

Dot Impey's Happenings Newsletter

June 2022

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*Keep your face
always towards the
sunshine and the
shadow will fall
behind you.*

- Walt Whitman



Australian Defence Force

Something positive came from our experience with COVID-19. We received a very special phone call when we were offered five personnel (Navy and Airforce) from the Australian Defence Force to help us. This news was too good to be true!

The gift the team from the ADF brought to our residents is something we will never forget. I remember as they walked through the front door, I thought to myself, "What are we going to get them to do?"

The team quickly became a part of the Dorothy Impey Home family. Darren would ask if they could help him with something and was told of all the appointments that residents had made with them.

I asked them at the end of their seven days, how they felt about their experience. I think they were wondering what they had walked into, but they had taken everything in their stride and let nothing faze them.



Message from the CEO

It just amazes me how much happens in a day and the stories we could tell. It is already halfway through the year and so much has already happened. There is never a dull moment.

Through it all I remind myself to appreciate the little things in life that bring a smile to my face. One of those things is a yellow duck, keep on reading this newsletter and I'll explain later.

Live and Let Live

Everyone is fighting their own battles.

Please remember that a little kindness can go a long way.

"Be kind to one another"

SENIOR'S JOKE

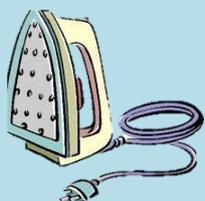
Q: What happened when the dentist and manicurist had an argument?

A: They fought tooth and nail.



Q: What's an indication of iron deficiency?

A: Wrinkly clothes



Australian Defence Force (continued)

On their last day at DIH, Sam and Alanna (our two chefs) made cakes in the shape of a ship and an airplane. It was a sad day to see them leave. However, not long after they left, our sadness quickly turned into joy, as we learnt we had been offered another five ADF personnel.

Over the two-week period, we came to know 10 beautiful people who said they went into the ADF to help. They never failed their commitment. It was beautiful to see how they brought our residents out from under a cloud, gave them sunshine and certainly made a difference in their lives.

Our second team were presented with cupcakes that had anchors and airplanes on them to take back to the hotel for everyone to share.

When this wonderful time was over, our hearts went with them. We felt very sad and empty. Someone said that this offer of ADF personnel was a "Band-Aid fix for Aged Care," but gee whiz, it was the best Band-Aid you could have possibly received. Thank you to all the Government Departments who made this possible.

As I mentioned, COVID did pay us a visit and our staff should be congratulated for their efforts in getting through it all. Wearing full PPE is not a pleasant thing to do, especially in summer. Our team leaders Sara and Gagan became so knowledgeable and led us to safety.



Australian Defence Force (continued)

After the ADF had left us, I shared our story of our positive experience when the ADF visited our home at a meeting, and before I knew it, I was sharing our story at an ACSA webinar all over Australia. I was later told I had people in tears.

Things started to snowball from there and soon I was asked to share our story at more webinars, including the Older Persons Advocacy Group and LASA.

I was relieved when I thought I had made it through all those webinars, only to receive a phone call from Christine Ahern from channel 9 who asked me if I knew who Karl was. I said, "No." I later realized that it was the famous Karl from the Today show...oops.

I did not know what to expect then, except that I had agreed to tell my ADF story once again on a live filming of the Today show at 7.30am the next morning at DIH. I wondered if I was in over my head at that point but our resident, Flo had agreed to go before the camera with me and we got through it.

Afterwards I received many emails and phone calls from people offering help in some way. It was a terrifying but great experience. One lady offered to perform a concert for residents via webinar.

Not long after, I was approached by Kangan Institute who requested staff, residents and yours truly participate in a promotional video for their school. Our staff, Chiara and Sam participated and resident, June also offered to support me into making this very special video. We are all now on YouTube.

Our last promotion was with Australia Post. This time another resident, June S helped me along with Irene (family member) and Andrea (staff). We have been very busy telling the story of living in an Aged Care Facility.

Our life has been floating by and we have been trying to get back to a bit of normality. It is very worrying, as so many people in our community are still getting COVID. We must make sure we are protected, as there is also the concern that the Flu is in the community as well.



Bunnings

I was invited to a Morning Tea by Bunnings (Coburg) to celebrate International Women's Day in March. A great coffee and their cakes are lovely too.

Bunnings kindly donated a succulent for each of our staff with their thanks (as well as mine) for caring for our residents.



Essendon Quilters

The lovely ladies from Essendon Quilters have been busy again making beautiful quilts that they donated to our home.



Flowers

Thank you to the mystery sender for these beautiful flowers. You really made my day!.

The card reads:

“Your role in keeping everyone safe is so important and probably goes unrecognized. You call out the staff, but does anyone call out you. Thankyou.”



KNITTING STALL

**BEANIES, SCARVES,
AND MORE FOR SALE
TO KEEP YOU WARM
THIS WINTER**

AVAILABLE IN RECEPTION

✂️ Make A Donation

Please detach and return to Dorothy Impey Home

Please find my donation enclosed below:

\$10 \$20 \$50 Other \$

Name: Surname:

Address:

Suburb:

State: Postcode:

Phone:

Credit Card donations welcome online at:
www.givenow.com.au/dorothyimpeyhome

Please make cheques payable to: Dorothy Impey Home
Donations of \$2.00 or more are tax deductible.
A receipt will be forwarded for taxation purposes.

Thank You for your support!

Easter Raffle

We raised \$404.10 from our Easter Raffle. Prizes were donated by Renata and Robyn. Thank you to everyone for your support!

Nurses Day

International Nurses Day was held on 12th May. Our Nurses do an incredible job in looking after our residents. Thank you!

National Volunteer Week

National Volunteer Week was held from 16th to 22nd May. Thank you to all of our volunteers for your support throughout 2022 and over the years.

DIH Cafe

Just a reminder that if you are visiting our home our DIH Café is open Wednesdays and Fridays.

It is run by our wonderful volunteers, Helen and Margaret, so be sure to stop by and say hello.

Lemons Wanted

If you have any excess Lemons from your Lemon tree, please consider donating them to DIH for our Kitchen to use.

Donations are accepted at Reception. Thank You.

**LEMONS
WANTED**



Meet, "Doc"

As I said it's the little things in life that bring a smile to my face. This little duck is one of those things.

Meet "Doc." He arrived to protect us, and he is doing just that. Thank you to Helen and Greg for your gift.



TO ALL THE CARING, DEDICATED STAFF

By way of saying 'Thank you' to all who have looked after Dorothy since she arrived at Dorothy Impney Home - and particularly now - we have sent you a helper to share some of the load. We thought he could keep an eye on the nurses' station while staff are doing their Florence Nightingale stuff. Of course, he might be of assistance in other areas as well. He is 'genetically' protected against COVID so won't be a drain on valuable resources such as PPEs, Rapid Antigen Tests or chocolates. He doesn't sleep, so would be on call 24/7

We hope you will find him helpful ...

We'd like you to meet 'Doc' ...

The question most people ask is, 'Why is that duck called Doc?'
Answer: Because he is a Quack!

Fondest regards,
Greg + Helen