

February 2019

CEO Message

Happy New Year.

I am writing this on 'day one' back in the office following my recent study tour in the USA/Canada full of energy and excitement for the future of Warrina Homes. I saw some great facilities and practices whilst away and look forward to sharing this in my report in due course.

I wanted to thank Will, Peter and Tess for 'holding the fort' for me while I was away. They did a fantastic job.

2019 is poised to be another busy year for both the aged care industry and Warrina Homes. We have an aged care royal commission underway nationally, we also have a federal election looming this year, as well as our development planning and focus for 43 Avenue Road. I am sure the year will fly by.

At the start of this year, I just wanted to encourage you to not hesitate to contact myself or my managers at any time with your questions and/or concerns. We are here to support you in your living with us. Also, as Will Vaatstra alluded to in the last newsletter, Warrina Homes' management team meet for 30 minutes daily, and as part of that, we pray for our struggling residents. Also, please note that we are always available and happy to discuss with you your changing needs and circumstances.

Finally, we have a couple of vacated houses within the organisation below, being:

WARRINA COURT

7/46 McShane Street, CAMPBELLTOWN
2 bedroom, 1 toilet/shower, 1 garage
List price for unit – \$380,000

WARRINA VALLEY

5/12 Reservoir Road, HOPE VALLEY
2 bedrooms, 2 toilets, 1 garage
List price for unit – \$370,000

As an incentive for both residents and staff, we are offering a 'spotters fee' for any recommendations that lead to the purchase of either of these vacancies (in lieu of any further advertising). The 'spotters fee' for each vacancy is a \$500 Coles Myer Card. I look forward to hearing from you.

Til next time...

Matthew Cragg, CEO

Meditation - God's Hidden Hand

All the days ordained for me were written in your book before one of them came to be.
Psalm 139:16

My friend was adopted by a missionary couple from the United States and grew up in Ghana. After his family moved back to the US, he began college but had to drop out. Later, he signed on with the military, which eventually helped him pay for college and took him all

over the world. Through it all, God was at work, preparing him for a special role. Today, he writes and edits Christian literature that ministers to an international audience.

His wife also has an interesting story. She failed her chemistry exams during her first year of college due to the strong medication she had to take for epilepsy. After some careful deliberation, she switched from studying science to studying American Sign Language, which had a more manageable workload. Reflecting on that experience, she says, "God was redirecting my life for a greater purpose." Today, she is making His life-changing Word accessible to the hearing-impaired.

Do you sometimes wonder where God is leading you? Psalm 139:16 acknowledges God's sovereign hand in our lives: "Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be." We don't know how God will use the circumstances of our life, but we can rest in the knowledge that God knows everything about us and is directing our footsteps. Though His sovereign hand may seem hidden, He's never absent.

What steps can you take to discern God's leading or to act on His call for your life?

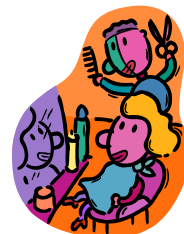
Handbook Snippets

ASSISTED LIVING SERVICES

AVAILABLE SERVICES LISTING-

Tailored To Suit Your Needs

- ◆ *House Cleaning* - weekly or as required
- ◆ *Ceiling Exhaust Fan & Sweep Fan Cleaning*
- ◆ *Maintenance & Repairs* - of appliances owned by the resident.
- ◆ *Laundry and Dry Cleaning*
- ◆ *Medical & Pharmaceutical supplies*
- ◆ *Home Improvements*
- ◆ *Garden Care*
- ◆ *Photocopying*
- ◆ *Facsimile Service*
- ◆ *Hall Hire* - Halls can be booked for special functions. There are conditions attached to the use of the halls. Fees are not high but cover the mandatory staff required, safety and operating requirements. Enquiries can be directed to Administration.
 - Court
 - Park
 - Valley
- ◆ *Private Respite Care* - Needs to be pre-booked
- ◆ *Personal Care* - Assistance with daily living activities including showering, dressing, grooming
- ◆ *Allied Health Services* - Physiotherapy, podiatry, etc.
- ◆ *Complementary Therapies*
- ◆ *Car Washing*
- ◆ *Hairdressing* - Through our facility located salons at Park and Court.
- ◆ *Mobile Library* - Calls at Warrina Park & Warrina Court



Help with Meal Services

Meals and other food services can help you maintain a healthy, balanced diet. These services may support you to stay in your own home.

There are two types of meals and food services we can advise you on, being:

- Services that will prepare and deliver meals to you at your home, or at a community centre (Examples are Meals On Wheels and MaryAnn's Kitchen)
- Other food services can assist you if you need help preparing and cooking a meal in your home. These services can also provide advice on nutrition, storage or food preparation.

Commonwealth Funded Home Care

Community Care Packages are planned and coordinated packages of care services to assist people to remain in their home. Each care package is designed for each individual and is based on their particular needs.

Great care is taken not to take over the individual's home routine, but rather to encourage the client to maintain their independence in a safe way. A care plan is worked out with the client and their spouse/member of the family to ensure this.

The types of services provided by the Community Care packages are:

1. Assistance with showering (can be full or standby assistance)
2. Preparation of light meals (staff can arrange for Maryanne's or Meals on Wheels, frozen meals, etc.)
3. Laundry (staff will assist with linen change, washing and hanging out)
4. Dressing (can be full assistance or supervision)
5. Transport to local GP
6. Encourage social activities/may be able to assist in transporting to and from
7. Monitor medication
8. Care staff will attend to client seven days a week, twice per day if needed

Warrina Homes has a formal arrangement with Lutheran Homes where we are allocated 5 Home Care packages for our residents in need. If this is something you are interested in using, please do not hesitate to contact the CEO who will arrange a visit for you from Lutheran Homes' staff.

ILU Residents Birthdays

Date	January	Site	Date	January	Site
1	Mr Tony Grant	Close	14	Mr Peter Fuller	Valley
3	Mr Ron Lant	Court	16	Mrs Glenys Miller	Valley
6	Mrs Moreene Howland	Park Apartment	17	Mrs Hazel Bridgman	Valley
7	Mr Bernie Heppinstall	Grove	23	Mr Dean Brook	Close
8	Mr Bruce Axford	Park	24	Mr Ron Dansie	Park
8	Mr Brian Biggs	Court	25	Mrs Judith Forbes	Park

Window Cleaning

The window cleaning schedule is as follows for the different villages:

Warrina Park – 18 March 2019

Warrina Grove & Warrina Valley – 27 March 2019

Warrina Close & Warrina Court – 7 February 2019

If you would like your windows cleaned, please contact the office on **8397 4400**, to book your spot at least one week before the actual date.

ILU Preventative Maintenance Schedule 2019

Site	Month	Month	Month
Valley	February 11	June 3	October 14
Court	February 12	June 4	October 15
Close	February 13	June 5	October 16
Park	February 14	June 6	October 17
Grove	February 15	June 7	October 18

EVENTS & ACTIVITIES

WARINA COURT/CLOSE

LAST Wednesday	5.30 pm	Court/Close Shared Meal
EVERY Thursday	9 -9.45 am	Tai Chi in Club Room
EVERY Friday	2 – 4 pm	8-Ball in Club Room
EVERY Friday	5 - 6 pm	CLOSE RESIDENTS: Happy Hour
2nd Saturday	7.00 pm	CLOSE RESIDENTS: Games night

Warrina Court

Every Monday & Friday	1.00 pm	Exercises in the Jubilee Room
Every Wednesday	1.30 pm	Exercises in the Jubilee Room
Every Friday	2 – 4 pm	8-Ball in Club Room
EVERY Friday	5 – 6 pm	COURT RESIDENTS: Happy Hour

Warrina Park

Every Mon, Wed & Fri	11.00 am	Exercises in the Warrina Park hall
Fortnightly	2.30 pm	Knit & Natter group meet in the TV Lounge/Acacia Lounge

Warrina Valley & Grove

Each Monday and Friday	9.30am	Exercises
2 nd and 4 th Mondays	2.00pm	Music Appreciation
1 st & 3 rd Mondays	2.30pm	Afternoon Tea
Each Tuesday	2.00pm	Croquet
Each Tuesday	7.00pm	Table Games
3 rd Wednesdays	2.00pm	Singalong
4 th Wednesdays	2.00pm	Book Club
2 nd & 4 th Thursdays	2.00pm	Fellowship

Some Great Sayings

"The best antiques are old friends."

"Don't ever take a fence down until you know why it was put up."