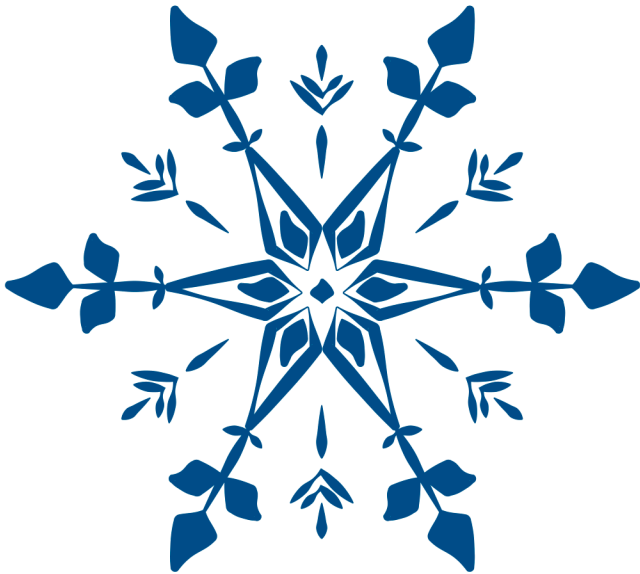


the harbison  
messenger





GO FUND ME

DONATE NOW

FOLLOW US



@Harbison\_

SCAN ME



@harbisoncare



## A WORD FROM OUR CEO

RECENTLY, I BECAME THE LATEST STAFF MEMBER TO JOIN THE COVID-19 CLUB. UNFORTUNATELY, IT IS NO LONGER A VERY EXCLUSIVE CLUB. WHILE I WAS NOT SERIOUSLY UNWELL, I HAVE BEEN SURPRISED AT HOW LONG IT TAKES TO RECOVER – MUCH LONGER THAN THE 10-DAY MANDATORY ISOLATION PERIOD – AND I AM GRATEFUL TO MY TEAM FOR STEPPING UP AND HELPING ME. ALL OF US AT HARBISON ARE NOW EXPERIENCED OUTBREAK MANAGERS. OUR MOST RECENT OUTBREAKS CLOSED ON 9 AUGUST 2022, AND YESTERDAY WE COMPLETED THE ENHANCED SURVEILLANCE PERIOD WHICH FOLLOWS AN OUTBREAK. THIS MEANS WE WILL SOON BE ABLE TO LIFT SOME VISITOR RESTRICTIONS. HARBISON WAS ONE OF THE 1,000+ AUSTRALIAN AGED CARE HOMES WHICH EXPERIENCED AN OUTBREAK THIS WINTER. FORTUNATELY, THANKS TO HIGH VACCINATION RATES, WELL ORGANISED SUPPLIES, ACCESS TO ANTI-VIRAL TREATMENT, AND THE EXTRAORDINARY COMMITMENT, RESILIENCE, AND FLEXIBILITY OF OUR STAFF, THE OUTBREAKS WERE CONTAINED. THE PUBLIC HEALTH UNIT THANKED US “...FOR THE SUPERIOR EFFORT OF YOUR ENTIRE TEAM IN MANAGING THE COVID-19 OUTBREAK AT HARBISON”.

DESPITE THIS EFFORT, 36 RESIDENTS AND 35 STAFF WERE INFECTED DURING THE OUTBREAKS, AND ONE RESIDENT DIED WITH COVID-19. MY OWN EXPERIENCE HAS GIVEN ME EVEN GREATER RESPECT FOR THE STAFF WHO MANAGE TO WORK REMOTELY THROUGH THEIR ISOLATION PERIODS, AND WHO RETURN TO DUTY THE MINUTE THEY ARE CLEARED FROM FURLOUGH. IT IS NOT EASY AND SHOWS HOW MUCH THEY CARE FOR OUR RESIDENTS. YESTERDAY, STAFF TURNED OUT IN THEIR FINEST WACKY WEDNESDAYZ COSTUMES, ONCE AGAIN DEFYING THE CHALLENGES OF THE PANDEMIC AND GIVING EVERYONE A GOOD LAUGH. HARBISON IS PROUD TO HAVE SUCH A GREAT TEAM SHOWING UP EVERY DAY TO MAKE A DIFFERENCE IN THE LIVES OF SO MANY PEOPLE FOR OUR COMMUNITY. THEY HAVE KEPT OUR RESIDENTS SAFE THROUGH FIVE OUTBREAKS NOW, AND THEY HAVE DONE IT WITH PROFESSIONALISM AND GOOD HUMOUR. PLEASE JOIN ME IN THANKING EVERY ONE OF THEM. WE WOULD NOT BE HARBISON WITHOUT THEM!

**DAVID COCHRAN**

August 2022 Chief Executive Officer



## *Let me introduce Edna McGuinness*

EDNA WAS BORN IN 1931 IN NOWRA HOSPITAL TO ETHEL MORRISON AND HARRY COX. THE FAMILY LIVED AT 'MELROSS' BARRENGARRY AND RAN A DAIRY FARM. EDNA'S SIBLINGS ARE WILMA (DEC) AND VALARIE. MY MOTHER WAS A STAY-AT-HOME WIFE LOOKING AFTER THE FAMILY AND MY FATHER WORKED THE FARM. DAD RECEIVED AN OAM FOR SERVICE TO THE DAIRY INDUSTRY, HE ALSO WON THE MOST ADVANCED FARM IN THE SOUTH COAST AREA THEN WENT TO REPRESENT AUSTRALIA IN LONDON. MY GRANDFATHER WAS A BLACKSMITH, HORSES AND BUGGIES WERE THE MODE OF TRANSPORT. I REMEMBER WHEN MY GRANDFATHER PASSED AWAY, I HAD TO LIVE WITH MY NAN AS SHE 'WAS GOING BLIND' UNTIL SHE WAS READY TO COME AND LIVE WITH US ON THE FARM. WE HAD A WONDERFUL CHILDHOOD GROWING UP ON THE FARM THERE WAS ALWAYS SOMETHING TO DO (CHORES) BUT ALSO GOING TO OTHER FARMS AND PLAYING WITH THEIR CHILDREN.

I WENT TO KANGAROO VALLEY SCHOOL; WE WOULD EITHER RIDE A HORSE OR A PUSHBIKE, MINE WAS A MALVIN STAR. IT WAS A 2-MILE TREK TO SCHOOL. I'M LEFT-HANDED, SO I WASN'T GOOD IN SCHOOL I STILL HAVE A SCAR ON MY HAND FROM GETTING THE RULER. I LEARNT QUICKLY TO WRITE WITH MY RIGHT HAND.

GENERAL STUDIES MY WAS FAVOURITE SUBJECT. AT AROUND 8 YEARS OLD I STARTED TO KNIT, AND MRS THOMPSON WAS MY TEACHER SHE MADE ME SIT BY MYSELF AS I USED TO WAVE MY HANDS AS I KNITTED. I REMEMBER TO THIS DAY WHERE I WAS WHEN THE PRIME MINISTER SAID, "IT IS MY MELANCHOLY TO ANNOUNCE WE ARE AT WAR WITH NAZI GERMANY". I WAS VERY SAD AND SCARED. I KNITTED FOR THE RED CROSS; I WROTE MANY LETTERS TO THE SERVICEMEN FROM KANGAROO VALLEY. WE WENT TO THE CHURCH AND PRAYED EVERY DAY FOR THE SOILDERS.

WHEN THE WAR ENDED, OH MY IT WAS A GREAT RELIEF, WE WENT FROM FARM-TO-FARM PARTYING AND SINGING THAT IT HAD ENDED AND OUR SERVICEMAN OF KANGAROO VALLEY WOULD BE COMING HOME.

AS WE HAD NO ELECTRICITY ON THE FARM, WE HAD TO KEEP OUR THINGS THAT NEEDED TO BE KEPT COOL, STORED IN A COVERED BUCKET DOWN A WELL. WHEN WE NEEDED IT, WE WOULD LAY ON OUR STOMACH AND PULL THE ROPE ATTACHED TO THE BUCKET, IT WAS HARD WORK. EVERYTHING WORKED ON BATTERIES SO WE HAD A RADIO TO LISTEN TO BUT FOR ENTERTAINMENT WE WOULD HAVE PIANO NIGHTS AT DIFFERENT FARMS SINGING AROUND THE PIANO. WE GREW OUR OWN WATERMELON AND ROCKMELON AND SHARED IT WITH OTHER FARMERS AS THEY WOULD DO WITH US. I REMEMBER MR ASHBY; HE WAS A VEGETABLE GROWER. MY DAD LET HIM PUT HIS COWS IN OUR HERD TO BECOME IN CALF. WE GOT FREE TOMATOES FOR A VERY LONG TIME. I LEFT SCHOOL AT THE AGE OF 15 AND STARTED WORKING ON THE FARM DOING EVERYTHING A MAN SHOULD DO. BUT AS ALL THE MEN WERE AWAY IT WAS UP TO US TO KEEP THE FARM RUNNING.

I ATTENDED THE CHURCH OF ENGLAND A CHURCH IN KANGAROO VALLEY AND I LOVED SINGING THE HYMNS. I COULD PLAY THE VIOLIN AND OFTEN PLAYED IN CHURCH. MUM PLAYED THE ORGAN. OFTEN THE MINISTER WOULD TAKE MUM AND MYSELF BY HORSE AND BUGGY TO OTHER AREAS AND DO CHURCH SERVICES.

WE HAD DR'S VISITS TO KANGAROO VALLEY THEY WERE DR HARBISON, DR HERRINGTON, DR LOWE AND DR HARDEN. EDNA LOVED TO GO DANCING AT THE LOCAL HALLS AND THIS WAS WHERE SHE MET HER HUSBAND. I MARRIED THE LOVE OF MY LIFE TED MCGUINNESS ON THE 1ST OF DECEMBER 1952 IN THE KANGAROO VALLEY CHURCH OF ENGLAND CHURCH. MY SISTER MADE MY WEDDING DRESS. WE MOVED TO MCGUINNESS DRIVE ROBERTSON WE HAD OUR CHILDREN ADELE, GAYLE, TERRIE, AND REX. IT WAS AROUND THIS TIME THAT SCRIPTURE WAS BECOMING MANDATORY IN SCHOOLS. I WAS ASKED TO GO TO KANGALON AND GLENQUARRY SCHOOLS TO FILL IN FOR THE MINISTER. AFTER I DID THIS THE MINISTER SAID "GOOD NOW THAT YOU HAVE DONE IT ONCE IT IS ALL YOURS" SO I WENT AND DID MY TRAINING IN WOLLONGONG AREA, AND I STARTED TEACHING SCRIPTURE IN SCHOOLS. I LOVED IT SO MUCH IT WAS WHAT I WAS SUPPOSED TO DO. AT THE AGE OF 38 MY HUSBAND PASSED AWAY I WAS ALONE RAISING MY 4 CHILDREN; I WENT TO WORK ON MAUGERS POTATO FARM PICKING POTATOES. I PLAYED HOCKEY AT A DISTRICT LEVEL AND WE ESTABLISHED THE ROBERTSON HOCKEY CLUB. IN JUNE 2013 I RECEIVED THE ORDER OF AUSTRALIA MEDAL. IT WAS A GREAT HONOUR FOR ME TO RECEIVE THIS JUST LIKE MY FATHER. EDNA MOVED TO BOWRAL IN THE 60'S WAS STILL VERY ACTIVE IN THE COMMUNITY; KNITTING FOR MOTHERS UNION AND THE RED CROSS.

EDNA INTERACTS WELL WITH OTHERS AND HAS NEVER BEEN SHY, SHE HAS ALWAYS BEEN A VERY SOCIABLE AND FRIENDLY PERSON AND EASY TO HAVE A CONVERSATION WITH.

*Edna McGuinness*





Aged Care Employee Day took place on the 7th of August. This day is dedicated to celebrate and appreciate the nurses, care workers, drivers, chefs, cleaners, and/or volunteers working in aged care. It takes an extraordinary amount of skill, patience, and heart to do what you do.  
SO WE THANK YOU

The residents wanted to say how much they appreciate Our Harbison employees - how sweet is this ❤️

Happy Birthday!  
106th  
Cecille



## Reunited



IVAN AND TERRY

### PLEASE CONSIDER DONATING

Harbison takes infection prevention and control seriously, and provides free rapid antigen testing and PPE to visitors prior to entry. This cost is born from resident's care funding, which means funding for other services is significantly reduced.

To offset this cost, we ask you to consider donating when you visit. Because we are a registered charity, donations of \$2 or more are tax deductible. Your bank statement can be used as a tax deductible receipt.

Donate



### QUEST PAYMENT SYSTEM

A CHARITY DONATION SYSTEM TO HELP HARBISON PROVIDE SAFETY/ CARE & TO HELP GIVE BACK TO YOUR LOVED ONES.  
- LOCATED OUTSIDE HARBISON BURRADOO & MOSS VALE

### BOOK WEEK

### WELCOME TO THE HARBISON FAMILY MILO



Love & Smiles at Harbison Burradoo  
When the residents met Milo on the 1st August 2022

24th August staff dressed up as their favourite book character. Thank you for making the residents day.







# AGEING WELL MANIFESTO

---

FOCUS ON WHAT YOU CAN DO; NOT  
ON WHAT YOU CAN'T DO

CHOOSE A POSITIVE OUTLOOK ON LIFE

FIND SOMETHING TO LOOK FORWARD  
TO

MAINTAIN A HEALTHY LIFESTYLE OF  
EXERCISE, GOOD DIET, AND KEEPING  
AN ACTIVE MIND

FOSTER POSITIVE RELATIONSHIPS  
WITH FAMILY AND FRIENDS. IF YOU  
WANT FRIENDS YOU NEED TO BE A  
FRIEND

RECEIVE PERSONAL COMFORT,  
NURTURE AND SECURITY

GAIN A SENSE OF BELONGING  
THROUGH COMMUNITY LIFE

MAINTAIN INVOLVEMENT IN THE WIDER  
COMMUNITY ORGANISATIONS

BE FREE TO EXPRESS AND LIVE OUT  
YOUR FAITH

PURSUE THE THINGS YOU ENJOY; BE  
CREATIVE; USE YOUR IMAGINATION

APPRECIATE NATURE AND THE  
ENVIRONMENT

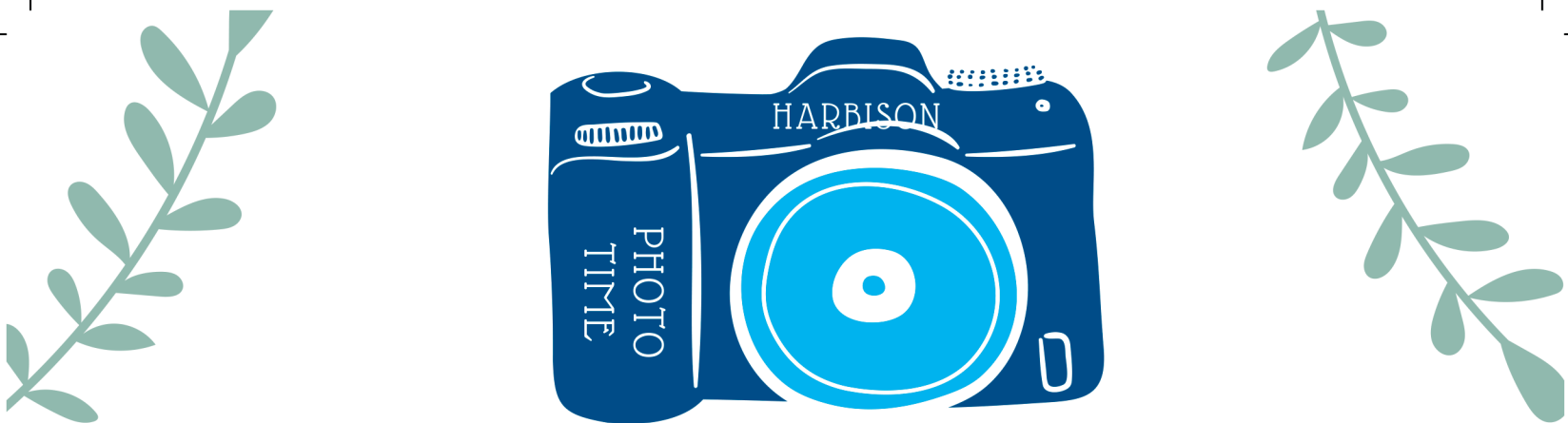
ENGAGE IN THE ARTS, MUSIC AND  
POETRY

NEVER STOP LEARNING.

LIVE LIFE UNTIL YOU DIE!

Inspired & Developed by Harbison residents -  
Pamela Hall, Diana Mulray, Beverley Stranger, Ken Pogson & Wally Temple  
12th June 2022





HARBISON RESIDENTS FROM 'DEMENTIA LIVING' THOMAS, LESLEY, HEATHER, ALISTAIR, DEE, PHIL & GREG READING THE 'SPECIAL JULY EDITION NEWSLETTER'



HARBISON VOLUNTEER JANE READING THE 'SPECIAL JULY EDITION NEWSLETTER' TO CECILLE & JIM



KOORI KULCHA - VERNA AND AUNTIE MARIE 'PASSING ON KNOWLEDGE'



GIFT GIVING, STORIES AND LOVE WITH AUNTIE MARIE & VERNA AT KOORI KULCHA ♡ VERNA STARTED HER EMU FEATHER WALL HANGING



IN MEMORY OF BRUCE





# Science Space





# INVITATIONS

## National Portrait Gallery



JO



NELLY



PAM



SALLY





# Life Review Spiritual Reminiscence Therapy Group



An innovative Life Review Spiritual Reminiscence Therapy group was successfully piloted and completed this month in Moss Vale. The close group of five residents met for four weekly sessions for an hour and a half.

The group, facilitated by Peter Davis Counsellor and Jodie Hill Clinical Psychologist, was designed to be an enjoyable, relaxed, confidential and emotionally safe experience.

Transitioning into living in residential aged care is challenging for most people. It is a vulnerable time where feelings of loss, sadness, anger, guilt or regret may come to the surface. The purpose of the group was to help the participant gain a new understanding of meaning and purpose in their life now, to make new friendships, and to empower them to live a full life here at Harbison.



# PARTICIPANTS UNANIMOUSLY AGREED THE GROUP EXPERIENCE WAS WORTHWHILE AND MADE SOME OF THE FOLLOWING COMMENTS:



“It was a pleasure to spend time making new friends willing to share life experiences in a non-intrusive way.”

“I can now say I have a sense of belonging here at Harbison”



“I found the group most enjoyable. It gave me more meaningful thoughts of family and friends.”

← hope →

“A course like this can inspire other residents to gain more confidence in life at Harbison.”

“I can now look forward to whatever is relevant for each new day with hope, energy and prayer, and to focus on what I can do not on what I can't do.”

*Expressions of interest*

contact us!

Jodie Hill (Clinical Psychologist)  
[Jodie.Hill@harbisoncare.org.au](mailto:Jodie.Hill@harbisoncare.org.au)  
Peter Davis (Counsellor)  
[Peter.Davis@harbisoncare.org.au](mailto:Peter.Davis@harbisoncare.org.au)



# CONSUMERS AND FAMILIES PANEL / AGED CARE QUALITY AND SAFETY COMMISSION

We would like to  
hear from you



**"We want to work with aged care  
consumers"**

**REGISTER NOW >**



**CALL US  
1800 951 822  
OR**

**EMAIL US [INFO@AGEDCAREQUALITY.GOV.AU](mailto:INFO@AGEDCAREQUALITY.GOV.AU)**



# TULIP TIME



HARBISON IS THIS YEARS 2022 TULIP TIME CHARITY PARTNER  
- 16TH OF SEPTEMBER UNTIL THE 3RD OF OCTOBER IN THE  
COREBETT GARDENS BOWRAL



Harbison Tulip Time  
Ambassador Eliza  
Stankovic-Mowle

ON THE 16TH SEPTEMBER -  
THE GATES WILL OPEN TO  
THE PUBLIC AT 9.30 AM

TWO OPENING SESSIONS  
PER DAY:

9.30AM - 1.00PM (GATE  
CLOSING AT 12.00PM)

1.30PM - 5.00PM (GATE  
CLOSING AT 4.00PM)

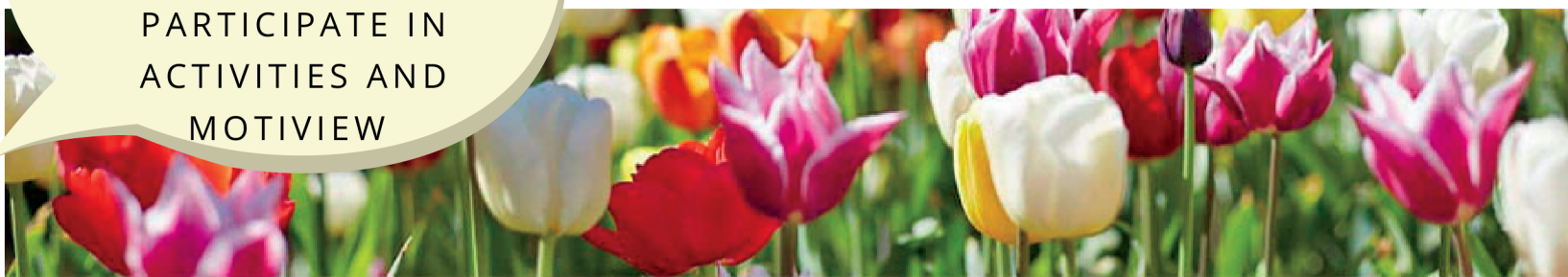
HARBISON WILL BE  
LOCATED IN THE  
SENIOR CITIZENS  
CENTRE - JUST  
FOLLOW THE FLAGS  
AND SIGNS

RESIDENTS WILL  
HAVE THE  
OPPORTUNITY TO  
GO TO CORBETT  
GARDENS TO  
PARTICIPATE IN  
ACTIVITIES AND  
MOTIVIEW

ON FRIDAY AND SATURDAY  
EVENINGS - TULIPS AFTER  
DARK

6.00PM - 9.00PM (GATE  
CLOSING AT 8.00PM)

*Come and  
see us*





# Do you know someone who deserves to be recognised?

Harbison would like to acknowledge the hard work and dedication of our staff through our Rewards and Recognition Scheme.

Nominations are based on achievements in one of the following five categories, and nominated staff are eligible for weekly, monthly and yearly prizes:

1. Demonstrating Harbison Values
2. Demonstrating the 6 pillars of service
3. Demonstrating professionalism
4. Contribution to the community
5. Advocacy for sustainability (environmental, financial, cultural, etc)

If you would like  
to nominate a  
staff member,  
please use the  
QR code





All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.

I have the right to:

- 1. safe and high-quality care and services;
- 2. be treated with dignity and respect;
- 3. have my identity, culture and diversity valued and supported;
- 4. live without abuse and neglect;
- 5. be informed about my care and services in a way I understand;
- 6. access all information about myself, including information about my rights, care and services;
- 7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
- 8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
- 9. my independence;
- 10. be listened to and understood;
- 11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
- 12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
- 13. personal privacy and to have my personal information protected;
- 14. exercise my rights without it adversely affecting the way I am treated.

If you have concerns about the aged care you are receiving, you can:

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.



STANDARD 6 - Feedback and complaints



I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.







## WE WOULD LOVE YOUR FEEDBACK!

Harbison uses a systematic, ongoing, planned approach to achieving better care and services known as Continuous Improvement.

Your feedback is an important element in this system.

Complaints, compliments, and suggestions can be registered in a number of ways, including the **QR codes below**, our Harbison website Feedback section

**<https://harbison.org.au/contact-harbisoncare/feedback/>** and the Feedback Forms available from Reception or the Office.

Your feedback can be anonymous, but we encourage you to provide us with your details so we can resolve your complaint or acknowledge your contribution. It will be treated in confidence, unless you ask us to share it.

Feedback not only helps us improve, it is one way we encourage you to engage with us about your care and services. If you need help with feedback, simply ask any staff member or volunteer.

Please scan the QR code below with your phone



**BURRADOO**



**MOSS VALE**



6th Sept

10.00am

\\BURRADOO\\

\\WESTERN LOUNGE\\

RO

CK

&  
ROLL

&

7th Sept

10.00am

\\MOSS VALE\\

\\DINING ROOM\\