



KELASTON

# News

ISSUE 2  
SUMMER 2014-2015

## KELASTON DEVELOPMENT IS UNDERWAY

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**D**evelopment of an additional 30 beds at Kelaston Aged Care Facility near Lake Wendouree in Ballarat is underway.

After a successful launch earlier this year, attended by residents and stakeholders, including the Mayor of Ballarat, Councillor Joshua Morris, and numerous members of the community, we are excited to see this project take shape.

The multi-million dollar development will provide numerous new jobs for building trade and health and aged care personnel. In response to demand, Kelaston will also provide much needed accommodation for

ageing local residents with an additional 30 places, making Kelaston a 90 bed facility.

The development has already attracted overwhelming community interest, and Kelaston Aged Care is now taking enquiries for those who may be needing care in 2015.

Kelaston Aged Care is part of the Aged Care Services Australia Group, operating 39 Aged Care facilities across four states: New South Wales, Victoria, Tasmania, and South Australia.

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

# Ladies Morning Tea Group

Periodically, our Ladies Morning Tea Group gathers together to socialise, bond, and enjoy a nice cup of tea. The ladies recently enjoyed chocolate fondue with fruit and homemade biscuits. What a treat!



## SUMMER RECIPE: Nana's Sausage Rolls

Lyne is Kelaston's Head Cook. This recipe has been in Lyne's family for 3 generations – it's a family heirloom of sorts. She fondly remembers watching her grandmother make these by hand. And just as Lyne's mother made them for her family, now Lyne carries on the tradition and makes them for her 'family' at Kelaston. The residents all love them.

### Ingredients:

2 kg sausage meat  
1 can crushed pineapple (drained)  
¾ cup French onion soup mix  
2 tablespoons dried parsley  
1 packet puff pastry (6 sheets)

### Method:

- Mix all the ingredients together in a large bowl.
- Put the mix in to a piping bag – no nozzle.
- Cut all the pastry in half to make 12 pieces.
- Pipe the mix on the edge of each piece of pastry, and then roll up.
- Cut in to 4-6 pieces.
- Make an egg wash and brush each piece.
- Cook in oven at 180° for 15-20 minutes.



## Staff Profile: Head Cook

### Lyne Phillis

Lyne Phillis has been with Kelaston for 18 months. She worked in Hervey Bay, Queensland, prior to coming to Kelaston, where she is happy to be back in aged care. She loves "seeing the look on the residents' faces when you cook them something they love."

Originally from South Australia, Lyne has 2 children – Matthew, 34, and Karissa, 29. She is blessed with 2 grandchildren, ages 6 and 3. She has been cooking for 25 years – she cooks at work and cooks at home! Her favourite dish is grilled scallops

with pesto sprinkled with prosciutto.

Lyne and her team are keeping busy, especially with the new development underway. She is excited to have a new kitchen with upgraded equipment, a new dishwasher, a bigger store room, and beautiful new uniforms.

Lyne credits the success of Kelaston's kitchen to her dedicated catering staff, who work tirelessly without fail or complaint. All agree they do a fantastic job.



## Staff Profile: Maintenance Manager

### Brian Watson

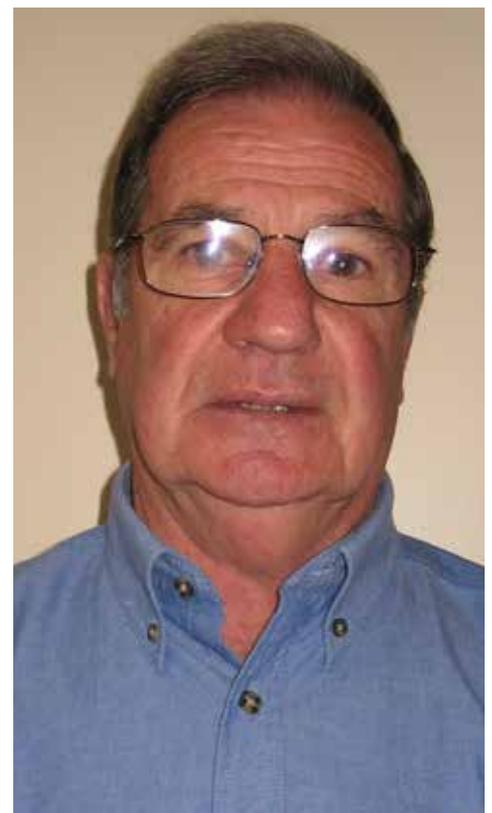
Brian Watson has been the Maintenance Manager at Kelaston for 11 years. He is fondly known around the property, and thus it was a bittersweet moment when he retired on the 31st of October, just a week before his 68th birthday.

Brian has been working hard for 52 years, so he has earned this retirement! Brian and his wife are avid train travellers and they look forward to travelling around Australia and the U.S.A. He and his wife recently took the Ghan from Darwin to Adelaide, and then they came over land from Adelaide to Melbourne. He says, "Anyone that says it's a boring trip is completely wrong. The landscape is always changing

(from desert to mountains to bodies of water), and the trip is lovely." He still wants to travel by train from Adelaide to Perth, up in Queensland, and throughout the eastern part of the U.S.A.

The hardest part about leaving Kelaston will be missing the daily interaction with the residents. The residents and fellow staff members have become friends. We hope that when Brian is not too busy with his 13 grandchildren and 1 great-grandson, along with numerous train trips, he'll stop by for a visit.

Thank you for your dedicated service and congratulations on your retirement, Brian!



# Why Kelaston Aged Care?



**O**ur 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.

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

outing 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.

Development of a 30 place extension is well-underway, enabling us to further support the community.

**For enquiries, please call Kelaston Aged Care on (03) 5339 4211**

## OUR ACCOMMODATION

- ◆ Individually controlled heating and ceiling fans in every room
- ◆ Direct access to beautiful courtyards and gardens
- ◆ Nutritious and delicious home cooked meals
- ◆ Relaxing day rooms, lounges and dining areas

## OUR SERVICE SELECTION\*

- ◆ Spiritual & pastoral guidance
- ◆ Aromatherapy
- ◆ Audiometry & audiology
- ◆ Dental technician & dentist
- ◆ Hairdressing/manicurist
- ◆ Optometrist
- ◆ Pharmacy
- ◆ Physiotherapy
- ◆ Podiatry
- ◆ Speech therapy

\*some additional fees may apply