



Meet the Staff Peta Green

Although born in Auburn, Peta grew up in Mudgee where her parents moved when she was very young. Raised alongside her brother and sister in a home on the edge of town, complete with horses, chickens and a huge veggie garden, Peta's upbringing was grounded in good old fashioned country values; working hard, spending time with family and finding pleasure in the simple things life has to offer, values which are very much upheld in the way Peta has raised her own family.

Eventually, city life beckoned to Peta so she left Mudgee to set up home in Bondi for a few years before following her sister and brother in law to Wollongong where she settled in Unanderra, a place she lived in for over 18 years before moving to Dapto earlier this year. Peta started working at Diggers in June 2015, as a member of our care team, and worked her way to becoming a care Team Leader.

Peta's home life consists of raising her seven children with her husband Hamish. They are a tight knit family of Harry Potter and Star Wars fans, having been to every midnight debut screening of every movie! Quality family time is a high priority in the Green household so when they're not attending film premiers you could find them camping out in the bush with their canvas tent and bush dunny beside a traditional campfire, with not a 'glamper' in sight! Another family tradition in the Green household is Sunday night dinner & games night, attendance at which is non-negotiable and perhaps reminiscent of watching the Green Party go up against the Liberal Party during a sitting of the Senate! This, of course, includes the continuous stream of exchange students who find themselves a home with the Green family, sometimes for a few months, sometimes for a year. The world certainly has a presence in downtown Dapto with students arriving from places like Belgium, USA, Brazil, France, Germany, and Chile. If you're ever wondering what to buy Peta as a gift, perhaps a spare half an hour of peace and quiet, or if you can't swing that, indulge her love of murder mystery novels or Midsummer Murders!

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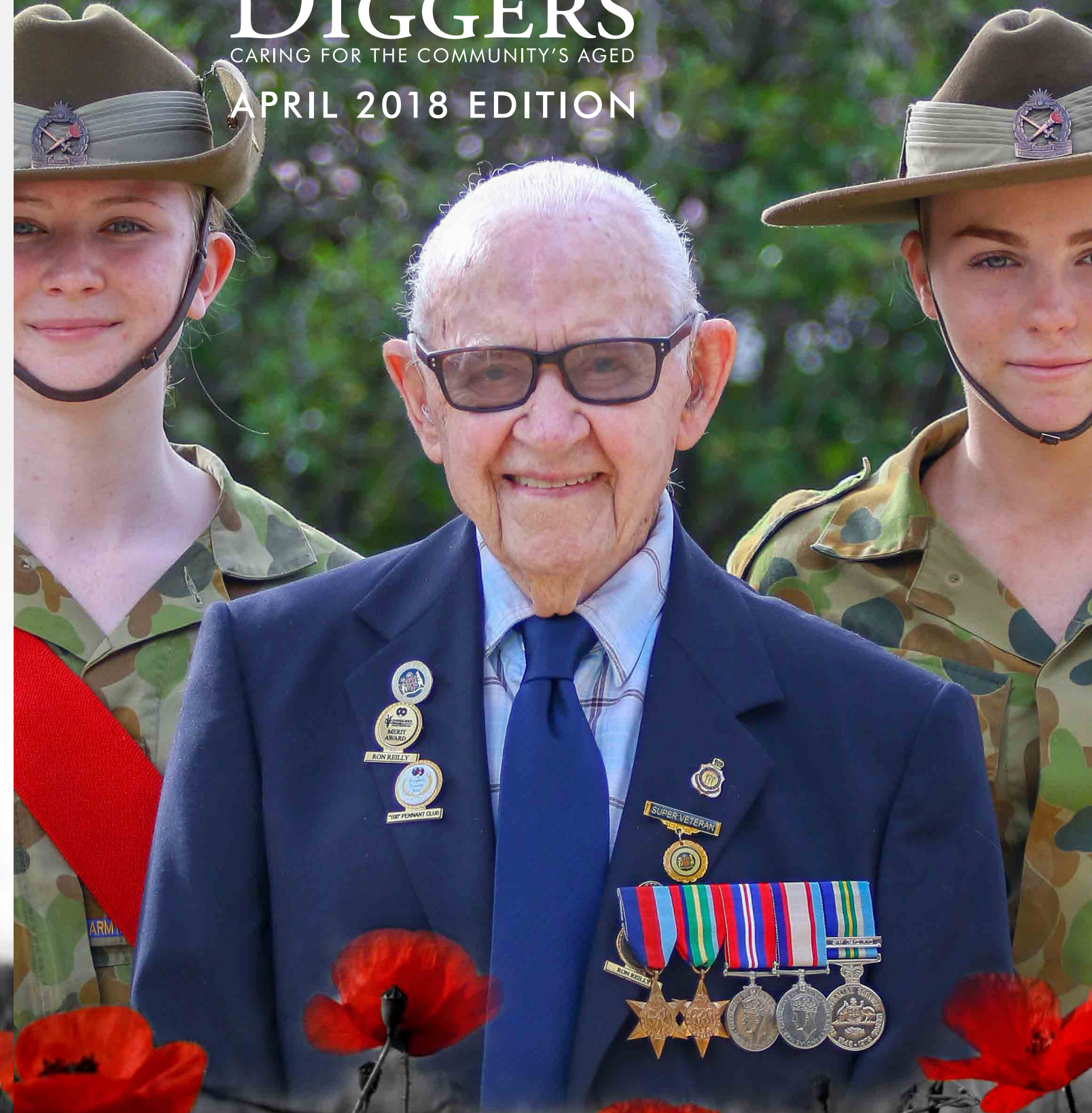
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ILLAWARRA DIGGERS

CARING FOR THE COMMUNITY'S AGED

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Lest We Forget

CEO's Message

Dear Residents, Families and Staff

I am writing this update just before ANZAC Day as I will be on annual leave with my family for a couple of weeks and so will miss this wonderful annual service.

ANZAC Day holds a special place in the hearts of not only our residents and families but also in the hearts of our staff.

Illawarra Diggers was founded to support returning servicemen. Since those initial beginnings in 1946, Illawarra Diggers has evolved to be a real community, drawing both our staff and residents from many countries and cultures. Most of our community have thankfully never had anything to do with war or the armed services directly however, the concept of service to our fellow men and women of our community remains at the core of our ethos.

Illawarra Diggers cares and supports the older members of our broad community and respects the service they have given to their families and others throughout their lives.

I am sure the ANZAC Day service will again be a wonderful experience for those who attend.

On Monday 16 April we will be moving back into our newly refurbished Wollongong and Corrimal Wings. The original 22 rooms with shared bathrooms have been replaced with 12 larger rooms, all with ensuites, as well as two additional common rooms and some more storage (always needed).

Then we will start the final stage (Stage 4) which will close the Auxiliary Wing and the 14 bedrooms in that wing.

When it reopens in July there will just 6 bedrooms in the wing with new doctors' rooms, new care station and examination rooms etc. We will also relocate the staff room and the library and physio rooms in this stage.

And soon it will all be over!!!!

Despite the incredible long summer, we are experiencing, we are also approaching the flu season. Vaccines will soon be available, and all residents will be afforded the opportunity for free vaccination.

We also provide this service free to our staff.

Control of the flu virus in our home is paramount. Our residents are all vulnerable and have much lower capacity to resist the effects of the flu virus.

I ask that all families and visitors to Illawarra Diggers adhere to good handwashing and sanitising procedures on entering the facility and when entering and leaving resident rooms. Last year we had two outbreaks and the virus mutated to a second strain late in the season.

If you are a family member or visitor and you think you may be coming down with something, we would ask that you stay away for a few days and, if you must visit, please follow infection control procedures. This means sanitising your hands and, if you have not been vaccinated, wearing a mask. This may seem extreme to some, but it is really important for the safety of our residents during this period.

I hope we see some Autumn soon, but it is hard to complain about such beautiful days.

Stay safe

Kind Regards

Peter Whittall

A MESSAGE FROM *The Lifestyle Team*

A very warm welcome from the Lifestyle Team as we find ourselves in Autumn once again. The months seem to pass so quickly with the seasons having turned before we know it. Just as the seasons change, so has the face of the Lifestyle team in recent months. Our sweet Hannah, who has been with the Lifestyle team for over four years now, has been accepted into a university program to study Occupational Therapy at Western Sydney University. To accommodate university commitments, Hannah has reduced her working week with us and, although it is not as often as what we are accustomed to, we are all very proud of her and grateful that we still get to see her smiling face every week.

With this change, an opportunity opened up for us to recruit for an addition to the Lifestyle team. I am delighted to announce that we had a new Lifestyle Officer commence with us two weeks ago. Jessica Hearne has come to us with qualifications and experience in the aged care sector as well as a bachelor degree in Public Health. Jessica will be working with our residents, one on one, tending to their lifestyle needs from a Therapeutic Recreation perspective as well as working with the team on our social bus outings and in-house group programs.

Last week we held our ANZAC Day service in-house which went really well. We were honoured to have the Senior Chaplain of the NSW State Emergency Service, Mr Steven Hall, and Warrant Officer Class 1 of Special Operations 6th Aviation Regiment, Mr David Humphreys, both participate in our service. The

commemorative address given by Warrant Officer Humphreys was an inspiring reminder that the ANZAC spirit lives on in the hearts of Australians who, at their very core, are courageous, determined, self-reliant and strong individuals who put community before self and overcome challenges together. It was a lovely way to honour the sacrifices made by those who have served and pay our respects to those who are currently serving. A special thanks also goes to Matthew Dickson who played the bugle and Gwen Federici who was our pianist on the day.

Our May program is almost finalised and will be available on our website under 'events & activities' for all family members to access if they wish. Our Mother's Day High Tea will be held on Saturday 12th May at 2:30pm. Invitations have gone out via email and places are filling quickly so be sure to get your rsvp in as soon as you can.

In addition to our weekly hairdresser, we now have a beauty therapist, Terri, who comes in for a few hours each Monday morning to provide manicure services for our residents at a heavily discounted rate. Terri has quickly built a great rapport with some of our residents and we hope to be able to extend her services from nail care to include other treatments, such as facials and waxing, later in the year once our building renovations have concluded.

As always, if you are visiting, do pop into the Lifestyle office and if you have any suggestions or feedback on our program, we'd love to hear it.

Warm Regards,

The Lifestyle Team





Anzac Day

Lest We Forget



Photos by Andy Zakeli. Front image: Resident Ron Reilly with Sgt Sophie Hefferenan and Cadet Hannah Bradley from the 26ACU Wollongong Regional Cadet Unit.



Anzac Day

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