



CONTENTS

- From the A-CEO Pg 2-3
- Care Manager Pg 4
- COVID Update Pg 5
- In the Care Home 6-8
- Home & Comm Care Pg 9
- Quote and carton Pg10
- Residents Mtg Pg 11
- Calendar Pg 12
- Village Update Pg 13-16
- Media Release Pg17
- Trivia Pg 18
- Month in History Pg 19

Bundaleer Care Services Ltd

**Phone Number
6586-9400**



shutterstock.com · 1865365456

February comes from the Latin word *februa*, which means **“to cleanse.”** The month was named after the Roman *Februalia*, which was a month-long festival of purification and atonement that took place this time of year. I love the second month of the year for many reasons. February comes from a Latin word that means "purify." **February brings Groundhog Day and Valentine's Day**



February birthdays are pretty darn unique. On a chart demonstrating which birth dates are most common and which are rare, February comes up pretty light, especially compared to August and September. So if you're born in this month, you should feel extra-special!



Birthstone for February

Amethyst and jasper are two stunning birthstone options for February birthdays. The violet hues of amethyst and the rich, earthen colors of green jasper look fabulous on their own, but also when combined

We acknowledge that at Bundaleer we gather on Birpai Land. We pay our respects to Elders past, present and future, for they hold the memories, the hopes and the traditions of Aboriginal Australia. We must always remember that under the concrete and the asphalt this land is and always will be, Aboriginal Land.

*Jill Davidson**Acting Chief Executive Officer*

Hello everyone. It was great to meet you all at the members meeting and also see your smiling faces around the Village. It has been an eventful month summed up by the front page of the local Heart of the Hastings Wauchope News “Bundaleer Takes a Positive Step for the Future”.

The vote of the members was unanimous- to amalgamate with Apollo Alliance. You will find the full announcement by the Board in this edition of the Bugle. This means that Bundaleer can now move forward to a positive future. What I said to all staff, I will repeat here for you as we are all working for a positive future for our community.

The move to amalgamate with Apollo Alliance will enable Bundaleer to continue the strong community connectedness that extends from Wauchope to Tamworth. In case you didn't know this, not all aged care providers have 3 streams of service delivery across home care, independent living and residential services. The model of care that Bundaleer has is a comprehensive approach for the community and positions Bundaleer strongly for the future as this continuum of care model is the very best foundation upon which to build quality aged care services, regardless of what level of care is required.

We have all been focussing on the growing COVID infection in NSW and watch with horror as the cases grow. As the PCR tests have shifted to Rapid Antigen tests which are now reported on Service NSW, we saw an escalation of the numbers. But, we are seeing a growth in deaths which as I write this today was 52. A couple of weeks ago Bundaleer was ahead of the state policy and introduced Rapid Antigen testing of all staff prior to commencing their shift in the Home- since then we have captured many positive cases but kept the residents safe as we do not have an outbreak. This is good news as 50% of NSW aged care homes are in outbreak mode due to positive residents. Many people, including healthcare workers and infectious disease experts are not happy about the situation in NSW.

This week I read a comment that said if NSW was a country, it would have the highest COVID incidences. This has given me cause to have a look at the NSW numbers with respect to some other countries where I have some knowledge of their health systems. Firstly, when we compare countries it is important to do the numbers based on a per capita bases. NSW has 13 times more cases than Bangladesh, 4 times more than Thailand, 8 times more than Laos but less than half that of the UK based on cases per 1 million population.

Jill Davidson



When we look at the number of deaths, keep in mind some developing countries have difficulty counting all incidences- NSW is on a par with Bangladesh at 167 and 169 deaths per 1 million respectively, Thailand at 316, Laos 72 whereas the UK has had 2,273 deaths per 1 million. Testing is another aspect and it is worth noting that NSW have done half the tests that the UK has but 13 times more than Thailand and 45 times more tests per million than in Bangladesh. With such a divergence of testing, it is difficult to accurately compare countries but we need to be mindful that developing countries are missing incidents due to non-existent ambulance services and poor hospital access.

Here in Wauchope we have been seeing positive cases for many weeks. As of the 31st January 2022 we had 220 new cases over the last week for post code 2446.

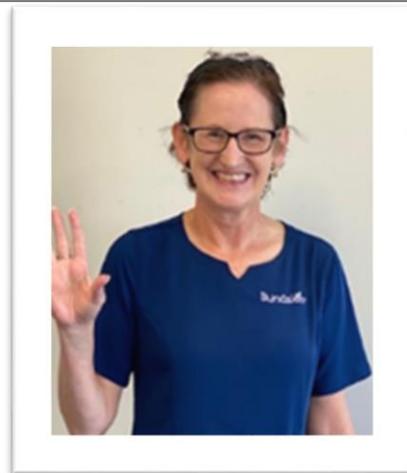
Given our rising case numbers, I urge you all to be mindful about infection prevention. In the last newsletter I said that it is now down to the individual to protect oneself against COVID. With respect to masks- cloth masks are of little assistance- a surgical mask has some protection but an N95 mask will afford you the absolute best protection. You must wear your mask tightly and not take it down to speak to people. If you wear your mask properly in all circumstances where you are mixing with non-household people and use hand sanitizer often, you will help to protect yourself. Also, be aware that many older people are catching Omicron from their grandchildren- so please wear a mask.

If you would be interested in an infection prevention education session, please let Sheree know and I will organise this.



CARE MANAGER

Deb Matthews



So February has not been the best start, I broke my ankle in 2 places. I fell down the stairs at my mums house. I will be working from home and hopefully be back at work soon ! When I return, falls prevention will be my number 1 priority!

“Treat people the way you want to be treated.
Talk to people the way you want to be talked to.
Respect is earned,
not given.”

~Hussein Nishah

16quotes.com

Peter back in his laboratory





COVID-19

Advice to residential aged care facilities

Visiting Restrictions - Residential Aged Care Home

All people in NSW who return a positive rapid antigen test (RAT) must report this through the NSW Services app. Go to COVID-19 Resources to register your result, you must backdate any positive result from a RAT, that has occurred since 1st January 2022. Note, you will need to be logged into your app.

The incidences of COVID-19 in our community (outside of the Care Home) are increasing and with that, the risk posed to the Residents of Bundaleer Residential Aged Care Facility (the Care Home).

The executive and clinical management team are regularly meeting and reviewing the risk profile for the Home and taking appropriate action to minimize the risk of residents contracting COVID-19.

The team continues to meet and review all relevant advice and data, and have made the decision to close the Home to visitors. This decision was not made lightly, but in an effort to protect our residents, and also ensure our staff resources are directed to providing hands-on care and best quality services this was necessary to the residents.

Please contact Care Home Reception on 6586 9400, option 1, to make bookings or if you have other requests outside these times.

IN THE CARE HOME



IN THE CARE HOME



Great to see that Bingo is still going strong in Lifestyle. Residents are having lots of fun and report that lunch was great today.

Did you wonder about these feet in the lift? According to the Lowy Institute Thailand rated #3 in the world for its best practice approach to COVID cross infection prevention. Our A/CEO used to see this in lifts everywhere in Thailand - great idea !



ACTIVITIES IN THE CARE HOME



HOME & COMMUNITY CARE

I've been busy getting around to meet the staff with H&CC, and had a few days out in Tamworth with the team.

I will certainly be more organised for next month and update everyone on what the Home Care Team have been doing out with our clients.

Regards, Catherine
General Manager H&CC

Client's "Moon Rising"



Some of the exciting things that our Home Care team have been doing with our Clients



Client's "Moon Rising"



Support worker – Tracy & client beautified the garden

QUOTES PAGE



“More than anything else, people will always remember you for how you made them feel.”
-Shadonna Richards



Care Home Residents Monthly Meeting

Monday 14th February, 2:00pm
(To be held the 2nd Monday of the month)

Friends and family of our Care Home Residents,
are welcome via zoom:

Call Lifestyle to confirm Meeting ID and Passcode:

Open disclosure

Open disclosure underpins our organisational culture and the behaviours needed for continuous learning and service improvement in partnership with consumers.

Open disclosure refers to the consultation and open discussion that we will have with you when something goes wrong that has harmed or had the potential to cause harm.

This process will provide information, address immediate needs, concerns, and provide support and solutions that aim to prevent reoccurrence. This process provides you with an honest and timely account of incidents and frames our ethical, moral and professional practice expectations.

Feedback and complaints



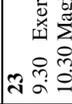
Feedback and Complaints are important because they can help service providers improve the quality of care.

Whilst visitors are not able to come on site you are welcome to email us at info@bundaleer.org.au

Or

Call Aged Care & Quality Commission;
1800 951 822 (free call) and ask to provide feedback on an aged care service.

February 2022 Residential Care Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 9:30 Exercises  10.30 Carpet Bowls 2:00 Ice Cream Trolley 3.30 IGA shopping orders 5:00 Dinner Club	2 9:30 Exercises 10.00 Coffee Sweat Treat Cafe 10.30 White Board Games 11.00 Knitting 2:00 Bingo 3.30 Garden Therapy Betty D 3:30 Magic Table Time 5:00 Dinner Club	3 9:30 Exercises 10.00 Coffee Sweat Treat - 10.30 White board Games 2.00 Garden Therapy Betty D 2:00 Bingo 3.00 Table Games 5:00 Dinner Club B	4 9:30 Exercises 10.30 Church..... 11.00 Garden Coffee Gay and Laurel 2:00 Happy Hour 4:00 Magic Table and Dinner Club B	5 9.30 Gardening with Brad  11.00 Documentary 2:00 Bingo 3.30 Magic Table Time 5:00 Dinner Club B	6 9.00 Sunday morning Paper 10.30 Zoom Presbyterian Church 2:00 Men 's Darts & Country Western Music 5:00 Dinner Club 	
7 9:30 Exercises  10.30 Carpet Bowls 2:00 Ice Cream Trolley 3.30 IGA shopping orders 5:00 Dinner Club	8 9:30 Exercises 10.00 Coffee Sweat Treat Cafe 10.30 White Board Games 11.00 Knitting 2:00 Bingo 3.30 Garden Therapy Betty D 3:30 Magic Table Time 5:00 Dinner Club	9 9:30 Exercises 10.30 Concert Marie  2:00 Cooking IGA deliveries 5:00 Dinner Club	10 9:30 Exercises 10.00 Coffee Sweat Treat - 10.30 White board Games 2.00 Garden Therapy Betty D 2:00 Bingo 3.00 Table Games 5:00 Dinner Club B	11 9:30 Exercises 10.30 Church..... 11.00 Garden Coffee Gay and Laurel 2:00 Happy Hour 4:00 Magic Table and Dinner Club B	12 9:30 Pampering with Sue  10.30 Bus Drive in country 2:00 Dog Bingo 5:00 Dinner Club S	13 10.30 Zoom Presbyterian 11:00 Community care 2:00 Reminiscence 5:00 Dinner Club
14 9:30 Exercises 11:00 Brain Games 2.00 Residents Meeting 3.00 Ice Cream Trolley 3.30 IGA shopping orders 5:00 Dinner Club	15 9:30 Exercises 10.00 Coffee Sweat Treat Cafe 10.30 Poetry Club 11:00 Knitting 2:00 Bingo 3:30 Magic Table Time 3:30 Garden Therapy Betty D 5:00 Dinner Club	16 9:30 Exercises 10.30 Brain storming 11.00 Garden Coffee Gay and Laurel 2:00 Cooking 3.00 IGA Deliveries 5:00 Dinner Club	17 9:30 Exercises 10.00 Coffee Sweat Treat 10.30 Carpet Bowls 2.00 Garden Therapy Betty D 2:00 Bingo 5:00 Dinner Club	18 9:30 Exercises 10.30 Church 11.00 Garden Coffee Gay and Laurel 2:00 Happy Hour 4:00 Magic Table and Dinner Club	19 9.30 Gardening with Brad 10.30 TV Documentary 2:00 Cooking - Bingo 3.30 Magic Table Time 5:00 Dinner Club B	20 9.00 Sunday morning Paper 10.30 Zoom Presbyterian Church Service 2:00 BBQ pond afternoon tea 4:00 Twilight Bowls & Dinner Club
21 9:30 Exercises 10.30 Carpet Bowls 2:00 Ice Cream Trolley 3.30 IGA shopping orders 5:00 Dinner Club	22 9:30 Bus Drive & Morning Tea  10:30 Reminiscence White Board 11:00 Knitting 2:00 Bingo 3:30 Garden Therapy Betty D 3:30 Magic Table Time 5:00 Dinner Club	23 9:30 Exercises 10.30 Magic Table Time 11.00 Garden Coffee Gay and Laurel 2:00 Concert Marie  5:00 Dinner Club	24 Resident Staff BBQ 9:30 Exercises 10.00 Coffee Sweat Treat 10.30 White board Games 12.30 Residents / Staff BBQ 2.00 Garden Therapy Betty D 2:00 Bingo 3.00 Table Games	25 9:30 Exercises 10.30 Churches 2:00 Happy Hour 4:00 Magic Table and Dinner Club B	26 9.30 Pampering with Sue 11.00 Exercises 2.00 Bingo 3.30 Magic Table Time 5:00 Dinner Club S	27 10.30 Zoom Presbyterian Church Service 11:00 Community care 2:00 Reminiscence 5:00 Dinner Club
28 9:30 Exercises 10.30 Magic Table Time 2:00 Ice Cream Trolley 3.30 IGA shopping orders 5:00 Dinner Club						

YOUR VILLAGE UPDATE



With Independent Living Co-Ordinator – Sheree Cheetham



Colleen Ninness
Ellen Cavanagh
Noeline Hirst
Ada Potts
Kath Ruse
Pauline O'Shea



Administration Building

The Administration building front door is currently locked as part of Bundaleer's COVID management strategy in the face of local exposure sites with COVID positive cases, close or casual contacts are unable to enter the building. If you need assistance, information or to log a maintenance request, please call us on 6586 9400 (option 3) or send an email if you have access to do so to: reception@Bundaleer.org.au. You may also drop forms or paperwork into the white mailbox on the railing at the front of the building, or the Management mailbox at the roundabout.

If you need to attend the Administration building please ring the door bell, your visit must be under 15 minutes, you must wear a mask and check in with the Service NSW app on your mobile phone or on our self-service kiosk at reception.

Sweets & Treats café is not staffed this week due to staff shortages in the Catering department. There will be some sandwiches and drinks available in the café fridge with purchases recorded on the form provided at the counter. We apologise for any inconvenience caused by the café closure, but we expect to be operating it as usual from Monday 7th February 2022.



YOUR VILLAGE UPDATE



YOUR VILLAGE UPDATE



YOUR VILLAGE UPDATE

COVID RULES & RESTRICTIONS

The NSW Government has changed restrictions from Monday 27 December 21:

- **Masks must** be worn in indoor areas (shopping etc), indoor areas of common property, public transport, not including your place of residence
- **QR Code Check In** required at retail premises, pubs, bars, clubs, beauty services, gyms, hospitals, aged care facilities, places of worship, funerals & memorials
- **Visitors** – there are no restrictions for people visiting your home or to visit people at their home. Different rules apply to visiting an Aged Care Facility.
- **Outdoor gatherings** – there is no limit to the number of people for outdoor gatherings or recreation (e.g. picnic). You are not required to be fully vaccinated or carry vaccination evidence.

If you have symptoms, get tested!

**National Coronavirus & COVID-19 Vaccine Hotline
1800 020 080**

<p>Positive COVID-19 case</p>	<p>7 days isolation commencing on the day of testing. Unless otherwise advised a person may leave isolation after 7 days without formal notification or a further test. People in this category must take precautions (mask etc) and avoid high risk settings, such as hospitals and aged care for a further 3 days.</p>
<p>Close contacts</p> <ul style="list-style-type: none"> •A household contact, or where more than four hours of exposure has occurred in a residential setting; and •Contacts in a setting where Health has determined there to be a high level of transmission. 	<p>7 days isolation from the day of exposure, and obtain a PCR test as soon as possible. High risk settings, such as hospitals and aged care should be avoided for a further 7 days. A rapid antigen test (RAT) is required at Day 6 and, if positive, must be followed by a PCR test.</p>
<p>All other contacts</p>	<p>Monitor for symptoms and if symptoms develop, undertake a PCR test.</p>
<p>If you have symptoms</p>	<p>Obtain a PCR test if you have symptoms at any time.</p>

**Port Macquarie Stadium Drive Through Clinic - Boundary Street, Port Macquarie
8:00am to 4:00pm Monday to Friday, 8:00am to 2:00pm Saturday & Sunday**

MEDIA RELEASE

BUNDALEER TAKES A POSITIVE STEP FOR THE FUTURE

On 25 January 2022 the Members of Bundaleer Care Services (Bundaleer) voted unanimously to accept an offer made by Apollo Care Alliance (Apollo) to acquire the assets and liabilities of Bundaleer and become the new Approved Provider.

Bundaleer is well known in the Hastings community for providing retirement living, residential aged care, home care and disability services.

Like many regional aged care providers, particularly standalone organisations, Bundaleer has been trading in deficit for many years. Aged Care Industry experts Stewart Brown noted in their 2021 report that 78% of regional residential aged care homes are running with operational losses.

Bundaleer Board of Directors have taken significant measures to reverse the financial position and secure a strong future. Recent actions included the closure of the Johnstone Street Nursing Home in May 2021 and appointment of CEO and leadership team to implement a financial turnaround plan while ensuring safety and service levels were maintained.

Despite a rigorous approach by the Board and best efforts of management and staff, the diminishing cash flow position did not provide sufficient funds to implement the financial turnaround plan quickly enough without compromising quality of care and safety. Combined with the significant impacts of a Royal Commission, the COVID-19 pandemic and potential changes to Government funding, the cash position meant that continuing to operate in the long term was no longer viable.

Consequently, the Board undertook an extensive process to identify like-minded organisations for potential amalgamation and following a period of discussion and due diligence received an offer from Apollo. Under this proposal, Apollo will acquire all the assets and liabilities of Bundaleer and become the new Approved Provider. The Bundaleer name, not for profit status and purpose will be retained and Apollo will be responsible for all regulatory compliance including quality of care. The offer includes a financial endowment to ensure Bundaleer's mission and purpose continues.

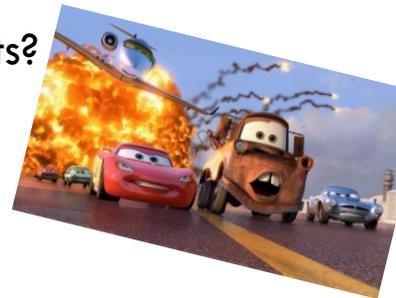
The Board believe this is a significant and positive step forward for Bundaleer and its residents, consumers, employees, and the wider community. The values and vision of both parties are aligned, and the amalgamation will ensure that the Bundaleer brand, built by the community over many years, is retained. Resident and employee rights are protected, and Apollo will maintain the continuum of care and improve quality and clinical compliance, with the financial backing and economy of scale to ensure the future of Bundaleer.

The Board are now authorised to move to exclusive negotiations with Apollo which will include finalising details of the amalgamation and executing the agreement to complete the transfer.

TRIVIA

Who doesn't love a bit of trivia? You'll be the star at trivia nights and be very entertaining at your next social gathering! Because you can open up all sorts of conversations and be the "all knowing one" in your circle of friends.

1. Who is often credited with creating the world's first car?
Answer: Karl Benz
2. Which animal can be seen on the Porsche logo?
Answer: Horse
3. Which companies are part of the Big Three?
Answer: General Motors, Fiat Chrysler Automobiles, and Ford Motor Company
4. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?
Answer: Volkswagen
5. Which auto brand was the first to offer seat belts?
Answer: Nash Motors
6. What does BMW stand for (in English)?
Answer: Bavarian Motor Works
7. What or who is the Ford Mustang named after?
Answer: A fighter plane from WWII
8. How many parts (screws and bolts included) does the average car have?
Answer: 30,000
9. Which car is often called the first muscle car?
Answer: The Pontiac GTO
10. In what year was the Corvette introduced?
Answer: 1953



This Month in History

February 1, 1960 - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for participating in sit-ins.

February 4 - Birthday - Aviation pioneer Charles Lindbergh (1902-1974) was born in Detroit, Michigan. He made the first non-stop solo flight from New York to Paris, May 20-21, 1927.

February 7, 1795 - The 11th [Amendment](#) to the U.S. Constitution was ratified, limiting the powers of the Federal Judiciary over the states by prohibiting Federal lawsuits against individual states.

February 10, 1942 - The first [Medal of Honor](#) during World War II was awarded to 2nd Lt. Alexander Nininger (posthumously) for heroism during the Battle of Bataan.

February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

February 14th - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

February 21, 1972 - President [Richard Nixon](#) arrived in China for historic meetings with Chairman Mao Tse-tung and Premier Chou En-lai.

February 27, 1991 - In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.

If you hear or see any activities that make you feel threatened, unsafe or uncomfortable, either around your premises or the Village grounds, please take the following course of action:

1. Hit your INS call button; or
2. Phone Wauchope Police on 6585 1404

In the event of an emergency call 000



EFTPOS
AVAILABLE



SWEETS & TREATS

Café

Treat yourself and come and enjoy coffee, tea, cakes, sweet treats, lunch, soft drinks and more! Friends and relatives welcome.

Located in the ILU Community Room, underneath the Administration Building.

Bread, milk and frozen dinners also available.



OPEN WEEKDAYS
9:00am – 2:00pm