your care needs, please contact the Care Manager for an appointment.

### Your Care Plan

A care plan is a document that we use to communicate your needs and preferences to our staff and includes information about your needs, goals and preferences, it also contains information about any relevant risk to your safety and health and other information relating to your care such as allergies, behaviour management strategies etc.

Care plans help support safe and effective care and services that are delivered to you. If you would like a copy of your care plan, please ask your Care Manager and they can provide this to you at any time and if there is any information you are unsure about, if you would like your care plan explained to you, if you would like it translated or in a different format or you require additional information to your care plan or for it to be changed again please speak to your Care Manager who will assist you with this.



# Crossword Puzzle & Sudoku

Brain games from The Senior to help you stay in shape!

## ACROSS

- 1. Legible
- 5. On train or ship
- 9. Shuffles along
- 10. Socialise (with)
- 12. Attaining (results)
- 13. Renter
- 14. Pealed
- 16. Household rubbish
- 19. Mopped
- 21. Sit for portrait
- 24. Central (point)
- 25. Optical tiredness
- 27. Tying (shoes)
- 28. Intensify (conflict)
- 29. Yapped
- 30. Wild prank

## DOWN

- 1. Scoundrel
- 2. Lethargy
- 3. Saunter
- 4. Gazing lustfully
- 6. Booklets
- 7. Unnatural or out of character
- 8. Prevented entry of
- 11. Keenly excited
- 15. Hospital vehicle
- 17. Gainfully (occupied)
- 18. Absurd or laughable
- 20. Action-taker
- 21. Joys
- 22. Curved fruit
- 23. Say "a-tishoo"
- 26. Jewelled headband

1.		2.		3.		4.			5.	6.		7.		8.
9.									10.					
								11.						
12.										13.				
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19.						20.		21.						
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24.						25.				26.				
27.							28.							
29.								30.						



Across: 1. Readable, 5. Aboard, 9. Shambles, Hobnob, 12. Achieving, 13. Hire, 14. Kang, 16. Garbage, 19. Swabbed, 21. Pose, 24. Focal, 25. Eyestrain, 27. Lacing, 28. Escalate, 29. Yelpe, 30. Escapade. Down: 1. Kascal, 2. Apathy, 3. Ambly, 4. Lecting, 6. Brochures, 7. Abnormal, 8. Debarred, 11. Agog, 15. Ambulance, 17. Usefully, 18. Farical, 20. Doer, 21. Pleases, 22. Banana, 23. Sneeze, 26. Tira.

		8		6	3			
			4			7		1
2	3		9		5	8		
1		2						
3								5
						6		2
		1	5		9		7	8
8		3			1			
			2	4		1		

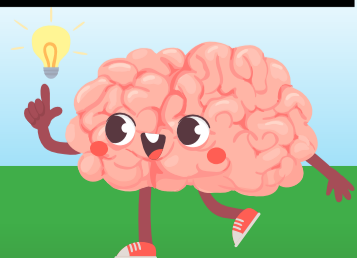
## Sudoku

To solve Sudoku, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 boxes

## Did you know?

1. While your height stops growing after one hits puberty, your ears and nose are constantly lengthening, and gravity is to blame for this phenomenon.
2. Our cornea, the transparent front part of the eyes, doesn't get any blood supply and receives oxygen directly from the air!
3. The human body consists of so much fat that it can make up to seven bars of soap.
4. Your heart can sync to the rhythm when you listen to music.
5. Humans can glow in the dark, however, they are too weak for the human eye to detect.
6. Your small intestine is taller than you and measures about 7 metres.
7. One-fourth of the bones in a human body are in the feet.
8. You will not be able to breathe and swallow at the same time.
9. Just like fingerprints, humans also possess a unique tongue print.
10. Babies only blink once or twice in a minute while an adult blinks at least 10 times in the same time.



# Famous Movie Quotes - Can You Guess The Movie?

1. "Go ahead, make my day."
2. "You can't handle the truth!"
3. "You're gonna need a bigger boat."
4. "Elementary, my dear Watson."
5. "It's alive! It's alive!"
6. "My mama always said life was like a box of chocolates. You never know what you're gonna get."
7. "The stuff that dreams are made of."
8. "What we've got here is failure to communicate."
9. "Roads? Where we're going we don't need roads."
10. "Toto, I've a feeling we're not in Kansas anymore."



Answers: 1. Sudden Impact (1983), 2. A Few Good Men (1992), 3. Jaws (1975), 4. The Adventures of Sherlock Holmes (1939), 5. Frankenstein (1931), 6. Forrest Gump (1994), 7. The Maltese Falcon (1941), 8. Cool Hand Luke (1967), 9. Back to the Future (1985), 10. The Wizard of Oz (1939)

## Influenza and COVID-19 Vaccinations

### Keeping residents protected this winter season

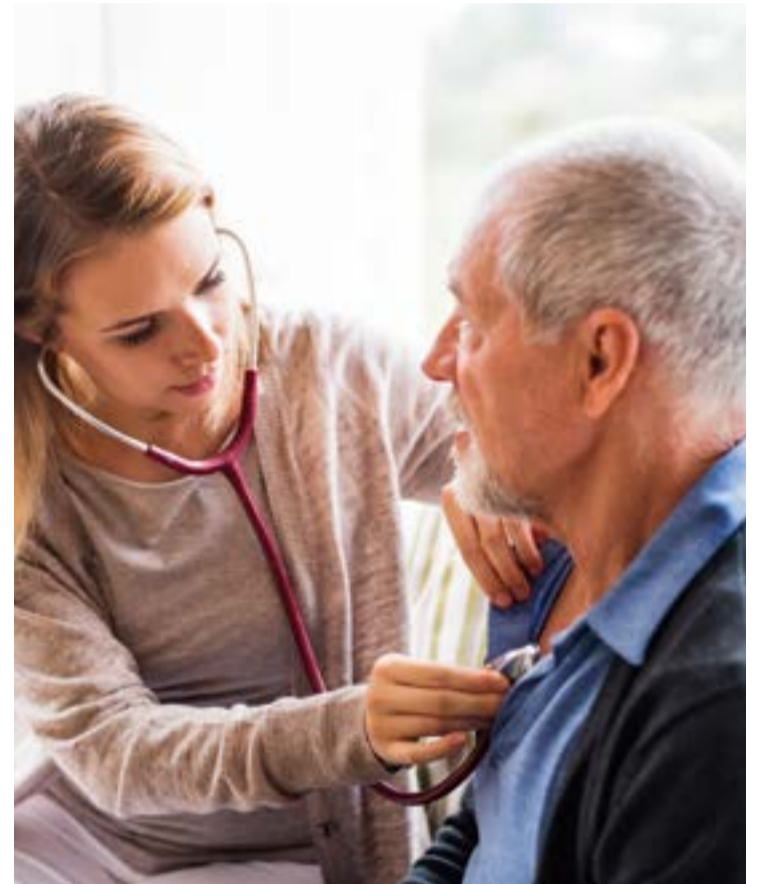
We are pleased to see so many residents proactively protecting themselves from the dangers of respiratory illness. For remaining residents still requiring their influenza vaccination, we recommend that you visit the reception desk to ask for a consent form and speak with the Resident Liaison to enquire about booking in your vaccination with a health care professional as soon as they are available to do so.

COVID-19 vaccinations will soon be rolled out across the facility and we advise all residents who are able to be vaccinated to listen out for directions on when and where this will take place at Pathways Killara Gardens. If you are unsure, we welcome you to enquire at reception where they will be able to give you the most up-to-date information.

Vaccinating seniors in a residential aged care facility against both influenza and COVID-19 is of utmost importance. Here are the key reasons why:

1. **Vulnerability to severe illness:** Seniors, especially those above 65 years of age, are at a higher risk of developing severe complications or even dying from both influenza and COVID-19. Their immune systems tend to weaken with age, making them more susceptible to respiratory infections. By being vaccinated, the likelihood of contracting these viruses is significantly reduced, reducing the severity of the illnesses if you do get infected.
2. **Protection against co-infections:** Simultaneous infections with influenza and COVID-19 can have detrimental effects on seniors' health. Vaccinating against both viruses reduces the risk of co-infection, as it is possible to contract both illnesses at the same time. Co-infections can worsen the severity of symptoms and lead to more complications.
3. **Reducing strain on healthcare system:** Vaccinating seniors in aged care facilities helps prevent outbreaks of influenza and COVID-19 within the facility. By doing so, it minimises the burden on healthcare resources and prevents overwhelming the healthcare system. This ensures that adequate medical attention and resources can be provided to those who need it the most.
4. **Protection for caregivers and visitors:** Seniors living in residential aged care facilities often have interactions with caregivers, family members, and visitors. Vaccinating seniors helps protect not only the residents but also those who come into contact with them. By reducing the risk of transmission, vaccination helps create a safer environment for everyone involved.
5. **Herd immunity:** Vaccinating a significant portion of the population, including seniors, plays a crucial role in achieving herd immunity. Herd immunity occurs when a large proportion of a population is immune to a specific infectious disease, making it difficult for the disease to spread. By vaccinating seniors in residential aged care facilities, the chances of outbreaks are minimised, protecting vulnerable individuals who may not be eligible for vaccination or have a weaker immune response to the vaccines.

In Australia, the government and health authorities strongly recommend influenza and COVID-19 vaccination for seniors in residential aged care facilities as part of their comprehensive public health strategy to safeguard vulnerable populations and reduce the impact of these diseases on individuals and the healthcare system. It's important to consult with healthcare professionals and follow official guidelines and recommendations specific to Pathways Killara Gardens to ensure the best protection against influenza and COVID-19 for all residents in the home.



# PATHWAYS

KILLARA GARDENS

**For all enquiries, bookings and activity programs, speak with your Resident Liaison who can assist with providing any information you require. For all other methods of contact, please see below.**

Opened in 2006, Pathways Killara Gardens is an elegant 105-bed aged care residence providing both high and low care. Located in the leafy heart of Sydney's north shore.

Address: 17 Greengate Road, Killara NSW Australia 2071 | Phone: (02) 9418 5200 | Email: killaragardens@pathways.com.au