

OpenDoor

Winter 2015

All together now!

McKenzie is proud to be one with seven new residences and two new retirement villages officially joining our family.

We'd like to welcome Glasshouse Views in Beerwah, Bribie Cove on Bribie Island, Seabrook in Deception Bay, Charlesbrook in Templestowe,

The Ashley in Reservoir, Lynbrook Park in Lynbrook and Rosebrook in Rosebud.

Our new residences were treated to a morning tea for the new name reveal on Monday 4th May.

New signage is up and new uniforms for all McKenzie staff are on the way.



Opening of Bribie Cove. Pictured: Vicki Gilbert RSM of Bribie Cove, Julie Murphy Regional Manager for McKenzie Aged Care Group and Lauren Caplick CCC of Bribie Cove.

At a glance

Super staff at the Terraces

The Terraces are bursting with pride at the moment with two fantastic staff achievements.

Australia's Biggest Morning Tea

Throughout May, many McKenzie residences hosted an Australia's Biggest Morning Tea event to raise money for the Cancer Council to fund vital research and provide prevention and support service programs.

International Nurses Day

The 12th of May saw us celebrate International Nurses Day.

Super staff at The Terraces

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On Thursday 28th May the 2015 winners of the Queensland Aged Care Services Awards were announced. These awards celebrate outstanding efforts in the delivery of care to older Queenslanders and promote sharing of good practices and effective responses to community needs. Julie Wolsey, The Terraces' Lifestyle Coordinator, was the well-deserved Employee Award winner.

Julie is a bundle of positive energy who goes out of her way to ensure each and every resident feels special and that their family gets to share in their daily joy.

In a very different but just as inspiring story, Education Officer Brett Stevenson completed his first ever Ironman event in May, participating in the 30th Anniversary Australian Ironman in Port Macquarie. In the impressive time of 12 hours and 44 minutes, Brett completed a 3.8km swim, a 180km cycle and a full 42km marathon. For most people, just one leg of that would be the achievement of a lifetime but to complete all three is quite amazing. Well done Brett!



Julie (left) with her award presented to her by a representative from Hesta.



Keith's column

We are living through times of significant change, growth and expansion.

John F. Kennedy once said, "change is the law of life. And those who look only to the past or present are certain to miss the future."

We have all lived through many changes. Some of them have been gentle, gradual and looked forward to – like the stages involved in growing up, when childhood gave way to adolescence and then adulthood, or when the single life was replaced by marriage and family. Other changes may have been more difficult and challenging.

Victor Frankl, a Jewish survivor of the holocaust, once wrote, "when we are no longer able to change a situation, we are challenged to change ourselves." He wrote about the privilege of having

the freedom to choose and to change an attitude.

Leaving behind the life we knew and what was familiar to us is not easy. There is a human tendency to cling to what we know and are accustomed to, and to fear the unknown. We may need support as we live through that time of transition, and that is ok. There is a peace that comes with acceptance.

I appreciate the attitude of Alan Watts who says, "The only way to make sense out of change is to plunge into it, move with it and join the dance."

The best thing to do when change is required is to embrace it.

Keith Cameron-Smith
Resident and Staff Support Officer

Australia's Biggest Morning Tea

Throughout May, many McKenzie residences hosted an Australia's Biggest Morning Tea event to raise money for the Cancer Council to fund vital research and provide prevention and support service programs.

Raffles, Heritage Lodge, SandBrook and Glasshouse Views were among the residences who held big events and managed to raise an impressive amount of funds.

Maureen Skehan (pictured top right), ACFI coordinator for McKenzie in Queensland, attended the morning tea at Glasshouse Views and won the door prize. Maureen has been involved with the Cancer Council for 44 years. In that time, she's been awarded Nurse of the Year, Charity Nurse of the

Year, travelled to the USA to work in university hospitals and established the Bone Marrow Unit at the Royal Brisbane Hospital – and that was all before the 1990's!

One in two Australians will be diagnosed with cancer by the age of 85, making it a cause close to the hearts of many.

Both Maureen's mother and father passed away from cancer, her father in 1999 and her mother in 2001. She's been involved in Cancer Council's Biggest Morning Tea since it began, organising bake-offs, raffles and silent auctions to raise money for the cause.

Glasshouse Views managed to raise over \$1,200 through donations, lucky numbers and raffle sales and is extremely grateful for the support.

We'd like to say a big thank you to all the staff, residents and family members who attended a Biggest Morning Tea at any one of our residences, helping us to contribute to such a worthy cause.



International Nurses Day

The 12th of May saw us celebrate International Nurses Day. A big thank you to all of our amazing nurses at McKenzie, you all do a fantastic job.



Tell us how we're doing

We want to ensure our residents are receiving the best possible care.

We need to know what we are doing right and what needs improving by asking for feedback from residents and families. We have once again engaged independent agency Press Ganey to help us with a Resident and Family Survey. The surveys have been posted out to family members and we really appreciate the few minutes it will take to complete.

Once collected, the results will help us to follow our cornerstone of seeking new ways to constantly improve and do things better.

Activities Tour



Seabrook residents had a beautiful Anzac Day service in April where they laid wreaths in memory of fallen soldiers.



Anzac Day was a very special one this year. Many returned soldiers now living at Charlesbrook were involved in a moving service with the Templestowe RSL.

The shops came to Sutton Park with residents enjoying the wide variety of clothes and accessories on offer. This is a great opportunity for residents who can't get out to the local shopping centre to make sure they don't miss out.



Residents at The Terraces enjoyed a sensational river cruise up the Tweed River to Tambulgum and back with a delicious surf'n'turf buffet for lunch.

Residents at The Terraces have been enjoying the lovely weather for their 'out and about' walks. With sunshine, good conversation and laughter, you can't really go wrong.



Activities Tour



National Volunteers Week was celebrated at Glasshouse Views with a big lunch for all of their fabulous volunteers.



Guy and Elaine from Heritage Lodge had a lovely time on the river cruise.



Heritage Lodge and SandBrook had great fun during their Battle of the Brains.



Residents at The Ashley have been enjoying Monday morning visits from "The Wright Coffee to You" mobile café.

Activities Tour



SandBrook is very proud of resident Lawrence Clarke who received his 50-year service jewel from the Freemasons in May. All who know Lawrence know he is dedicated and always willing to carry out acts of charity and goodwill. His proud wife Gladys also lives at SandBrook.



Rosebrook turned their café into a beautiful scene with silver table cloths, white satin chair covers and pretty pink bows for their High Tea. Treats were served on beautiful china cake plates with matching tea cups and saucers.



The Catering and Diversional Therapy staff at Raffles are always coming up with entertaining food-focused events. Recently staff and residents enjoyed an Italian dinner party, the first of a 'round the world' series.



Kenneth Feltscheer celebrated his 100th birthday at LynBrook with a big cake decorated with a Hawks flag. Ken was an AFL player for Hawthorn from 1937-1943.



Newmans on the Park Trivia was a close contest. Here are our brainy runners up. So close, better luck next time!



Buderim Views residents enjoyed a mystery bus tour to the beautiful Glasshouse Mountains.



Newmans on the Park residents enjoyed a visit to their local RSL where they shared memories and stories.