



EDITION 64 – July 2019

# WHS & Wellbeing

NEWS BULLETIN

[www.meercroft.org](http://www.meercroft.org)

## Casserole and Soup Day

**Welcome** - To the 63rd edition of the **Work Health Safety (and Wellbeing) News Bulletin**.

Hello Everyone,

Our WHS newsletter has a combination of **WHS** and **Wellbeing** information.

Please feel free to offer any advice on what you would like to see included in these additions as this information is for not only the resident's safety but also just as important your safety and wellbeing.

### Some extra inclusions:

- >Healthy eating ideas and recipes
- >Stories from staff and residents about their journey to wellness.
- >Competitions
- >Policy/Procedures that have incorporated staff wellness
- >Upcoming training and workshops



Do you have you an inspiring story you would be willing to share with us all? We would love to hear your inspirational story on how you took on a challenge, such as weight loss, healthy living choices, improved your fitness or overcoming any adversity in your life etc.

Every story published in this newsletter will be given a prize.

### A little quote:

Wisdom is to the soul what health is to the body-  
Cesar Vichard de Saint-Real



We would like to thank all who provided lunch for our staff on the Tuesday 9<sup>th</sup> of July; staff bought along along some delicious food to share on the day and staff donated \$67.00 towards Health and Wellbeing projects.

# 130!!!



What is 130 you may ask?? This is how many staff had the flu vac this year. **WELL DONE!!** That is a great effort by you all. I hope you all received your coffee voucher?? If you have had a flu vaccination recently out of work, please inform us and you can receive your coffee voucher.

# ORGANISATION POLICYS

A reminder of the staff **Uniform Policy:**

**Some staff are not adhering to this policy:** All staff should be familiarised with the staff uniform policy since the grace period has ended, some changes have been adapted in the policy such as:

**Earrings** –staff are allowed to wear a maximum **4** earrings with a dangle length no greater than a 1cm, with the exception of catering staff. No facial piercings are allowed by any staff.

**Jewellery-** Religious expression items may be worn in some exceptions, although these items may need to be reviewed by the Management team if they do not meet the policy requirements, due to safety standards.

**Finger nails-** due to infection control must be kept short and clean.

## Staff Performance Appraisals

ECA staff appraisals where due to be completed by the **17/6/19**, unfortunately not all staff have completed these. If you have lost your Staff Performance Appraisal form, please come and see Julie so she can replace it for you.

Staff that completed their appraisals, a big thank you to you. Information gathered has allowed Louise to register your interests in training suggestions and Maree has registered any suggestions made for Meercroft and all other information that you have written in your appraisal has been logged as well.

Thank you once again for you participation.

Julie

## Charter of Aged Care Rights

From 1st July 2019 the new Aged care charter of rights will be in place, this charter of rights will be displayed in our staff room so please familiarize yourselves with the changes.

### Upcoming Training/Information

Manual Handling –ongoing monthly

Fire Training-21-23 August

Palliative training -15<sup>th</sup> August

Bullying and Harassment- 20<sup>th</sup> Aug

## THE NEW AGE CARE STANDARDS



Continuing from last month's newsletter, we are on standard **7**

### **4: Organisation service environment**

The Age Care Quality Standards fact sheet explains how as an organisation we are to meet standard 7,

### Consumer outcome

**(1)** I get quality care and services when I need them from people who are knowledgeable, capable and caring.

## Organisation statement

(2) The organisation has a workforce that is sufficient, and is skilled and qualified to provide safe, respectful and quality care and services

## Requirements

(3) The organisation demonstrates the following:

(a) The workforce is planned to enable, and the number and mix of members of the workforce deployed enables, the delivery and management of safe and quality care and services.

(b) Workforce interactions with consumer's are kind, caring and respectful of each consumer's identity, culture and diversity.

(c) The workforce is competent and members of the workforce have the qualifications and knowledge to effectively perform their roles.

(d) The workforce is recruited, trained, equipped and supported to deliver the outcomes required by these standards.

(e) Regular assessment, monitoring and review of the performance of each member of the workforce

Source: **Australian Aged Care Quality Agency**  
website [www.aacqa.gov.au](http://www.aacqa.gov.au)

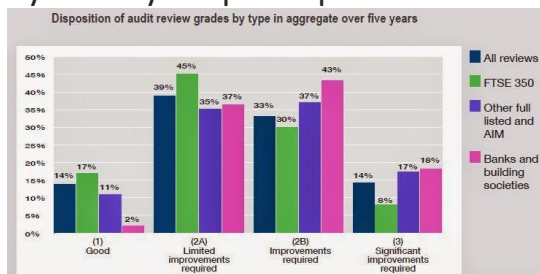
## Quality Performance Systems

All staff were asked to participate in **Fire and Emergency Procedures audit** this quarter. These audits enable Moorcroft as an organization to know where our strengths and weaknesses are.

There will be a new subject to audit each quarter. Once the information is gathered it is benched marked against other aged care organizations.

We will be providing our results from our latest audits to you once we have received our report from QPS Benchmarking.

Thank you for your participation.



## Staff Recipes

If you have a recipe you would like to share with us, we would love to hear from you.

Julie's Caramelised onion chutney recipe



## Ingredients

- 3 tbsp olive oil
- 1.5kg onions, thinly sliced
- 300g dark muscovado sugar
- 200ml red wine vinegar
- 3 tbsp balsamic vinegar
- 3 garlic cloves, crushed
- 1 tbsp wholegrain mustard
- ½ tsp paprika
- ¼ tsp crushed chillies

## Method

Heat the oil in a large, heavy-based saucepan and gently fry the onions over a medium-low heat for 25-30 mins, stirring regularly. The onions should be softened but not browned, and reduced by about half.

Stir in 3 tbsp of the sugar, increase the heat, and cook for 7-10 mins, stirring occasionally, until the onions are just starting to colour. Lower the heat, then add the remaining sugar, ½ tsp salt and all the other ingredients.

Simmer, uncovered, so it bubbles gently on a medium-low heat for 30-40 mins, or until the chutney has reduced and thickened to a dark caramel colour, stirring occasionally to check it isn't sticking to the bottom of the pan. To test if the chutney is ready, drag a wooden spoon across the bottom of the pan – it should take a few seconds for the juices to re-cover the bottom of the pan. Spoon the hot chutney into cooled, sterilised jars\*, then seal and label. The chutney will keep for up to 6-12 months

Yummy with on a cheese platter.

## Splash Devonport



We have a corporate membership deal offered to all employees of Meercroft

Please find below details of the corporate package:

- \$20 Start-up fee (Usually \$60)
- Rate of \$15.50 per week (Usually \$17.00)
- 12 month Minimum term

Membership Includes:

- Access to all aquatic facilities
- Access to newly upgraded fully equipped gym
- Access to over 50 group exercise classes per week (Timetable attached)
- Free Face 2 Face Program (Personalised gym induction and program)
- Free Splash drink bottle
- Free splash gym towel

Please speak to Julie in regards to your interest in this deal.

## Building Works:



The commencement of the building works in Seaview will consist of two new rooms and the upgrade of 4 resident rooms to single unsuits. All of these rooms will also have overhead tracking to assist staff with Manual handling.

The new build will also include a room for scooter parking and charging. The link way will be **closed** until these works are completed. Can staff please ensure they are aware of the nearest emergency **exits** in this area as the link way exit is not accessible at present. Rooms in Parkview are now opened

The New Lift is now operational and the code is 2468#



### Safety:

There is a time delay on the lift doors so please make sure no residents are present at the time of exiting or entering the lift.

Julie Patterson  
As part of the Staff Wellbeing Committee

Jodi Towns  
As part of the Workplace Health & Safety Committee