

Why Kelaston Aged Care?

Come and stay with us for a week and you won't want to leave. Your personalised needs will be catered for at Kelaston.

[Kelaston](#) provides a range of residential care and services to the community, including ageing in place and respite care – in a pleasant, relaxing and home-like environment surrounded by caring, compassionate and friendly staff.

Our qualified staff are carefully selected to ensure that they constantly strive to deliver care and services to all residents at the highest possible level. The Facility Manager is a qualified Registered Nurse, who has extensive experience in aged care and facility management, and is passionate about the welfare of all residents. Registered Nurses manage the resident care 24 hours a day, 7 days a week.

The commitment extends to the [individualised care](#), respect, and attention, and we see ourselves as an extension of the resident's family and friends, working together to achieve the best possible outcome for our resident.

Kelaston welcomes the resident's family practitioner to continue to care for the resident, or alternatively, we are able to arrange one in a seamless manner. [Our leisure and lifestyle program](#) provides innovative, creative, interest-based programs for groups



and individuals, and regular coach outings are planned and include space on each trip for residents who require a wheelchair.

Kelaston also maintains close links with the community and arranges regular visits from community groups, entertainers and special guests to attend the residence.

At Kelaston, there are no set visiting hours. You can invite friends and family to visit whenever it suits, just as if you were in your own home. Your room isn't the only place where you can entertain your guests. There are a range of indoor and outdoor areas pleasantly appointed for you and your guests to relax in.

2014 sees the commencement of a 30 place extension enabling us to further support the community.

For enquiries, please call [Kelaston Aged Care](#) on (03) 5339 4211.

- ◆ Private en suites
- ◆ Contemporary style
- ◆ Quality fittings and furnishings
- ◆ Stunning surrounds
- ◆ Nutritionally balanced meals
- ◆ 24 hour Registered Nursing
- ◆ Person centred lifestyle activities
- ◆ Enhanced dining experience
- ◆ Cafe (new in 2015)
- ◆ Salon Services
- ◆ Theatre Room (new in 2015)



KELASTON

News

Issue 1
Winter 2014

THIS ISSUE

2 Kelaston Launch
Staff Profile

3 Resident Profile
Kelaston Recipe

4 Why Kelaston
Aged Care?

Kelaston development is Launched.



The new Kelaston Aged Care (Artist impression).



Cr Joshua Morris, Mayor of Ballarat & Japara Healthcare Chief Executive Officer Andrew Sudholz turn the sod.

Official development of an additional 30 beds at Kelaston Aged Care commenced on Tuesday 13th May. Residents and stakeholders, including the Mayor of Ballarat, Cr Joshua Morris, attended the official launch where Cr Morris performed a turning of the sod ceremony in front of industry representatives, carers, residents, and families of Kelaston Aged Care.

The multi-million dollar development will provide numerous new jobs for building trade and health and aged care personnel. It will also provide much needed accommodation and respite for ageing local residents and their families.

Japara Healthcare Development Manager Joel Wertheimer confirmed that the development would provide between 150

and 200 temporary jobs in the community.

Japara Healthcare Chief Executive Officer Andrew Sudholz said the upgrade would boost the facility to 90 beds at a time when demand for aged care services in this area is on the incline.

‘..demand for aged care services in this area is on the incline.’

The development has already attracted overwhelming community interest, and Kelaston Aged Care is now taking enquiries.

Interested families can call Kelaston Aged Care on (03) 5339 4211

Tuesday
13th
May
2014

Kelaston Development Opening Ceremony



The Turning of the Sod.



Japara's Chief Financial Officer John McKenna (c) & Kelaston guests.



(L-R) Japara's Jerome Jordan & John McKenna, Cr Joshua Morris, Kristine Gerdtz & CEO Andrew Sudholz.



Cr Josua Morris speaks.



Japara CEO Andrew Sudholz addresses guests & residents.



Andrew Sudholz & Kelaston Facility Manager Kristine Gerdtz.



The wonderful catering at Kelaston.

Staff Profile: Facility Manager

Kristine Gerdtz

Kristine Gerdtz, or "Kris" as she is affectionately known, has dedicated her professional career to Aged Care. She is a Division 2 Registered Nurse, also known as an Enrolled Nurse. In addition to nursing, she has held various administrative roles at Kelaston, such as the Admin Manager position and the Facility Manager role, which she now holds. She began her training 35 years ago as a nurse, and Japara Healthcare sent her back to university to study business management and HR training. She says the great thing about Kelaston is the staff. Like her, many of the carers at Kelaston have worked there for many years and are very attached to the residents – it has become like a family.



Kris's grandson Jack with Kathleen & residents enjoying afternoon tea.

In Kris's case, life at Kelaston truly is a family affair. Her daughter-in-law, Kathleen, also once worked at Kelaston and now often brings in her young son, Jack, Kris's grandson! The residents love to visit with little Jack

who is an adorable 2 ½ years old. "It's like one big happy family," Kris explains.

The residents and staff look after one another, and when Kathleen was getting married, the residents made horseshoes for good luck for the marriage. The facility bus took the residents to the church, and they presented the couple with the lovely horseshoes. It is important to keep the horseshoes point upwards to catch the good luck and prevent the luck from spilling out!

At Kelaston, the whole family is welcome, and you will often find staff members bringing in their children to visit, and sometimes even pets come to visit! The wife of one of the residents brings in her husband's dog daily for a visit and a scratch on the belly. It is this loving, inclusive environment that makes Kelaston such a wonderful place to call home.

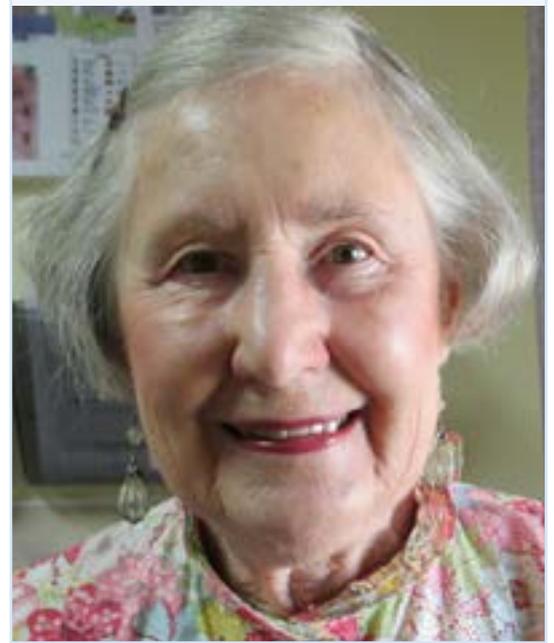


Resident Profile

Ann Lawry

Ann Lawry was born in Bairnsdale, Gippsland. As a young child her family moved to Melbourne into the suburb of Toorak. She enjoyed growing up there, and as a young woman she decided to pursue a degree in Physiotherapy at university. She married and moved to Ballarat in 1972. She is the proud mother of 5 children.

Later in life, her husband became ill and moved into Kelaston Aged Care. Six years later, Ann also moved into Kelaston where she enjoys playing bowls and cards. She says the best thing about Kelaston is "the wonderful staff. They are so kind and they make it a great place to live."



Resident Ann Lawry

An afternoon tea favourite!

Peter has been working at Kelaston for 15 years. He "does it all" and has been a Relief Cook and a Food Service Assistant, and he has developed some secret recipes over the years to please the residents. Kelaston was also home to one extra special resident for Pete, his mother. The following recipe is an adaptation of Pete's "secret" recipe for savoury pinwheels. The secret stays at Kelaston!



RECIPE

Pete's Pinwheels

INGREDIENTS

- 300g (2 cups) self-raising flour
- 50g chilled butter, finely chopped
- 185ml (3/4 cup) milk
- 2tbs tomato paste
- 50g ham, finely chopped
- 1/2 tomato finely chopped
- 1/2 green capsicum, finely chopped
- 40g (1/2 cup) coarsely grated cheddar

METHOD

- Step 1** Preheat oven to 180°C. Line baking tray with non stick baking paper
- Step 2** Place the flour in a large bowl. Use your fingertips to rub the butter into the flour until the mixture resembles fine bread crumbs. Add milk and stir with a wooden spoon until a soft dough forms. Turn onto a lightly floured surface and knead gently until smooth.
- Step 3** Use a lightly floured rolling pin to roll out the dough on a lightly floured surface to a 30cm square. Spread with the tomato paste, leaving a 2cm-wide border. Top with the ham, mushroom, tomato and capsicum. Starting from the side closest to you, roll up firmly to form a log. Cut crossways into 12 even portions. Place, cut-side up, on the lined tray.
- Step 4** Sprinkle the snails evenly with the cheddar. Bake in oven for 15-20 minutes or until golden. Serve.