Welcome to the world
Lachlan James Balderas
A new grandson for
Janet Smartt

“I DO”

Annual General Meeting
The Hospital AGM is to be held at the Golf Club on Monday 18 November at 5pm.
All staff are welcomed and encouraged to attend.

Special Guest Speaker: Jason Phieler

LORNE COMMUNITY HOSPITAL STAFF,
VOLUNTEERS, BOARD MEMBERS AND FRIENDS
CHRISTMAS PARTY—SUNDAY 1 DECEMBER

Please RSVP by 18 November
**POLICY OF THE MONTH—Medication Management**

**SCOPE**
This policy is intended for all Registered nurses (RN) and Medication Endorsed Enrolled Nurses (EEN) employed at Lorne Community Hospital and Nursing Home and includes the extended scope of practice relating to Rural and Isolated Endorsed Registered Nurses (RIPERN) as it relates to medications.

**POLICY**
This LCH and Nursing Home policy complies with the Drugs and Poisons Act, the Aged Care Standards and the ASQSHC Standards to provide a framework for all staff involved in the management of medication to work within.

**PURPOSE**
- To define a best practice multidisciplinary approach to the safe administration of all medications to residents, patients and clients of Lorne Community Hospital.
- To ensure medications are administered within the medication guidelines to the frail aged, disabled or confused client in their own home situation
- To ensure those residents’, clients and long term patients medication regime is regularly reviewed by appropriate health professionals.
- To prevent medication errors and incidents
- To encourage reporting of incidents
- To effectively manage situations where an incident has occurred
- To ensure incidents are reported

To read the complete policy, please go to the LCH Intranet, select PROMPT—“Medication Management Policy”

---

**ANIMAL FARM VISIT**

If we can’t get to the farm to visit the animals, the farm animals come to visit us!! Fun Farm 2U trotted their way to our courtyard this month, squealing and quacking all the way.

Rose was particularly delighted with some of her favourite creatures and so too were the little ones (children) who joined in on the spectacle.

The piglets did a fine job snouting their way around the grass, leaving rather large holes to be filled on our once beautiful lawn.

’Twas a good event and thank goodness the rains held out for the day. We can look forward to seeing them again next year.
Lisa’s Aged Care News

Hi – Lisa here, attempting to fill Brock’s very large shoes while he takes a well-earned break. News has just filtered through that he and Missy got married in Bali last weekend. Wonderful news and huge congratulations to them both.

Many happy returns to Katy and Maria, who celebrated birthdays in the past month. Also to Eileen, who turned 99 and Lucy, who turned 98. Both ladies spent their birthdays out with their families.

Melbourne Cup this week saw residents and staff alike with their fancy millinery. A sweep was held with Beryl R. the winner, Beryl A. 2nd and Joan W. 3rd. Mary took out the prize for last placed horse.

The resident/relative lunch is coming up on the 7th December. Bookings for relatives can be done through myself or Marian on reception. Hopefully Santa can be talked into paying us a visit.

We are trialling the use of an ‘infections for the month’ form in the front of the medication chart folders. Add details to it as new infections occur or resolve. Minimal work to update and a valuable source of info while doing the medications and for audit purposes.

Brock will be back later in the month – bring it on!

NOVEMBER PEARLS OF WISDOM (from our wise residents)

“Every day, make yourself think of five good things in your life. Appreciation is a proven cure for depression.”

Beryl Alsop
Staff Profile—Emily Lens—Media & Communications

Nickname: ‘Em’
Favourite sporting team: St Kilda
Favourite food: Indian
Favourite film: I never get tired of watching my all-time favourite ‘Dirty Dancing’.
Favourite music: I love all types of music! From rock to blues. However, I find myself listening to smooth FM. Not sure that’s a good or bad thing!

Activity/Hobby: I love the great outdoors... whether it’s stand up paddle boarding or riding my mountain or road bike. I also enjoy walking along our beautiful beaches with my family.

Cats or Dogs? Dogs!. We have a 10 month old Jack Russell called Milo’ who is the love of our lives.

I cannot live without my….husband and children.

Vegemite or Peanut Butter: I love nothing better than a peanut butter, salad wrap for lunch.

Best Holiday? Back packing around Europe for 6 months.

Which celebrity would have liked to have over for dinner? I had to change the wording to past tense because Dame Elizabeth Murdoch is no longer with us. She was a very fascinating and inspiring women.

I dislike…..bad drivers on the way to work.

I wish I had more time...to practise yoga.

Anything else you wish to share? Live in Aireys Inlet, married to Marcus, have 3 beautiful boys Asher (9), Oliver (7) and Cooper (5). Currently studying Bowen Therapy (only 2 months to go!) in my free time and hopefully will be able to open my own practise in early 2014.
LORNE COMMUNITY HOSPITAL
STAFF, VOLUNTEERS, BOARD MEMBERS & FRIENDS
CHRISTMAS PARTY 2013
at LORNE BEACH PAVILION
Mountjoy Parade Lorne
(on the beach side of the swimming pool)
Date: Sunday 1 December 2013
Time: 1pm—5pm
Menu: BBQ Buffet (which includes BBQ meat & vegetarian option, salads, sweets & coffee)
Cost: Meals fully funded for all staff, volunteers and board members attending the party
Friends & Family all welcome at a cost of $30 per meal (cost for children TBA)
Drinks not included in price
Hope you will all come along and make this a great 2013 celebration.
LOTS OF LUCKY DOOR PRIZES
Thanks from Social Club Committee
(Please put names on the lists in the staffrooms)

“Let us read and let us dance; These two amusements will never do any harm to the world”
Voltaire
It’s hard to believe we are nearly at the end of the year and that Joy will soon return to Melbourne and Janelle will return from 6 months leave.

It has been so wonderful to have had Joy join our team for the Winter—I think it’s her laugh I’ve enjoyed the most … or maybe all her creative ideas!

Fortunately she only lives in Aireys so won’t be far away. We will have a farewell afternoon tea on Joy’s last Friday—see Hoss Goss for details.

New Publications

Each year we are required by the Department to produce a publication called “Quality of Care report”. It outlines all the good things that we’ve done in the last year (along with some of the areas we are yet to improve). It will be launched at the Annual General meeting next week and will then be distributed.

The publishing of an “Annual report” is also a requirement and outlines the key Board matters and financial indicators. It is a public document that is to be launched at the AGM and will then be available in hard copy and on the internet.

Emergo training

On 11 December we will be running an exercise that will ‘test our resources”. The Emergo training is run by the Department and provides a simulated exercise (such as a bus crash) to help us to test how our community will be able to respond. It will include the Hospital, Police, Ambulance, SES, CFA and Shire. Keep an eye out for further information about the day.

Kate Gillan
Volunteer News

International Volunteer Day is coming up on Thursday December 5th. We wish to thank our very generous group of volunteers who give so willingly their ‘gift of time’. As we have talked about on many occasions they are the people who add value to our service and enable us to be able to give so much more to the members of our local communities, here in Lorne and surrounding areas. Collectively our volunteers have given over 800 hours to date in this calendar year, what a great achievement.

One volunteer was saying to me this week … he received such thanks from a community member for dropping her off to an appointment, returning and collecting her books from the mobile library and then collecting her and taking her home again … he said ‘it was such a small thing for me to do’. The folk we collect today are the volunteers of the past and isn’t that what makes living in a small community a bonus.

Most of our volunteers have returned from their holiday breaks, great to have them back again. We believe that we will have some new and exciting times ahead as we work with a fantastic volunteer group.

Thanks everyone, if you help a little or lot, we appreciate all of your efforts. Joy Dwyer

(Pictured Above Right: Volunteer Jennifer with Maria and her birthday cake)

National Standards

Our proposed accreditation date of April 2014 is sneaking up fast. While we have an active team working on ensuring our policies, procedures and processes meet the new National Standards, it is up to all of us at LCH to be part of this process.

Standard 1 – Governance for Safety and Quality in Health Service Organisations. Governance means knowing if we are delivering safe, high quality services. All staff need the skills and support to provide safe and effective care. Our services and delivery of care must be evaluated and improved where necessary. Standards 1 and 2 apply to the implementation of all other Standards. Some questions to ask yourself in relation to this standard:

1. How do you find a policy or guideline at LCH?
2. Do you know what mandatory training you are required to complete?
3. Do you know how to report a hazard or risk?
4. Do you know what to say to a patient that complains to you about their care?
5. Do you know the minimum medico-legal standards for medical record documentation?

Standard 2 – Partnering with Consumers

Partnering with consumers is essential to patient-centred care. Encourage patients, residents and carers to ask questions about their care and participate in care planning and treatment decisions. We need to make sure patients, residents and carers know how to provide feedback. Some reflective questions:

1. When should a patient be provided with the Charter of Healthcare Rights, and what do you do if a patient/resident is at risk of not understanding their Rights?
2. When is the most appropriate time to identify the cultural and language needs of a patient?
3. If a patient is dissatisfied with any aspect of their care, how should you proceed?
4. How do you work in partnership with patients and carers in care planning and treatment decisions?

These reflective questions (and lots more of them) along with answers will be displayed around LCH in coming weeks and months – something to look forward to!
Farewell Lisa—A warm and fuzzy moment (this was unintentional—the camera was stuck on a strange setting........

A burrito is a sleeping bag for ground beef

DID YOU KNOW????
The male praying mantis cannot mate while its head is attached to its body. The female initiates mating by ripping the males head off......KINKY!

Why do bees stay in their hives during winter?

SWARM

JON BON APPETIT!
At Jon Bon Jovi’s “Soul Kitchen” restaurant in New Jersey USA, customers have the option to pay whatever they want (or can afford) for a meal. If they can’t pay, they can organise to volunteer in the restaurant in exchange for a free meal.

- Good onya Jon Bon!

The great culinary QUIZ

1. Which hot drink is named after a major port on the west coast of Yemen?
2. Where is the beer Hoegaarden from?
3. What type of food is nori?
4. Sake is a Japanese alcoholic drink made from fermented what?
5. Grenadine was originally made from which fruit?
6. Which very common pizza topping would be missing on a “pizza Bianca”?
7. Which famous playwright coined the phrase: “the world is my oyster”?
8. Which citrus fruit, which smells like a combination of sweet lime and sour orange, grows mainly in Italy and is used in Earl Grey tea and eau de Cologne?
Righto, time to slip into action boys and girls! The weather and the soil should start warming up shortly and you should start planting out your tomato seedlings now. If the weather stays cool, it might be a good idea to take the bottom off a 2 litre milk bottle container and stick them over each tomato plant as a mini hothouse. (Don’t forget to take the top off, or you will cook the seedlings...)

You can also do this with any zucchinis, pumpkin and cucumbers till the weather and soil warms up a bit. Try not to mulch till the weather picks up, because if you mulch too soon, you will insulate the sun’s heat from the soil, and it will take longer to heat up.

As discussed last month, a good time also to plant carrots, beans, sweet corn, lettuce, punnets of herbs—eg thyme, oregano.

You can also plant sage, oregano, parsley and thyme in a pot outside your kitchen for handy flavouring for whatever you are cooking.

As you know Brock and family have had a very interesting holiday in Bali – something different. (See front page......) On the other hand, Lisa Herrick and husband had another interesting holiday in Perth – but, you will have to ask her. We are unable to print what she did......Welcome to Fiona who has come a long way to work with us. She has had many experience – ask her all about it. Denise and Steven had a really lovely and enjoyable holiday in Tasmania and Carly has been overseas to Europe. She has bought 6 pairs of Italian leather shoes back! Guess where she has been? Welcome back to Helen & Roy, and thanks for the great emails (copies in the staff room for all to read.) Marg Watts is working in Castlemaine for the next few weeks and it won’t be long before Wendy is a grandmother. She just doesn’t look old enough to be a grandmother....... She is going for Grandma lessons.

Welcome to Rachel Fiddes, our student nurse from Deakin, who is her on her 5 week preceptorship. We welcome David back from his trip to Ireland. Congratulations to Grandma Janet – baby Lachlan is her second grandchild. See pics. Farewell to Joy T. We hope she will call in and visit on one of her weekends away to Aireys. We will really miss her. Best Wishes Joy from all of us at LCH.

---

**Carna’s Thai Mango Salad**

2 large green mangoes (sliced thinly on a mandoline)

(Blend the following ingredients in the blender until smooth)

- 320 ml lime juice
- 60 grams coriander, stems only
- 4 cloves garlic
- 8 green chillis
- 120 grams palm sugar
- 100 ml fish sauce or soy sauce (vegie option)

Additional:
- 2 cups peanuts, roasted
- 2 cups coriander leaves
- 2 cups Thai basil leaves
- 2 cups bean shoots.

Now, toss all of the above with your favourite panfried beef/fish or salad. Garnish with coriander.

** for salad I shred 1/4 savoy cabbage and mandoline about 4 carrots. I never stick with recipes, adding what I like.

Enjoy!!!

(You have probably met Carna at reception at the Lorne Medical Centre)
A big congratulations to Lisa Herrick, Stability and Megan for recently obtaining their Advanced Life Support certificates. We all can appreciate the effort and stress involved. We are rolling out new observation charts in compliance with National Standards and they have already helped in the recognition of a deteriorating patient. If anyone has any suggestions for improvement let me know…. Thanks Jason

Christmas Card Making at the Aireys Inlet
Planned Activity
Group meeting

JOY T’s FAREWELL
AFTERNOON TEA
Friday 22 November at 2.30 pm in the Ground Floor (Upper) Staff Room
All welcome
Please bring a plate to share

FORTHCOMING EVENTS IN AND AROUND LORNE

Lorne Film Festival
November
Friday 15—Sunday 17

Great Victorian Bike Ride
(overnight in Birre); Saturday 30 November (Birre to Torquay); Sunday 1 December (Torquay to Geelong)

Lorne Adventure Race
Saturday 7 & Sunday 8 December

Carols on the Lorne
Saturday 14 December 7.30 pm

Falls Music & Arts Festival
28 December—1 January
Evelyn Switajewski will commence a weekly warm water exercise class at Mantra Lorne on Thursday November 7th. Evelyn currently works with Jess Lesosky and Sue Brown with the Planned Activity groups in the community. Evelyn has undergone Leader training with Arthritis Victoria. The pool exercise equipment was supplied by the Lorne Community and Hospital Auxiliary through the Wish list.

There was an Adult Aqua exercise class at Mantra Lorne last year; however when the staff member moved on the class was discontinued. Mantra Lorne have kindly allowed us to use the pool for this community exercise class.

The class aims to provide moderate intensity exercise for people with muscle or joint conditions, so if you know anyone that may be interested please ask one of the community staff or Marian for information!!!!

Julie Walter (Integrated Care Coordinator)

Acacia Pest Control would like to offer staff at LCH a 10% discount on any pest control they might need at home. Please give them a ring for a quote.
See the warning signs (notice what people say, how they act, what they have experienced)
Ask very clearly and directly for example, ‘Are you thinking of taking your life?’
Listen Seek to understand and demonstrate genuine care
Tell or Take the person to appropriate help

You can help keep the person safe by
- Encouraging them to call a help line ie lifeline 13 11 14, Kids help Line 1800 551 800 or ambulance and police on 000
- Encouraging them to avoid drugs and alcohol for a specific time
- Connecting the person with resources such as friends, family, crisis help line or face to face professional support.
- Setting up a follow up time that you will contact them. Be specific about how, for example by telephone, text or face to face.
- Offering to stay with them

Seven staff members attending the training. We will be meeting again to disuses what we learnt and practice the S.A.L.T strategies. If you would like more information contact Het Ramp
Health Promotion Coordinator
P 52 89 43 15
M 0400 603 602
E hpc.lorne@swarh.vic.gov.au

A big Thank You to Het for organising delicious bowls of fruit in our staffrooms every week.
Much enjoyed and appreciated by staff.

FREE
Our Olympus camera, which is now taking fuzzy pictures. Could possibly be repairable if you have good technical skills. (see Marg or Marian if you are interested)
The hospital Board has identified staff health and wellbeing as one of its strategic priorities for the next 3 years. We need to work together to create a supportive and healthy work environment, and our first step is to form a committee with representation from all departments to make sure that:

- a range of perspectives and views are represented
- a range of skills and knowledge can be utilised.

A number of people have put up their hands to become part of the committee; however we feel it would be better if staff were nominated by their colleagues. Here is some more information about the committee.

**ROLE OF THE COMMITTEE**

To promote staff health and wellbeing by supporting a culture of participation, respect, support and fairness at the hospital.

**FUNCTIONS OF THE COMMITTEE**

Advocate on behalf of your colleagues to raise health and wellbeing concerns in order to create a culture where staff feel supported, relaxed and valued.

Determine the health and wellbeing priorities of the workplace.

(continued)

Develop a plan of action, called the Staff Health and Wellbeing Achievement Program (AP) for meeting these priorities.

Monitor, review and evaluate the health and wellbeing priorities and strategies being implemented.

Celebrate successes with the workplace.

Meetings will be held once a month for one hour from 2 pm to 3pm and you will be released from work to attend.

**Are you interested?**

If so, please

1. Complete an application form (in staff Tea rooms)
2. Ask a colleague to be a referee for you
3. Return the form to Het Ramp (via Reception) by November 14th

Please chat to Het Ramp if you would like more information

ehpc.lorne@swarh.vic.gov.au
p 5289 4315 m 0400 603 602
CONTRACTOR OF THE MONTH

Our Team at MCP would like to take this opportunity to introduce ourselves. With over Ten years experience in the Medical Industry and 30 years in the Engineering Industry, we have earned our customers' respect as a dedicated Medical Supply Company which develops equipment with the assistance and feedback received from our customers, the Medical Industry.

MCP was one of the pioneering companies to introduce a new concept to the Medical Industry, the concept of Floor & Low Level Care Beds. The Industry at that stage was not really ready to accept our way of thinking and most competitors in the Industry thought this was not achievable, but with perseverance and the quality product that is the Floor Care and Low Level beds, here we are today helping facilities reduce injuries to carers and nursing staff and falls to residents and patients.

Our Team at MCP also provide Unique Services to our Customers, Maintaining Electrical and Manual Equipment for the Medical Industry with the assistance of Linak Australia P/L with their training procedures in which our Service Team are fully accredited.

Our company’s proudest achievement was the development and introduction of Floorcare® & Low level Beds in to Australia’s Medical Arena, going against traditional bed designs of the time that required bed rails as a Falls Prevention barrier. Our design and concept has been now understood and embraced by medical and aged care facilities within Australia and abroad, in fact our concept is now mimicked by many of our competitors in the market place. All our beds are made from the finest materials and two of our beds (The Floor Care and Slim Line) have exclusive patented lifting systems which ensure low maintenance costs and prolonged service life in any facility.

Thanks Rose for baking the best Cheese Cake ever on Tuesday 28th October. Could we have the secret recipe for our next Hoss Goss please?

Would staff like to give gifts to one another (ie Kris Kringle) or to a charity, or do you have some other suggestions?

Please write your ideas on the list below.

Thanks from Social Club Committee

Did you know??????

Congratulations Rose—Netball Silver Medallist at the Australian Masters 2013 Games in Geelong. This was in the 50+ Division of the Netball Competition.
LORNE MEDICAL CENTRE HOLIDAY NEWS

Pics taken on Judy’s recent holiday to Samoa with family.
Also welcome back to Dr Dave and family who have just had 3 weeks away in Ireland.

MELTING MOMENT

The Administrator
Lorne Community Hospital
Albert Street
Lorne Vic 3232

Dear Sir or Madam,
re: Henry Gordon Hackett
Died in Hospital on 15 October 2013

On behalf of my family, I express my heartfelt thanks for the kindness and dedicated medical treatment provided by your doctors to my father. Especially I would like to thank your wonderful nursing staff. They tended to my father’s needs with gentleness and competence. They were kind to my family and me whenever we visited.

Father wished to die with dignity and at peace. He did so on Tuesday, the 15th of October 2013.

Yours faithfully,
Lindsay Hackett.
We wondered where he had disappeared to………
Robyn visits the Nursing Home on a regular basis, to do haircuts and hairdos.

Pictured from Left: Diana, Elsie, Gloria, Merle and Sheila. These ladies all attend the Planned Activity Group weekly Seniors Exercise and Morning Tea session in Lorne.

Farewell party
Sunday 17 November
6pm Aireys Pub
All Welcome
BALINESE WEDDINGS, BABIES & BIRTHDAYS
OCTOBER, NOVEMBER & DECEMBER—
Congratulations to Everyone!!!!

VERY HAPPY BIRTHDAYS FOR
OCTOBER, NOVEMBER & DECEMBER

Lachlan Balderas (pic left)
29 October (Janet’s grandson),

Eileen Quick November 22,
Lucy Williams November 30
(see pictures above)

Mary Steward 2 December
Melbourne Cup and Oaks Day