



KIRKBRAE COURIER

THE NEWSLETTER OF KIRKBRAE PRESBYTERIAN HOMES - WINTER 2009

Introducing Barbara Firth, ...continued from page 1

Darwin and the west coast, Norfolk Island, Canada, Southern W.A., New Zealand, North and South Islands and Flinders Ranges. These holidays and meeting with the people proved a wonderful experience as I admired their courage and enthusiasm to enjoy themselves.

Another rewarding experience was volunteering for the Paralympic Games in 2000 in Sydney. My admiration of the athletes and swimmers for their determination and their grit, together with their tireless effort to achieve to their goals was very moving and a life time experience. Then later I volunteered for the Commonwealth Games in Melbourne in 2006, another uplifting and proud experience for our City together with the training and early mornings!!

Further in my studies I completed a course in Diversional Therapy at Frankston to learn about working with the Aged and to provide programs including exercise to music, outings and life celebrations. Another part on my life, very close to myself, is to work with people with a disability having worked in Residential Units and currently participate in a music group who visit a House and have a sing-a-long with a Christian message.

My hobbies are photography, holidays, recently visiting Russia & Scotland and genealogy, when I get time!!



The Presbyterian Church National CEO in aged care network met recently at PresCare Vela to tour the new facility and share information relevant to the Aged Care & Retirement Villages Sectors.

From R to L Robin Philips – Tas, Glenn Muskett – WA, Neil McConville – Vic, Paul Sadler – NSW & Ray Tuttle – Qld (absent, David Mailler – SA).

Have you thought of...

...Working as a volunteer at Kirkbrae?

Kirkbrae is delighted to welcome offers of assistance from eligible volunteers. Please call Lifestyle Supervisor, Rose on: 03 9724 5200.

...Making a donation to Kirkbrae?

The Presbyterian Department of Social Services depends to a large degree on the generosity of individual gifts and bequests.

You can make a **tax deductible donation** to Kirkbrae at any time by making out a cheque to the **Presbyterian Church of Victoria Department of Social Services**. Please complete & attach the form below so we can send you a receipt.

Name

Address.....

Amount enclosed (in words)

Exempt from Stamp Duty

Donations of \$2 or more are tax-deductible. Claims must be made under the title of Presbyterian Church of Victoria Department of Social Services

OFFICE USE:

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Presbyterian Church of Victoria
Department of Social Services, Kirkbrae Presbyterian Homes

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Social Services Committee

- Mr Robert Lowe – *Convener*
- Mr Ron Spencer – *Secretary*
- Miss Rae Anstee
- Mr Barry Kilmartin
- Mr Ian Marshall
- Mrs Lois Taylor
- Mr Dennis Wright
- Mr Ron Patterson
- Ms Barbara Firth
- Mr Bruce Miller

Key Staff Members

- Mr Neil McConville
Chief Executive Officer, Kirkbrae Presbyterian Homes
- Ms Bev Stehn
Director of Nursing Services, Residential Care
- Mrs Val Inverarity
ILU Manager, Retirement Village
- Mr Allan Withers
Maintenance Services Manager

794 Mount Dandenong Road,
Kilsyth 3137
Phone: 03 9724 5200
Fax: 03 9728 2558
Email: admin@kirkbrae.pcvic.org.au

CEO's Report

In the last six months a lot has happened at Kirkbrae and the surrounding area, most significantly Black Saturday and the resulting bushfires, causing significant loss of life and property. We pray for all those affected by the devastation and in particular those Kirkbrae Residents and Staff members personally affected by the devastation.



To date over \$3,563.80 has been raised in donations to support and help those affected, with Kirkbrae Management matching dollar for dollar all donations made by Kirkbrae Residents to the Red Cross Bush Fire Appeal.

In Residential Care we have continued to progressively transfer our existing Hostel Residents to the Upper Hostel, as Hostel residents with higher care needs require

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The mission of Kirkbrae Presbyterian Homes is to provide the highest quality care to our residents within the values of a caring Christian community

Kirkbrae is proud to contribute funds in support of costs towards the publication of the VIC Kidsmart Handbook, an initiative by the Victorian Blue Light State Council



Introducing Barbara Firth, Member of Social Services Committee.

I feel it is an honor to serve on the Committee as part of God's work.

I have lived in Mordialloc and attended St. Andrew's Presbyterian Church, Mordialloc all my life. I attended the Primary School and later the High School whilst my delight of living near the beach is to walk along the cliffs.

After leaving High School I joined the E.S. & A Bank in 1954 at 225 Swanston Street, Melbourne where I enjoyed a warm family atmosphere and I still meet up with girls I worked with. My Church involvement has and is a member of the P.F.A., attending camps and services, teaching Sunday school, now an Elder and President of the P.W.M.U. Branch. Another interest is as Secretary of the Home Mission Workers Association whom supports Candidates for the Ministry and Home

Missionaries while another interest is teaching C.R.E. at the Primary School.

My Banking career continued as the E.S. & A. Bank and the A.N.Z. merged to become The ANZ Banking Group. I moved to Pensions Department where I learnt a lot about the many Pension Schemes and the needs of the Retired Officers and widows. As I was always interested in people and their needs, in 1990, I decided to leave the bank and enroll in a course in Disabilities at Frankston Tafe. This course led on further to my pursuing Welfare Studies at Monash University, Gippsland. After completing these studies I heard a request for volunteers with the Association for the Blind and was invited to accompany people with vision loss on their holidays and toured

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Nurses Memorial Commemorative Service

On Sunday April 19, the annual Commemorative Service was held at the Nurses Memorial Centre to honour nurses who have made sacrifices of life and health, both in times of peace and war.

Nicole Ashmore, Kirkbrae's Nursing Home Supervisor, attended the service with 2 of her daughters, Emma and Tayla. Together they laid a wreath on behalf of Kirkbrae Presbyterian Homes.

The Nurses Memorial Centre was established by Victorian Nurses who had returned from the Second World War. As a living memorial, the major aim of the centre is the advancement of the health of the community through education grants for Victorian nurses to undertake postgraduate studies.

Nicole was successful in achieving a scholarship for 2009, from the Nurses Memorial Centre and the Australian Legion of Ex-Servicemen and Women. Nicole is completing her second year of the Graduate Diploma in Wound Care at Monash University, with the focus on Aged and Palliative care.

Advancing her knowledge and skills in wound care will not only benefit residents at Kirkbrae but also in the community and other aged care facilities. Nicole is able to offer education and wound care from a foundation of evidence based, best practice.

Nicole had the support and encouragement from the DONS, Bev Stehn, and local GP's, to advance her career and undertake research projects within residential care. The

outcomes of which have the potential to positively affect the lives of other aged residents.

Below, (L to R): Tayla, Nicole & Emma
Right & Bottom (and page 1): Photos from the Annual Commemorative Service at the Nurses Memorial Centre



CEO's Report, ...continued from page 1

access to more nursing care and services. The staff rosters have been expanded with additional shifts and staff numbers to ensure that an appropriate level of care is delivered. Additional equipment has also been identified and budgeted for. Kirkbrae is at all times aiming to improve the standard of care and once fully implemented will certainly provide more high care beds, an identified need of the broader community.

The members of the Social Services Committee and the Senior Management

Team have continued to explore the opportunity to develop and expand the Kirkbrae Retirement Village, which will celebrate its 49th Year Birthday on the 1st July 2009. Next year in 2010 the Village will be celebrating a significant milestone the Year of Jubilee, and plans have already commenced to recognise this milestone. In Christendom the Year of Jubilee equates to the Year of Release, perhaps significant as we look to ways to retire the existing Village Cottage Buildings and rebuild.

We are pleased to confirm that we have invited three external consultant firms to

prepare a response to the Social Services Committee's brief to submit proposals for the Village Development, which will include a Master Project Plan and costings.

Included within the brief to our external consultants is the consideration of Kirkbrae taking up the need for Affordable Housing for those seniors whom are either financially disadvantaged or unable to find suitable rental property. Nationally the shortage of current rental housing is estimated to be 80,000. The members of the Social Services Committee have a desire to

Palliative Care at Kirkbrae

The majority of residents admitted to Kirkbrae are entering a Palliative Care process as most are terminally ill or have a terminal condition which will not respond to curative treatment.

The care provided at Kirkbrae is that of managing symptoms, providing preventative care and specific management of physical, psychological, emotional and spiritual needs.

The approach taken at Kirkbrae is holistic and all members of the care and allied health team are integral in the delivery of appropriate care.

It is imperative that the attending General Practitioner embraces the same philosophy of Palliative Care. Pain management must be provided using contemporary practice. Kirkbrae consults Eastern Palliative Care when difficulties in Pain Management arise for a variety of reasons.

Family counselling is an area which Kirkbrae recognises and we attempt to meet the needs of family and friends of the resident as many families have difficulty coping with the admission of their elderly relative and the gradual progression to a more acute Palliative state.

The needs of staff are not overlooked and support is given to address staff as they grieve not just for a specific resident but for the accumulated grief associated with the death of several residents.

Counselling skills are provided by visiting pastoral staff, volunteers and staff. We currently do not have professional counsellors to call on.

Twice a year we hold a remembrance service which is attended by residents, families, volunteers and staff. This gives us all the opportunity to remember and acknowledge the loss of residents.

*Bev Stehn,
Director of Nursing Services*



Kirkbrae Residents in Montrose want more low-floor buses to service Mt Dandenong Road.

Pictured is MP David Hodggett with concerned Kirkbrae Residents.

Photos from the Blessing of the Constable Drive House on the 6th December 2008

Right: Scots' Church Senior Minister, Rt Rev Douglas Robertson

Below, from L to R: Robert Lowe, Ron Patterson, Douglas Roberston, Neil McConville



most valuable.

I have recently returned from the Presbyterian Aged Care National CEO Network held at PresCare Queensland in late April 2009. These meetings provide valuable feedback and the co-operation from all the CEO's is greatly appreciated. Together we are able to address and share views effecting the Aged Care and Retirement Village Sectors. The Presbyterian Church Nationally delivers care and housing to over 2,800 persons, a significant contribution.

We will again recognise staff for their years of service at the annual Kirkbrae

Staff Christmas lunch. 15 additional staff members will be recognised with two reaching the 15 years milestone, two 10 years and eleven 5 years. Kirkbrae continues to support a culture of training and staff development.

We would again like to thank the St Andrews Foundation, the PWMU and all those who make donations in support of the work at Kirkbrae. This support is greatly appreciated.

The future and way forward is bright and as we continue to put our shoulder to the wheel, success will follow.