Autumn 2012 edition

On February 14th 2012 the McKenzie Aged Care Group welcomed their first group of Graduate Registered Nurses, five in all.

Under the present tertiary system, student nurses attend university for 3 years, and after graduating have a one year “transition year” working in a clinical setting. The purpose of this is to consolidate their theoretical knowledge and progress from a student to a practical clinician.

Until recently this has almost always occurred in acute public and private hospitals.

During 2011, the McKenzie Aged Care Group recognised the opportunity to assist recently graduated registered nurses move from student to clinical nurse in our aged care facilities. At a seminar held in Canberra during July 2011 it was identified that only thirteen aged care organisations nationwide had taken the opportunity to develop a graduate nurse program.

Aged care has many career opportunities and is a legitimate nursing pathway. It now has clinical nurse specialists, clinical nurse consultants, nurse practitioners and a growing number of nurses with higher degrees in ageing. There is also a blurring of the lines between the acute system and residential aged care facilities. High care facilities are in reality becoming sub-acute medical wards and the expectation is that nursing homes will care for residents with more acute problems within their facility.

Continued over.

McKenzie Aged Care Group Graduate Nurse Program.

Activities Tour

Jingle Bell Rock
Residents of the Arncliffe were lucky enough to be treated to a festive dance performance by staff to Jingle Bell Rock. The dance was choreographed by the experienced dancer, Lena Rosier (pictures). The ‘Christmas spirit’ was out in abundance with Santa dropping by and everyone enjoyed tucking into a sumptuous Christmas feast.

Starry Night
Stars lit up the ceiling at Buderim Views where an impressive 235 people attended the Resident/Family Christmas dinner. Everyone thoroughly enjoyed themselves and are all already looking forward to this year’s dinner.

Santa’s little helper
The Christmas party at Heritage Lodge was just the beginning of the festive fun this past summer. Friends and family all attended, even one of Santa’s furry helpers made the trip. Residents were treated to a concert by some of the Philharmonic choir, went on Christmas lights tours and even played a bit of cricket on Australia Day.

Royal Reception
The Terraces resident Nancy Weeks celebrated her 100th birthday in style with a huge celebration attended by residents, family and staff. As the first to reach the milestones at The Terraces, Nancy’s cards from the Queen, Prime Minister and Premier were greatly admired.

That winning feeling
Long time Geelong supporter Marjorie B was privileged enough to hold the 2011 AFL premiership cup when it visited Sutton Park in January this year.

Surf city
To get into the swing of summer, Raffles residents dressed up and had a Beach Party day with singer John Bennet getting everyone dancing and singing along to his surf themed repertoire. Laurel Hassanow offered her grass skirt to fill perfectly.

Japanese Cultural Day
The first Cultural Day of 2012 at Sandbrook was a big hit with residents being treated to a Japanese themed extravaganza. There were karate demonstrations, kimono tying lessons, and everyone joined in for some origami folding fun.

Blooming Good Time
Residents at Sutton Park had a lovely day out in Blackwood where they had a wonderful lunch and then spent time admiring the local flora and fauna in the form of the beautiful gardens and Molly the dog.

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Continued over.
A Sense of Community at McKenzie Aged Care Group

Meet the staff

Julie Travis
Director of Nursing and Aged Care

What made you choose Aged Care for your year and McKenzie Aged Care Group specifically? I have worked in aged care since I finished high school in New Zealand, starting as a cleaner. I think that’s where my rapport started with the elderly, I’m passionate about aged care, and I liked McKenzie Aged Care Group’s vision and philosophies.

Why did you choose to move to the east coast of Australia? I wanted a adventure and it’s close to the beach.

What’s the biggest lesson you’ve learnt so far? Learning to make the best of each situation.

Do you have any advice for when you’re napping? Stay positive!

What do you enjoy doing outside of work? Going for walks, having a coffee, and just exploring and get to know the country.

The Dietitian’s corner

Bowel Talk

Call me odd, but I spent at least half my waking hours chatting with people about bowels. If I wasn’t eating, I was thinking about them, or maybe I could take some advantage of a bowel malfunction, they can be a bugger...but on topic, the best advice on quality of bowel habits and bowels.

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The McKenzie Aged Care Group

The McKenzie Aged Care Group has formed a special friendship with a younger, 93 year-old female resident. They enjoy the company and conversation together, and care greatly for each other. Her daughter says, “For as many years, my mother felt unsafe, but now she can press a button and someone is there to support her. She has a lot more energy.”

Keith’s Column

Special friendships

One of the DVDs we use in staff training has the title ‘The Heart Has No Wrinkles’. It highlights a love story between two nursing home residents, showing that though the way love and intimacy are expressed and their relative importance may change with age, they remain an important part of individual life. This is demonstrated by one of our residents in her 100th year.

Growing up with a family who had no capacity to love others, she married a man who described as a “good provider and chauvinist, but he had numerous affairs throughout his life.” The relationship was unfulfilling and emotionally abusive to her, but she was encouraged to keep her self-confidence undamaged. Finally, she gained the strength to change the locks on the doors and bring the marriage to an end. This led to a more peaceful life, though she remained unfulfilled.

Keith Cameron-Smith
Resident and Staff Support Officer.

The McKenzie Aged Care Home

It is a lovely hotel she stayed in when she was younger. Now, the residents have formed a special friendship with a younger, 93 year-old female resident. They enjoy the company and conversation together, and care greatly for each other. Her daughter says, “For as many years, my mother felt unsafe, but now she can press a button and someone is there to support her. She has a lot more energy.”

Charlie Hugo
Director of My Nutrition Clinic

Chailey Hugo
Accredited Practising Dietitian, Director of My Nutrition Clinic

Professor

Both a bout of diarrhoea or a course of antibiotics, it doesn’t hurt to add probiotics to your daily routine for 2-4 weeks. These can help reduce the symptoms of both long-term and short-term diarrhoea and can assist in restoring normal fluid balance and bowel function.

Fermentable carbohydrates (known as FODMAPs)

People with intestinal bowel syndrome, particularly those who experience bloating, may benefit from low FODMAP diet that limits intake of fermentable carbohydrates such as FOS, inulin, fructose, and sorbitol.

Fibre

Fibre intake without fluid can cause constipation, make sure you eat plenty of fluids with each meal and mid-meal—preferably water.

Meal spacing

The frequency of your meal times affects your bowel habits. If you time your meals to catch your body at its most relaxed, you are more likely to aid bowel regularity.

Probiotics

Probiotics can come in a variety of forms: capsules such as Inner Health Plus, liquids such as Halibut and yogurt such as Yoplait.

Temperature

A hot cuppa, on the other hand, can often elicit the opposite effect and cause diarrhoea. If you are experiencing ongoing abdominal discomfort or altered bowel habits, consult a healthcare professional.

Fluid

Blood

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