



GLENARM NEWS

JULY 2024

Upcoming Experiences

BUS OUTING
31ST

ENTERTAINMENT
5TH, 9TH, 12TH, 19TH

HAPPY HOUR
12TH & 26TH

COFFEE CLUB
4TH & 18TH

CWA BIKE RIDES
EVERY FRIDAY

CHRISTMAS IN JULY LUNCH
17TH

INSIDE THE ISSUE



RESIDENT PHOTOS



RESIDENT & STAFF PROFILE



JULY BIRTHDAYS



NOTICEBOARD



MYMEDICARE



JULY EXPERIENCE
CALENDAR

JUNE BIRTHDAY CELEBRATION



NATIONAL DONUT DAY 7.06.2024



KING'S BIRTHDAY





CHRISTMAS IN JULY

17.07.2024

MENU

MAIN COURSE

Selection of Roast meats with
seasonal vegetables

DESSERT

Christmas Trifle

OR

Plum Pudding with Custard

Please come dressed in your Christmas attire.

*Prizes for best dressed





ALAN COOTE



I was born in Loch, South Gippsland in 1940, the youngest of 10 Children.

My wife Helen and I got married on the 22nd of September 1962. We have 3 children Christopher, Linda, and Tim. We have 7 grand children and 9 great grand children.

My Primary School was Poowong state school.

High School I went to Korumburra.

I left school in year nine (which was the age you could leave) and went straight to work on the home dairy farm.

Helen and I moved to Barham in 1974 and I became a mail runner. Following this, we sold up and brought a farm in Wakool in 1988.

I moved into Glenarm a few months ago.



MEET THE STAFF

ZOE LERM

ROLE:

REGISTERED NURSE + INFECTION & PREVENTION CONTROL LEAD

HOW LONG HAVE YOU WORKED AT GLENARM?

7.5 YEARS

WHAT MAKES YOU COME TO WORK EVERY DAY?

The Residents & Staff.

It is very rewarding when you get to help improve someone's day and make a positive impact on their health. I also work with an amazing team who who have become some of my greatest friends!

WHY IS WORKING IN AGED CARE IMPORTANT TO YOU?

It is a privilege to look after the residents at this stage of their life. This is their home so it can be really fun and you get to know them quite well, and they know about you and your life too! We get to celebrate their achievements, birthdays, and get involved with their families. Overall though I think the biggest privilege is being able to provide care to those who are palliative and making that process easier for them and their loved ones.

FUN FACT

I am scared of germs! Which is why I put my hand up to be the infection control lead for aged care a few years ago... however I soon learnt there is so much to the role and I have absolutely loved learning about it all and then using my knowledge to teach others. What was once something that got me called a germaphobe has now become a real passion.



HAPPY
BIRTHDAY

16th Neil McKenzie
30th Barry Ilsley

PLEASE JOIN US TO CELEBRATE WITH CAKE AT 2PM IN THE LOUNGE ROOM.
ALL FAMILY & FRIENDS WELCOME!

welcome!

We would like to welcome our new Residents to Glenarm.

MAVIS RADCLIFFE

NANCY HALL

KEVIN DOVE



Physio / Allied Health Assistance (AHA)



Glenarm are very lucky to have the lovely Louise (physio) visit every Friday.

Physio reviews are only required for the following reasons:

- On admission
- Post a fall
- Post a hospital admission
- Following any acute deterioration ie stroke, heart attack etc.
- On referral by ANUM/NUM for any other reason (ie could be worsening of contractures etc).
- Pain review

Post review, Louise will write an individualised exercise program for all Residents that our wonderful AHA workers will coordinate on a Monday & Friday.

NOTICEBOARD

GLENARM RESIDENT FORUM

TUESDAY 9TH JULY AT 11AM

WHERE: RESIDENT LOUNGE

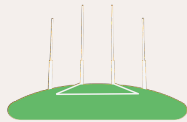
*THIS MEETING OCCURS EVERY MONTH..

FOOTY TIPPING LEADERBOARD

After round 16: **1ST - ATHOL 91**

2ND - MARY 86

3RD - ANGE 82



GLENARM FAMILY & FRIENDS MEETING

THURSDAY 8TH AUGUST AT 10:30AM

ALL FAMILY MEMBERS ARE WELCOME AND ENCOURAGED TO JOIN.

*THIS MEETING OCCURS EVERY 2 MONTHS..



MY MEDICARE



MyMedicare is a new voluntary patient registration model. It aims to formalise the relationship between patients, their general practice, general practitioner and primary care teams. See below Frequently Asked Questions.

my **medicare**

Frequently Asked Questions

For patients

Basics and benefits

What is MyMedicare?

MyMedicare is a voluntary patient registration model that aims to formalise the relationship between patients, their general practice, general practitioner (GP) and primary care teams. The Australian Government has introduced MyMedicare as part of an ongoing commitment to strengthening Medicare for all Australians.

Seeing your GP regularly and formalising the relationship you have with your GP and practice through MyMedicare can lead to better health outcomes.

Registering with MyMedicare will tell your general practice that you see them as your regular care team and this will help them to provide you with better care. You'll be able to access longer telephone telehealth consultations with any GP at your registered practice and they will receive funding from the Australian Government to deliver the care you need.

MyMedicare is open to Australians with a Medicare card or a Department of Veterans' Affairs (DVA) Veteran Card and is voluntary.

Your chosen practice must be registered in MyMedicare before you can commence your own patient registration.

There are a number of ways you can register with your chosen practice in MyMedicare:

- Start the registration process in your [Medicare Online Account](#) or [Express Plus Medicare mobile app](#). Practice staff will then accept the registration in the MyMedicare system.
- Your practice may start the registration in MyMedicare or you can ask them to do this. This will trigger a registration in your [Medicare Online Account](#) or [Express Plus Medicare mobile app](#), which you can then complete.
- Fill out a registration form at your practice. By signing the form, you are giving your consent to participate in MyMedicare with that practice. Practice staff will then complete the registration in the MyMedicare system.

A registration in MyMedicare is only successful when both the patient and practice have provided consent to formalise their relationship through one of the processes noted above.

Can I register with my DVA Veteran Card?

If you hold both a DVA Veteran Card and a Medicare card, you can register with either card. Patients can only register with one practice at any one time. Your registration will apply to any relevant Medicare and/or DVA-funded service, regardless of which card has been used to register.

If you choose to register in MyMedicare with a DVA Veteran Card, you will need to complete a registration form in your chosen practice. Registration via Medicare online services can only be completed using a Medicare card.

Why register for MyMedicare?

By registering as a patient of your chosen general practice and selecting a preferred GP, additional funding will be made available by the government to assist your primary care team deliver the care you need.

This funding will enable your general practice or GP to provide you with longer funded telehealth consultations and bulk billed longer telehealth consultations at the new higher rate for children under 16 and Commonwealth concession card holders.

Other benefits for patients include:

- for people living in a residential aged care home, more regular visits from their GP and better care planning, from August 2024
- for people with chronic disease who visit hospital frequently, connections to more appropriate care in general practice, from mid-2024.

Further registration benefits for patients will continue to be added over time as part of the Australian Government's commitment to strengthening Medicare. If you choose not to register in MyMedicare, you will continue to be able to access the same care from your healthcare providers as you currently do.

I am, or my family member is, a resident in an aged care home. Should I/they register in MyMedicare?

If you live in a Residential Aged Care Home, you'll be able to register for MyMedicare by completing a registration form provided by your GP or online through the Medicare Online Account. You won't need to physically attend a practice for the purpose of completing your registration.

Residents of Residential Aged Care Homes will benefit from registering in MyMedicare, with new incentives being introduced in 2024 to support more regular proactive visits and care planning from GPs and practices.

Can I register someone else in MyMedicare?

If a person is incapable of providing consent to register in MyMedicare, a responsible person can provide consent and register on their behalf. This can be the parent or guardian of a minor, a person who holds power of attorney or a guardianship order, or the next of kin.

If you believe someone in your care will benefit from registering in MyMedicare, talk to their GP or, for people in residential aged care homes, their residential aged care provider.

Do I have to register in MyMedicare?

No, registration in MyMedicare is voluntary for patients, GPs and practices. Your regular practice may be registered for MyMedicare, however it is up to you to decide if you want to register as their patient.

A registration in MyMedicare is only confirmed when both the patient and practice have provided consent to formalise their relationship through one of the registration processes outlined under *How do I register for MyMedicare?*

Who will benefit from longer funded telehealth appointments?

Telehealth appointments improve access to healthcare. They are a convenient way for all patients to schedule appointments with their GP while reducing travel time, travel expenses and waiting times.

Longer funded telehealth consultations may be particularly beneficial for:

- people seeking treatment for mental health concerns
- people with disability or reduced mobility
- older Australians
- people in rural or remote Australia who are not located close to their GP.

Does MyMedicare provide health insurance?

No, MyMedicare is a voluntary registration system for patients to formalise their relationship with their regular general practice and preferred GP.

Registering in MyMedicare does not provide access to private health insurance benefits.

Is MyMedicare the same as My Health Record?

No, MyMedicare is a registration system that records your details and the details of your regular general practice and primary care team. MyMedicare can not hold any of your clinical health information. Your clinical information will continue to be available in your My Health Record, if you have one.

My Health Record provides patients and their healthcare providers with access to vital health information at the point of care, including in an emergency. This can include shared health summaries, current medicines and prescriptions, immunisation history, hospital discharge information and Medicare, DVA and Pharmaceutical Benefits Scheme history.

As part of your MyMedicare registration, your chosen practice and GP will appear on your My Health Record to ensure all health professionals you see – for example, at a public hospital – will know who to talk to about your regular care. If you do not wish for your MyMedicare registration to appear on your My Health Record, you can choose this option in your My Health Record.

Is there a cost to register in MyMedicare?

No, it is free to register in MyMedicare.

When can I register in MyMedicare?

If you meet the eligibility criteria, you can register in MyMedicare from 1 October 2023. Your regular practice must be registered in MyMedicare to accept your registration.

What if my regular practice is not registered with MyMedicare?

If your regular practice is not registered in MyMedicare, we recommend you talk with your GP or practice about whether the benefits provided through registration will support your health care needs.

Do I register with my preferred GP or general practice?

You will register with your regular practice. From there, you can select your preferred GP.

What are the "About You" questions in the MyMedicare Registration Form?

The "About You" questions within the registration form enable you to voluntarily provide and manage information about yourself. The questions are about your disability status, cultural and linguistic background, identification as First Nations, your gender, and sexual orientation. Providing your personal information will not change the way in which your practice manages your MyMedicare registration. Providing answers to these voluntary questions will help the Australian Government to understand how people access health services.

Will I still be able to register for MyMedicare if I do not wish to answer the "About You" questions?

Yes, you will still be able to register for MyMedicare and formalise the relationship you have with your primary care health team. The "About You" questions are voluntary and will not affect your MyMedicare registration.

Is MyMedicare the new Medicare smartphone app?

No. You can still access the same [Express Plus Medicare mobile app](#) through the Apple or Google Play store on your smartphone device.

Eligibility and registration

Who is eligible for MyMedicare?

MyMedicare is a free and voluntary registration system open to Australians with a Medicare card or a DVA Veteran Card who regularly attend a registered practice.

You're eligible to register if you've had 2 or more face-to-face appointments at your regular practice in the past 24 months or one face-to-face visit for practices in remote locations.

People who are facing hardship will be exempt from all eligibility requirements. This includes people experiencing domestic and family violence and homelessness.

Parents/guardians and children can be registered at the same practice, if either is eligible and registered. A parent/guardian must register a child under 14 years and provide consent on their behalf and this registration will need to be completed at the practice. Young people aged 14 to 17 years can register and provide consent without a parent/guardian.

How do I register for MyMedicare?

From 1 October 2023, patients can register with their regular general practice and select their preferred GP in MyMedicare.

Patients can register with:

- an accredited general practice;
 - an Aboriginal Community Controlled Health Service;
 - an Aboriginal Medical Service; and
 - a nurse practitioner-led practice with a GP.
- Other non-traditional practice (who meet the healthcare provider registration and eligibility criteria).

Do I have to answer all the "About You" questions?

No, you do not have to answer all the voluntary "About You" questions to complete your MyMedicare registration. If you wish to skip some or all questions, select "Prefer not to answer" to finalise your registration.

I have already registered in MyMedicare, can I provide answers to the "About You" questions?

Yes, you will be able to answer the "About You" questions in your Medicare Online Account or Express Plus Medicare Mobile app by logging into your account and selecting MyMedicare registration.

Services Australia can assist you with managing your "About You" questions if you request them to.

Can my GP or practice change or remove my answers?

Your practice does not have the ability to change your answers in their MyMedicare system. However, they can remove your answers if you request them to.

What should I do with my registration form?

Completed MyMedicare registration forms should be provided to your preferred general practice to commence the registration process.

COVID VACCINATION RATE

Glenarm > 80 - 90%

Other Health facilities within the shire > 40 - 80%

VISITING REQUIREMENTS

- Please attend a RAT prior to entry and please show staff on arrival.
- A surgical mask is required to be worn at all times during the duration of your visit.
- Please remember to sign in and out when visiting.



NAIDOC WEEK



NAIDOC Week (National Aboriginal and Islanders Day Observance Committee) occurs annually in July, and celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

WALKING GROUP

As part of a Quality Improvement to reduce falls, improve mobility, physical health & mental well-being there will be a walking group every week day at 9am. Please meet near Glenarm's front reception to attend. Staff are welcome to join and supervise Residents wherever they chose to walk.

ENTRY DOOR

The front door to Glenarm is open at all times during the day however, will be closed after hours.

If you visit After Hours, please ring the doorbell and staff will let you in.



Welcome



Kerang District Health have embarked on a new and exciting initiative.

We would like to welcome Hallie Murphy & Coco-Bella Crellin who have commenced a School Based Apprenticeship and Traineeship at Glenarm.

Both Hallie & Coco have enrolled to complete a Certificate 3 in Individual Support (Ageing and Disability).

Both girls have completed work experience in the previous 12 months and have found a passion they would like to pursue.

You will see Coco and Hallie around every Wednesday and more during School holidays.


















Please join me in making both girls feel welcome!



EXPERIENCE CALENDAR

July 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>1 10.30am Cribbage 1pm Carpet Bowls</p>	 <p>2 Pet Therapy 1pm Table Tennis</p>	<p>3 9.30am Art Workshop 10am Snakes & Ladders 1pm Bingo</p>	<p>4 10am Coffee Club 1pm Skittles</p>	 <p>5 1pm Hazel Radley ENT</p>	<p>6 Board Games</p>	<p>7 1pm Movie in Lounge</p>
 <p>8 10am Craft Dot Art 1pm Monday Madness</p> <p>NAIDOC WEEK</p>	 <p>9 11am Resident meeting 1pm Singing Group ENT</p>	 <p>10 10am Tobie Cameron ART 1pm Bingo</p>	 <p>11 11am Childcare visit 1pm Carpet Bowls</p>	 <p>12 1pm Carolin McIndoe ENT 2pm Happy Hour</p>	 <p>13 Gardening</p>	 <p>14 1pm Movie in Lounge</p>
 <p>15 10am Baking 1.30pm Games</p>	<p>Neil's Birthday 16 10.30am Fun with Music 1pm Dominoes</p>	 <p>17 Christmas in July Lunch</p>	<p>18 10am Coffee Club 1pm Bingo</p>	 <p>19 11.30am KTHS visit 1pm Johnny Doyle ENT</p>	<p>20 Board Games</p>	<p>21 1pm Movie in Lounge</p>
 <p>22 10am Darts 2pm KTHS visit</p>	 <p>23 Pet Therapy 10am Craft Activity</p>	<p>24 10.30 Knitting Group 1pm Bingo</p>	<p>25 11am Childcare visit 11.30 Men's Shed BBQ Tableid Sports/Games Day</p>	 <p>26 Olympic Games Start 2pm Happy Hour</p>	<p>27 Gardening</p>	<p>28 1pm Movie in Lounge</p>
 <p>10am Baking 1pm Carpet Bowls</p>	 <p>30 Barry's Birthday 1pm Bingo</p>	 <p>31 Bus Outing Sporty's Kerang</p>	<p>9am - Walking group everyday</p>	 <p>Every Friday Crazy shirt day</p>	 <p>Every Wednesday Crazy sock day</p>	<p>Everyday Newspaper reading Trivia quiz Word Games</p>